
Biotechnology and Biological Sciences Research Council

Dr Patrick Middleton

What is BBSRC?

- UK's principal funder of basic and strategic biological research
- Ageing is part of our remit
- The Research Councils spend over £80 million pounds a year on ageing

Why fund research into ageing?

Life expectancy is increasing

Expected time lived in poor health for males:

1981 - 6.5 years

2001 - 8.7 years

“Grand Challenge”

Public attitude study showed people want to see research that prevents the onset of age related diseases

Understanding Ageing in individual cells

How do individual cells get older?

- Older cells contain damaged components that release harmful chemicals which accelerate ageing

How does our immune system change with age?

Why is it that older people are less resistant to disease?

- Scientists have found that immune cells are less well regulated in older people
- They have found hormones that control these cells
- Clinical trials are underway using hormone supplements

Keeping muscles strong

- As we age our muscles become worse at regulating muscle growth
- How can what we eat and when we eat it help us keep muscles strong
- Older people can rebuild muscles through regular exercise
- Resistance exercise is best for building muscles

Studying ageing throughout life

- All 11 year old Scottish children in 1932 had an IQ test
- These 87 000 people have provided a way of studying ageing
- Look for genetic or environmental factors that affect ageing

Getting these science results to users

How do we get the results of this scientific research to the people who most need it?

- Magazines
- Leaflets in GP
- Internet
- Contact with local health professionals
- Touring exhibition

Suggestions please...

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patrick.middleton@bbsrc.ac.uk

01793 413 368