

IAGG GARN

News Release

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Dear Colleague,

We are happy to update you with the most recent actions setup by the IAGG GARN Network. It highlights IAGG's interest in older people's health and the need to promote research in many geriatric fields. With the assistance of appropriate specialists and with a few tools, research and implementation into clinical practice should be available in all health facilities around the world. We hope that these actions will raise awareness and help you implement them into clinical practice in your country.

1.1. Interview on nursing home research - Athanase BENETOS, MD, PhD

Athanase BENETOS is Professor of Internal Medicine and Geriatrics and Head of the Department of Geriatrics at the Nancy University Hospital, France and is Immediate Past-Treasurer of the International Association of Gerontology and Geriatrics (IAGG). Since 2013, he is the Academic President of the European Union Geriatric Medicine Society (EUGMS). He is also a Senior Researcher at INSERM (National Institute of Biomedical Research) Unit 1161, as well as Chief of the Federation Hospitalo-Universitaire on Cardiac and Arterial Ageing (FHU-CARTAGE).

3.1 What is the PARTAGE (Predictive Values of Blood Pressure and Arterial Stiffness in Institutionalized Very Aged Population) Study? In the PARTAGE study 1127 individuals over 80 years of age, living in nursing homes in France and in Italy were recruited, examined and then followed for a 2-year period. The aim of this study was to assess the relationships between blood pressure and arterial stiffness with several outcomes: all of them cause mortality, cardiovascular morbidity and mortality, and cognitive decline.

3.2 What are the latest developments of the study? In the present analysis published last month in the JAMA IM <http://www.ncbi.nlm.nih.gov/pubmed/25685919>, we report here that the subgroup (20% of the total studied population) with systolic blood pressure less than 130 mmHg, under combination antihypertensive therapy, had a greater than 2-fold risk of mortality as compared to all other subjects. These findings raise a cautionary note regarding the safety of maintaining old frail patients with low SBP under a combination antihypertensive therapy regimen. Controlled interventional studies are warranted to assess the corresponding benefits/risks ratio in the growing population of elderly frail patients.



1.2. Treatment with Multiple Blood Pressure Medications, Achieved Blood Pressure, and Mortality in Older Nursing Home Residents: the PARTAGE Study

Objective: To assess all-cause mortality in institutionalized individuals older than 80 years according to systolic BP (SBP) levels and number of antihypertensive drugs.

Design, Setting, and Participants: This longitudinal study included elderly residents of nursing homes. The interaction between low (<130 mm Hg) SBP and the presence of combination antihypertensive treatment on 2-year all-cause mortality was analyzed. A total of 1127 women and men older than 80 years (mean, 87.6 years; 78.1% women) living in nursing homes in France and Italy were recruited, examined, and monitored for 2 years. Blood pressure was measured with assisted self-measurements in the nursing home during 3 consecutive days (mean, 18 measurements). Patients with an SBP less than 130 mm Hg who were receiving combination antihypertensive treatment were compared with all other participants.

Results: A significant interaction was found between low SBP and treatment with 2 or more BP-lowering agents, resulting in a higher risk of mortality (unadjusted hazard ratio [HR], 1.81; 95% CI, 1.36-2.41); adjusted HR, 1.78; 95% CI, 1.34-2.37; both $P < .001$) in patients with low SBP who were receiving multiple BP medicines compared with the other participants. Three sensitivity analyses confirmed the significant excess of risk: propensity score-matched subsets (unadjusted HR, 1.97; 95% CI, 1.32-2.93; $P < .001$; adjusted HR, 2.05; 95% CI, 1.37-3.06; $P < .001$), adjustment for cardiovascular comorbidities (HR, 1.73; 95% CI, 1.29-2.32; $P < .001$), and exclusion of patients without a history of hypertension who were receiving BP-lowering agents (unadjusted HR, 1.82; 95% CI, 1.33-2.48; $P < .001$; adjusted HR, 1.76; 95% CI, 1.28- 2.41; $P < .001$).

Conclusions and Relevance: The findings of this study raise a cautionary note regarding the safety of using combination antihypertensive therapy in frail elderly patients with low SBP (<130 mm Hg). Dedicated, controlled interventional studies are warranted to assess the corresponding benefit to risk ratio in this growing population.

Benetos A, Labat C, Rossignol P, Fay R, Rolland Y, Valbusa F, Salvi P, Zamboni M, Manckoundia P, Hanon O, Gautier S. Treatment With Multiple Blood Pressure Medications, Achieved Blood Pressure, and Mortality in Older Nursing Home Residents: The PARTAGE Study. *JAMA Intern Med.* 2015 Jun;175(6):989-95.

2. The WHO 2015 World Report on Ageing and Health

This report was released by the WHO on September 30, 2015 for the International Day of Older Persons (1st October). The report looks at what the latest evidence has to say about the ageing process and aims to move the debate about the most appropriate public health response to population ageing. A WHO/IAGG/IAGG GARN collaboration had been set up on this occasion and many IAGG officers took part in this work (see acknowledgment section pages ix-xii). More specifically, the authors mentioned page xii in the Frailty background paper, are members of the WHO/IAGG Frailty Expert Group who met in Geneva in October 2014 to prepare the draft of the publication. We take this opportunity to thank them for their commitment and contribution. The 260-page report can be uploaded at http://apps.who.int/iris/bitstream/10665/186463/1/9789240694811_eng.pdf?ua=1

3. Frailty: An Emerging Public Health Priority.

In late 2014, IAGG GARN was commissioned by WHO's Department of Aging and Life Course to setup a group of 15 international experts to finalize a background paper on Frailty intended for the 2015 WHO Global Report on Ageing and Health. A background paper was published following the meeting held at WHO Headquarters. The aim of the publication is to raise awareness on the need to better identify frailty as a target for implementing preventive interventions against age-related conditions. Every effort should be made by health care authorities to maximize efforts in this field, balancing priorities, needs, and resources. Raising awareness about frailty and age-related conditions in the population is important for effective prevention, and should lead to the promotion of lifelong healthy behaviors and lifestyle. The present work and related activities were supported by the International Association of Gerontology and Geriatrics (IAGG) and the IAGG-Global Aging Research Network (GARN).

Cesari M, Prince M, Thiyagarajan JA, De Carvalho IA, Bernabei R, Chan P, Gutierrez-Robledo LM, Michel JP, Morley JE, Ong P, Rodriguez Manas L, Sinclair A, Won CW, Beard J, Vellas B. Frailty: an emerging public health priority. *J Am Med Dir Assoc.* 2016 Jan 21. pii: S1525-8610(15)00766-5. doi: 10.1016/j.jamda.2015.12.016. [Epub ahead of print]

4. A workshop dedicated to: "Prevention in residential and nursing homes: a new mission for the future"

With the support of the Office for Science and Technology of the Embassy of France in the United States, the workshop was organized by the IAGG GARN Network and took place on December 2nd, 2015 in Toulouse, France. The 35 key opinion leaders from academy, industry, governmental agencies from Europe and USA, debated on the role of residential and nursing homes in the development of preventive geriatrics, in order to maintain function with aging: visual, hearing, weight maintenance, cognition, wellbeing, mobility. The ultimate objective is to prevent functional decline with age, and to link older adults with their community. A final perspective paper will be submitted for publication.

5. A taskforce on "Physical exercise in nursing home settings: looking for recommendations"

Organized under the auspices of the IAGG GARN Network and IAGG-ER Clinical Section, this meeting took place on December 1st, 2015 in Toulouse, France. Several studies have proven the importance of exercise training for the health residents of long term care facilities. However, the best exercise regimen in terms of feasibility, safety, and effectiveness has not yet been established. The main purpose of this Taskforce was to gather the experience and viewpoints of worldwide leaders in the field of exercise for residents living in long-term care facilities in order to define clear exercise guidelines for this often vulnerable population of very old people. The meeting got together 18 participants who worked on the draft of the consensus paper that will be submitted to a journal.

6. Upcoming meetings

WCO-IOF-ESCEO2016 - World congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, April 14-17, 2016, Malaga, Spain. The largest educational event and clinical research forum for osteoporosis, osteoarthritis and musculoskeletal diseases in Europe with a program addressed for healthcare professionals, researchers and young scientists. Website: <http://www.wco-iof-esceo.org>

ICFSR2016 - 5th International conference on Frailty and Sarcopenia Research, April 28-29, 2016, Philadelphia, PA, USA. The event will present the last scientific findings on *Sarcopenia*: biology, animal models, preclinical studies, clinical trials, functional assessment, biomarkers and imaging, new drug developments, physical exercise, nutrition intervention, epidemiology. *Frailty*: biology of frailty and aging, physical frailty and age-related body composition modifications, cognitive frailty, frailty in clinical practice and public health, clinical trials and therapeutics. **A call for late breaking news is open from February 3 to 23, 2016.** Website: <http://frailty-sarcopenia.com>

ISG2016 - World Conference of the International Society of Gerontechnology, September 28-30, 2016, Nice, France. The 10th edition will be the world's largest gathering of scholars, researchers, experts and practitioners who develop new technologies dedicated to aging, providing a variety of international modalities. The event includes keynote speakers, symposia, sessions, leading edge technologies (with demonstrations of well-tested prototypes), GeronTechno (with demonstrations of the user-studies with target end-users). Website: <http://www.isg2016.org>

IAGG2017 - the 21st World Congress Gerontology and Geriatrics, July 23-27, 2017 in San Francisco, CA, USA. The Gerontological Society of America (GSA) will host this event that is held every four years. It will be dedicated to "Global Ageing and Health: Bridging Science, Policy and Practice." Call for abstracts will be available on spring 2016 and registration will open beginning 2017. You can register on the IAGG2017 website <http://www.iagg2017.org> to receive their latest news and notices.

Best regards,

Constance de SEYNES
IAGG GARN Executive Assistant

IAGG GARN Office

c/o Faculté de Médecine - Institut du Vieillissement, 37 Allées Jules Guesde, 31000 Toulouse, France

Phone : +33 (0) 5.61.14.56.39 - Fax : +33 (0) 5.61.14.56.40

E-mail : iagg.garn.office@gmail.com - Webmail: <http://www.garn-network.org>