

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

Vascular Ageing Animation

NEW! We have developed an animation explaining the concept of vascular ageing. Watch it here: https://youtu.be/7s0_Rkq_bRE

The target audience is the general public. Share this link with your friends, family and colleagues. Let's make it go viral!

What is Vascular Ageing?

NEW Animation now on YouTube!



Webinars

We would like to thank PD. Dr Elena Osto, Dr Elisabetta Bianchini and Dr Julio A, Chirinos for their highly informative, excellent webinars. All past webinars can be found on our YouTube channel. https://www.youtube.com/channel/UCcZ-sT2U_YUki3RtY4CYKFA.

This month's topic is **“Vascular ageing and the coronary circulation: arteriosclerosis and atherosclerosis”** by **Professor Thomas Weber**.

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

Successful first STSM

The first STSM has been completed. Dr. Saverio Fabbri spent two months at PARCC-INSERM U970, Paris, France working with Prof. Pierre Boutouyrie and Dr. Rosa Maria Bruno on the COVID-19 Effects on arterial stiffness and vascular aging (CARTESIAN) study. Dr Saverio had the opportunity to learn how to measure vascular ageing by different techniques and interpret vascular data using the appropriate technological tools



"The VascAgeNet STSM offered me the opportunity to acquire specific knowledge in the vascular field and to start new collaboration between different investigators around the EU"
Saverio Fabbri

STSM and ITC conference grants opportunities

The call for STSM and ITC conference grants remains OPEN. *“Despite limitations to individual mobility related to the COVID-19 pandemic, the STSM remain an important tool to promote collaboration between participants to the VascAgeNet COST Action. There are still many opportunities to receive funding”* Dr Giacomo Pucci, STSM Coordinator.

<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>

Communication's Local Ambassador Team (LAT)

The LAT are currently forming associations with relevant local societies in each country to enable successful communication and dissemination of the educational material. Please let the communications team know if you are a member of a relevant local society that can help. milicavukicevicmd@gmail.com and chloe.park@ucl.ac.uk

Vascular Ageing Survey

Thank you to all members who completed the vascular ageing online survey. Your answers have been integral in finalising the Survey that will now be sent to all professionals who work in the area, outside of VascAgeNet.

Virtual Management Committee (MC) meeting

The virtual MC meeting was held on Feb 11th, thank you to all MC Members and Substitutes who attended. We hope to be able to have face-to-face MC meetings soon.

Vascular Ageing Awareness Day- June 6th 2021

We are joining forces with the Artery Society to raise awareness for vascular ageing. On **June 6th** we invite you take part in the first **Vascular Ageing Awareness Day**. The theme of the day is *physical activity*. Watch out for more information about this event on the website.

May Measurement Month



VascAgeNet will take part in May Measurement Month (MMM) 2021. Vascular ageing measures will be added to the traditional blood pressure methods this year in sites in the UK (London and Cardiff).

What are you working on?

We are continuing to feature VascAgeNet members every week on social media and the website. If you have not yet been 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 and chloe.park@ucl.ac.uk

Media appearances

Congratulations to Professor Ana Jeroncic, who recently attained several awards for her great work in the field and was interviewed for a special edition Universitas which has been published in several national newspaper (Jutarnji list, Slobodna Dalmacija, Novi list, Večernji list) to celebrate International Women's Day. Dr Rachel Climie also featured in the media, writing an

article in Australian Women's Weekly on "How to make your arteries Younger". Please contact the communications team if you have any media opportunities. milicavukicevicmd@gmail.com and chloe.park@ucl.ac.uk

Interaction Workshop

The working group leaders attended the latest virtual interaction workshop on March 25th, where they are continuing to work together to align and harmonise the efforts of the network.

Partner Repository

To do: Please fill in your details in the partner repository on the Sharepoint, if you have not done so already. <https://portal.ait.ac.at/sites/VascAgeNet/Shared%20Documents/WG1%20-%20Dynamic%20exchange/Partners%20Repository?csf=1>

VascAgeNet Invited Presentations

Dr Rosa Maria Bruno, presented the CARTESIAN study in a webinar on "COVID-19 and the cardiovascular system from basic mechanisms to clinical perspectives" organized by the Turkish Pharmacological Society and European Council for Cardiovascular Research. Dr Elisabetta Bianchini, discussed her experience with "Medical Devices Regulation: basic principles and applications in the vascular ageing field" with the PhD students of the ITN project MeDiTATe ("the Medical Digital Twin for Aneurysm Prevention and Treatment") MeDiTATe project – The Medical Digital Twin for Aneurysm Prevention and Treatment. www.meditate-project.eu

Conference Slide

If you have a presentation at an upcoming (virtual) meeting, please advertise the Action using the official VascAgeNet Conference slide.

<https://portal.ait.ac.at/sites/VascAgeNet/Shared%20Documents/WG5%20-%20Dissemination%20and%20education/T5.3%20General%20dissemination/VasAgeNet%200slides?csf=1&e=8YF8eM>

Croatia Summer Training School and Meeting

The summer training school and meeting are planned in the week 21-25/06/2021, but due to the current development of the pandemic it is most likely that we need to postpone these to September (to be decided soon).

Working Group Updates

WG1- Dynamic Exchange

WG1 have established a new task force for the connection to other stakeholders such as scientific societies. Please can all members remember to follow our internal processes that can be found in the **How-To** folder on Sharepoint. This includes the partner repository, the job opportunities, the sharing of information on grant calls as well as new project ideas.

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WG2- Physiological and Technical Background

WG2 members continue working in small groups to write three position/consensus/review papers: (i) *Theories of vascular ageing and biomarkers* (in collaboration with WG3); (ii) *The value of mathematical models in vascular ageing*, and (iii) *Arterial pulse wave modelling and analysis for vascular ageing assessment*. The group is also contributing to the VascAgeNet glossary on biomarkers. Other highlights include a VascAgeNet webinar given by Elena Osto (Task 2.3 lead) titled Endothelial dysfunction, ageing and COVID-19 and three research presentations: (i) *Arterial ageing in the middle-aged: 10 years follow-up data in the Asklepios population* by Daimé Campos and (ii) *Impact of cocoa flavanol intake on age-dependent vascular stiffness* by Christian Heiss and (iii) *Targeted Delivery of Atorvastatin by Aptamer Gated Silica Nanoparticles in Atherosclerosis Cell Culture Mode* by Elif Oztemiz. All research presentations can be found on YouTube. [VascAgeNet - YouTube](#)

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WG3- Technological aspects

WG3 members continue to work in the 6 different original subgroups 1) Invasive, 2) Imaging (including MRI/CT and Ultrasound), 3) Oscillometry, 4) Tonometry, 5) Photoplethysmography/Contactless, 6) Chemical/Score, where they are finalising comprehensive reviews of each vascular ageing technique with validation of methods based on the available data on the literature. A new subgroup has been created in collaboration with WG2 that will create a framework for selection of circulating biomarkers and risk scores related to vascular ageing. A new project on atrial fibrillation has also been launched. The vascular ageing Glossary collaboration with WG1 is progressing well and will be available on the website soon.

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WG4- Data and Studies

The WG4 subgroups on cfPWV, baPWV, central hemodynamics and endothelial function are working to identify gaps in the literature. They are currently performing 6 systematic reviews. The Carotid subgroup are writing a MSCA-Doctorate's proposal, evaluating synergies between different PhD projects and general framework of the proposal. They are also collaborating with WG3 to review the technical validation of ultrasound biomarkers of vascular ageing. The Youth Vascular Consortium is launched and data collection is progressing well. The Big data subgroup report on data structure is well advanced and templates are under construction. The WG4 nucleus are working to align all subgroup activities, launch new subgroups and develop the registry structure. The Sex and Gender expert group have completed a review highlighting sex and gender aspects in vascular ageing. The Covid-19 effects on ARTERial Stiffness and vascular AgiNg study has reached 700 recruited patients! We sincerely thanks all the investigators for the wonderful job!

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WG5- Dissemination and education

WG5 are finalising the state-of-the-art review that addresses the key questions of vascular ageing. The educational webinars have been a great success and will continue to feature every month. The Animation was released last week and has nearly 1000 views already via the various social media platforms. The vascular ageing Survey is ready for international dissemination and the first *Vascular Ageing Awareness Day* is being planned.

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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