

## **Research collaboration between Hamburg and Groningen in the field of “Healthy Ageing”**

### Prologue

Rapid medical progress in the past 100 years has significantly increased the proportion of elderly people in the total population. However, old age comes with an increased incidence of severe health problems, so that only a minor fraction of senior citizens can enjoy the last part of their lives in perfect health and independence.

Therefore it is important to searching for new, effective and viable concepts for the best possible health in old age. Once they reach an advanced age, most people pay for their high life expectancy with increasing susceptibility to chronic disease. Thus it is obvious that the top priority of ageing research is not to continue increasing life expectancy per se, but has to be to prolong the period of good health.

The development and testing of new approaches to geriatric therapy and prevention require, above all, knowledge of the biological causes of ageing. Elements of these molecular/biological causes can themselves become objectives for new approaches to therapy, and can also be used as benchmarks for assessing the effectiveness of preventive strategies in lifestyle and nutrition. A main overarching scientific goal is to explore the biological and social foundations of the ageing process and their interactions in order to develop novel intervention and adaptation strategies that sustainably promote healthy ageing.

Scientific studies prove that reducing calorie intake may improve health and extend lifespan. In fact, it is not yet fully understood, how biological mechanisms can be exploited to develop scientifically defined strategies against age-related physical decline and diseases. Therefore, it is the aim of the Hamburg-Groningen alliance to discover possible targets within the cellular calorie restriction pathway for intervention and to develop drugs that act as calorie restriction mimetic with potential for anti-cancer treatment.

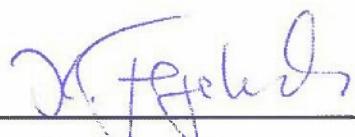
### Research collaboration

In order to facilitate drug discovery and biomarker development within the theme healthy ageing, Fraunhofer IME ScreeningPort (Hamburg) and the European Research Institute for the Biology of Ageing ERIBA (University Medical Center Groningen, University of Groningen), have developed the project "Age-related decline: accelerating the development of novel therapies".

The project aims for the identification of small molecule compounds that have beneficial health effects comparable to those induced by calorie restriction diets. It is based on the discovery of a genetic mechanism involved in calorie restriction and related health improvements at ERIBA.

In accordance with the letter of intent on further cooperation 2015 – 2018 (topic IV. health) the Free and Hanseatic City of Hamburg und the City of Groningen agree to support the strategic alliance of Fraunhofer IME ScreeningPort and ERIBA by facilitating and subsidize their first collaborative project. This support is designed as a one-time subsidy.

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**Katharina Fegebank**

Second Mayor and Senator of Science,  
Research and Equalization  
Free and Hanseatic City of Hamburg



**Joost van Keulen**

Vice-Mayor and Alderman for Innovation, Economic  
& International Affairs