

## Collaboration

ASPREE is an international multi-centre study.

In Australia, ASPREE will be run through the collaborative efforts of Monash University, the University of Tasmania, the University of Melbourne and the Australian National University.

In the United States, ASPREE will be co-ordinated by the Berman Center of Clinical Outcomes Research in Minneapolis.

## Funding

National Institute on Aging  
(within the NIH in the USA)

National Health and Medical  
Research Council of Australia  
(NHMRC)

Bayer Schering Pharma is providing the  
trial medication.

Funded by



A study of the  
effect of  
aspirin on  
healthy  
lifespan

**ASPREE**  
Preventing Injuring Events in the Elderly

Information  
Brochure

For more information  
please contact:

**1800 728 745**

or visit

**www.aspree.org**



## Improving the health of older people

The Australian population is ageing. By 2044 the number of people over the age of 70 will rise from one in eight to one in four.

As a result, maintaining good health and living well while ageing are becoming more and more significant.

Aspirin may help older people to live well for longer by delaying the onset of illnesses including heart attacks, strokes, dementia and some forms of cancer.

However, aspirin is known to have side-effects, such as bleeding.

Before doctors can know for sure if aspirin is helpful in prolonging healthy life in older people, the benefits must be weighed against the risks.



ASPIrin in Reducing Events in the Elderly

# ASPREE

**ASPREE (ASPIrin in Reducing Events in the Elderly), is a large clinical trial of low dose aspirin versus placebo in people aged 70 years and over.**

**The study will investigate whether aspirin is helpful in prolonging healthy lifespan and will balance this against the risk of bleeding.**

**The results of this study will inform GPs and specialists about the use of aspirin to keep older people well.**

**The ASPREE study will recruit GPs as co-investigators who will then invite their patients to participate.**



## Involvement in the study

Both men and women can take part in the study if they are aged 70+ and are able to attend visits with their GP.

People who have blood vessel disease, serious illness, an allergy to aspirin, are at risk of serious bleeding, are taking other 'blood thinning' medication or have significant problems with thinking or memory cannot take part.

Participants will take either 100mg of aspirin or placebo daily for an average of 5 years.

ASPREE participants will have a number of health measures and assessments at baseline and annual follow-up reviews. These measures include blood pressure, blood cholesterol, physical ability and memory and thinking tests. Any significant changes will be reported to the GP.