

# The European Male Ageing Study

<https://www.neurodegenerationresearch.eu/cohort/the-european-male-ageing-study/>

## Cohort Acronym

EMAS

## Cohort type

General population-based cohort

## Disease

## Participant type

No diagnosis

## Profile

Recruitment Period 2003-09

Sample size at start or planned sample size if still recruiting 3369

Estimated Current Sample Size 0 to 4,999

Age at Recruitment 40-79

Gender Male

Abstract

This is the largest multi-centre study of ageing in men in the world and intends to identify the nature and frequency of some of the symptoms of ageing in men, the relationships between these symptoms to hormonal changes and other risk factors.

In total, 3369 men in 8 different countries in Europe are taking part in the study. These 8 centres are Manchester – UK, Malmo – Sweden, Tartu – Estonia, Lodz – Poland, Szeged – Hungary, Florence – Italy, Santiago de Compostela – Spain, Leuven – Belgium. In each centre, ~400 men aged between 40 and 79 years at the start of the study have been recruited. They will be followed up to look for future changes in their hormonal and general health status. The men will be investigated initially on two occasions, at the start and then ~5 years later. It is highly likely that the study will continue beyond 5 years and further testing will be organised subsequently. The aims of the study are to:

1. Document geographical variations in the ageing-related involution decline of endocrine function in European men;
2. Explain the variability in the rate of secular decline in endocrine functions on the basis of socio-demographic, lifestyle, co-morbid, ethnic/racial, or genetic factors;
3. Predict the physical and psychological health status of individuals based on the variation in ageing-related endocrine decline and changes in body composition.

*Last update – 24/04/2017*

Country Belgium, Estonia, Hungary, Italy, Poland, Spain, Sweden, United Kingdom

## Contact details

Institution name Multiple  
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Funders (Core support) Commission of the European Communities

## Variables Collected

### **Brain related measures:**

Behaviour, Cognitive function, Mental health, Neurological

### **Functional rating:**

Individual physiological

### **Anthropometric:**

Blood pressure, Height, Hip circumference, Waist circumference, Weight

### **Physical:**

Cardiovascular, Hearing and Vision, Musculoskeletal, Reproductive

### **Biological samples:**

Blood

### **Genotyping:**

N/A

### **Brain imaging:**

N/A

### **Brain banking:**

N/A

### **Lifestyle:**

Alcohol, Dietary habits, Physical activity, Smoking

### **Socio-economic:**

Education, Ethnic group, Marital status, Occupation and employment

### **Health service utilisation:**

Formal health and social care service utilisation including private care