

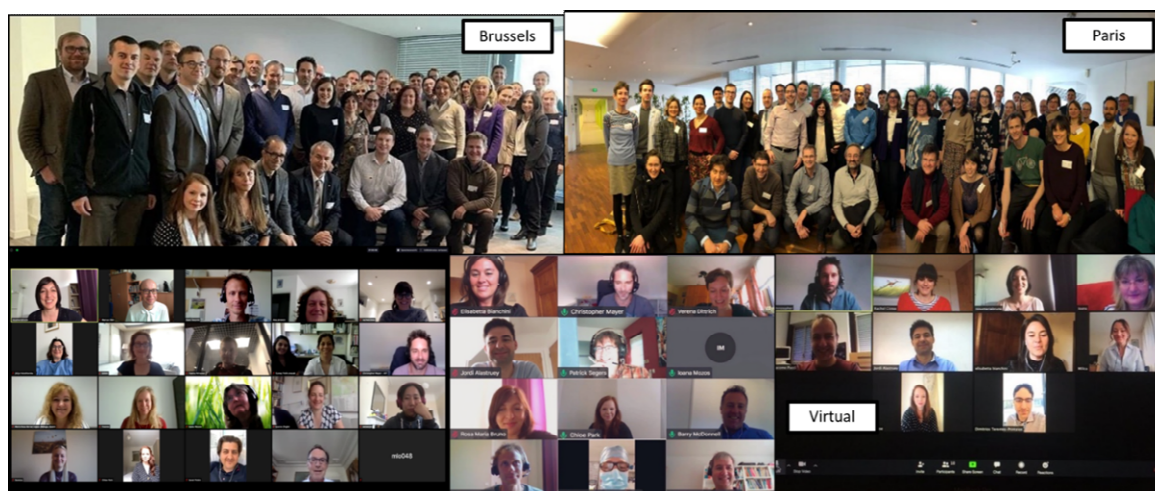
Dear VascAgeNet Participants, we would like to thank you for your continued support and dedication to the COST Action. Despite current global circumstances, this first year has been a great success. This newsletter celebrates the achievements so far.

Participation

VascAgeNet was launched on the 5th of November 2019 in Brussels, Belgium. Since then, VascAgeNet has grown to now include 225 participants from 40 (35 COST Member countries, 2 Near Neighbour Countries and 3 International Partner Countries) countries.

Networking

Following on from the successful first Working Group (WG) meeting in Paris, networking has continued virtually. Each WG (and the many WG subgroups) meet regularly, enabling interdisciplinary discussions that bring together industry, clinical expertise, basic research and engineering, all working together to translate the concept of vascular ageing from research into clinical practice. MC meetings have successfully transitioned to online meetings and the CORE group and WG interaction workshops have continued to align and harmonise the great work of the different WGs.



Education

“Promoting a vascular ageing culture and to propagate the use of technologies and preventative strategies” is one of the key objectives of VascAgeNet. This year WG5 have developed educational videos addressing the 6 key questions on vascular ageing and have hosted 5 state-of-the-art webinars. Thank you to all of our excellent speakers, the webinars have been a great success.



VascAgeNet was established to create a network to refine, harmonise and promote the use of vascular ageing measures, in order to improve clinical practice and to reduce the burden of CVD globally. Many achievements have been made this year that take us a step closer towards achieving our goal.

Refining

In 2020, VascAgeNet started working strongly on the analysis of the vascular ageing estimation in terms of available approaches and innovation. The main techniques adopted for parameters related to vascular ageing have been identified and a state-of-the-art analysis has commenced, paying great attention to features such as validation and performance. The activities have been conducted by dedicated subgroups that represent the translational approach promoted by our project. Subgroups are multidisciplinary with considerable interaction between industry and scientists. Similarly, the network is focusing on providing an overview of mathematical models in order to promote awareness and their correct application in the vascular ageing field. During this first year, based on the need to clarify the key role of words and of the concepts, a glossary initiative began: all members contributed to a draft list of key definitions and a task force with representatives from all the WGs will work on refining and harmonising it.

Harmonising

During this first year, VascAgeNet participated actively to the Covid19 effects on arterial stiffness and vascular ageing (CARTESIAN) study, initiated by the Artery Society. CARTESIAN is becoming an excellent accelerator for the vascular ageing registry constitution. More than 20 centres worldwide are collecting data on a harmonized shared platform, with a multi-parametric approach to vascular ageing. This is an example of vascular ageing usefulness for risk stratification and patient management.

At the same time, WG4 subgroups have started working on the identification of missing gaps in literature, preventing the use of vascular ageing biomarkers in clinical practice. Finally, the Youth Vascular Consortium was launched: an international initiative aimed at providing reference values of vascular ageing in children, adolescents and young adults.



Promoting

In addition to the educational videos and webinars, WG5 have also developed a state-of-the-art review addressing the 6 key questions of vascular ageing. These answers are currently

being refined and also converted into posters and leaflets to be disseminated widely. WG5 have also developed an online survey to find out what professionals really know about vascular ageing. This is being distributed in collaboration with numerous global hypertension societies. During this first year, several members have featured in local media discussing the importance of vascular ageing. The network also has numerous publications in scientific journals and there are many more to come, including a special issue on vascular ageing in Heart, Lung and Circulation.

Communication and Dissemination

The Scientific Communication Team have developed several outlets to communicate our activities; these include our informative website, Twitter, Facebook, Instagram, YouTube and a newly launched LinkedIn account <https://www.linkedin.com/in/vascagenet-cost-action-006368126/>. Our Twitter account currently has >440 followers. Our YouTube channel contains various videos, including the educational videos and webinars, which have attracted a lot of views. A team of local ambassadors has been created to disseminate vascular ageing information produced by the network as widely as possible, in every country.

One Year Celebration Party

Thank you to all who attended the celebration meeting and those that sent in pictures.

Please find a video summarising the first year of the network here:

<https://www.youtube.com/watch?v=qYd-29fbhTw>



Thank you

We are so grateful to all of you for your hard work in progressing VascAgeNet and appreciate all the extra hours you have put in, above and beyond your everyday job to help to translate vascular ageing research into clinical practice. As always, if there are any questions, do not hesitate to contact us!

Best wishes, Rachel, Chloe, Milica and the Core Group

Look how far our network spreads across the globe!

