

## STATINS IN REDUCING EVENTS IN THE ELDERLY – STAREE



STAREE Newsletter, Spring 2017 – Summer 2018



### Congratulations WA team!

Congratulations to the STAREE team in Western Australia who randomised their 400<sup>th</sup> participant in August.

The WA team has grown significantly, since the site was established in November 2015. STAREE progress in Perth is very positive and the team are looking set to involve 500 participants by the end of the year.

Pictured: STAREE WA Team (left to right); Alison Hodge, Annie Syred, Jenny Prince, Sue Critchley, Rachael Clear and Prof. Chris Reid. Absent: Dr Dan Xu and Lucy Irvine.

### Did you catch STAREE on 3AW?

On September 10<sup>th</sup>, Prof. Sophia Zoungas joined Dr. Sally Cockburn on 3AW's Talking Health program to discuss Statins, Cholesterol and the STAREE trial. Listen to the whole podcast at: <http://www.3aw.com.au/show/talking-health/>

In July, STAREE had the pleasure of joining with the Probus Clubs in both Berwick and Port Melbourne to discuss healthy aging and the benefits of the STAREE trial in gaining new knowledge regarding statin therapy for people 70 years and over. It was fantastic to hear their genuine interest in the trial and answer the array of questions presented. Thank you again to Jenny and Hayden from Berwick and Charlotte from Port Melbourne for having us.

**If you are interested in having STAREE at an upcoming event, please call 1800 770 664 or send us an email: [staree@monash.edu](mailto:staree@monash.edu)**



### Message from the STAREE lead investigator, Professor Sophia Zoungas:

This world first trial is looking to invite 18,000 people so that we can reliably answer important questions about the impact of statin therapy on healthy ageing, weighing up all the effects of therapy on people aged 70 years and over.

**Every person counts and we appreciate everyone showing an interest in our study**

**This public health study has been funded by the Australian National Health and Medical Research Council.**

For more information, please contact us on:

Telephone: **1800 770 664**

Email: [staree@monash.edu](mailto:staree@monash.edu)

Website: [www.staree.org.au](http://www.staree.org.au)



STAREE IS ALSO INVESTED IN EXPLORING THE GENETIC MARKERS ASSOCIATED WITH CHRONIC CONDITIONS AFFECTING US AS WE AGE. THROUGH THE HEALTHY AGEING BIOBANK, WE CAN EXPLORE THE GENES THAT PREDISPOSE PEOPLE TO THESE CONDITIONS.

STAREE IS FUNDED BY THE NATIONAL HEALTH AND MEDICAL RESEARCH COUNCIL

## Cranbourne Road Medical Centre

STAREE would like to acknowledge the fantastic team at Cranbourne Road Medical Centre for all their hard work and dedication to the STAREE trial since joining in March 2016.

Thanks to Practice Manager Anna Sannen, and her amazing team of doctors and staff. Cranbourne Road Medical Centre currently have the highest number of randomised patients in the STAREE trial, with a tremendous 43 patients, and continue to recruit more each year.

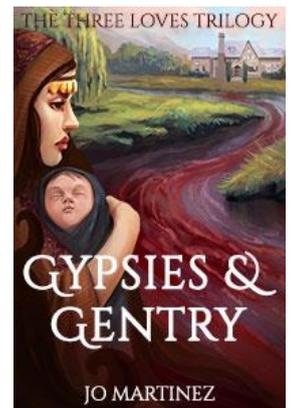
Pictured: Receptionist Fiona Hatch with their STAREE certificate



## Regional Victoria is embracing STAREE!

LaTrobe University Medical Service have recently come on board with STAREE. Participants, like Mrs MF (pictured on left) are interested in being involved in a study *“that is looking at helping the elderly by finding treatments to improve the quality of life for older people”*.

Mrs MF has found the process of being involved with STAREE to be enjoyable and reported that it was an opportunity to learn more about her health. Upon asking Mrs MF how she keeps healthy, she said *“you are your own destiny so I choose to look after myself and choose to enjoy life”*.



STAREE is proud to announce that one of our trial participants has published a new book.

*“It’s a novella, the first book of a trilogy, where chance meetings lead to intrigue, deceit and death.”*

The eBook can be purchased via websites such as Hague Publishing, Amazon, GooglePlay, iBooks, Barnes & Noble, and many more.



## 35 years on and bursting with expertise!

STAREE would like to say a big thank you to Kwik Kopy Richmond for their ongoing support of the STAREE trial and wish them continued success after 35 years serving the Australian small and medium business community.

