

# Curriculum vitae

## Andrea B. Maier

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Date and place of birth: 19/04/1978, Aurich (Germany)  
Marital status: married with Johannes Jacobus Meij

Languages: German (native), English, Dutch

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The @Age research group, lead by Prof Andrea Maier, conducts innovative, translational and multi-disciplinary research in Geriatrics and Biogerontology. The group's mission is to prolong the healthy lifespan of an individual by the prevention of age-related diseases.

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### Summary of Qualification

After graduation in Medicine at the Medical University Lübeck (Germany) in 2003, she registered as specialist Internal Medicine & Geriatrics at the Leiden University Medical Center (the Netherlands) in 2009. Contemporaneously she worked on translational research on ageing, defending her thesis on gerontopsychiatric-medical units in 2003 and on cellular senescence in 2008. Her research is driven by her passion to unravel ageing mechanisms and the interaction of ageing and age-related diseases. In 2013 she was appointed as full Professor of Gerontology at the VU University, Amsterdam, the Netherlands. Since February 2016 she is Divisional Director of Medicine and Community Care at the Royal Melbourne Hospital and Professor of Medicine and Aged Care at the University of Melbourne, Australia. During the last 7 years she conducted several national and European observational studies as well as clinical trials and published more than 165 peer reviewed articles in international journals. Her innovative, multidisciplinary research group works in the Netherlands and in Australia. She is invited member of several international research and health policy committees to eventually increase the visibility, quality and quantity of ageing research.

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### Academic Career

2/2016 to date	Divisional Director of Medicine and Community Care (responsibility: 560 fte, budget \$80 MM/a; Portfolio includes Aged Care, General Medicine, Respiratory Medicine, Hospital in the Home, Community Services), The Royal Melbourne Hospital, Australia
2/2016 to date	Professorial Fellow of Medicine and Aged Care at The University of Melbourne, Australia
2/2016 to date	Full professor of Ageing, VU University, the Netherlands
3/2013-1/2016	Full professor of Internal Medicine - Gerontology, VU University Medical Center, the Netherlands
10/2012-1/2016	Head section Gerontology and Geriatrics, Department of Internal Medicine, VU University Medical Center, strategic alliance Amstelland hospital & Sint Lucas Andreas hospital, the Netherlands, full time, permanent
10/2012-2013	Senior researcher (honorary), department of Gerontology and Geriatrics, LUMC, the Netherlands
2010-9/2012	Staff position as internist-geriatrician, department of Gerontology and Geriatrics, LUMC, the Netherlands, full time, permanent
2006-2009	Senior resident/clinical fellow, department of Internal Medicine/department of Gerontology and Geriatrics, LUMC, the Netherlands, full time, fixed-term
2004-2006	Senior resident, department of Internal Medicine, Red Cross Hospital, The Hague, the Netherlands, full time, fixed-term
2003	Resident, Institute of Immunology and Transfusion Medicine, Medical University Lübeck, Germany, full time, fixed-term

## Education

8/2016	Designing Economic Evaluation Alongside Clinical Studies, The University of Melbourne
2014	Basic course for Regulatory Organization for Clinical researchers (BROK) and registration, VU University Medical Center
2013	Writing Scientific Grants, VU University Medical Center
12/2009	Registration as specialist internal medicine-geriatrician, the Netherlands
12/2008	PhD medicine, Cellular senescence <i>in vitro</i> and organismal ageing (Prof. dr. R.G.J. Westendorp), Leiden University Medical Center (LUMC), the Netherlands
12/2003	Doctorate, 'Integrated care of elderly suffering from medical and psychiatric disease', department of Geriatrics, Medical University of Lübeck, Germany (magna cum laude).
4/2003	Licence to practice medicine, Medical University Lübeck, Germany (magna cum laude)
1999-2003	International electives (clinical and research) at the University Hospital Groningen (Erasmus award), The Netherlands; Medical University of Newfoundland, St. John's, Canada; North China Coal Mine Medical College, Tangshan VR China (Chinese Medical Society award); Medical University Tartu, Estonia
1997-2003	Medical studies at the Medical University of Lübeck, Germany
1996-1997	Medical studies at the Martin-Luther-University of Halle, Germany
7/1996	University-entrance diploma, Ulrichsgymnasium Norden, Germany (summa cum laude)

## Academic Achievements

### Board Memberships

2017 to date	International Advisory Board, Amsterdam Economic Board
2016 to date	Program Director Australian Institute for Musculoskeletal Science (AIMSS)
2016 to date	Board Member National Ageing Research Institute (NARI), Australia
2015-2016	Advisory board Robert Bosch Stiftung, major German foundations stimulating aging research
2015-2016	Advisor German research foundation (DFG)
2015-2016	Dutch guideline 'Falls', Dutch Association of Internal Medicine (NIV) and Dutch Association Geriatrics (NVKG)
2014-2015	Advisory board Dutch ageing research agenda, Dutch Association of Internal Medicine (NIV) and Dutch Association Geriatrics (NVKG)
2014 to date	Invited Member European Hematology Association: scientific working group 'Aging and Hematology'
2014-2016	International Society of Geriatric Oncology (SIOG)
2014-2016	Dutch guideline 'Senior friendly guidelines', Dutch Association of Internal Medicine (NIV) and Dutch Association Geriatrics (NVKG)
2014-2016	Member of Scientific Advisory Board Vilans, Centre of expertise for long-term care
2013-2015	Chair Section Geriatrics of the Dutch Association of Internal Medicine (NIV)
2013-2015	Member Concilium Medicinae Internae (NIV)
2013-2015	Board member Amsterdam Center on Aging (ACA), Director of External Affairs
2013-2016	European Innovation Partnership on Active and Healthy Ageing (EIP-AHA), A2 European Commission, Representative Action Group A1 and A2
2013-2016	Member KWF steering group, Cancer in elderly
2013-2014	Dutch guideline 'Comprehensive Geriatric Assessment', Dutch Association of Internal Medicine (NIV) and Dutch Association Geriatrics (NVKG)
2012-2016	Member task force elderly, European Organisation for Research and Treatment of Cancer (EORTC)
2012-2017	Member scientific committee 'clinical fellowship' of the Netherlands Organization for Scientific Research (NWO)
2011-2013	Board member of the Dutch Association of Internal Medicine (NIV), section geriatrics
2011-2013	Board member of the scientific committee of the World Congress on Controversies, Debates and Consensus in Bone, Muscle and Joint Diseases (BMJD)
2011-2012	Board member of the scientific committee of the annual international conference of IMIDs & Aging

### Selected scholarships, grants and awards

2017-2018	MRFF, Recovery after acute admission, PI (500k\$)
2016-2017	Foundation Grant Program RMH, Comprehensive geriatric assessment in lung oncology patients, PI (40k\$)
2016-2017	NHMRC, Understanding and preventing avoidable readmissions, PI (100k\$)
2016-2020	NeuroCIMT STW, Orthostatic hypotension in elderly, co-applicant (504k€)

2015-2019 H2020 PreventIT, Risk detection and prevention in ageing people (699k€ / 4.600k€)  
2015-2019 H2020-MSCA-ITN PANINI, Influence of physical activity and nutrition on aging (511k€ / 2.900k€)

2015-2016 Nutricia Research grant, Muscle measures in older hospitalized patients (57k€)  
2015 Fonds NutsOhra, Resilience – longer at home (39k€)  
2014 LLP ERASMUS (code n. 2013-1-IT2-ERA 10-52928), Biology of Aging, summer school (62k€)  
2014 Stichting Hofjes Codde en van Beresteyn, dissemination grant, co-applicant (8k)  
2014-2017 EMIF-AD (No 115372), Definition of extreme phenotypes on resilience to dementia, co-applicant (402k€)

2014 Clinical Nutrition award, most cited paper 2013, ESPEN, Geneva  
2014-2015 Stichting Hofjes Codde en van Beresteyn, dissemination grant (14k€)  
2014-2016 Nutricia Research grant, Dietary intake, physical activity and sarcopenia (80k€)  
2013-2014 Nutricia Research grant, Nutrition and sarcopenia (50k€)  
2011-2014 Unilever BBSRC Studentship, cooperation with University Glasgow and Unilever Colworth (UK), co-applicant (250k)

2010-2013 NGI/NWO grant 050-060-810, NCHA, WP leader Skin/cell ageing and health (200k€)  
2010-2013 NGI/NWO grant 050-060-810, NCHA, WP leader Mobility and cognitive decline (100k€)  
2010-2013 NGI/NWO grant 050-060-810, NCHA, Nutrient sensing, co-applicant (200k€)  
2010-2012 ISAO, Blood-brain barrier permeability in Alzheimer's disease, co-applicant (50k€)  
2010-2014 STW-Perspectief, 10737, NeuroSIPE-BALROOM, co-applicant (200k€)  
2009 Dutch Association of Internal Medicine award, best oral presentation (0.5k€)  
2009-2013 FP7 program HEALTH-2007-2.4.5-10, MYOAGE 'Understanding and combating age-related muscle weakness', WP leader (800k€)

2008-2010 NGI/NWO grant 050-060-810, NCHA, WP leader cellular longevity (300k€)  
2008 FP7 program LifeSpan, several grants to study CMV related changes of the immune system in middle aged subjects (22k€, 40k€, 50k€)

2008 European Biogerontology conference grant (1k€)  
2008 Scandinavian twins study (advisor), conference grant, Denmark (1k€)  
2008 Young Investigator Workshop grant, Croatia (1.5k€)

#### PhD graduates

4/2017 Esmee Reijnierse (VUmc): Sarcopenia definitions  
1/2017 Karel Beenakker (LUMC): Sarcopenia and inflammation  
10/2016 Marjon Stijntjes (LUMC): Mobility and cognition  
10/2016 Mariette Waaijer (LUMC): Cellular senescence  
9/2015 Jantsje Pasma (LUMC): Impaired standing balance: Unraveling the underlying cause in elderly  
6/2013 Astrid Bijlsma (LUMC): Definition of sarcopenia  
3/2012 Diana Taekema (LUMC): Determinants of muscular and functional vitality in oldest old people  
2/2012 Pim Dekker (LUMC): Cellular stress in vitro and longevity in vivo

#### Current PhD trajectories

2017-2020 Rami Aldwikat (RMH/UoM): Prevention of delirium  
2017-2020 Claire Maddison (RMH/UoM): Geriatric oncology  
2017-2019 Arjen Mol (VU): Blood pressure regulation and physical performance  
2016-2019 Peter Lange (RMH/UoM): Delirium screening  
2016-2019 Marija Bosnic (VU): PANINI Standardization of nutritional and physical measures across EU  
2016-2019 Suey Yeung (VU): PANINI Nutrition and physical activity to counteract sarcopenia  
2016-2019 Jaenine van Ancum (VU): PreventIT Early risk detection and prevention of mobility problems  
2015-2019 Stephanie Looijaard (VUmc): Geriatric oncology  
2015-2019 Anna Rojer (VUmc): Physical activity and sarcopenia  
2014-2017 Kathelijn Versteeg (VUmc): Geriatric oncology  
2014-2018 Nienke Legdeur (VUmc): Healthy cognitive ageing  
2014-2017 Sjors Verlaan (VUmc): Nutrition and mobility  
2014-2017 Ralph Vreeswijk (VUmc): Delirium  
2010-2018 Carolina Ling (LUMC): Predictors of sarcopenia and dynapenia

#### Selected listing as invited speaker, 2013-2017

2/2017 Challenge of Healthy Ageing in the 21<sup>st</sup> Century (online): Biological assessment and clinical use  
9/2016 European Conference of Internal Medicine (NL): How to become a nonagenarian?  
6/2016 Australian and New Zealand Society for Geriatric Medicine (AUS): Muscle health as part of healthy ageing  
6/2016 Psychiatry of Old Age (AUS): Malnutrition, Sarcopenia, Mobility and Health in the Elderly

11/2015 Dutch Congress of Rehabilitation Medicine (NL): Assessing sarcopenia: why and how?  
 10/2015 Innovation in mobility, Scholl (UK): The essence of walking  
 09/2015 Treatment of Elderly Patients: The Challenge of the Future (D): Geroscience in clinical practice: future perspectives  
 05/2015 EHA-SWG Aging and hematology, the next questions (PT): Muscle matters in haematology  
 04/2015 Annual Dutch Internal Medicine congress, keynote (NL): Elie Mechnikoff and gerontology  
 04/2015 NVVC, Annual Dutch Cardiology congress, keynote (NL): Aged heart: disease or aging?  
 04/2015 Annual Dietician congress, keynote (NL): Frailty: in whom to invest?  
 003/2015 Annual Movement Sciences congress (NL): Big Data in Geriatrics  
 03/2015 VZW Dentists, keynote (BE): Geroscience  
 02/2015 Annual Dutch Geriatric congress (NL): Sarcopenia  
 10/2014 International Society of Geriatric Oncology (PT): Muscle matters in oncology  
 10/2014 5<sup>th</sup> Italiana GREAT Network congress (IT): Anti-aging – the way forward?  
 09/2014 The European Society for Clinical Nutrition and Metabolism (A): Sarcopenia  
 09/2014 8th international conference A Child in motion, keynote (SI): PA in childhood for healthy ageing  
 05/2014 International Society of Acute Medicine (NL): Miss Marple and the hidden secrets of ageing  
 03/2014 Dutch Osteoporosis Society (NL): Osteoporosis and Sarcopenia  
 02/2014 Society of Dutch General Practitioners (NL): Blood pressure management in the oldest olds  
 11/2013 BMJD 2<sup>nd</sup> World Congress (BE): Sarcopenia  
 04/2013 Device Therapy 2013 (NL): Decision making dependent on the elderly clinical phenotype  
 04/2013 Fragility Fracture Care (NL): Sarcopenia, what is it and what can we do about it  
 04/2013 Leibniz Institute for Ageing Research (D): Gerontology meets Geriatrics  
 03/2013 International conference on CMV and Immunosenescence (IT): Cytomegalovirus and mortality  
 03/2013 Dutch Antillean Suriname Clinic of Rheumatology (SR): Use of biologicals/sarcopenia  
 02/2013 Mitochondria, Metabolic Regulation and the Biology Of Aging conference (ES): Cellular mechanisms and human longevity

### Editorial board

2013 to date Biogerontology, Gerontology, Frontiers Endocrinology of Aging

### Valorisation / media

Various interviews in local, national and international newspapers (Het Parool, NRC, Volkskrant), journals (Medisch Contact, Arts&Auto), radio (Radio1, Omroep Max, NTR Academie radio, NTR, Een Vandaag), television (NCRV Katjas Bodyscan, NPO Wetenschap: De Kennis van nu, Een Vandaag Gezondheid, DWDD) and related events (Universiteit van Nederland). Summer guest 6/2016 (580k viewers). Publishing non-fiction book: Eeuwig houdbaar (1/2017).

### Teaching

2014-2016 Founder of the Sarcopenia road show, cooperation between (Dutch Cooperation of Dieticians) DGO and Dutch Geriatric Fysiotherapists (NVFG)  
 2014 Summer school 'Next generation leaders in biology of ageing' (IT), co-lead  
 2013-2016 Vice-Supervisor fellows Gerontology and Geriatrics, Internal Medicine  
 2013-2016 Vice-chair 'Geriatrics', 4<sup>th</sup> year of medical studies  
 2013-2016 Lecturer and founder of interdisciplinary intercohort seminars on ageing and clinical seminars on ageing (PhD students and students), VUmc  
 2013-2016 Supervisor of paramedical and medical teaching in geriatric care within VUmc and at regional, national level  
 2013-2016 Lecturer Geriatric Dentistry (master)  
 2013-2016 Lecturer Geriatric Physiotherapy (master)  
 2013-2016 Co-Coordinator undergraduate course medical study (4 weeks): 'The elderly patient', VUmc  
 2011-2012 Supervisor General Practitioners (LHV), LUMC  
 2011-2012 Discussion leader of interdisciplinary intercohort seminar on various aspects of ageing and clinical seminar on ageing (PhD students and students), LUMC  
 2011-2012 Board advisor and lecturer of the master course 'geriatric nursing' (V&VN), LUMC  
 2010 Teach the Teacher, Boerhaave Commissie, Leiden  
 2010-2012 Discussion leader of weekly interdisciplinary LUMC seminar on ageing and muscle  
 2010-2012 Graduate courses: 'Biological mechanisms of ageing', 'Sarcopenia', 'Physical function at higher age' (Master and Executive courses, Leyden Academy on Vitality and Ageing)  
 2010-2012 Various invited lectures on ageing i.a. Boerhaave Institute, LHV, Verenso  
 2009-2012 Board advisor and lector of the master course 'geriatric physiotherapist' (NVFG)

2008-2012 Undergraduate courses: 'Mechanisms of ageing and Development' (Gerontology), 'The elderly patient' (Geriatrics), 'The ageing process (Gerontology and Geriatrics), 'Fainting' (Neurology), 'Medical decision making', 'Gait analysis' (Revalidation Medicine), LUMC

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## List of relevant Publications

165 peer reviewed publications in international journals, H index 34

Van Ancum JM, Scheerman K, Jonkman NH, Smeenk HE, Kruijzinga RC, Meskers CGM, **Maier AB**. Change in muscle strength and muscle mass in older hospitalized patients: A systematic review and meta-analysis. *Exp Gerontol*. 2017 Jun;92:34-41. IF: 3.5

Legdeur N, Binnekade TT, Otten RH, Badissi M, Scheltens P, Visser PJ, **Maier AB**. Cognitive functioning of individuals aged 90 years and older without dementia: A systematic review. *Ageing Res Rev*. 2017 Jul;36:42-49. IF: 7.5

Reijnierse EM, de Jong N, Trappenburg MC, Blauw GJ, Butler-Browne G, Gapeyeva H, Hogrel JY, McPhee JS, Narici MV, Sipilä S, Stenroth L, van Lummel RC, Pijnappels M, Meskers CGM, **Maier AB** Assessment of maximal handgrip strength: how many attempts are needed? *J Cachexia Sarcopenia Muscle*. 2017 Jun;8(3):466-474. IF: 9.7

Waaier ME, Westendorp RG, Goldeck D, Gunn DA, Pawelec G, Stijntjes M, Slagboom PE, **Maier AB**. Assessment of health status by molecular measures in adults ranging from middle-aged to old: Ready for clinical use? *Exp Gerontol*. 2017 Jan;87(Pt B):175-181. IF: 3.5

Reijnierse EM, Trappenburg MC, Leter MJ, Blauw GJ, Sipilä S, Sillanpää E, Narici MV, Hogrel JY, Butler-Browne G, McPhee JS, Gapeyeva H, Pääsuke M, de van der Schueren MA, Meskers CG, **Maier AB**. The Impact of Different Diagnostic Criteria on the Prevalence of Sarcopenia in Healthy Elderly Participants and Geriatric Outpatients. *Gerontology*. 2015. IF: 3.1

Pasma JH, Bijlsma AY, Klip JM, Stijntjes M, Blauw GJ, Muller M, Meskers CG, **Maier AB**. Blood pressure associates with standing balance in elderly outpatients. *PLoS One*. 2014; 9(9):e106808. IF: 3.7

Bijlsma AY, Meskers CGM, Sipilä S, van den Eshof N, McPhee JS, Westendorp RGJ, Stenroth L, Jones DA, Narici MV, Gapeyeva H, Pääsuke M, Voit T, Barnouin Y, Hogrel JY, Butler-Browne G, **Maier AB**. Diagnostic criteria for sarcopenia and physical performance. *Age (Dordr)*. 2014;36(1):275-85. IF: 6.3

Beenakker KG, Westendorp RG, de Craen AJ, Slagboom PE, van Heemst D, **Maier AB**. Pro-inflammatory capacity of classically activated monocytes relates positively to muscle mass and strength. *Ageing Cell*. 2013;12(4):682-9. IF: 6.3

Bijlsma AY, Pasma JH, Lambers D, Stijntjes M, Blauw GJ, Meskers CM, **Maier AB**. Muscle strength rather than muscle mass is associated with standing balance in elderly outpatients. *J Am Med Dir Assoc*. 2013;14(7):493-8. IF: 5.3

Bijlsma AY, Meskers CGM, Ling CHY, Narici M, Kurrle SE, Cameron ID, Westendorp RGJ, **Maier AB**. Defining sarcopenia: the impact of different diagnostic criteria on the prevalence of sarcopenia in a large middle aged cohort. *Age*. 2013;35(3):871-81. IF: 6.3

Ling CH, de Craen AJ, Slagboom PE, Westendorp RG, **Maier AB**. Handgrip strength at midlife and familial longevity: The Leiden Longevity Study. *Age*. 2012;34(5):1261-8. IF: 6.3

Waaier ME, Gunn DA, Catt SD, van Ginkel M, de Craen AJ, Hudson NM, van Heemst D, Slagboom PE, Westendorp RG, **Maier AB**. Morphometric skin characteristics dependent on chronological and biological age: The Leiden Longevity Study. *Age*. 2012;34(6):1543-52. IF: 6.3

Waaier MEC, Parish WE, Strongitharm BH, van Heemst D, Slagboom PE, de Craen AJM, Sedivy JM, Westendorp RGJ, Gunn DA, **Maier AB**. The number of p16 positive cells in human skin biopsies reflects biological age. *Ageing Cell*. 2012;11(4):722-725. IF: 7.1

Bijlsma AY, Meskers CGM, Westendorp RGJ, **Maier AB**. Chronology of age-related disease definitions: Osteoporosis and Sarcopenia. *Ageing Res Rev*. 2012;11(2):320-4. IF: 9.0

Wijsman CA, Mooijaart SP, Westendorp RG, **Maier AB**. Responsiveness of the innate immune system and glucose concentrations in the oldest old. *Age*. 2012;34(4):983-6. IF: 6.3

Derhovanessian E, **Maier AB**, Beck R, Jahn G, Hähnel K, Slagboom PE, de Craen AJ, Westendorp RG, Pawelec G. Hallmark features of immunosenescence are absent in familial longevity. *J Immunol*. 2010;185(8):4618-24. IF: 5.7

Beenakker KG, Ling CH, Meskers CG, de Craen AJ, Stijnen T, Westendorp RG, **Maier AB**. Patterns of muscle strength loss with age in the general population and patients with a chronic inflammatory state. *Ageing Res Rev*. 2010;9(4):431-6. IF: 9.0

Ling CH, Taekema D, de Craen AJ, Gussekloo J, Westendorp RG, **Maier AB**. Handgrip strength and mortality in the oldest old population: the Leiden 85-plus study. *CMAJ*. 2010;182(5):429-35. IF: 9.0

**Maier AB**, Westendorp RG. Relation between replicative senescence of human fibroblasts and life history characteristics. *Ageing Res Rev*. 2009;8(3):237-43. IF: 9.0

**Maier AB**, le Cessie S, de Koning-Treurniet C, Blom J, Westendorp RG, van Heemst D. Persistence of high-replicative capacity in cultured fibroblasts from nonagenarians. *Ageing Cell*. 2007;6(1):27-33. IF: 7.1