

The potential of healthy ageing research



Healthspan is how many years you live in good health. Ageing processes reduce the function of our cells and bodies, leading to illness and reducing healthspan.

More people are living longer and spending later years living with long-term illnesses. Having two or more long-term conditions is called **multimorbidity**.



What if we could **increase the number of years people live in good health by developing new medicines** to treat the biological causes of age-related illness?

Treating the *underlying age-related illnesses*, and not the symptoms of diseases, could help **decrease the risk of multimorbidity**.

What could this mean for me?

We asked people who live with multiple illnesses and take many medicines:

60%

Over 60% feel very or quite comfortable to be treated for ageing rather than for different illnesses as they arise



See benefits of treating processes, not illnesses, as:



- A more holistic approach
- A new concept that brings hope
- Helping people need fewer medications

42%

42% feel confident about taking a medicine that targets the underlying causes of ageing before symptoms develop

The public feels this research is **important, urgently needed and revolutionary**

There is demand and desire from patients and the public to be **more deeply involved** in this research.

Data gathered through UK SPINE patient and public involvement and engagement work, 2020 – 2021.



Find out more
www.kespine.org.uk