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IMforFUTURE ITN



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Innovative training in methods for future data

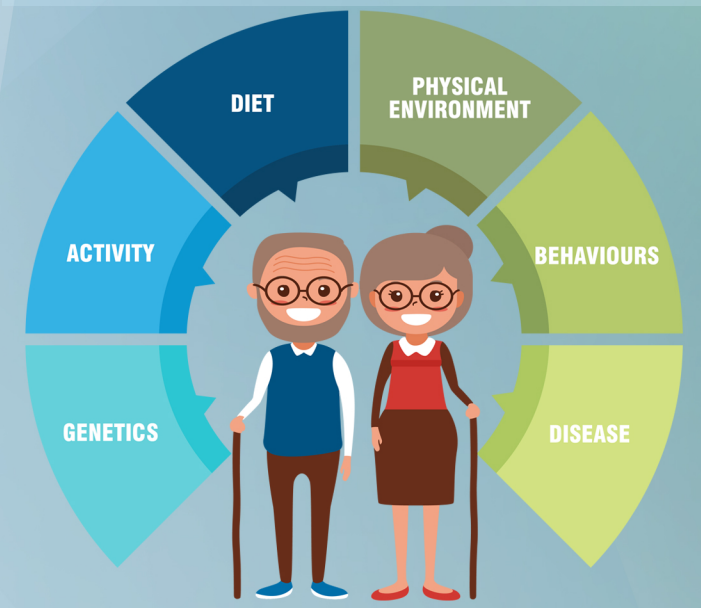
NOTHING
in life is to be
FEARED
it is only to be
understood.
NOW is the time to
understand MORE
so that we may
FEAR LESS.
(Marie Curie)



IS IT POSSIBLE TO
STOP AGEING?

Life expectancy has been rising globally in the past centuries, but the truth is, everyone ages with a different rate. We have all experienced meeting someone who, at first glance, seemed to be much younger than he or she really was. These people are usually healthier than their peers, too.

Geographic areas in which people live much longer than average are called **Blue Zones**. They are usually reaching the age of 100 and are centenarians.



One of the examples of longevity Blue Zone is a cluster of villages in a kidney-shaped region on **Sardinia island in Italy**. Besides having a very traditional and healthy lifestyle, people of Sardinia have genetic predisposition to exceptional longevity.

Studying centenarians is highly important because it can tell us more about effect of various factors on our lifespan and quality of life.

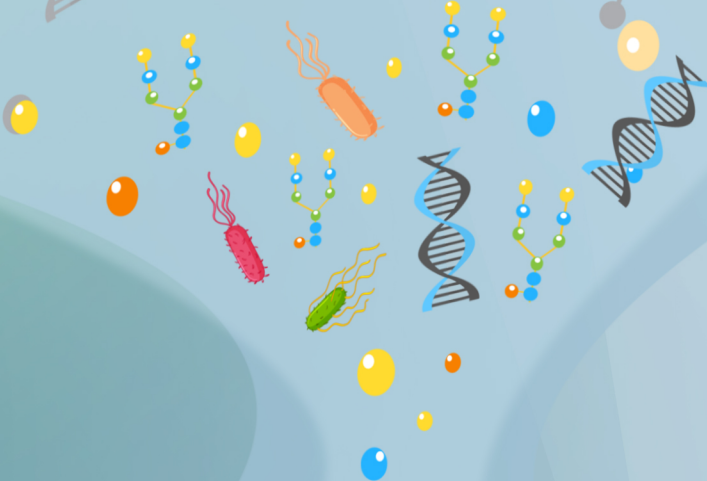
Have you ever wondered the secrets behind these differences related to ageing?

While certain populations live longer, others have a shorter lifespan. What comes along with it, in some cases, are **ageing-related diseases**.

Ageing is difficult to study because it is a complex process. It is unclear whether longevity is driven by no ageing-related diseases or by surviving these diseases. For sure it results from the interaction of many genetic, biological and environmental factors, such as our diet and lifestyle.

To what extent each of these factors contribute to ageing and ageing-related diseases, and what makes centenarians live so long?

To find the answers to these questions, 11 early stage researchers from multiple disciplines were brought together in a European Union funded project called **IMforFUTURE**. We focus on finding biological markers of ageing, which is the biggest risk factor for many diseases.



Given the complexity of studying ageing and ageing-related diseases, we aim to develop novel methods for biological measurements but also develop appropriate statistical methods for integration of multiple datasets (genome, epigenome, microbiome, glycome, etc.) which will help us understand underlying processes of diseases and ageing.