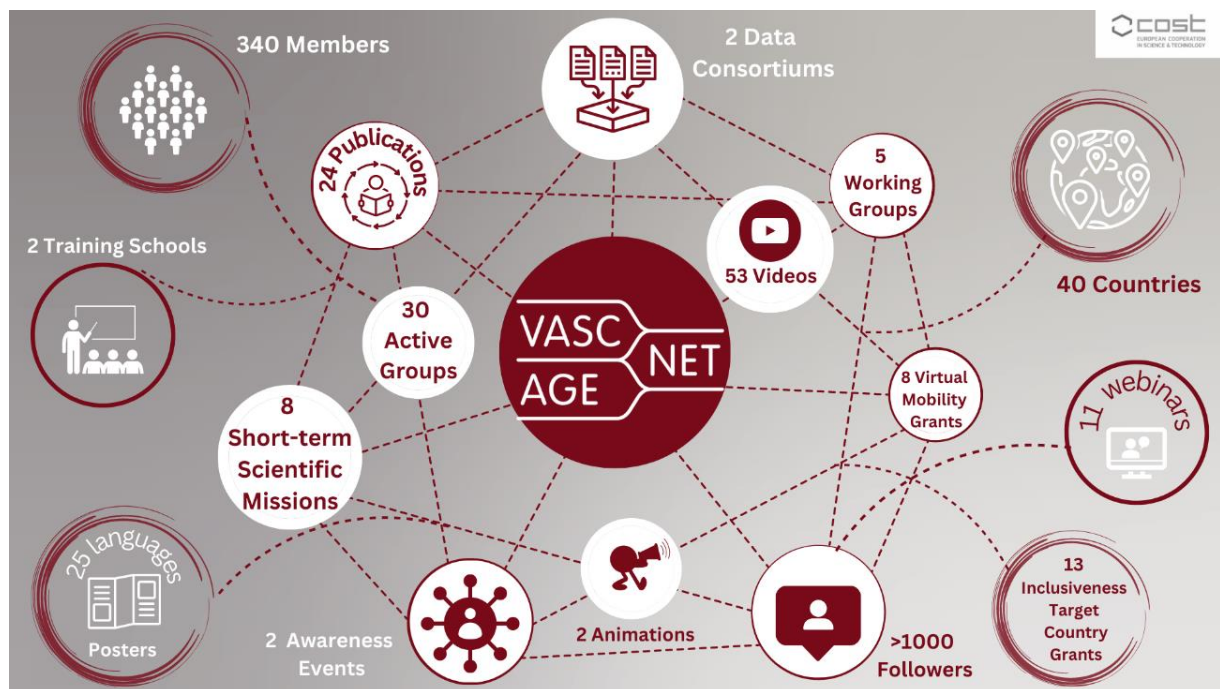


Dear VascAgeNet Participants, here is the latest update on the status and all ongoing activities of our COST Action VascAgeNet.

3 Years of VascAgeNet

On November 5th VascAgeNet reached the 3-year milestone. The network now has 340 members from 40 Countries (~43% female, 42% from Inclusiveness Target Countries (ITC) and 45% Young Researchers and Innovators). Achievements during the past 3 years include, 2 training schools, 8 short term scientific missions (STSM), 13 ITC grants, 8 virtual mobility (VM) grants, 2 vascular ageing animations, 2 awareness events, educational material (videos, posters in 25 languages, illustrations), the vascular ageing glossary, 2 surveys, global big data consortiums, collaborations, 24 publications and much more. Thank you to all members for their hard work and dedication.



Thessaloniki Training School

The 2022 training school took place at the Teloglion Foundation of ARTS in Thessaloniki (Greece) from the 16th to 18th of May 2022. 43 early career researchers from 16 countries (7 ITC) attended. The school focused on the assessment methods and clinical aspects of vascular ageing. Experts provided classes on several diseases related to vascular ageing including hypertension, degenerative aneurysms and renal disease. Lectures were also delivered on statistical methods for clinical studies, science communication and techniques to quantify or modify vascular ageing. Thank you to the attendees, speakers, and the training school committee for this successful event. A special thank you to the co-ordinator Andrea Guala, local organisers Areti Triantafyllou and Eugenia Gkaliagkousi and the local organising team: Antonios Lasaridis, Vasileios Gkolias, Stamatina Lamprou and Anastasia Maliora.



World Vascular Ageing Awareness Week

For this year's awareness event we expanded world vascular ageing day to an awareness week. Throughout the week we asked the public to show us what they do to keep their heart and arteries healthy. 37 countries took part, and pictures uploaded to social media included heart healthy food, physical activity, and ways to decrease stress. Each day we focused on a different topic including smoking, alcohol, blood pressure, diet, sleep, stress and physical activity. As part of this campaign, we also introduced a drawing competition for children to show us how they can keep their arteries healthy. A full summary of the event can be found on YouTube [here](#)



Apply Now! STSM, ITC Grants and VM Grants

Congratulations to all the 2022 STSM, ITC Grant and VM grant awardees. The call for 2023 applications is now OPEN! Apply here <https://vascagenet.eu/participation>



Short Term Scientific Missions- open call

ITC Conference Grants- open call

VM Grants- deadline 31st January

Call for help

Glossary



Interconnectivity



Regulation Survey

New Glossary Terms

The VascAgeNet Glossary is a living document, available to the scientific community, which aims to unify vascular ageing language. Since October 2021, small groups of terms have been released by the team on a regular basis. Please review the latest terms here <http://vascagenet.eu/glossary> by **January 15th**.

New Survey

Regulation is part of the innovation process and impacts the whole lifecycle of medical devices to guarantee effectiveness of adopted systems and safety for users. What do you know about regulation and medical devices? Let us know by completing the new survey here <https://ec.europa.eu/eusurvey/runner/REGULATORYSurvey2022> Please share this link with your local societies and departments. More Information [here](#)

Interconnectivity Form

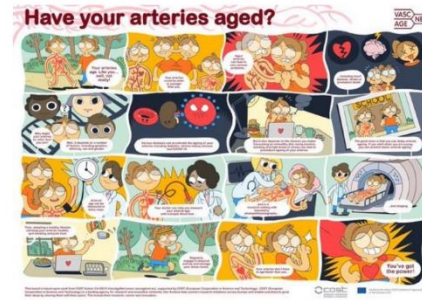
Widening of individual network connections is a fundamental aim of VascAgeNet. To highlight “who” and “what” our members are connected to, we have created a “societal connections” form. Complete the short form here [Interconnections Form](#)

Artery 2022

VascAgeNet members were extremely active presenting and chairing sessions at [Artery](#) 2022 in Nancy from October 19th to 22nd. It was a fantastic opportunity to catch up and network. The meeting kicked off with a session dedicated to showcasing the VascAgeNet achievements so far. We look forward to working closely with the Artery Society in the future.

Educational Material: New Animation for children and VA board

A focus of WG5 this year has been to educate children on the concepts of vascular ageing. As part of the 'Science Buddy Program' we co-created an animation with children, for children. The 'Super Heart Adventure' can be found in several different languages [here](#). We also developed a comic board to explain the concept of vascular ageing in another fun way. <https://vascagenet.eu/public-engagement>



Working Group Updates

WG1- Dynamic Exchange

WG1 adopted to the new registration process for applicants and encouraged new members to provide their information for the partners repository within VascAgeNet. Areti Triantafyllou is taking care of the applications and has been elected as the second Vice leader of the working group. WG1 continued to look for possible grant calls and aims to facilitate the process of building new consortia. A new taskforce on regulatory affairs was established, which is currently carrying out a survey about the knowledge on regulatory aspects for vascular ageing technologies. The interaction and alignment of all working groups is another main aim of WG1. Thus, a status update workshop for all WG leaders was organised, leading to a living document to follow up all ongoing tasks. This should guarantee that all milestones and deliverables will be reached until the end of our Action.

Bernhard.Hametner@ait.ac.at

WG2- Physiological and Technical Background

As VascAgeNet turns 3, WG2 members will spend the remaining year completing the group's planned activities. These include additional articles on the mechanisms of vascular ageing, focusing on pharmacological modulation, centenarians, and animal models, and the completion of the two planned articles on mathematical models (one of which is currently under internal review before submission to a peer-reviewed journal). We are also considering submitting a grant proposal. These activities will be in addition to the already completed WG2 activities: 2 peer-reviewed published articles, 1 webinar, 5 recorded presentations, and 1 Horizon 2022 grant proposal (albeit not awarded). I take this opportunity

to thank all WG2 members and collaborators from other WGs without whom these activities would not have been possible.

jordi.alastruey-arimon@kcl.ac.uk

WG3- Technological aspects

WG3 have published several papers this year and are continuing to work on consensus documents on the most essential techniques and consequently devices used for assessment of vascular ageing (Invasive, Imaging, Oscillometry, Tonometry, Machine Learning, Photoplethysmography/Contactless, Chemical Biomarkers/SCOREs). Expert groups continue to meet regularly, a large proportion of the group are working on a roadmap overview of developing technologies to assess vascular ageing.

dterentes@gmail.com

WG4- Data and Studies

WG4 subgroups continue to review available evidence on the most common techniques to assess vascular age, with the aim of identifying the most appropriate for inclusion in future interventional studies. A global reflection on data structure and on clinical trial design has also been conducted. Running registries include the multicenter CARTESIAN study (n=>2500) and the Youth Vascular Consortium. The next steps include collaborating with international scientific societies to establish a registry of hypertensive patients with measures of vascular ageing.

rosa-maria.bruno@inserm.fr

WG5- Dissemination and education

WG5 continues to disseminate the material that has been created by the network to various stakeholders, and to educate various target groups on the concept of vascular ageing. Following on from the success of the 2022 training school, plans are underway for the 2023 training school, which will be held in Cyprus in May. This year we focused on educating children as part of our Science Buddy Program. Within this program we have created educational material for young people and are about to give young people access to scientists within the Network in the form of a virtual letterbox. We also worked with a Young Persons Advisory Group to develop an animation on cardiovascular health which is engaging and understandable for young people. The animation has been translated into five languages. Next year we will focus on creating material for clinicians.

rachel.climie@inserm.fr

Thank you and Merry Christmas

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

