

Newsletter of the LRA Healthy Ageing

03/2019 | 15 July 2019

This newsletter contains news from the LRA Healthy Ageing as well as the latest news from ageing research, information about projects, networks and cooperations as well as events.

Best regards,
Astrid van der Wall



Overview

- › [News from the LRA Healthy Ageing](#)
- › [News and findings on Ageing Research](#)
- › [Calls](#)
- › [Ageing Meetings](#)

News from the LRA Healthy Ageing



Source: LRA Healthy Ageing / pigurdesign Potsdam.

Workshop Healthy Ageing 2020 at the IfADo in Dortmund

The next workshop of the Leibniz Research Alliance Healthy Ageing will take place on 17-18 March 2020 at the Leibniz Research Centre for Working Environment and Human Factors (IfADo) in

Dortmund. All focus groups of the LRA Healthy Ageing are invited to meet for one- or two-day workshops and to discuss their research with other scientists and disciplines.

News and findings on Ageing Research

Indications why older people are more susceptible to Alzheimer's disease

German Center for Neurodegenerative Diseases (DZNE), 09 July 2019

The risk of developing Alzheimer's disease increases with age. Susanne Wegmann of the German Center for Neurodegenerative Diseases (DZNE) in Berlin and colleagues have uncovered a possible cause for this connection: Certain molecules involved in the disease, termed tau-proteins, spread more easily in the ageing brain. This has been determined in laboratory experiments. The current study was carried out in close collaboration with researchers in the US at Harvard Medical School and Massachusetts General Hospital.

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Who cares for whom, at what age, where and how? A new study provides answers

German Centre of Gerontology, 29 April 2019

Germany is a country of longevity. These are good news. However, this also often means that more and more people need care or at least help in everyday life. To a very large extent, this help is provided by relatives and the private environment. Ulrike Ehrlich and Nadiya Kelle, both scientists at the German Centre of Gerontology, have developed a questionnaire for the Innovation Sample of the German Socio-Economic Panel (SOEP-IS), and have now presented first results from this survey. These results convey a more accurate picture of private carers.

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Memory like a sieve – or not

Freie Universität Berlin, 21 March 2019

Humans are not only capable of forming memories but also recalling these memories years later. However, with advancing age many of us face difficulties with forming new memories, a process usually referred to as age-induced memory impairment. Developing an elaborate understanding of this process is a precondition for preventing age-related pathologies at neuronal level. In a recent publication, the team of Stephan Sigrist at Freie Universität Berlin and the NeuroCure Cluster of Excellence shows that autophagy, a cellular self-clearing programme, has to be kept efficient specifically within the memory forming neurons in order to keep the whole brain in a protected state.

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Serial killer serving the immune system

IfADo Leibniz Research Centre for Working Environment and Human Factors, 08 July 2019

Natural killer cells can protect against cancer by killing tumour cells. For this, they use different mechanisms. However, when the immune cells are using which mechanism has hardly been examined yet. In cooperation with an international team, researchers of the Leibniz Research Centre for Working Environment and Human Factors

were able to demonstrate that an immune cell does not randomly decide how it kills tumour cells one by one. The choice of attack method is timed as both options have a different degree of effectiveness.

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Promising approach: prevent Diabetes with intermittent fasting

DIfE German Institute of Human Nutrition Potsdam-Rehbrücke, 03 July 2019

Intermittent fasting is known to improve sensitivity to the blood glucose-lowering hormone insulin and to protect against fatty liver. DZD scientists from DIfE have now discovered that mice on an intermittent fasting regimen also exhibited lower pancreatic fat. In their current study published in the journal *Metabolism*, the researchers showed the mechanism by which pancreatic fat could contribute to the development of type 2 diabetes.

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Increasing numbers of older individuals in Germany burdened by housing costs

DIW Berlin Deutsches Institut für Wirtschaftsforschung, 03 July 2019

Housing costs have risen sharply since 1996, especially for renters - Two thirds of older renting households spend over 30 percent of their income on rent compared with 38 percent in 1996 – People living alone in particular are affected by high housing costs.

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Skipping meat on occasion may protect against Type 2 Diabetes

DIfE German Institute of Human Nutrition Potsdam-Rehbrücke, 25 June 2019

People who eat less live longer and healthier lives – many studies point out the positive effect of (intermittent) fasting. However, besides calorie reduction, the quantitative relationship of the individual food components also plays an important role. Scientists at DIfE, a partner of the German Center for Diabetes Research, have now demonstrated in the animal model that the sole restriction of the amino acid methionine prevents the onset of type 2 diabetes.

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Professor Christian Herder receives Menarini Project Funding 2019

DDZ German Diabetes Center, 31 May 2019

The German Diabetes Association (DDG) awarded the Menarini Project Funding prize to Professor Christian Herder of the German Diabetes Center Düsseldorf (DDZ) during the Diabetes Congress in Berlin. The head of the “Inflammation” team at the German Diabetes Center Düsseldorf (DDZ) and scientist at the Department of Endocrinology and Diabetology (Medical Faculty, Heinrich Heine University Düsseldorf) received the award for his project “Prevalence, determinants and risk factors of sarcopenia in patients recently diagnosed with type 1 and type 2 diabetes”.

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About the role of dopamine in rheumatoid arthritis

IfADo Leibniz Research Centre for Working Environment and Human Factors, 09 May 2019

Rheumatoid arthritis is the most common inflammatory joint disease. The disease is caused by an immune response against the endogenous cells in the joint. The role of the semiochemical dopamine in the development and course of the disease is currently subject of research. Previous research projects suggest that the dopamine signalling pathway may present a promising approach for new therapies against the disease. As Dr Silvia Capellino of the Leibniz Research Centre for Working Environment and Human Factors summarises in the “Journal of Neuroimmune Pharmacology“, these projects describe an effect of dopaminergic drugs on the course of the disease in rheumatoid arthritis.

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Pension at 67: Longer working life presents socio-political risks that must be reduced

DIW Berlin Deutsches Institut für Wirtschaftsforschung, 29 April 2019

Rising retirement ages do not necessarily mean later exit from the labour market – Especially people with low levels of education, in precarious employment and of poor health face great socio-political risks if the boom in the job market does not continue – Socio-political support for individual groups, in particular when it comes to raising retirement age even further, is needed.

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Long live Nemo! – New animal model in ageing research?

FLI Leibniz Institute on Aging – Fritz Lipmann Institute, 29 April 2019

The colorful Clownfish lives longer than 20 years in the aquarium. Researchers of the Scuola Normale Superiore in Pisa, Italy, in collaboration with the Leibniz Institute on Aging (FLI) in Jena, Germany, have investigated the genetics behind the longevity of Clownfish. By sequencing the genome and comparing the sequences with other species, they were able to show, that the secret of this longevity lies in the mitochondria and lysosomes of the clownfish. Because it is uncomplicated to keep and breed clownfish, they represent a new interesting animal model for research on longevity.

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Abolition of the women’s pension: more employment, but also greater social risks

DIW Berlin Deutsches Institut für Wirtschaftsforschung, 03 April 2019

The abolition of the old age pension for women born in the years from 1952 onwards entails that more women over the age of 60 remain in employment. On the other hand, more women of this age group now stay longer unemployed or inactive workwise due to raising of the retirement age. Hence the German Institute for Economic Research (DIW Berlin) has mixed views on the reforms. “Many women in employment have postponed the time when they enter retirement. In this respect, the reform has been successful: Working women stay longer in employment“, says Johannes Geyer, author of the study. However, the time until retirement age for unemployed or non-working women is only prolonged without any chance of reemployment. A longer period of adjustment

must be considered, and the reintegration of older people in the job market must receive more attention in future reforms of the retirement age in the statutory pension system.

[› read more](#)

[› back to overview](#)

Calls

Launch of the Walter Benjamin Programme – DFG research grants are merged into a new programme

DFG, 05 July 2019

In its meeting in December 2018, the main committee of Deutsche Forschungsgemeinschaft (German Research Foundation) decided to add the Walter Benjamin Programme to its programme portfolio of individual funding. The new programme is aimed at scientists, who wish to conduct their own research project in an early phase of their career after graduation. Objective is to support the relevant mobility during this phase and, where necessary, to promote the thematic advancement of the research.

[› read more](#)

[› back to overview](#)

Ageing Meetings

9-12 September 2019, Basel/Schweiz

[› Basel Life](#)

10-13 September 2019, München/Germany

[› II. Joint Meeting of the German Society for Immunology \(DGfI\) and the Italian Society of Immunology, Clinical Immunology and Allergology \(SIICA\)](#)

13-15 September 2019, Halle/Germany

[› Epigenetics: Playing with the Game of Life](#)

25-27 September 2019, Tübingen/Germany

[› Age-Related Human Diseases – Special Focus: Autophagy](#)

10-12 October 2019, Groningen/Niederlande

[› 3rd Molecular Biology of Ageing Meeting](#)

24-26 October 2019, Hexham/United Kingdom

› [10th Annual Alliance for Healthy Aging Conference - Intervention: from Mice to Humans](#)

› [back to overview](#)