



american federation  
for aging research

## 2015 Media Highlights

*Every year, the research of AFAR grantees and board members captures media attention nationwide. This high-level, far-reaching exposure moves knowledge within the field of aging research to the public, broadening the dialogue on the solid science that will help us all live healthier, longer. We proudly share highlights from 2015.*

### Bloomberg Business

On February 12, **Bloomberg Business** published an in-depth look at rapamycin, an FDA approved drug that experts now believe may work to delay the onset of the aging process. The article cited seven AFAR affiliated experts: Deputy Scientific Director and three-time grantee **Nir Barzilai, MD**; two-time grantee **Matt Kaeberlein, PhD**; two-time grantee **Brian Kennedy, PhD**; two-time award recipient **Valter Longo, PhD**; Board Member **S. Jay Olshansky, PhD**; two-time grantee **Daniel Promislow, PhD**; and 2000 AFAR Research Grant recipient **David Sinclair, PhD**.



Seven AFAR experts are featured in **TIME** magazine's February 23 longevity issue. Covering the latest scientific discoveries in the field of aging research the story "Aging Disrupters - A Drug from Dirt and some Siamese Mice Have Researchers Inching Towards the Seemingly Impossible: A Cure for Aging" cited 2000 research grant recipient, **David Sinclair, PhD**; 1985 research grant recipient **Richard Miller, MD, PhD**; 1993 research grant recipient, **Felipe Sierra, PhD**; and three-time grantee **Dena Dubal, MD, PhD**. AFAR's Scientific Director **Steven Austad, PhD**, was a featured "Longevity Guru" in the piece, "Get Your Head in the Game: Cutting-Edge Research is Showing That Your Outlook Can Change How Your Age-At the Cellular Level." 1998 Beeson Scholar **Tomas Perls, MD, MPH** provided insight into what can be done to maximize healthy aging the infographic "Stretch Your Timeline." Finally, in "What Diet Helps People Live the Longest?," 1998 AFAR Research Grant recipient and 2013 Vincent Cristofalo Rising Star Award in Aging Research recipient, **Valter Longo, PhD**, shared nutrition tips from the field.

### WSJ

On March 17, AFAR and several AFAR affiliated experts were featured in a **Wall Street Journal** article, "To Grow Old Without Disease." Prominently featured on the cover of the Personal Journal section, the article examines the Targeting Aging with Metformin or "TAME" trial, which AFAR has helped plan, and cites project leader and AFAR Deputy Scientific Director, **Nir Barzilai, MD**, as well as AFAR Board Members **James Kirkland, MD, PhD**, and **S. Jay Olshansky, PhD**.



On March 27th, **The Boston Globe** reported on a new clinical trial led by 2003 Paul Beeson Career Development Awarded in Aging Research scholar **Reisa Sperling, MD, MMSc**, to test a drug that may help prevent Alzheimer's disease. In the trial, Dr. Sperling's team will test whether a drug, referred to as A4, can prevent Alzheimer's disease in people who have no symptoms but are at risk.



On April 21, *US News and World Report* featured commentary from 1997 MSTAR Student and 2008 Beeson Scholar **Heather Whitson, MD, MPH**, on the growing shortage of geriatric doctors. Whitson noted how as the number of older Americans increases, geriatricians are more essential than ever to provide expert health care for older patients.



On May 11, *The New York Times* featured two-time grantee **Adam Gazzaley MD, PhD's**, research demonstrating that use of computer games may help to enhance older adults' ability to multitask. Dr. Gazzaley and his team found that adults aged 60-85, who were trained on the game NeuroRacer, saw improvements in their working memory, ability to multitask and maintain sustained attention.



In June, research by two-time award recipient **Valter Longo, PhD**, captured major media attention. Originally published in *Cell Metabolism*, Dr. Longo's research found that in yeast, mice, and human trials, short-term, fasting-like diets reduced risk factors related to aging, diabetes, cardiovascular disease, and cancer. In addition to this prominent scholarly publication, *TIME* magazine's June 18th issue reported on the study, which was later picked up by both *ABCNews*, *The Washington Post*, and *The Huffington Post*. Dr. Longo is a 1998 AFAR Research Grant for Junior Faculty awardee and the 2013 recipient of the Vincent Cristofalo Rising Star Award in Aging Research.



In its August issue, the *Journal of the American Geriatrics Society* featured new research from 2013 and 2014 Centers of Excellence Fellow **Meera Sheffrin, MD** examining how the commonly prescribed dementia treatment cholinesterase may cause unwanted and unsafe weight loss in older adults. Unintentional weight loss in older adults can be dangerous as it is associated with adverse outcomes including increased rates of institutionalizations and mortality, a decline in functional status, and a decrease in quality of life.



On August 20, *US News and World Report* featured insights from **Randall Bateman, MD**, on why aging is the number one risk factor for Alzheimer's disease. Dr. Bateman is a 1997 Glenn/AFAR Scholarship for Research in the Biology of Aging recipient and a 2007 Paul Beeson Career Development in Aging Research scholar, as well as the 2015 recipient of the AFAR-administered MetLife Foundation Award for Medical Research.



In their "Science vs. Aging" cover story of their October 2015 issue, *Discover* magazine featured several AFAR affiliated experts: Scientific Director, **Steven Austad, PhD**; 1995 MetLife Foundation Awards for Medical Research recipient, **Rudolph Tanzi, PhD**; and 1993 AFAR Research Grant recipient, **Felipe Sierra, PhD**. In this eleven-page spread, our experts are featured across several articles. In the closing article, "The Seven Pillars of Aging," Dr. Austad and Dr. Sierra lend insights into the core areas that researchers believe will help to propel the field over the next twenty years. Dr. Tanzi's expertise on Alzheimer's disease is cited in the piece, "Reversing Alzheimer's, Rejuvenating Brain Cells."

For more news on AFAR investigators, visit [www.afar.org/news-and-events/news](http://www.afar.org/news-and-events/news).