

STATINS IN REDUCING EVENTS IN THE ELDERLY – STAREE



STAREE Newsletter, Autumn/Winter Issue 2018



2000 Participants in STAREE

STAREE has reached another important milestone in December 2017, with our 2,000th participant joining the study - Mrs Sylvia Klees (pictured). Mrs Klees, 84 years from Hobart, found out about the STAREE trial from her GP and was keen to be involved in a project that could benefit the health of older people. She believes the key to a healthy and happy long life is to keep yourself physically fit and your brain active.

STAREE is continuing to enroll GPs and participants across Australia in 2018 and is anticipating a very exciting and busy year ahead.

STAREE in the Media

Professor Chris Reid who heads up the WA STAREE site was featured on Nine news in February. The STAREE trial was featured as a world-first study looking at the overall effect of statins for healthy older people.

Professor Reid commented that *“We’re moving into an area where it’s not just heart attack or stroke. It’s also maintaining good cognition and preventing dementia, reducing the risks of cancer and other chronic diseases of ageing. This is the strategy of prevention and it’s something which is really important as many people are now moving in their 70s, 80s and beyond in relatively good health.”*



Melbourne hits 1000!

STAREE was delighted to sign up its 1000th Melbourne participant this March. Both Robyn and Trevor Morrell (pictured above) decided to join the trial after a family member was diagnosed with dementia and have helped us achieve one of our many milestones. They were also featured on the National Nine news program, in April, which featured STAREE and discussed the trial’s potential to help prevent dementia. To view this segment please go to:

<https://www.9news.com.au/national/2018/04/24/18/35/statins-may-prevent-alzheimers-and-dementia>

Message from the STAREE lead investigator, Professor Sophia Zoungas:

“As STAREE expands, I am excited to continue strengthening our working relationships with clinics, clinicians, clinical staff and our participants. STAREE is now in six states across the country and continues to garner interest from international colleagues. We are excited to be able to offer this program to more people around the country in 2018.”



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

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Australian Government
National Health and
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N H M R C

STAREE IS EMBARKING ON A PILOT STUDY TO DETERMINE WHETHER STATIN TREATMENT PREVENTS STRUCTURAL CHANGES IN THE BRAIN. SELECT PARTICIPANTS IN MELBOURNE WILL BE INVITED TO HAVE A BRAIN SCAN AS PART OF THEIR BASELINE DATA COLLECTION AND FOLLOW-UP.

STAREE IS FUNDED BY THE NATIONAL HEALTH AND MEDICAL RESEARCH COUNCIL

Our STAREE racing champion!

Over the past 3 years, STAREE has attracted the attention of many people all over Australia. We have had the pleasure of meeting many interesting characters including race car driver Graham Lusty, who has recently decided to take part in the trial.

Graham has been driving race cars for over 50 years, competing in the Bathurst 1000 nine times, and was even Victoria Sports Sedan Champion in 1981 and Queensland Production Sports Car Champion in 2017. Most recently Graham competed in two races, in his Mosler GT 900 (pictured), at Bathurst over Easter.



Benalla Church Street Surgery

The STAREE trial is lucky to work with many amazing medical clinics around Australia, one of which is Benalla Church Street Surgery in Benalla, Victoria. The clinic has been working hard since the beginning of the year recruiting participants in rural Victoria in the hope of helping to find better care options and improved quality of life for the older members of the community

The clinic Practice Manager, Janine Rofe (pictured left), says that *“As we are a rural clinic, we feel by participating it gives us a real connection to what is happening outside our country town.”*

Benalla Church Street Surgery has a great attitude towards medical research and we sincerely thank them for their contribution to STAREE so far.



Congratulations Queensland!!

Congratulations to the STAREE team in Queensland who randomised their 150th participant in May. The Queensland team has been working hard since the site opened, and now has a new team member Franziska Limacher-Gisler.

The Queensland site continues to expand further north to the Sunshine Coast and west to Toowoomba.

Pictured: STAREE QLD Team (left to right): Rhiannon Fisher, Dr. Gary Deed, Gina Horn and Stephen Glanville

