



## Limassol Training School

The 3rd training school took place in Limassol, Cyprus from May 8<sup>th</sup>-10<sup>th</sup>. 29 participants attended from 15 Countries (62% female, mean age 29 years). The school was a great success, with 83% of those who provided feedback giving it a 5/5 rating! Huge thank you to the participants, speakers, organising team and local committee, especially Andrea Guala, Andrie Panayiotou, Steilios Latros, Panagiotis Kouis, Evi Kinn, Rachel Climie, Elisabetta Bianchini and Christopher Mayer.



## Working Group Meeting

The Working Group meeting followed the training school in Limassol from May 10<sup>th</sup>-12<sup>th</sup>. The meeting was used to move all VascAgeNet activities forward, to plan new activities and to discuss the future of VascAgeNet. The meeting was a great success thanks to all the participants, organisers and the local organizing committee!

## HORIZON Success

VascAgeNet members are part of a consortium that has been awarded a Horizon 2023 grant on *Virtual Twins As Tools for Personalised Clinical Care (VITAL)*. The project is coordinated by Patrick Segers, with participants from all WGs and external partners; Congratulations to all! This is a fantastic achievement for the network and an example of the power of multidisciplinary team science!

## Mentoring Program

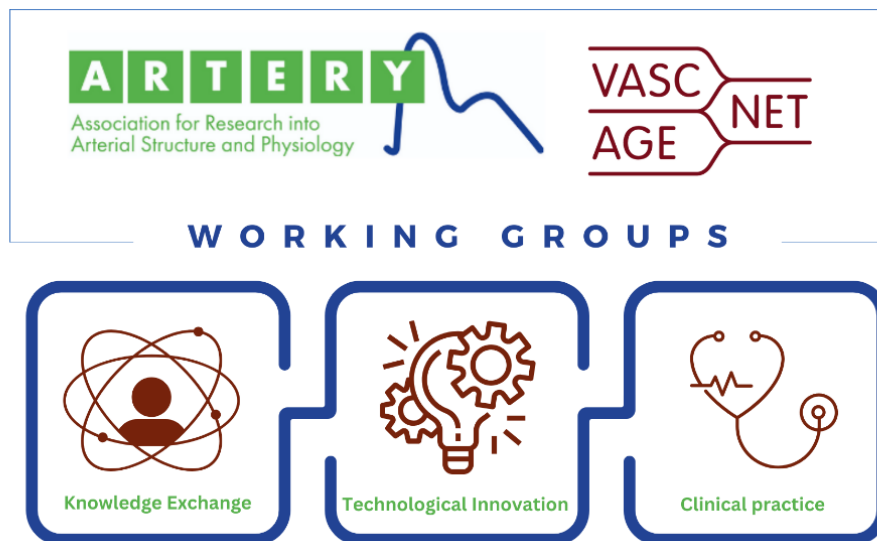
WG5 are pleased to announce the launch of our VascAgeNet Mentoring Program! The idea behind this program is to provide an opportunity for more junior members of the VascAgeNet community to receive advice and guidance from more senior members. We are now looking for people to nominate themselves as both mentors and mentees. If you are interested in being a mentor, please complete this short online [form](#). If you are interested in being a mentee, please complete this [form](#)

## Artery 23

ARTERY 23 was jointly organised by Artery, VasAgeNet and DeGaG. It took place in Bonn, Germany from October 5<sup>th</sup>-7<sup>th</sup>. The program was full of VascAgeNet members as speakers and chairs. Huge thank you to Professor Panicos Kyriacou for a great invited lecture and to Dr Lynn Roth, Professor Pierre Boutouyrie, Dr Vincenzo Gemignani and Achim Schwarz for their roundtable discussion on Translational Science and Vascular Ageing.

## Sustainability

At the ARTERY 23 Business Meeting in Bonn, we were delighted to announce that going forward, VascAgeNet will be an integral part of the ARTERY Society. This collaboration marks a significant milestone in our collective mission to advance research and understanding of arterial health. As part of this merger, we will introduce three new working groups within the ARTERY Society, each dedicated to continuing the fantastic work that we have achieved over the past 4 years. All members are encouraged to become Artery Society members if you are not already. More details can be found on the [Artery](#) website.

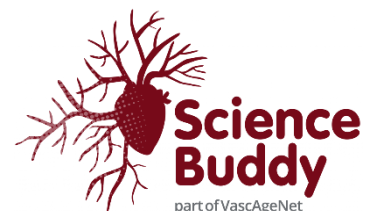


## VascAgeNet Opportunities

In addition to the Artery 23 invited presentations, Christopher Mayer was invited to present an overview of Vascular Ageing at the Baltic Life Sciences Conference. VascAgeNet was also used as an exemplar network at the September COST academy workshop for new actions. Chloe Park attended the workshop to talk about the importance of science communication and to encourage the attendees to sign up to this position within their new networks.

## Science Buddy Program Virtual Letterbox

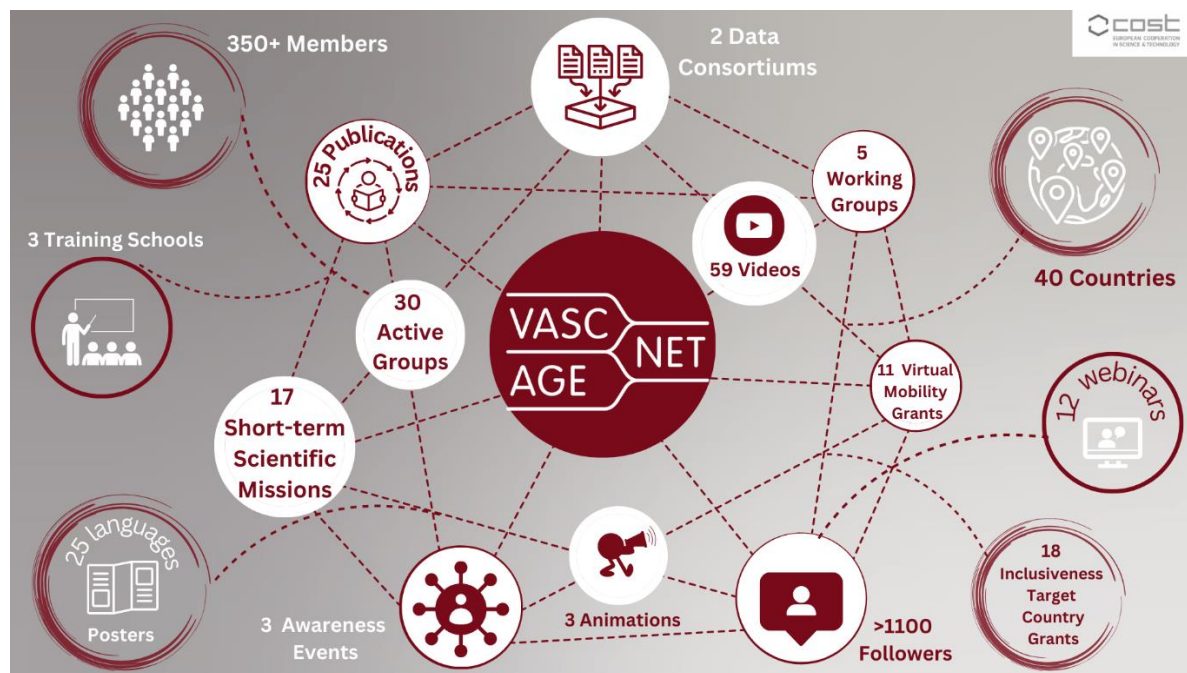
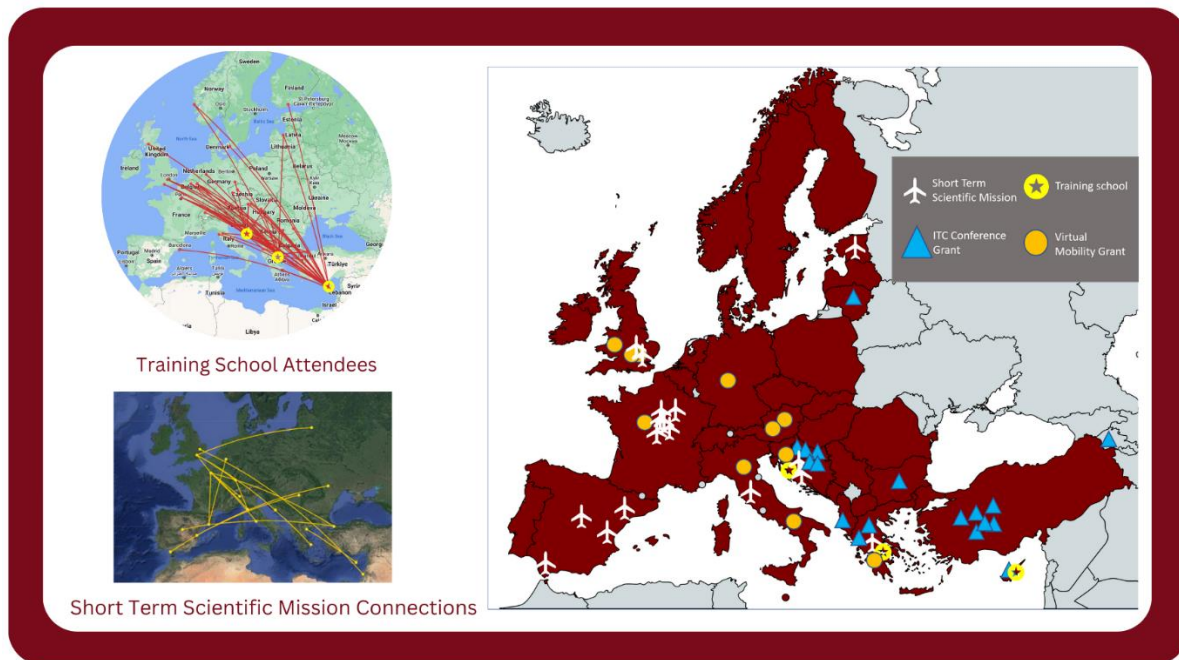
The [Science Buddy Program](#) aims to provide educational material for young people on vascular ageing as well as insight into the life as a scientist. New educational material, developed in collaboration with budding young scientists, can be found on the website alongside our virtual letterbox, where we have invited children from all around the world to ask us questions on heart and blood vessel health. Watch a short video explaining the virtual letterbox [here](#)





## STSM and ITC Grant Updates

Throughout the past 4 years, 17 STSM and 18 ITC grants have been awarded! More details can be found in the figure below. It is not too late to apply for these grants! The call for STSM is currently OPEN. Apply before May 2024. <https://vascagenet.eu/stsm-application>



## Working Group Updates

### WG1- Dynamic Exchange

WG1 have continued to facilitate the formation of consortia for grant proposals. A workshop for proposal ideas was carried out, supported by a Virtual Mobility Grant (Nicole Schmidt). Moreover, WG1 aims to monitor the ongoing work in all working groups in order to ensure that all deliverables and milestones are met at the end of the project and that most initiatives can be finished within the timespan of the project.

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### WG2- Physiological and Technical Background

WG2 played a key role in the Horizon 2023 grant on *Virtual Twins As Tools for Personalised Clinical Care (VITAL)*. This grant was coordinated by Patrick Segers, with participants from all other WGs and external partners. In addition to this, a review article has been published in *Am J Physiol Heart Circ Physiol* titled *Pulse wave modelling and analysis for vascular age studies: a review from VascAgeNet*; Link: <https://doi.org/10.1152/ajpheart.00705.2022>. Work continues on two new review papers on (i) *Pharmacological modulation of vascular ageing* (coordinated by L. Roth); and (ii) *Centenarians – The way to longevity and healthy aging* (coordinated by S. Summer). Lastly, a round table on *Translational science in vascular ageing* was planned for Artery 23 (Chairs/Moderators: Elisabetta Bianchini, Christopher C. Mayer)

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### WG3- Technological aspects

WG3 are continuing to work on consensus documents on the most essential techniques and consequently devices used for assessment of vascular ageing. The Glossary is online and a methodological paper about it's creation has been submitted. The roadmap overview of developing technologies to assess vascular ageing has also been submitted.

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### WG4- Data and Studies

WG4 subgroups continue to review available evidence on the most common techniques to assess vascular age. A review article on the management of CVD risk using baPWV has been published in Hypertension and results from the CARTESIAN study are now ready for submission. The next steps continue to establish a registry of hypertensive patients with measures of vascular ageing.

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### WG5- Dissemination and education

The Training School was a great success! WG5 are now busy working on some educational material for clinicians – watch this space! We are also pleased to launch both the VascAgeNet Mentoring Program and the Science Buddy Program. The Vascular Ageing key questions paper has now been published in the European Journal of Preventative Cardiology.

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Thank you!

As always, if there are any questions, do not hesitate to contact us!

Best wishes, Rachel, Chloe, and the Core Group