



NEWSLETTER

Visit 2 Study Update

We are very grateful for your continued participation in the **Long Life Family Study** and with your help we have reached the very exciting midpoint of the Visit 2 phase of our study. For those of you who have completed a second home visit, we have enjoyed seeing you in person again! It has been our pleasure to have an opportunity to touch base with you during this important phase of LLFS. If we have not yet contacted you for Visit 2, we will be within the next year. It is optimal that we see you in person if at all possible so that we can gain a better understanding of the mechanisms behind achieving a long and healthy life. Of course, we also enjoy speaking to each of you once per year for our usual surveillance follow-up call.

With your cooperation and enthusiasm about LLFS, we have assembled and maintained contact with an exceptionally long-lived and special cohort! As of July 14, 2016, **1922** participants have been seen across all four field centers (University of Pittsburgh, Columbia University, Boston University and the University of Southern Denmark) for Visit 2. Currently, our oldest living participant is **105 years of age!** Additionally, we have **31 participants age 100+ and many of them are still very active and healthy.** Of the **1922 participants seen during Visit 2, 24% are in the oldest generation and 76% are in the offspring generation.** We have also enrolled 361 spouses of offspring and 98 new participants wanted to join the study in this second phase! Each family member, regardless of age or whether s/he is a blood relative, is a critically important part of this groundbreaking investigation into the secrets of longevity.

Our Pitt team has visited **478** of the **980** participants that we plan to see for a second in person visit. Since your participation in this study is crucial for aiding us to determine the secrets to living a long and healthy life, we have been happy to traverse the country to meet with you again in person! We have recently traveled to Iowa, Michigan, and the greater Washington DC area. We have upcoming trips to California, Ohio, Kentucky, Texas and back to Michigan this fall. We are always especially grateful for your speedy returned calls to us and your flexibility. With careful collaboration amongst the US field centers, we may also ask your permission to be visited by our colleagues that have a trip planned to your region of the country.

*Please continue to keep us posted on how you and your family members are doing and **let us know if your address or phone number changes.** We don't want to lose contact! We cannot continue to understand the keys to exceptional survival without each one of you. For more information about the LLFS, which is funded by the National Institute on Aging of the National Institutes of Health, contact Dr. Nancy Glynn, Program Director, University of Pittsburgh Field Center, at 412.383.1309 or toll-free 1-800-552-8140 or epidnwg@pitt.edu.*

We look forward to visiting with you and/or speaking to you soon!



LLFS Research Update

*The LLFS researchers have made many recent discoveries about longevity which have been published in scientific journals as well as proudly presented at national and international scientific meetings. Since LLFS began, we have published **36 papers** in major scientific journals. Some of our current advances and areas of interest include:*

Comparing Families in the Long Life Family Study Across Five Health Systems

Is your exceptional survival because of a gene that promotes health and longevity, or is it because of your healthy environment and behavior, or maybe a combination of both? We wanted to determine if there are families in LLFS who have a lot of family members that are much healthier than you would expect on more than one system in the body. Are the LLFS families who have a lot of members with exceptionally healthy memory also the families who have a lot of members with exceptional strength? We identified a group of LLFS families who are healthier than one would expect on at least one of the following systems: memory, grip strength, pulmonary, blood pressure, and metabolism. We found that families did not appear to be exceptionally healthy on multiple systems: there were no families who were exceptionally healthy on all five systems, 2 families were exceptionally healthy on four systems, and only 4 families were exceptionally healthy on 3 systems. This suggests unique pathways to healthy aging in each system. Each family may have a unique set of genes or a unique combination of genes and environment. It also supports the need to focus on specific systems as we pursue additional genetic sequencing.

LLFS Using Cutting Edge Genetic Sequencing Techniques

The Long Life Family Study is looking for familial genetic changes that promote healthy aging by utilizing a novel DNA sequencing technique developed at Washington University in St. Louis. The method - known as MDiGS for **Multiplexed Direct Genomic Selection** - allows the team to precisely target specific regions of the genome. These large regions contain many genes and were identified in previous LLFS experiments as areas where families may share genetic changes that result in one or more exceptional health outcomes (blood sugar, longevity, heart health, cognitive ability and many others). MDiGS will allow us to sift through the millions of genetic units in these regions in hundreds of LLFS participants to identify the precise genetic changes in all members of families that have exceptional health features. A project like this hasn't been attempted before on this scale. The unique family structure of the LLFS population and the tremendous infrastructure of genetic technology at Washington University are a perfect match to discover new clues to living a long and healthy life.

Why are we using a Digital Pen during the Visit 2 Examination?

For those of you who have already completed your second in-person visit, you may remember that we asked you to use a different type of pen for the written portions of the memory and thinking tests. This digital pen allows us to record your written and drawn responses and play them back as a short video at a later time. It also allows us to study precise measurements that we would not be able to track with a traditional pen. In fact, the Framingham Heart Study also uses this pen and has looked at differences in "ink time" (time spent drawing on the paper) versus "think time" (time spent thinking about what to draw or write with the pen off of the paper). We plan to compare values for participants from the Long Life Family Study to those from the Framingham Heart Study. This novel measure will also allow us to study changes in drawing and writing that may be related to cognitive decline and perhaps can be detected much earlier than more traditional measures.