



Silver Santé Study

The Medit-Ageing Project

[www.silversantestudy.eu](http://www.silversantestudy.eu)

## MEDIA RELEASE

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FOR IMMEDIATE RELEASE

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# UK-led clinical trial launched to investigate benefits of mental training techniques on memory clinic patients

**A UK-led clinical trial investigating the impact of mental training techniques on the mental health and well-being of patients with subjective cognitive decline (SCD) has been launched today.**

The trial – led by Dr Natalie Marchant at UCL, London – is taking place simultaneously at memory clinics in the UK, France, Germany and Spain and will assess the effects of short-term interventions, such as health education training and meditation, on around 160 patients. Behavioural measures will be monitored to see how much of a difference can be made to participants' well-being due to an intervention.

It is part of a major €7 million EU-funded project called the Silver Santé Study – a 5-year scientific research project launched in 2016 to investigate mental health and well-being in the ageing population, with a particular focus on Alzheimer's disease and its mechanisms.

“We're very excited that the trial has begun today, and we're looking forward to learning more about how we can improve well-being in later life,” said Dr Marchant.

“As people are living longer, ensuring good mental as well as physical health into later years is becoming ever more important. Identifying the determinants of a healthy old age will help safeguard quality of life and reduce the cost and care burden on health services of age-associated diseases.”



This project has received funding from the European Union's Horizon 2020 research and innovation programme Project No: 667696 under call H2020-PHC-22



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Further clinical trials are taking place with expert meditators and older-adult volunteers (recruited from the general population in Caen, France) who will take part in various cognitive activities, from learning a language to regular meditation practice.

By carrying out clinical studies with older-adult volunteers who have varying health profiles, the research will measure the effectiveness of a variety of interventions, and so contribute to wider health policy discussions and forward-planning around the challenge of caring for our ageing global population, now and in the future.

The Study will run from 2016 to 2020 and involves research partners in France, the UK, Spain, Belgium, Switzerland and Germany. It is being co-ordinated from Inserm (Institut national de la recherche sur la santé et la recherche médicale) based in Caen, Normandy.

For more information go to [www.silversantestudy.eu](http://www.silversantestudy.eu)

ENDS/ Contacts & Notes follow

**Media contact (UK):** Rhonda Smith / Charlotte Reid at Minerva +44 (0)1264-326427 or +44 (0)7887-714957 – [rhonda@minervacomms.net](mailto:rhonda@minervacomms.net) or [charlotte@minervacomms.net](mailto:charlotte@minervacomms.net)

## Editor's notes:

1. **Silver Santé Study** ([www.silversantestudy.eu](http://www.silversantestudy.eu)) is the public name of the **MEDIT-AGEING project** ([www.medit-ageing.eu](http://www.medit-ageing.eu))
2. The call under which MEDIT-AGEING has been successfully funded is H2020-PHC-22: Promoting mental well-being in the ageing population
3. The project receives €7million funding and runs for 5 years from Jan 2016 - 2020. <http://ec.europa.eu/programmes/horizon2020/en/h2020-section/societal-challenges>
4. The partners in MEDIT-AGEING are:

Partner organisation name	Short name	Country	Contacts
Institut national de la santé et de la recherche médicale	Inserm	France	<b>Dr Gaël Chételat</b> <b>Project co-ordinator</b> Dr Antoine Lutz Dr Géraldine Poisnel Dr Eider Arenaza Urquijo Dr Sonia Guéguen
<b>University of Liege</b> (GIGA-CRC-In Vivo Imaging; Psychology and Neuroscience of Cognition Research Unit)	ULG	Belgium	Dr Fabienne Collette Professor Eric Salmon
<b>University of Geneva</b> (Swiss Centre for Affective Sciences, Campus Biotech)	UNIGE	Switzerland	Dr Olga Klimecki Professor Patrik Vuilleumier



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<b>University College London</b>	UCL	UK	Dr Natalie Marchant
<b>University of Cologne</b>	UKK	Germany	Professor Frank Jessen
<b>Hospices Civils de Lyon</b> (Clinical and Research Memory Centre of Lyon)	HCL	France	Professor Pierre Krolak-Salmon
<b>Consorci Institut d'Investigacions biomèdiques August Pi I Sunyer</b> (Alzheimer's disease and other cognitive disorders Unit; Hospital Clinic; Neurodegenerative diseases: Clinical and experimental research)	IDIBAPS	Spain	Dr José Luis Molinuevo
<b>European Clinical Research Infrastructures Network</b>	ECRIN	EU	Amélie Michon
<b>Inserm Transfert SA</b>	IT	France	Delphine Smagghe
<b>Minerva Health &amp; Care Communications UK Ltd</b>	Minerva	UK	Rhonda Smith

Notes/End



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