



Groundbreaking Insights for Longer, Healthier Lives

In 1998, Washington University in St. Louis's internationally known School of Medicine teamed with Reinsurance Group of America, Incorporated, one of the world's leading life reinsurers, to create The Longer Life Foundation, an innovative partnership supporting independent research by medical and public health experts to improve long-term mortality prediction and promote longer, healthier lives.

Over the 17 years since LLF's founding approximately US\$4.7 million has been granted, supporting a broad range of academic activities, including lectures, seminars and forums, as well as 92 groundbreaking research projects that have led to advancements in:

Longevity	Mortality	Morbidity	Obesity
Genomics	Older-Age Cognition	Cardiac Disease	Cancers
Diabetes	Comorbidity	Caloric Restriction	Public Health

These advances have thus far yielded 98 publications in peer-reviewed medical journals.

LLF's ongoing support has seeded remarkable growth in the number of Washington University in St. Louis academicians and scientists now engaged in important research into longevity and health.

LLF also funds the **Longevity Research Program**, which is engaged in collaborative research into the physiological effects of caloric restriction (CR) and its outcomes for aging and longevity.

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| Investigator                                                                                                 | Title                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| John Holloszy, M.D., Director, and Luigi Fontana, M.D. Ph.D., Associate Director, Longevity Research Program | <b>Long-Term Health Benefits of Caloric Restriction: Does Intermittent Fasting Mimic the Anti-Aging and Health Benefits of Calorie Restriction in Humans? (second year)</b>             |
| Stephen Oh, M.D. Ph.D.                                                                                       | <b>Functional Dissection of Age-Related Differences in Disease Phenotype in Polycythemia Vera</b>                                                                                       |
| Jason D. Weber, Ph.D.                                                                                        | <b>Using Anti-Viral Biomarkers to Predict Breast Cancer Aggressiveness</b>                                                                                                              |
| Jun Yoshino, M.D. Ph.D.                                                                                      | <b>Identification of Novel Blood Biomarkers and Mediators of Obesity-Induced Insulin Resistance</b>                                                                                     |
| Zachary Pincus, Ph.D.                                                                                        | <b>Early-Adulthood Predictors of Mortality and Morbidity</b>                                                                                                                            |
| Jean E. Schaffer, M.D.                                                                                       | <b>snoRNAs and Long-Term Risk of Diabetic Complications (Second year)</b>                                                                                                               |
| Matt Ciorba, M.D.                                                                                            | <b>A Randomized Control Trial of the Probiotic LGG for Prevention of Side Effects in Patients Undergoing Chemoradiation for Gastrointestinal Cancer (Second year – first year 2012)</b> |
| Adrianus Boon, Ph.D.                                                                                         | <b>Identification of Human Genetic Variants for High Risk of Severe Influenza Disease</b>                                                                                               |

### Past / Ongoing Research

**Longevity:** Slowing the degenerative effects of human aging.

**Caloric Restriction (CR):** Determining CR's impact on human health, longevity, and morbidity.

**Obesity:** Efficacy of Internet-delivered weight loss programs for children/adolescents; biomarkers of obesity-associated metabolic disease.

**Coronary Heart Disease (CHD):** Development of novel echocardiographic markers as diagnostic tool.

**Cognition:** Early detection tools for cognitive dysfunction and dementia; physical activity's role in cognitive maintenance.

**Genomics:** Improving understanding and prognoses of genetic diseases and enabling genetically tailored treatments.

**Cancer:** New tumor markers for early kidney and cervical cancer detection; better ways to prognosticate breast cancer.

**Public Health:** Assessing the effects of dietary high-fructose corn syrup on people with non-alcoholic fatty liver disease.

**Comorbidities:** Examining how multiple medical conditions interact and impact disease prognosis.

**Infectious Disease:** Studies to determine prognosis of patients with urinary tract infections.

For information on these and other LLF-funded studies, visit [www.longerlife.org](http://www.longerlife.org)

Please consider participating in LLF's mission!

