

# STATINS IN REDUCING EVENTS IN THE ELDERLY – STAREE



STAREE Newsletter, Spring Issue 2018

## 3000<sup>th</sup> Participant

Introducing our 3000<sup>th</sup> STAREE participant, Shirley from WA. Shirley is 83 years old and says the secret to a happy, healthy, long life is keeping busy and enjoying time with her family, including her 10 great-grandchildren. Shirley enjoys quilting and spending time in her garden. Thank you to Shirley and all the other 3000+ STAREE participants!

Pictured: Shirley (left) and Annie Syred, STAREE Field Officer WA (right)



Our 4000<sup>th</sup> participant has been recently randomised. More details to follow in the next newsletter.

## DID YOU KNOW?

STAREE has over 15 hubs and 20 sites across the country. We work with a team of over 60 people, including 34 Field Officers who conduct your yearly visits! We have just recently started to see some of you for your Year 3 visits. Every visit helps us collect information to assist us in forming answers on healthy ageing. We have now conducted over 1600 Year 1 visits and 400 Year 2 visits. On average participants will remain in the trial for 5 years, for some of you it will be shorter and for others it may be longer. Some participants have seen the same Field Officer for every visit, and we all enjoy catching up with you each year!

## STAREE Study Update

We were very excited to host our first Study Update on **Friday 16<sup>th</sup> November in Melbourne.**

The STAREE team presented on the progress of the study, such as:

### Demographics

Female – 52%

Male – 48%

## STAREE sites around Australia



We're hoping to organise Study Updates for other capital cities and regional areas in 2019. Stay tuned for details!

**Introducing Dr Norman Hohl,  
Health HQ, Southport, Qld**



Dr Hohl is a strong supporter of the STAREE study encouraging all the GPs in his practice to sign up as GP Co-investigators. Dr Hohl describes medical research as the foundation for improving the health (including quality of life) of all humans on earth. He strongly encourages every GP to be involved in this study, stating every general practice has many patients over 70 years who want to avoid dementia. Every GP owes it to their patients to allow them to make the choice of participation in this study of global prime importance. Dr Hohl sees one of the benefits of the study as the potential to have an impact on reducing the burden of dementia, leading to major increases in productivity, quality of life, and reduction in health costs.



**Message from the STAREE Lead Investigator, Professor Sophia Zoungas:**  
“On behalf of the STAREE team, I would like to thank all our participants for the vital contribution to the study. Your involvement and feedback is helping us learn more about the benefits and risks of statins in people aged 70 years and over. Indeed, the knowledge gained will provide key information on the health experience of people as they get older and guide the use of statins by millions of people around the world.

We look forward to keeping in touch with you all over the coming years.”

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The STAREE newsletter will now be sent out via email as well as being available at participant visits. Make sure we have your correct email address on record by contacting us on 1800 770 664 or emailing [staree@monash.edu](mailto:staree@monash.edu)

