

PARTICIPANT NEWSLETTER

WELCOME TO THE SECOND ADD ASPIRIN PARTICIPANT NEWSLETTER

Thank you for your continued contribution to the Add-Aspirin trial. In this issue of the newsletter you can find information about recruitment, the trial opening in the Republic of Ireland, and results of the ASPREE trial, which received widespread coverage in the media this month.

We hope you enjoy reading.

*The Add-Aspirin
Team*



REMINDER TO JOIN THE MAILING LIST!

We will continue to send future newsletters to your hospital. If it is your preference to have a paper copy of the newsletter, please ask your trial nurse.

However, if you prefer, you can sign up to our email mailing list and get newsletters sent straight to your inbox as they are available. We expect to send these around every 6 months. Sign-up is completely optional, and you can unsubscribe at any time too.

Any family members or friends who might also be interested in trial news are welcome to sign up too.

To join the mailing list, go to:

www.addaspirintrial.org/patientnews

ASPIRIN IN THE NEWS

What does the recent news about aspirin in older people mean for Add-Aspirin participants?

You may have seen recent news reports about a study looking at use of daily aspirin in healthy people aged 70 or over. The trial involved 19,000 individuals who were asked to take aspirin or a placebo (dummy) tablet daily for 5 years. Taking daily aspirin was not previously recommended for healthy individuals over age 70 because of an increase in risk of bleeding at older ages. The new trial confirmed this effect and suggested that there was therefore no overall benefit of taking aspirin, when considering risk of death, dementia or physical disability.

The group of people taking aspirin in this new study also appeared to be slightly more likely to die from cancer, although the study investigators considered that this might well be explained by chance. This result also differs from a number of other studies which have suggested a benefit of aspirin in terms of cancer risk. Since cancer can take a number of years to develop, a benefit may not be seen until after 5 years, and so results from this trial in which people were followed up for less than 5 years should be interpreted with caution.

Participants in the Add-Aspirin trial differ from the individuals in this recent study, since they have all had treatment for a previous cancer - we expect any benefits of aspirin (in terms of cancer prevention) to be greatest in these individuals, because of the risk of the cancer returning. This has not yet been confirmed and will be looked at in the trial. All of the data collected from Add-Aspirin participants is looked at regularly by an independent committee, who also consider new findings from other studies. We do not believe the results of this recent study in older individuals without a recent history of cancer changes the Add-Aspirin trial.

If you have any further questions or concerns about this, please speak with your study nurse or doctor.

[The study was reported in the New England Journal of Medicine: https://www.nejm.org/doi/full/10.1056/NEJMoa1800722?query=featured_home]

LOOKING AT THE EFFECTS OF ASPIRIN ON PLATELETS:

NEW SUB-STUDY LAUNCHED!

A number of the UK hospitals that are recruiting participants to Add-Aspirin are participating in a new sub-study which aims to improve our understanding about how aspirin might work against cancer. Aspirin affects how well platelets (in our blood) work, and it is thought that this might help stop the spread of cancer cells. This can be looked at by analysing urine samples from people taking aspirin.

If your hospital is one of those taking part in this sub-study, you may have been asked to donate some urine samples as part of the trial. The sub-study is entirely optional, but if you give your permission to take part, you will be asked to provide three urine samples at different time-points: one at your registration visit; one at the end of the 8 week run-in period; and one in a further 3 months (if you continue in the trial after the run-in).

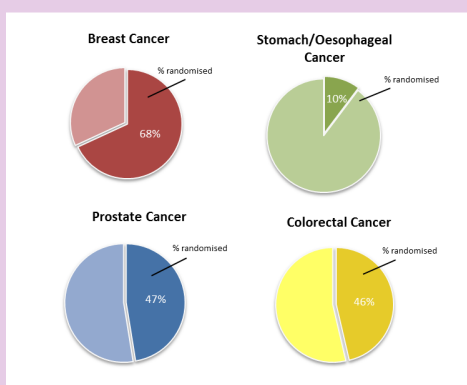
Samples from 500 Add-Aspirin trial participants, across the four different cancer types, will be sent to a laboratory where they will be analysed in order to help us better understand the effects of aspirin on platelets and how this might help to fight cancer.

Thank you for your important contribution.

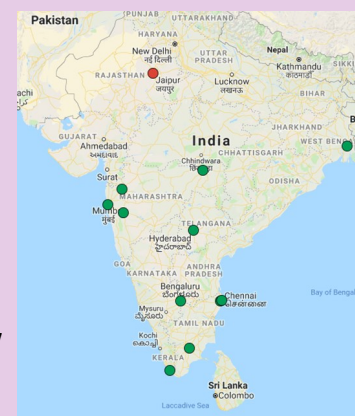
ADD-ASPIRIN RECRUITS 5500 PARTICIPANTS - HALFWAY THERE!

We are aiming to recruit 11,000 people to the Add-Aspirin trial in total. Of these, there will be 3100 in the part of the trial about breast cancer, 2600 for bowel cancer, 2100 for stomach/oesophageal cancer and 2120 for prostate cancer. The diagram on the right shows the proportion of participants who have joined each group in the study. Some of the groups will recruit more quickly than others, and the recent addition of Indian hospitals has seen an improvement in recruitment to the stomach/oesophageal group.

Thank you for your contribution to this! The first participant joined the trial in October 2015 and as of mid-September 2018 there are 5575 people enrolled.



These participants have joined the trial through the 184 hospitals that are currently open to the trial in the **UK, Republic of Ireland and India** - shown with green dots on the map to the right. There are more hospitals that are preparing to join (red dots). We have recently opened the trial in the Republic of Ireland, and so far have two hospitals recruiting participants there.



If you would like to follow recruitment more closely, we have weekly recruitment updates on the Add-Aspirin website. Follow the link: www.addaspirintrial.org

Thank you for reading this participant newsletter. If you have any suggestions for future editions, please let your doctor or nurse know so that they can pass the message on to us.

For more information on Add-Aspirin, go to www.addaspirintrial.org