

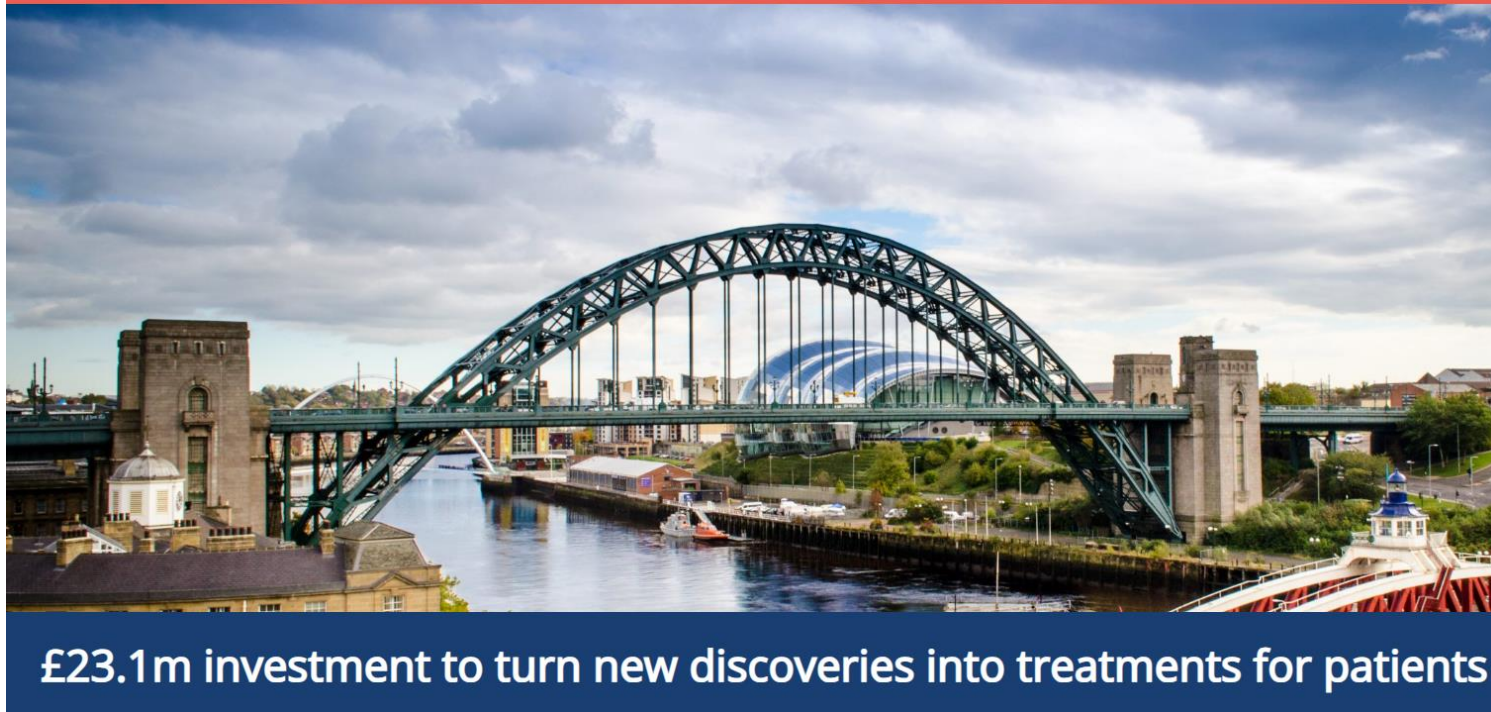


NIHR Newcastle Biomedical Research Centre Ageing Sarcopenia and Multimorbidity (ASM) Theme

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NIHR Newcastle Biomedical Research Centre



The National Institute for Health and Care Research (NIHR) Newcastle Biomedical Research Centre (BRC) works to transform lives through world-leading research in ageing and multiple long-term conditions (MLTC).

Research themes

Research themes

 <p>Ageing, Sarcopenia and Multimorbidity</p>	 <p>Dementia, Mental Health and Neurodegeneration</p>	 <p>Digital Health, Ageing Innovation and Inclusion</p>
 <p>Informatics and Precision Care for an Ageing Population</p>	 <p>Liver Disease, Multimorbidity and Lifestyle</p>	 <p>Musculoskeletal Disease and Inflammation Medicine</p>
 <p>Neuromuscular Disease, Rare Disease and Mitochondrial Dysfunction</p>	 <p>Skin Disease, Oral Disease and Immunogenomics</p>	

Ageing, Sarcopenia and Multimorbidity Theme

- By 2040, one in seven of us will be aged 75 or over.
- An ageing UK population with increasingly complex needs is putting ever more pressure on the NHS and social care system.
- Our vision is to address this gap and to enable a step-change in translational ageing research that will deliver significant health benefits for older people.



How we carry out research in this theme

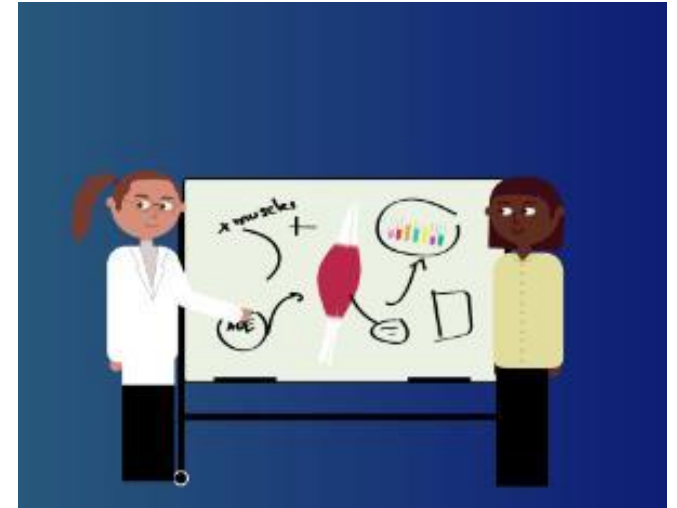
- Professor Avan Aihie Sayer is the NIHR Newcastle BRC Director and leads this theme.
- Professor Sayer is internationally recognised for her research in ageing, sarcopenia and multimorbidity.
- We bring together nationally-renowned academic clinicians and scientists with broad expertise, to carry out multi-disciplinary ageing research, using a life-course approach to understand all factors related to age-related health.



What we cover in this theme

Sarcopenia

- Sarcopenia is the loss of muscle mass and function as we age. It can lead to serious health issues; increasing disability, illness and the need for increased health and social care.
- Our research activity around sarcopenia benefits from the expertise in our Neuromuscular theme, which has a track record of turning laboratory-based research into improvements in the treatments of muscle loss.
- We also work to turn laboratory discoveries into treatments for frailty, such as the MET-PREVENT study; a trial to examine whether metformin (a medicine used to treat type II diabetes) can prevent progression of sarcopenia or frailty.



What we cover in this theme

Multimorbidity

- The term 'multiple long-term conditions' (MLTC) refers to the co-existence of two or more chronic conditions (physical or mental) in a person.
- There are an estimated **14 million** people in England living with MLTC. This number is growing, in line with our ageing population making MLTC one of the biggest challenges currently facing the UK healthcare system.
- At the NIHR Newcastle BRC, our research across ageing and long-term conditions examines the underlying causes of conditions, including for those that can appear to be unrelated to each other, or those that require different management approaches.



What we cover in this theme

Trials for older people

- Our work in the area of trials in older people is focussed on increasing the inclusion of older participants who are vastly underrepresented in current scientific studies.
- Without including older people, studies can make assumptions, which can not only lead to ineffective treatments, but could potentially put people at risk of serious harm.



Patient and Public Involvement and Engagement



Patients and the public at the heart of what we do

Further Information

- Please visit our website and read the latest news:

[News | AGE Research Group | Newcastle University \(ncl.ac.uk\)](#)

- Please contact Helen Atkinson Public Patient Involvement and Engagement Manager
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