

STATINS IN REDUCING EVENTS IN THE ELDERLY - STAREE

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Regional Expansion: STAREE is currently inviting participants to join in regional locations within Victoria, Tasmania, Western Australia and New South Wales. In regional Victoria, the engagement with the study is being fostered by Professor Robyn Langham head of Monash Rural Health which has a footprint stretching from Mildura to Bairnsdale. Robyn welcomed the opportunity for Monash Rural Health to be involved in such a leading public good trial and reported “it will build the capacity of our staff in terms of community based research and is a good fit for the work we do at our regional sites”. Robyn is encouraging local GPs to find out more about the trial and how they can get involved.



STAREE Participant: STAREE welcomed it's most senior participant in to the trial to date in December 2016. Mrs Minc (pictured left) is 94 years of age and attends Bassendean Family Medical Practice in Perth. Mrs Minc believes the secret to her long and healthy life is to be creative in some way every day, such as creative writing or trying new recipes in the kitchen. Coupled with a creative pursuit, an early morning walk also sets her on a good track for the day. In speaking with Mrs Minc, it's clear that maintaining relationships and talking about shared experiences is also beneficial. Mrs Minc is looking forward to being involved in STAREE as she believes her contribution “is something I can do for other people, an act of doing something for others for the greater good”. A heart felt thank you to Mrs Minc for joining STAREE!



A message from the STAREE lead investigator, Professor Sophia Zoungas:
This world first trial is looking to invite 10,000 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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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

According to Dr Mike Civil from Stirk Medical Group in Perth:

“Statins are a class of medication that can help manage and control patients’ cholesterol and lipid levels, when diet and exercise changes have not been successful. They are particularly beneficial for those patients who have already suffered a cardiovascular event, such as a heart attack, to reduce their risk of further episodes and problems”.

Stirk Medical Group is a group of 4 family medical practices situated in the Shire of Kalamunda, WA.



A recent observational study conducted in the USA involving 400,000 people aged over 65 years has suggested that statin treatment may reduce the risk of developing Alzheimer’s disease by around 12-15%.

Previous studies have shown a link between lowering cholesterol and reducing plaque formation within blood vessels thereby supporting optimal blood flow to the brain to support memory and other brain functions.

STAREE is well placed to explore this effect in people across Australia.

Zissimopoulos et al. JAMA, 12th December 2016
See [JAMA article 2591317](#) for further information

“STAREE is aiming to answer important questions for both patients and general practitioners. The results will be interesting for all”

Dr Warren Saint (pictured right), STAREE co-investigator from Bassendean Family Medical Practice, Perth, Australia.

Statins in Australia

Statins are one of the most commonly prescribed medications by GPs in Australia, taken by 2.6 million people.

There are 5 brands of statins approved for use in Australia (Atorvastatin, Fluvastatin, Pravastatin, Rosuvastatin, Simvastatin).

In 2015, around 25% (875,000) of people aged 70 years and over were taking statin treatment.

There are no clear guidelines in Australia for prescribing statin therapy to people aged 70 years and over. This is why STAREE is so important. It will guide Australian health policy.

