

STATINS IN REDUCING EVENTS IN THE ELDERLY – STAREE



STAREE Newsletter, Autumn Issue 2019

4000th Participant

In November 2018, STAREE reached another important milestone. We were delighted to have our 4000th participant, Beryl Reeves, in attendance at the Study Update.

Beryl is participating in the STAREE trial because she feels research is important and she is in a position to contribute in this way.

Beryl enjoys being actively involved in the many groups to which she belongs and helping others. Beryl's positive approach to life includes taking an interest in new ideas and accepting change.



DID YOU KNOW?

People over the age of 70 are often under-represented in clinical trials and other research. An article from the New York Times early last year highlighted some of these concerns.

“For an 83-year-old, what are the risks and benefits of a surgical procedure, drug or medical device tested primarily on those in their 50s? When a drug trial excludes those who have several diseases and take other drugs, how do the results pertain to older adults — most of whom have several diseases and take other drugs?”

<https://www.nytimes.com/2018/04/13/health/elderly-clinical-trials.html>

This is why we are so proud of the world-first STAREE study, which aims to recruit over 10,000 participants aged 70 years and above who may have different medical conditions and take other medications.

COMMUNITY PRESENTATIONS

We have a number of presentations about STAREE lined up over the coming months. Might your local Probus, Rotary, U3A, sporting club or other community group be interested in hearing more about STAREE? We are always keen to spread the word and let more people know about healthy ageing and this important public good research.

Call us on **1800 770 664** or email staree@monash.edu





STAREE in the news

In December 2018, Federal Health Minister Greg Hunt attended Monash University to announce the latest round of National Health and Medical Research Council funding. STAREE received one of the largest grants to continue the study and to establish the STAREE-HEART ancillary study.

STAREE Lead Investigator Professor Sophia Zoungas and STAREE-HEART Lead Dr Ingrid Hopper joined the Health Minister at the announcement, together with local Melbourne participant Anthony Wright.

The Minister highlighted the importance of studies like STAREE for providing evidence on appropriate use of preventive medicines

Key messages from the STAREE Team:

- On behalf of all the STAREE team we wish our valued participants good health and happiness in 2019. We look forward to your continued involvement in STAREE.
- We are excited to be launching the **STAREE-HEART ancillary study** in the first half of 2019. We will be recruiting interested STAREE participants from Melbourne and Perth to undertake further investigations to help determine whether statin medication helps maintain a healthy heart and preserves heart rhythm and function.
- We were pleased to receive a **National Heart Foundation Stroke Prevention Grant** in late 2018 to investigate the effectiveness of statins in reducing the risk of stroke.
- We know many of you may be taking road trips around Australia or perhaps moving house this year. With STAREE sites in all states, we should be able to accommodate visits wherever you are!



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

For more information, please contact us
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