ASPREE: ASPirin in Reducing Events in the Elderly

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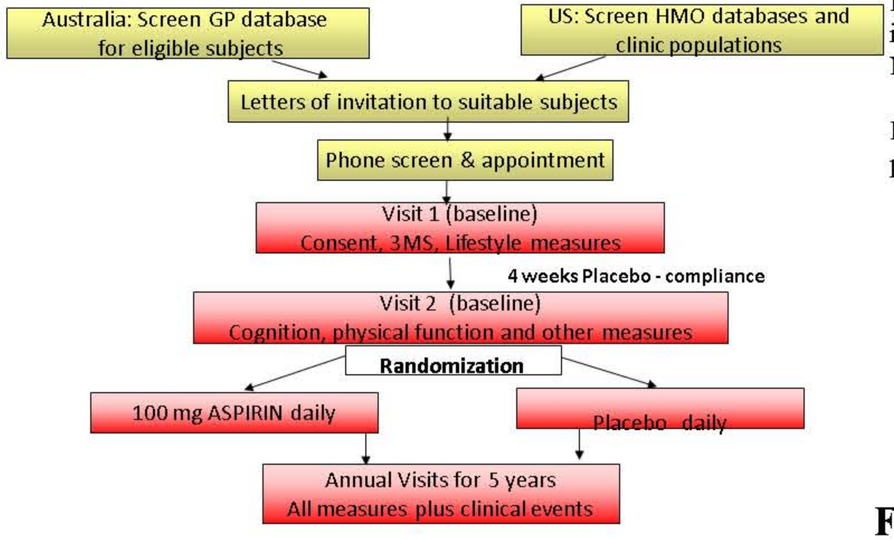
Introduction

Currently, we have a growing aging population and our goal should be to keep the elderly healthy and independent. ASPREE is a National Institute on Aging clinical trial to test whether taking low dose aspirin contributes to prevention of mental and physical decline in the elderly. ASPREE is a collaborative effort between researchers in Australia and the United States. Studies conducted in the past indicate aspirin benefits many late middle-aged people and prevents heart attacks and stroke; however, very little is known about the effects of aspirin in people over the age of 70. At this time, the US Preventive Services Taskforce has concluded there is current insufficient evidence to assess the balance of benefits and harms of aspirin for cardiovascular disease prevention in men and women 80 years of age or older.

The study will examine whether the potential benefits of this drug (particularly the prevention of heart disease, stroke and vascular dementia) outweigh the risks of sever e bleeding in this age group. In addition to prolonging a life free of disability or dementia, the secondary focus of the study is the early detection and treatment of disease or the recurrence of disease.

Design and Methods

ASPREE is a randomized double-blind placebo controlled trial of aspirin in primary prevention in healthy elderly people aged 70 years and over. Potential participants will be phone screened and if eligible a screening visit (VISIT 1) appointment will be made. Study personnel will conduct various functional and cognitive assessments on participants during the study and on an annual basis for a total of 6 clinic visits. The measurements include demographics, lifestyle measurements, clinical measures, disability questionnaires, physical function and laboratory testing. Eligible participants will be randomly assigned to take either the low dose aspirin or placebo daily for 5 years.



Recruitment Goal

The US recruitment goal is 6,500 participants which should include 4,500 minority participants. In the San Antonio area, the recruitment goal will be approximately 1,100 participants to include 80% or greater minority participants.

In an attempt to recruit participants, we are requesting the assistance of the local clinicians who are members of the South Texas Ambulatory Research Network (STARNet), the primary care Practice-Based Research Network (PBRN) for South Texas. Clinicians who are interested in participating in the ASPREE study should contact Melissa Navarro or the Principal Investigator, Dr. Michael L. Parchman.

If you know of potential participants who are interested in the study, please refer them to Melissa Navarro at 1-877-524-3265.

Funding Source

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