

# Longer Life Foundation

An RGA/Washington University Partnership



new insights  
for better  
and LONGER LIFE

[www.longerlife.org](http://www.longerlife.org)

## How to better predict mortality?

## How to promote healthier and longer lives?

These fundamental questions provide the impetus for the Longer Life Foundation (LLF), a not-for-profit partnership between Reinsurance Group of America (RGA) and the School of Medicine at Washington University in St. Louis, with representation from members of other insurance companies and laboratories.

Since its inception in 1998, the LLF has fostered:

- Better understanding of determinants of morbidity and longevity.
- Improved mortality and risk selection.
- Improved public health, promoting quality and quantity of life.
- Accessibility to Washington University specialists and cutting-edge research to help the insurance industry.

Overall, the LLF has:

- Supported research published in leading peer-reviewed medical journals
- Funded more than 50 research grants.
- Funded the Longer Life Center at Washington University, a means to cultivate prognosis-related research.
- Sponsored pertinent industry events.

### Industry Events Sponsored by LLF

- Genomics and Medical Advances seminar
- Comorbidity symposium
- Advances in Diabetes lecture
- Genetics of Longevity lecture
- Structured Settlements lecture
- Risk Appraisal forum
- Research Poster sessions
- Grand Rounds lecture by Visiting Scholars



## Grant studies funded by LLF: 1999–2009

Below is a summary of grant studies since 1999. For additional information, please refer to the Longer Life Foundation Web site: [www.longerlife.org](http://www.longerlife.org).

### 2009

- A study to determine whether caloric restriction may have beneficial effects on the human immune system
- Development of a urine screening test for early diagnosis of kidney cancer
- Identification of cervical cancer biomarkers that predict outcomes

### 2008

- A program to study factors involved in promoting disease-free aging and help identify biomarkers of longevity
- The potential role for a new metabolite in preventing and treating age-related obesity and type 2 diabetes
- The role of a regulator of energy metabolism in maintaining health with advanced aging
- Omega-3 fatty acid treatment to reverse age related skeletal-muscle decline
- Use of ultrasonic sound waves to detect coronary artery blockage

### 2007

- Evaluation of fitness-to-drive in neurologically impaired older adults prior to a road test
- Development of an assay for a promising biomarker of coronary artery calcification
- The utility of gene studies in the clinical management of patients with cardiovascular disease
- Assessment of factors reducing the impact of chronic illness in older adult cancer patients

### 2006

- The effects of caloric restriction on aging
- Procedure for detecting axillary spread in breast cancer patients
- Genetic variations in risk of cardiovascular disease and diabetes

### 2005

- The influence of mental health problems on breast cancer survival
- Identifying anticonvulsant drugs that can extend lifespan
- The effect of a variation in a gene on cognitive function
- Influence of stress and social engagement on health of older adults
- Features of congregate living facilities that influence socialization of older adults
- Attention to TV and computer tasks affecting eating in obese children

### 2004

- Weight-loss program for children delivered via the Internet
- Testing ginseng as a treatment for diabetes
- Development of a multidisciplinary approach to obesity
- Predicting death from prostate cancer or other causes
- Frail obese older adults have higher levels of inflammatory cytokines
- Weight-loss program for adolescents delivered via the Internet

### 2003

- Variations in social support by country and culture
- Early diagnosis of dementia using a brief screening tool
- A short-lived worm screen for drugs that extend lifespan
- Do exercise and diet affect weight gain in college?
- Factors predicting survival until lung transplant among candidates with primary pulmonary hypertension

### 2002

- Quality of life of long-term cancer survivors
- Barriers to colorectal cancer screening: physicians' perceptions
- Identification of people at risk for dementia
- Factors causing delay of treatment for breast cancer
- Evaluating abdominal pain in emergency room patients

### 2001

- Staying active: a key to successful aging
- Patients helping patients achieve better diabetes control

### 2000

- Enhancing physician/patient communication to improve outcomes
- Mortality and atrial fibrillation: which comorbidities count?
- Data-derived prediction of suicide and suicide behaviors
- Risk factors segregating in heart disease prone families
- Breast cancer screening programs fail to meet needs of women with disabilities

### 2000

- Patient-derived information predicting cancer survival

*The Longer Life Foundation welcomes your thoughts. Please consider assisting in our foundation's mission by providing suggestions on potential research topics, or through additional funding to support valuable research.*

