

**Lecturer profiles:****Professor J.J. (Hans) Meij, PhD MBA**

Director, Academy for Healthy Longevity NUS Yong Loo Lin School of Medicine

Hans Meij is a very experienced executive with more than 45 years of experience in healthcare. He has worked in all areas of healthcare and is an expert in strategy development for hospitals and academic networks.

Hans is a medical anthropologist by training (1992 VU, Amsterdam), obtained his MBA in hospital management in 1996 and obtained his PhD in medicine in 2008 focusing on the genetic background of healthy longevity and ageing in rural Africa (thesis: "Testing life history theory in a contemporary African population", Garu Ghana/ Leiden the Netherlands ). He was co- founder of the Leyden Academy on Vitality and Ageing (2008-2010), member of the Executive Board of the Amphia Hospital, Breda (2010 – 2016) one of the biggest healthcare facilities in The Netherlands, and the inaugural director of the Academic Network around the University of Melbourne, Australia (2016 – 2019). Currently, he is Professor of Medicine at Yong Loo Lin School of Medicine, National University of Singapore, where he co-founded and leads the Academy for Healthy Longevity.

Since 2019, he is also appointed at the Amsterdam University Medical Center (the joint medical faculty and hospital of the Free University Amsterdam and the University of Amsterdam). First as head of the department of Human Genetics and currently as division chair for outpatients and ambulatory care. He recently accepted the position of Vice-Dean international affairs, starting early 2024.

Hans lives in Zoeterwoude (NL) and Singapore, together with his wife and their dog Fritz.

**Professor Andrea B. Maier, MD PhD FRACP**

Oon Chiew Seng Professor in Medicine, Healthy Ageing and Dementia Research

Director, Centre for Healthy Longevity, National University Health System, National University of Singapore

Professor of Gerontology, Vrije Universiteit Amsterdam, The Netherlands

Founder, Chi Longevity

Andrea B. Maier (1978), a Fellow of the Royal Australasian College of Physicians (FRACP), graduated in Medicine (MD) 2003 from the University of Lübeck (Germany), was registered 2009 in The Netherlands as Specialist in Internal Medicine-Geriatrics and was appointed Full Professor of Gerontology at Vrije

Universiteit Amsterdam (The Netherlands) in 2013. She was the head of Geriatrics at the Vrije Universiteit Medical Center from 2012 to 2016. From 2016 to early 2021 Professor Maier served as Divisional Director of Medicine and Community Care at the Royal Melbourne Hospital, Australia, and as Professor of Medicine and Aged Care at the University of Melbourne, Australia. She continued her career at the National University of Singapore as Director of the Centre for Healthy Longevity. Professor Maier's research focuses on unraveling the mechanisms of ageing and age-related diseases to bring diagnostics and interventions to optimize health into clinical practice. She is heading international longitudinal cohort studies and geroscience interventions. She has published more than 400 peer-reviewed articles, achieving an H index of 72, spearheading the significant contributions of her highly acclaimed innovative, global, multidisciplinary @Age research group. She is a frequent guest on radio and television programs and book author to disseminate aging research. Furthermore, she is invited member and advisor of several international academic and health policy committees and funding agencies, including the World Health Organization evaluating the United Nations Decade of Healthy Ageing and Hevolution. In 2022, she co-founded the first evidence based Healthy Longevity Medicine Clinic in Singapore, Chi Longevity, and joined NU as Chief Medical Officer. She is the past President of The Australian and New Zealand Society for Sarcopenia and Frailty Research, the Founding President of the Healthy Longevity Medicine Society and serves as selected Member of The Royal Holland Society of Sciences and Humanities, Fellow of the Atria Academy of Science and Medicine, and Academy for Health and Lifespan Research. In 2023, she co-founded the NUS Academy for Healthy Longevity to disseminate Geroscience and evidence based Healthy Longevity Medicine.

### **Professor Heike Bischoff-Ferrari**

Professor of Geriatrics and Chair of the Department of Acute Aging Medicine Felix Platter at the University of Basel

Prof. Heike A. Bischoff-Ferrari, MD, MPH, DrPH is a specialist in geriatric medicine, general internal medicine and rehabilitation. She holds a Master's degree and doctor of public health degree from Harvard School of Public Health. She is the Chair of Geriatrics and Aging Research at the University of Zurich since 2013 and is the Chair elect. University of Basel Dept. of Aging Medicine FELIX PLATTER in Switzerland since 2025. Prof. Bischoff-Ferrari is coordinating DO-HEALTH and DO-HEALTH-BioAge, the largest European intervention study and biobank on healthy longevity. The aim of this research effort is to investigate the combined effect of three preventive measures (vitamin D, omega-3 and exercise) on the ageing process, as well as to identify early risk profiles to slow down biological ageing and thereby reduce the risk of functional decline and disease. In 2021, Prof. Bischoff-Ferrari received a Lifetime Achievement Award for her research on Healthy Aging from the ICFSR in Boston. Since 2020 she has been a board member of the Harvard working group MINDING OUR FUTURE: Healthy Aging, Food, and Lifestyle; and since 2022

she has been a member of the WHO Clinical Consortium Healthy Aging. Since 2024, she coordinates the “Global Health Span Extension Consortium”.

### **Professor John Deanfield**

Professor of Cardiology at University College London (UCL) and Consultant Cardiologist at the Barts Heart Centre (BHC) London UK.

He is the Director of National Institute for Cardiovascular (CV) Outcomes Research (NICOR) which incorporates the national databases for cardiovascular outcomes.

Professor Deanfield undertook his undergraduate training at Churchill College, Cambridge and the Middlesex Hospital, London and subsequently trained at the 9Hammersmith and Great Ormond Street Hospitals.

He chaired the Joint British Societies (JBS3) National Guidelines for Cardiovascular Disease Prevention (2014) and in collaboration with Public Health England, NHS Choices and NHS England led the development of the public facing Heart Age Tool first launched in January 2015. He was awarded the British Cardiac Society McKenzie Award, and the John Hopkins All Children's Hospital Decades of Service Award in 2017. He currently Chairs the UK's National Health Check Programme Review (2020) and is Chief Medical Advisor to the new national Our Future Health programme (2020).

Professor Deanfield serves on many international advisory boards and is a member of the editorial boards of several major CV journals. He served as Associate Editor of the European Heart Journal for 11 years. He has published numerous articles in leading medical and scientific journals such as New England Journal of Medicine, The Lancet, Circulation and European Heart Journal. Papers published: 501 Citations: >100K H index: 138.

### **Professor Mark Kramer**

Amsterdam University Medical Center  
Vrije Universiteit, Amsterdam, The Netherlands

Mark Kramer is a Professor of Medicine and former Executive Board member of Amsterdam University Medical Center (until December 2023). He studied medicine in Leiden (cum laude) and trained as an internist-hematologist in Curaçao and Leiden. Starting in 1994, he worked at Meander Medical Center in Amersfoort and chaired the Dutch Internists Association (2002-2005). In 2007, he became a professor and head of Internal Medicine at VU Medical Center, later chairing the Division of Internal Specialties. Knighted as an Officer in the Order of Orange-Nassau in 2013, he joined the Board of Directors of VUmc in 2016. He played a key role in merging the two Amsterdam university medical centers, forming Amsterdam UMC in 2018, where he also led regional acute care during the COVID crisis. In

2021, he chaired the National Network for Acute Care. After retiring in 2023, Kramer received the Andreas Medal from the City of Amsterdam for his efforts during the pandemic. He is a member of numerous professional organizations and elected as an honorable fellow of the American College of Physicians, and a fellow of the Royal Colleges of Physicians in London and Edinburgh. He serves in the Board of Governors of numerous organizations and advises several national and international health care systems on strategy and future developments.