

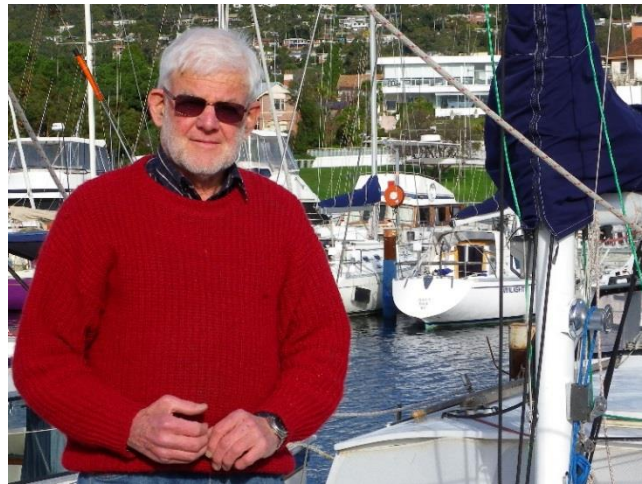
# STATINS IN REDUCING EVENTS IN THE ELDERLY - STAREE



STAREE Newsletter, Spring Issue 2016

## Four sites across OZ

STAREE is currently inviting participants to join in Victoria, Tasmania, Perth and New South Wales. The program is coordinated by local Universities; Monash University, Curtin University, University of New Castle, and University of Tasmania. Professor Christopher Reid says "this trial will be ground breaking and it encourages people involved to keep a good eye on their own health". Pictured right: Staff and Participants in the sites based in Hobart (top) and Perth (bottom).



## This Community-Based Public Good

**Trial** will invite participants to be involved from across Australia. Over 2000 general practitioner collaborators will enrol potential participants from their patients. STAREE will provide an independent answer to one of the key questions confronting general practitioners on a daily basis – "Should statins be prescribed to older people without a history of cardiovascular disease to prevent future disease and disability?"

A 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 healthy 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:

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



Australian Government  
National Health and  
Medical Research Council

N H M R C



**STAREE IS ALSO INVESTED IN EXPLORING THE GENETIC MARKERS ASSOCIATED WITH CHRONIC CONDITIONS AFFECTING US AS WE AGE AND 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**

Kara Beath is our newest research trial officer who, with our co-investigator GPs, sees study participants to check study eligibility and performs baseline and annual visits. A study visit includes conducting anthropometric measures (i.e. blood pressure, height, weight), collecting information regarding well-being, and performing memory and thinking activities. Kara believes “STAREE aligns with what I have done in the past which involves health coaching in older adults. Now I am looking forward to learning new skills and being a member of this community-based, public health study”. Kara has a background in dietetics and is particularly interested in how lifestyle and diet influence healthy ageing.

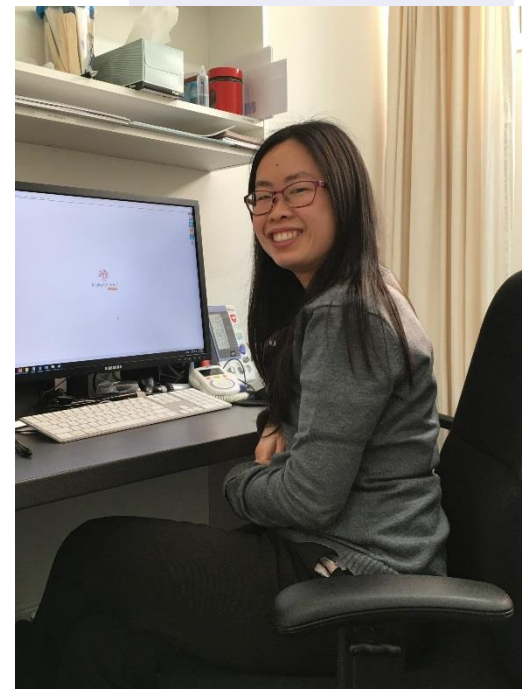


***The Lancet:*** A major review recently published indicates that “the number of people who avoid heart attacks and strokes by taking statin therapy are very much larger than the numbers who have side effects” says review author Professor Rory Collins, University of Oxford, UK. The review supports leading studies like STAREE which will provide unbiased evidence from robust randomised designs.

Collins et al. Lancet, 9<sup>th</sup> September 2016  
See [www.staree.org.au](http://www.staree.org.au) for summary of this review

Feedback from our valued GP co-investigators suggests that STAREE is important for improving clinical guidelines and best practise.

Dr Ray Perraton (pictured above) and Dr Cheryl Oh (pictured right), STAREE co-investigators from Forest Hill Medical Centre, Victoria, Australia.



## STAREE fast facts

Did you know.....

Currently 15% of Australia’s population is over the age of 65.

This represents 3,567,180 people.

Over the last two decades, our life expectancy has increased substantially.

By June 2015, Australia recorded an increase of 15% for persons aged 65 and above, 148% in persons aged 85 and above and 254% in persons aged 100 and above.

There are over 4,400 people aged 100 years or older in Australia. The majority of whom are female.

Source: Australian Bureau of Statistics

