

CLSA News

The Canadian Longitudinal Study on Aging (CLSA) has recruited more than 22,000 participants – nearly halfway of its recruitment goal of 50,000.

- The CLSA has started to follow men and women aged 45 to 85 at entry in the study, for a period of 20 years. Participants take part in home interviews and physical/cognitive assessments or telephone interviews. The goal of the study is to better understand the aging process and the factors that shape the way we age and use that knowledge to improve the health of Canadians.

This winter, CLSA open houses were held in Halifax, N.S. and Victoria, B.C. Dr. Susan Kirkland, CLSA co-principal investigator, officially launched the Halifax component of the CLSA with a ribbon cutting ceremony at Dalhousie University in January. Dr. Debra Sheets and Dr. Lynne Young, co-lead site investigators for the University of Victoria site, held the CLSA open house and media launch at the Gorge Road Hospital, where the data collection site is located.

- In February, the CLSA Biorepository and Bioanalysis Centre – the central location for storage and analysis of the blood and urine samples collected at each of the CLSA data collection sites – filled its first liquid nitrogen freezer. More than 160,000 biological samples are already waiting for future research.
- The CLSA hosted two CIHR Café Scientifique events this winter; one in Hamilton and one in Montreal. The Hamilton event, “Use it or lose it: Secrets of a healthy brain,” was moderated by lead principal investigator, Dr. Parminder Raina, and featured a panel of experts in the field of brain health and aging. The Montreal event, “I’m not afraid of aging: But let’s talk,” was moderated by co-principal investigator Dr. Christina Wolfson and featured experts in the field of nutrition, exercise and medicine.
- The CLSA is continuing to actively engage potential partners. Current partnerships are now acknowledged on the Partners section of the CLSA website.
- The Researchers section of the CLSA website has been revamped to provide more information on data and sample access. One of the underlying principles of the CLSA is that the data be made available to the research community as soon as it is feasible to do so.



Halifax Launch, January 2013

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