



The slide header features a vertical photograph of a large building with a prominent dome, likely a historical or institutional building, set against a clear sky. The image is partially overlaid by a blue vertical bar on the right side. In the top left corner, there is a white box containing the French Government logo (GOUVERNEMENT) with the motto 'Liberté, Égalité, Fraternité' and the 'FRANCE 2030' logo. In the top right corner, the IHU HealthAge logo is displayed, featuring a stylized leaf icon and the text 'IHU HealthAge GEROSCIENCE & PREVENTION'. Below the photograph, the text '© Prép' is visible in the bottom left corner.

GOUVERNEMENT
Liberté
Égalité
Fraternité

FRANCE
2030

IHU HealthAge
GEROSCIENCE & PREVENTION

SAB IHU HealthAge

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IHU Health Age Longevity Clinic

CHU TOULOUSE **Inserm** **UNIVERSITÉ TOULOUSE III PAUL SABATIER**

Challenges

- What is the best population to target for longevity clinic services ?
- Offering innovative tests and interventions into an academic and non-private longevity clinic, often based on emerging research and not reimbursed by current healthcare system?
- Choosing which ageing biomarkers could be rapidly integrated into clinical practice.
- How to implement longevity clinic services in other general hospitals without the support of the IHU environment?

Why a Healthy Ageing Longevity Center?

CURRENT MODEL OF CARE: Disease-Centered Approach



Diagnosis of age-related diseases and other health conditions



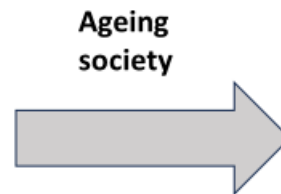
Treatment of diseases and symptoms once they arise



Objectives: treating health conditions and preventing complications (hospitalizations, disability, long term care ...)



Intrinsic capacity / Function: not or insufficiently assessed



Quality of life
Costs

Need for a new model of care

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Objectives: treating health conditions and preventing complications (diseases-related, hospitalizations, disability, long term care ...)



Intrinsic capacity / Function: not or insufficiently assessed



NEW MODEL OF CARE: Preventive patient-centered approach



Risk assessment and early diagnosis of age-related diseases and other health conditions



Treatment / Interventions of ageing mechanisms/ underlying causes of HC before their development



Objectives: to prevent age-related diseases and other health conditions and maintain healthy ageing

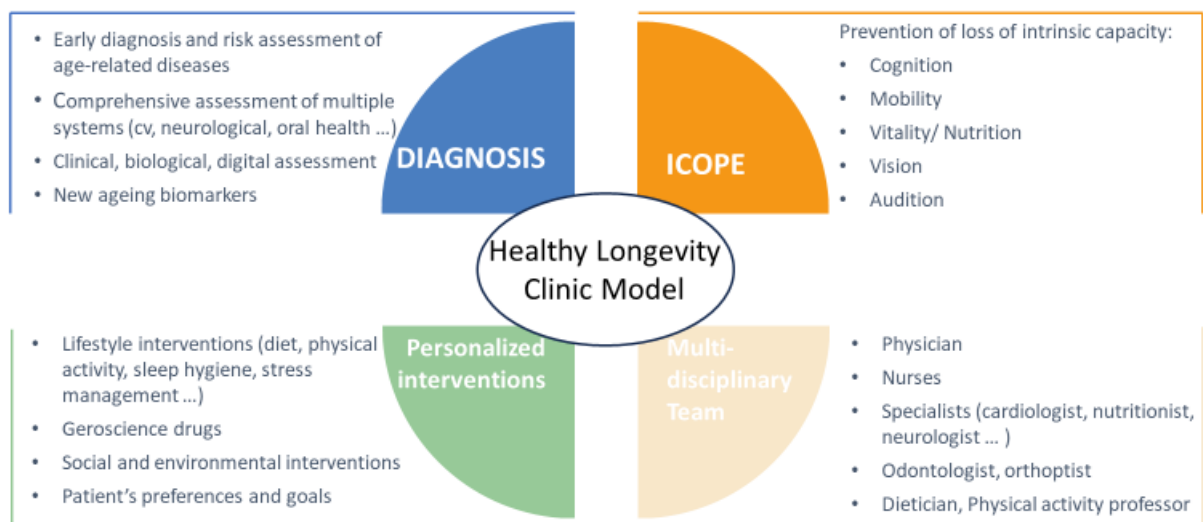


Intrinsic capacity / Function: regularly assessed to maintain intrinsic capacity

The IHU Health Longevity Clinic objectives

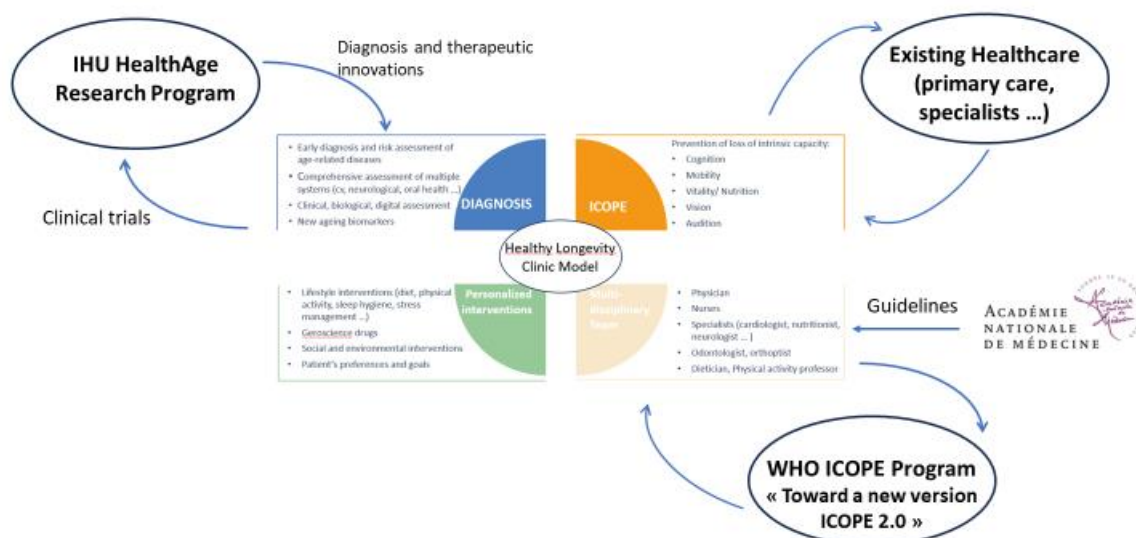
- To develop a model of healthcare focused on prevention and early diagnosis of age-related diseases **and** maintain of intrinsic capacity
 - Beyond basic medical and biological management
 - “Under the same roof”
 - Based on the latest evidence-based healthy longevity medicine (measure of biological age, emerging treatments ...) and new technologies (AI)
 - Strongly connected with the IHU Research program (to facilitate access to clinical trials, implementation of the last diagnosis / therapeutic innovations)
 - Integrated to the healthcare system to improve accessibility

The IHU Health Longevity Clinic organization



Adapted from Bonnes et al. 2024

The IHU Health Longevity Clinic organization



Development of guidelines – Framework of a healthy longevity clinic

- Task force of the « Académie Nationale de Médecine »
- First meeting – 3 juin 2024 – Why a healthy longevity Clinic? Overview of the existing healthcare clinics.
- Future meetings (between sept and dec 2024):
 - How to maintain intrinsic capacity ?
 - Vaccination
 - Cancer prevention, metabolic and cardiovascular prevention
 - Biological measurements (biological age, early diagnosis of age-related diseases e.g Alzheimer's Disease ...)
 - Lifestyle and environmental interventions
 - Maintaining social connections, mood, QOL, self-esteem

Task Force Members (not exhaustive) :

- ANM
- IHU Health Age
- International Experts
- Pr Vellas (France)
- Pr Pahor (USA)
- Pr Gutierrez Robledo (Mexico)
- Pr Andrea Maier (Singapor)
- Pr Benetos (France)
- Pr Belmin (France)
- Pr Dubois (France)
- Pr Michel (France)
- Pr Guidet (France)
- Pr Gallix (France)
- Pr Blay (France)

ACADÉMIE
NATIONALE
DE MÉDECINE

