



# Healthy Aging



The Research Centre on Aging (CdRV) is proud to be one of Canada's largest specialized research centres on aging. Our research supports society's efforts to better meet the needs of older adults and fosters adaptation to the demographic changes of our time.

**Our ultimate goal:** To improve older adults' quality of life and support better aging for everyone in conjunction with our partners as well as with the older adults themselves.

## 320 stakeholders

- 56 permanent researchers
- 18 associate researchers
- 176 graduate students
- 70 research staff members

## More than 200 scientific publications

- 164 publications in peer-reviewed journals
- 37 book chapters and 4 books
- 16 research reports
- 16 non-peer-reviewed articles

## 394 scientific presentations

- 97 guest-speaker presentations
- 297 peer-reviewed abstracts

## Hundreds of public interventions

- 370 articles and interviews in Québec media

## \$8,7 million in research grants

- \$6,1 million from organizations recognized by the Fonds de recherche du Québec – Santé (FRQS)
- \$2,6 million from other organizations

# 2021-2022 HIGHLIGHTS

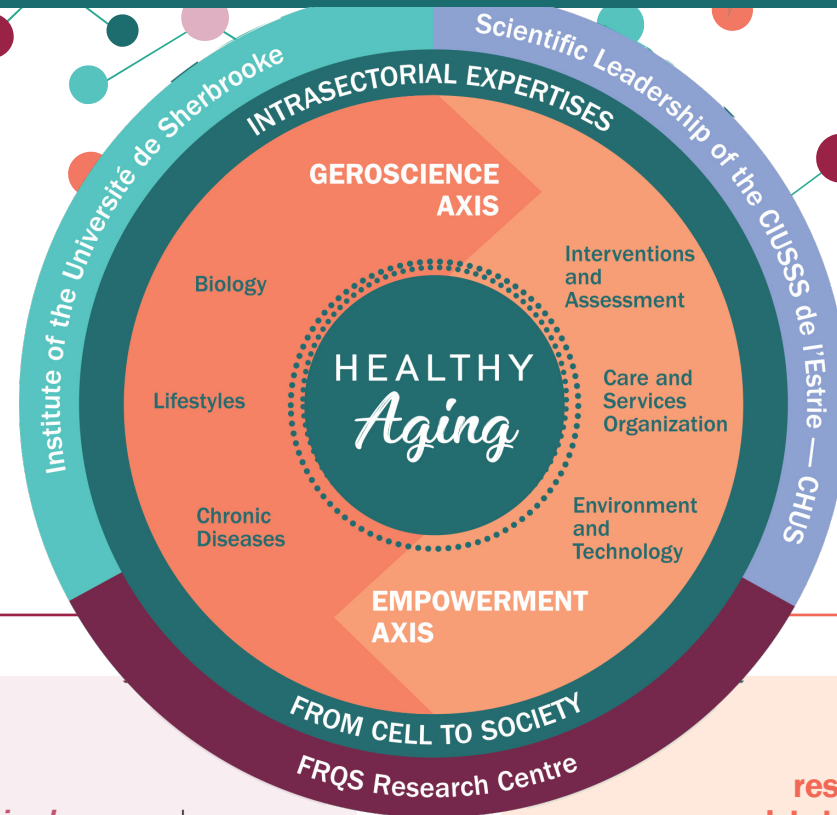
## Empowerment AXIS

**Director: Guillaume Léonard**

An investigator whose research aims to better understand and relieve chronic pain in older adults.

**30 researchers**

This axis's researchers aim to foster the autonomy and social participation of older adults, enabling them to age well and live in their home for as long as possible while enjoying an optimal quality of life.



**26 researchers**

In this axis, researchers are seeking to understand the dynamic relationships between the components of a living system and the life habits that lead to certain chronic diseases, to disability or to frailness in order to develop preventive approaches that can be applied throughout life.

## Geroscience AXIS

**Director: Eléonor Riesco**

An investigator whose research focuses on themes related to physical activity and aging.

### A new research chair to understand active aging

**Ruth Ndjaboue** was awarded the Canada Research Chair on Inclusivity and Active Aging. This chair, which includes funding of \$600,000 over five years, will enable her to develop a better understanding of interdisciplinary knowledge of active aging. She wishes to facilitate the transfer of knowledge on this topic through an approach that takes vulnerability factors into account and by using tools that adapt to the needs and challenges of various segments of our aging population.

### The big discussion to overcome ageism

**Dany Baillargeon** and **Méline Levasseur** have launched GIRA (Grande interaction pour rompre avec l'âgisme [The big discussion to overcome ageism]), an initiative co-led by researchers, students, community partners and older adults. Aiming to put an end to ageism, GIRA offers ways to change our perceptions, attitudes and behaviours toward ageism by disseminating and promoting rigorous scientific research on the causes, impacts and challenges of ageism.

### Three new permanent researchers supporting the axis's knowledge development!

- **Hassiba Chebbihi.** Her research focuses on optimization of the condition of patients awaiting surgery and on the establishment of a community-based multimodal preoperative rehabilitation program.
- **Saïd Mekary.** He studies the physiological and metabolic mechanisms by which physical activity can improve the condition of healthy and chronically ill adults.
- **Félix-Antoine Savoie.** His research focuses on learning and motor skills in healthy humans and in people suffering from neurological diseases.

### Tracking Alzheimer's disease in the blood

Changes in the brain associated with Alzheimer's disease begin years before any signs of the condition appear. These changes are very difficult to detect. In precision medicine, the ability to predict and identify the early onset of this disease could be especially significant. **Benoît Laurent, Tamàs Fülöp** and **Abdelouahed Khalil** have initiated a project to determine the clinical stages of Alzheimer's disease by identifying biomarkers in patients' immune cells at different stages of the disease. This identification will pave the way for promising large-scale population screening initiatives.

### A better care trajectory for people living with a neurocognitive disorder

**Véronique Provencher** received a grant of \$952,426 over three years from the Fonds de recherche du Québec – Santé to conduct a research project promoting collaboration between specialized geriatric outpatient services. The project's goal is to foster better complementarity and continuity throughout the service trajectories offered to people living with a major neurocognitive disorder and to their loved ones. The research team hopes that this project will help providers communicate better with each other as well as with users and their families, in order to ensure optimal follow-up.

### Four new areas of expertise within the axis!

- **Livia Pinheiro Carvalho.** Her research focuses on adult neurology and the assessment of functional abilities and mobility in aging groups who are at risk of physical disability and loss of autonomy.
- **Didier Mailhot-Bisson.** His research program focuses on nursing interventions and the organization of healthcare services for older adults.
- **Ruth Ndaboue.** She works on the psychosocial determinants of health, aspects related to inclusivity, intersectionality and social inequality.
- **Samuèle Rémillard-Boilard.** She is studying community development, the creation of age-friendly cities and the social inclusion and exclusion of older people.

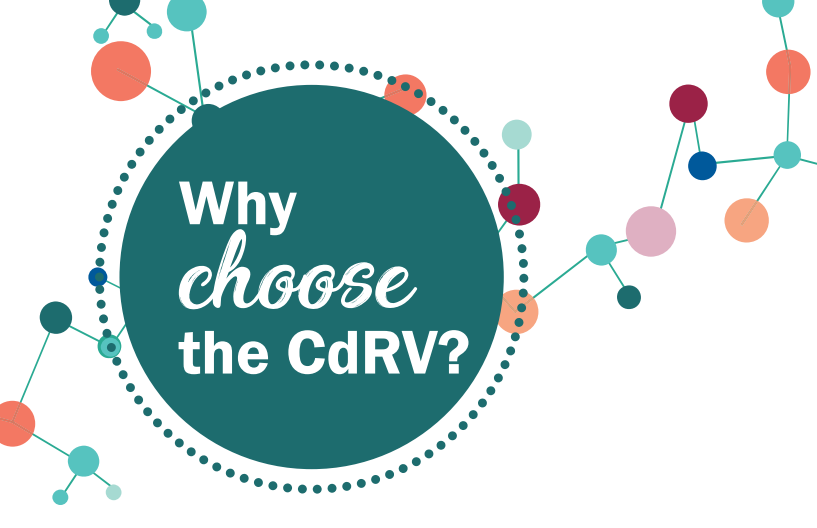
### A research chair for healthy aging

Researchers **Isabelle Dionne** and **Eléonor Riesco** are the new holders of the Université de Sherbrooke (UdeS) Chaire pour un vieillissement en santé (Chair for Healthy Aging), which is funded by the Fondation Jean-Luc Gravel et Brigitte Breton. This chair aims to promote healthy aging through physical activity adapted to a older people's needs, namely those associated with their health condition. Isabelle Dionne and Eléonor Riesco wish to use this chair to conduct innovative scientific research aimed at refining exercise-related recommendations as well as developing promising and effective kinesiology interventions.

### Sense of smell helps detect cognitive diseases

Several studies have shown that olfactory dysfunction occurs with age and is an early symptom of many neurodegenerative diseases such as mild cognitive impairment and Alzheimer's disease. Researchers **Rona Graham, Benoît Cossette, Alan Cohen, Guillaume Léonard** and **Dominique Lorrain** are seeking to determine whether olfactory dysfunction is caused by a reduced ability to detect specific odours or by a general loss of smell. If it is caused by the loss of specific smells, how does it relate to cognitive function? Using different tests, they hope to develop a tool that will make it possible to diagnose cognitive disorders at an early stage.





## Why choose the CdRV?

### For Intersectoral Research Initiatives by and for Older Adults

The Innovation Laboratory by and for Older Adults (LIPPA) is a living laboratory-style initiative. LIPPA's mission is to foster dialogue between seniors and Research Centre on Aging stakeholders to promote collaborative participation in scientific life and to contribute to the development of innovative strategies aimed at promoting the well-being of older people in all aspects of their life.

- Development and support of research initiatives by and for older adults.
- Knowledge pooling activities.
- Seniors' Committee.

[lippa.recherche.usherbrooke.ca](http://lippa.recherche.usherbrooke.ca)

### Supporting Student Success

- A dynamic student committee
- Interdisciplinary activities and direct ties to the clinical setting.
- More than \$100,000 per year in CdRV scholarships

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Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke



UDS

Université de Sherbrooke

### Supporting the Achievement of Research Projects

- Some 20 laboratories, platforms and databases.
- A biotechnology consultation and support service.
- An engineering research platform.
- An administrative support team.
- A participant recruitment centre
- Financial support for clinical research from the Vitae Foundation.
- Financial support of up to \$240,000 per year from the CdRV for structuring projects and strategic initiatives.



### Outstanding Collaboration Opportunities

8 university faculties  
6 research chairs



Centre de recherche sur le vieillissement

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