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media release

Prestigious achievement award for Concord researcher's work into ageing

The life's work of one of the world's pioneering researchers into ageing has been recognised with an American Ageing Association (AGE) distinguished achievement award.

Arthur Everitt, Honorary Associate Professor at Concord Hospital and Sydney University has received the award in honour of his historic and sustained contribution to understanding the hormonal mechanisms of ageing and the impact of diet restriction.

Associate Professor Everitt, 83, has been researching ageing and calorie restriction in rats for more than fifty years and found that calorie restriction prolongs life.

Prof Everitt said it was wonderful to have his life's work recognised with the award.

"There was limited interest into research into ageing when I started in 1953 but now the field is of tremendous interest in the scientific world," he said.

"In the last 100 years the life expectancy for most humans has been extended by 30 years.

"Due to sustained advances in medicine and changes to our lifestyle, our life expectancy is now increasing on average by three months every year and it looks like this will continue."

"That is why research into ageing is so important," Associate Professor Everitt said.

Professor David Le Couteur from Concord Hospital's Centre for Education and Research on Ageing said Professor Everitt's research is internationally recognised as providing some of the most significant insights into ways we can improve life expectancy and delay ageing.

"His work on the beneficial effects of caloric restriction and on the hormonal changes that occur with ageing underpin all ageing research today," Professor Le Couteur said.

"The use of hormonal agents and new approaches to delay ageing have their origins in the work done by Professor Everitt over his lifetime," he said.

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