

Dear VascAgeNet Participants, here is the latest update on the status and all ongoing activities of our COST Action VascAgeNet.

## Webinar Success Continues

We would like to thank Dr Rosa Maria Bruno for her state-of-the-art webinar discussing how to measure vascular ageing. All past webinars can be found on our YouTube channel where they are gaining lots of attention. Please continue to communicate our series of webinars on vascular ageing [https://www.youtube.com/channel/UCcZ-sT2U\\_YUkl3RtY4CYKFA](https://www.youtube.com/channel/UCcZ-sT2U_YUkl3RtY4CYKFA).

This month's topic is:


**“Why do some people display early vascular ageing and how can I modify my vascular age?” By Professor Peter Nilsson**

Register here : [https://us02web.zoom.us/webinar/register/WN\\_QqRjqrjFRGCsAzkrw7V6HA](https://us02web.zoom.us/webinar/register/WN_QqRjqrjFRGCsAzkrw7V6HA)





**Why do some people display early vascular ageing and how can I modify my vascular age?**



Please join us on zoom for the fourth in our series of webinars.

**Audience:** Early career researchers, limited to n=100 people  
**Date:** September 9th  
**Time:** 11-12 CET  
**Guest Speaker:** [Professor Peter M. Nilsson](#)

Peter M Nilsson is a Professor of Clinical Cardiovascular Research at the Lund University in Sweden. He has extensive experience leading large-scale population-based screening studies focusing on cardiovascular disease (CVD) and type 2 diabetes and is an expert in Early Vascular Aging (EVA) syndrome. His other fields of interest include the gene-environment interactions behind the development of obesity and type 2 diabetes and early life programming of adult disease.

**Register now**

Full information on our webinars can be found here: <http://vascagenet.eu/education>

## STSM and ITC conference grants

The call for Short Term Scientific Missions (STSM) and Inclusiveness Target Country (ITC) conference grants remains open. Don't miss out on these fantastic opportunities. More information can be found on the website:

<http://vascagenet.eu/short-term-scientific-missions>

<http://vascagenet.eu/itc-grants>

If your institution would be willing to host a STSM grantee please fill in an application form:

<http://vascagenet.eu/stsm-host-institution>

Offers from institutions for STSMs can be found here:

<http://vascagenet.eu/stsm-host-institution-offers>

## New! Job Opportunities

Do you have a position open in your institute/company? VascAgeNet can now help you to advertise these opportunities on social media and our website. <http://vascagenet.eu/job-opportunities> Add your information to the new job opportunities section within the WG1 folder on Sharepoint, where you will also find a “How To” guide.

### Communication local ambassadors

Thank you to all those who volunteered to represent their countries as part of the communications local ambassador team. We look forward to working with you to disseminate VascAgeNet's educational material and much more.

### Vascular Ageing Survey

The public engagement team have developed an anonymous, online survey to find out what people really know about vascular ageing. Please can we ask **all members** to complete the survey which can be found here <https://redcap.cut.ac.cy/surveys/?s=JDX93FF4WF>

### Next Virtual Management Committee meeting

Information! On November 12<sup>th</sup> 2020 (16:00-18:00 CET), we will have our next virtual MC meeting, please can as many MC Members and MC Substitutes attend as possible. Login details and agenda will follow.

### New Parties in VascAgeNet - Welcome

Bulgaria and Albania are now officially new members of VascAgeNet – welcome! The MC has agreed on their participation via e-Vote.

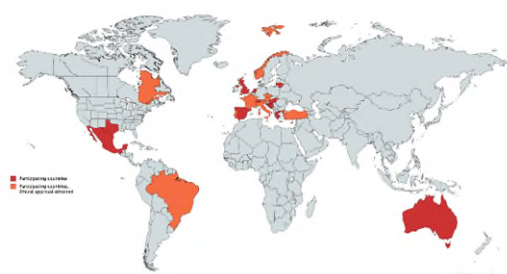
### “Sex and gender in vascular ageing” expert group is born



WG4 members Ute Seeland (DE) (pictured) and Rosa Maria Bruno (FR) launch a new activity inside VascAgeNet: the “Sex and gender in vascular ageing” expert group, with the aim of **supporting all WGs in taking into account the sex and gender dimension in all VascAgeNet activities** from the earliest stage of development of projects and publications, through quick assessment of drafts, to result interpretation. We encourage other experts in sex/gender aspects in VascAgeNet to join our group. For more information contact [gendermed@ute-seeland.de](mailto:gendermed@ute-seeland.de) [rosa-maria.bruno@inserm.fr](mailto:rosa-maria.bruno@inserm.fr)

Integrating the sex and gender dimension in the context of research and innovation, mandatory for EU-funded research, is not as easy as it may seem. The first step is to look for differences between men and women in clinical research and generating sex-specific data. But then, it is crucial to consider that part of the differences between men and women are biologically determined, through expression of genes on sex chromosomes (sex-related), while others are determined by cultural, behavioural and socio-economic aspects (gender-related). Neglecting these differences may result in biased conclusions, bad science and discrimination. Sex and gender related differences are important in basic as well and in clinical research, in technology development, in communication, in work organization: this is why the gender dimension must be considered in all VascAgeNet activities.

## CARTESIAN Update



The CARTESIAN study now includes 47 centers in 31 Countries and received Ethical Committee Approval in 9 countries (Portugal, Italy, Norway, Czech Republic, Turkey, Austria, Brazil, Canada, France). The 1<sup>st</sup> patient was officially recruited in Brescia, Italy. Moving forward!

## Social media and media appearances

Congratulation to WG5 lead Dr Rachel Climie who discussed the importance of vascular health from a young age on the Australian news this month! Please contact the communications team if you have any media opportunities. [milicavukicevicmd@gmail.com](mailto:milicavukicevicmd@gmail.com) and [chloe.park@ucl.ac.uk](mailto:chloe.park@ucl.ac.uk)

## Call for articles NOW OPEN in the Journal of Heart, Lung and Circulation

VascAgeNet are producing a special issue on vascular ageing in the Journal of Heart, Lung and Circulation. See here for more information <https://www.journals.elsevier.com/heart-lung-and-circulation/call-for-papers/vascular-ageing-translating-research-into-clinical-practice>  
If you have any queries please contact [rachel.climie@inserm.fr](mailto:rachel.climie@inserm.fr)

## What are you working on?

Each week we are featuring a VascAgeNet member on social media and our website. Thank you to those that have already sent their information. If you would like to be featured, please send us a 1 line summary bio, 1 line summary of your research, a profile picture, and a link to recent publication/profile to [milicavukicevicmd@gmail.com](mailto:milicavukicevicmd@gmail.com) and [chloe.park@ucl.ac.uk](mailto:chloe.park@ucl.ac.uk)

## Virtual Artery 2020

Register now to attend virtual Artery 2020 for FREE! <http://www.arterysociety.org/our-activities-2/our-conference/> This year's meeting is dedicated to Early Career Researchers presenting their work, and will span two half days. Attendance is open to investigators of all ages. In addition, everyone that registers will have access to videos, abstracts, and posters. If you are presenting at Artery 20 please use our official VascAgeNet slide to promote the Action.

## Virtual Symposium on Ultra High Frequency Ultrasound

VascAgeNet members Dr Rosa Maria Bruno and Professor Pierre Boutouyrie have joined forces with FUJIFILM-Visual Sonics to organise a FREE virtual symposium on Ultra High Frequency Ultrasound in Translational Research, September 10<sup>th</sup> and 11<sup>th</sup>. Further details, the programme, and registration can be found here:

[https://secure.visualsonics.com/firstuhfsympo?inf\\_contact\\_key=7a3faf8a173924c08d1b56327c6dac57](https://secure.visualsonics.com/firstuhfsympo?inf_contact_key=7a3faf8a173924c08d1b56327c6dac57)

## Working Group Updates

### WG1- Dynamic Exchange

The partner repository has been filled with information from several VascAgeNet Members. Please provide your input if you haven't done so far. The deadline for the submission of STSM grants has been prolonged, the call is still open. Bulgaria and Albania have been approved as a new member countries of our Cost Action. Several new member candidates from existing member countries have been approved each month. A Glossary with important terms related to vascular ageing is currently being created with input from all members. A new contact form has been established on the Website. A new process to promote job opportunities hosted by member institutions has been developed. It was decided to establish a Sex and Gender Expert Group within WG1, which will support all other WGs. Dedicated members are welcome to join this expert group.

[Bernhard.Hametner@ait.ac.uk](mailto:Bernhard.Hametner@ait.ac.uk)

### WG2- Physiological and Technical Background

Since the last update, activities have taken place in small groups. Members continue working on the position/consensus/review papers for the three WG2 tasks and collaborating with other WGs on several tasks. These include producing a list of circulating biomarkers of vascular ageing in collaboration with WG3, providing feedback on the VascAgeNet glossary coordinated by WG3, and feeding WG5 with information aimed to promote WG2 and VascAgeNet activities. We are now planning a whole group meeting in September when most of our members will be back from summer holidays.

[jordi.alastruey-arimon@kcl.ac.uk](mailto:jordi.alastruey-arimon@kcl.ac.uk)

### WG3- Technological aspects

WG3 members have been allocated to 6 different subgroups covering almost every possible technique and method of assessment of vascular ageing. These subgroups are named: 1) Invasive, 2) Imaging (including MRI/CT and Ultrasound), 3) Oscillometry, 4) Tonometry, 5) Photoplethysmography/Contactless, 6) Chemical/Score. All subgroups are working full-time to prepare a comprehensive review of each technique with validation of methods based on the available data on the literature. Furthermore, in collaboration with WG1, a vocabulary of terms is being prepared to fill the VascAgeNet's need for standardized definitions and description of terms and methods related to vascular ageing.

[dterentes@gmail.com](mailto:dterentes@gmail.com)

#### WG4- Data and Studies

On June 30<sup>th</sup> 2020, the **first WG4 teleconference** took place. During this meeting 7 subgroups were created: 1) Carotid-femoral PWV; 2) Brachial-ankle PWV; 3) carotid mechanics; 4) Central haemodynamics; 4) Youth vascular consortium; 5) Big data approaches; 6) Interventional trials. Their activities will be aimed at 1) identifying current gaps in clinical research, which prevent vascular ageing measures to be in the clinical practice, and 2) design appropriate studies and analysis, which will be conducted within the VascAgeNet big data registry.



[rosa-maria.bruno@inserm.fr](mailto:rosa-maria.bruno@inserm.fr)

#### WG5- Dissemination and education

We are continuing to work on the VascAgeNet State of the Art document and are starting to develop some educational videos answering the VascAgeNet 6 key questions. These will be available shortly for use and distribution. We are planning to roll out a survey in collaboration with a number of societies worldwide to understand perceptions related to vascular ageing. Please complete the survey using the link above which will be useful in providing us with feedback for the final survey. We are continuing to host a monthly webinar. Tune in in September to hear Professor Peter Nilsson.

Thank you and take care

As always, if there are any questions, do not hesitate to contact us! Best wishes,  
Rachel, Chloe, Milica and the Core Group