

Part A. PERSONAL INFORMATION

CV date

01/10/2019

First and Family name	José Viña Ribes		
Social Security, Passport, ID number	19454510Y	Age	66
	SCOPUS Author ID(*)	7005215846	
	Open Researcher and Contributor ID (ORCID) **	0000-0001-9709-0089	

(*) At least one of these is mandatory

(**) Mandatory

A.1. Current position

Name of University/Institution	Universidad de Valencia		
Department	Facultad de Medicina y Odontología. Departamento de Fisiología		
Address and Country	Avenida Blasco Ibáñez nº17		
Phone number	963864650	E-mail	Jose.vina@uv.es
Current position	Full Professor of Physiology	From	01/10/1985
Key words	2411.06 (HUMAN PHYSIOLOGY)		

A.2. Education

PhD	University	Year
Degree in Medicine	University of Valencia	09/07/1976
Phd MD	University of Valencia	04/02/1978

A.3. JCR articles, h Index, thesis supervised...

- 6 research sexennia – the last 2011-2016
- Author of 173 publications since 1st January, 2009.
- Since 2009, total citations 5,499; 5,250 without citing himself.
- Average citations from 2009 to 2018: 19.92
- 38 h-index since 1st January 2009.
- Supervisor of 21 theses since 1st January 2009

Part B. CV SUMMARY (max. 3500 characters, including spaces)

After finishing my Degree in Medicine in 1976, I carried out my PhD in Medicine under Prof Hans Krebs supervision in the Medical Research Council, Oxford University. I am a member of the Royal Academy of Medicine of Valencia since 2007. Currently, I am Full Professor and Chair of the Department of Physiology (University of Valencia, Spain) and I have been working in ageing for over thirty years. I have been leading a successful research group dealing with nutritional aspects, in the first instance, with longevity and, more recently, with frailty and Alzheimer's disease. My major contributions have been: i) Experimental determination that mitochondria are key targets for ageing; ii) Identification of molecular mechanisms to explain why females live longer than males; iii) Identification of new longevity-associated genes, particularly those involved in p53 pathways, telomerase, RAS/GRF1, and antioxidants (G6PD); iv) Generation of a new experimental model for frailty in animals, and; v) Identification of biomarkers of Alzheimer's disease and frailty. I have been supervisor of over 50 doctoral theses. During my scientific career, to date I have published original articles and reviews in prestigious, high impact journals (380 peer-reviewed manuscripts; h-index = 72; citations = 18,155; 16,849 without citing myself) with a citation average of 31.63 per publication. In the last ten years, I have been the principal investigator of over 30 projects, both national and international, four of which are European, with a high level of funding management. I am in charge of the Freshage Group, a registered UV Excellence Group (GIUV2013-181), as well as



the G21 Group in the Consortium of the Centre of Biomedical Research Network CIBER for Frailty and Healthy Ageing (CIBERFES) in the group CB16/10/00435, within which I coordinate the programme “Basic, clinical and environmental mechanisms of the development of frailty”. Recipient of the University of Valencia Prize for Best Research Translatable to Society (2019), the Albert Struyvenberg Medal from the European Society for Clinical Investigation (ESCI) 2017; Doctor Honoris Causa of the University of Rennes2, France, 2012; Doctor Honoris Causa of the University of Buenos Aires, Argentina, November 2008; Honorary Fellow of the Academy of Medicine of Torino, Italy, December 2007; 8th Edition of the award presented by 3M Foundation for Innovation (Research in Alzheimer’s disease), July 2006; Alberto Sols prize for best research career in the Valencian Community with special mention of the establishment of a research group working on the role of free radicals in pathophysiology, 2005; Spanish Society of Geriatrics and Gerontology Prize for research in Gerontology in June 2004; National Prize for research in child nutrition, awarded by the Spanish Paediatric Association, May 2004; Prize for the best research development in Nutrition awarded by the Spanish Society for Basic and Applied Nutrition (Granted by the Institute Danone), December, 1998.

Part C. RELEVANT MERITS

C.1. Publications (including books)

Derbré, F., Gomez-Cabrera, M.C., Nascimento, A.L., (...), Monsalve, M., Viña, J. 2012 *Age associated low mitochondrial biogenesis may be explained by lack of response of PGC-1 α to exercise training*. Age 34(3), pp. 669-679

Serna E, Gambini J, Borrás C, Abdelaziz KM, Belenguer A, Sanchis P, Avellana JA, Rodríguez-Mañas L, Viña J. 2012. *Centenarians, but not octogenarians, up-regulate the expression of microRNAs*. Sci Rep. 2012;2: 961.

Viña J, Rodríguez-Mañas L, Salvador-Pascual A, Tarazona-Santabalbina FJ, Gomez-Cabrera MC. 2016. *Exercise: the lifelong supplement for healthy ageing and slowing down the onset of frailty*. J Physiol. 2016 Apr 15;594(8):1989-99

Nóbrega-Pereira S, Fernandez-Marcos PJ, Brioché T, Gomez-Cabrera MC, Salvador-Pascual A, Flores JM, Viña J, Serrano M. 2016. *G6PD protects from oxidative damage and improves healthspan in mice*. Nat Commun. Mar 15;7: 10894.

Tarazona-Santabalbina FJ, Gómez-Cabrera MC, Pérez-Ros P, Martínez-Arnau FM, Cabo H, Tsaparas K, Salvador-Pascual A, Rodríguez-Mañas L, Viña J. 2016. *A Multicomponent Exercise Intervention that Reverses Frailty and Improves Cognition, Emotion, and Social Networking in the Community-Dwelling Frail Elderly: A Randomized Clinical Trial*. J Am Med Dir Assoc. 2016 May 1;17(5):426-33.

Fuchsberger T, Martínez-Bellver S, Giraldo E, Teruel-Martí V, Lloret A, Viña J. 2016. *A β Induces Excitotoxicity Mediated by APC/C-Cdh1 Depletion That Can Be Prevented by Glutaminase Inhibition Promoting Neuronal Survival*. Sci Rep. 2016 Aug 12; 6:31158.

Gomez-Cabrera MC, Garcia-Valles R, Rodríguez-Mañas L, Garcia-García FJ, Olaso-Gonzalez G, Salvador-Pascual A, Tarazona-Santabalbina FJ, Viña J. 2017. *A New Frailty Score for Experimental Animals Based on the Clinical Phenotype: Inactivity as a Model of Frailty*. J Gerontol A Biol Sci Med Sci. 2017 Jul 1;72(7):885-891.

Viña J. 2019. *The free radical theory of frailty: Mechanisms and opportunities for interventions to promote successful aging*. Free Radic Biol Med. 2019 Apr; 134:690-694

Inglés M, Mas-Bargues C, Gimeno-Mallench L, Cruz-Guerrero R, García-García FJ, Gambini J, Borrás C, Rodríguez-Mañas L, Viña J. 2019. *Relation Between Genetic Factors and Frailty in Older Adults*. J Am Med Dir Assoc. 2019 May 8. pii: S1525-8610(19)30298-1.

Ferrando B, Gomez-Cabrera MC, Salvador-Pascual A, Puchades C, Derbré F, Gratas-Delamarche A, Laparre L, Olaso-Gonzalez G, Cerda M, Viosca E, Alabajos A, Sebastián V, Alberich-Bayarri A, García-Castro F, Viña J. 2018. *Allopurinol partially prevents disuse muscle atrophy in mice and humans*. Sci Rep. 2018 Feb 23;8(1):3549.

C.2. Research projects and grants

Project: Frailty operative definition-consensus conference "FOD-CC". Subvención recibida: 72.200,00. Referencia del proyecto: FOD-CC-HEALTH.2010.2.2.2-5 Periodo de vigencia: 2 años (2011-2012).

Project: SAF2010-19498- Ministerio de Ciencia, Innovación y Universidades. Plan Nacional de I+D+i 2008-2011. Subvención recibida: 120.000,00. Título: Modulación de los genes de longevidad y su importancia en la prevención de enfermedades asociadas al envejecimiento. IP: J. Viña. Fecha de inicio-fin: 01/01/2010 - 31/12/2013

Project: GVPROMETEO2010-074. Papel de los radicales libres en la biología de las células madre. importancia en el desarrollo del envejecimiento. Fecha de inicio-fin: 1/1/2010-31/12/2013. IP: J. Viña. Subvención recibida: 153.000,00. Periodo de vigencia: 3 años (2010-2013)

Project: SAF2013-44663-R. Identificación de biomarcadores de fragilidad y de estrategias para su prevención y tratamiento. Centenarios como un modelo de envejecimiento saludable. IP: J. Viña, Subvención recibida: 217.800,00. Periodo de vigencia: 3 años (2014-2016).

Project: GVPROMETEOII2014-056. Señalización con radicales libres de oxígeno en células madre: importancia en medicina regenerativa. IP: J. Viña. Subvención recibida: 48.000,00. Periodo de vigencia: 3 años (2014-2017).

Project: SAF2016-75508-R. Envejecimiento cerebral: protección contra el daño asociado al mismo y su aplicación a la enfermedad de alzheimer. IP: J. Viña, C. Borrás, C. Gómez-Cabrera, A. Lloret. Subvención recibida: 140.000,00. Periodo de vigencia: 3 años (2016-2018).

Project: Consorcio Universidades-Hospitales CIBERFES- CB16/10/00435. IP: J. Viña, C. Gómez-Cabrera, G. Olaso, C. Borrás, FJ. Tarazona-Santabalbina, J. Gambini, E. Serna. Consorcio Centro de Investigaciones Biomédicas en Red CIBER- Fragilidad y Envejecimiento Saludable. Subvención recibida: 70.000,00. Periodo de vigencia: 2017- Actualidad.

Project: FRAILOMIC. Utility of OMIC-Based biomarkers in characterizing older individuals at risk for frailty, its progression to disability and general consequences to health and well-being. J. Viña, L. Rodríguez Mañas. Subvención recibida: 170.000,00. Periodo de vigencia: 3 años (2017-2019).

Project: ADVANTAGE (Joint Action (HP-JA) 3rd EU Health Programme. 724099) Managing Frailty. A comprehensive approach to promote a disability-free advanced age in Europe: the ADVANTAGE initiative. IP L. Rodríguez Mañas, J. Viña, Carmen Gómez-Cabrera. Subvención recibida: 170.000,00. Periodo de vigencia: 3 años (2017-2019).

Project: DIABFRAIL-LATAM, "Scaling-up of and evidence-based intervention programme in older people with Diabetes and Frailty in LatinAmerica" - DIABFRAIL-LATAM Ref: 825546. IP L. Rodríguez Mañas, J. Viña, Carmen Gómez-Cabrera, Consuelo Borrás. Subvención recibida: 100.000,00. Periodo de vigencia: 3 años (2017-2019)

C.3. Contracts

Contract: Análisis genético de determinantes en envejecimiento y fragilidad de dos cohortes de ancianos: cohorte estudio Toledo de envejecimiento saludable (etes) y cohorte Alzira. FUND.FIB.BIOMEDICA H.GET. Fecha de inicio 16/5/2011 Fecha final 16/5/2012

Contract: Acuerdo de colaboración entre la Fundación Eresa y la Universitat de Valencia en el proyecto de investigación: “efecto de la administración de alopurinol e ibuprofeno sobre la prevención de la pérdida de masa muscular en sujetos inmovilizados” FUNDACION GRUPO ERESA. Fecha de inicio 21/5/2015 Fecha final 21/5/2017

Contract: Fragdetcog_70_02_estudio de la fragilidad cognitiva y su transición a la demencia mediante un conjunto de biomarcadores en sangre periférica. intervención con genisteína código del proyecto_0348_cie_6_e. Fundación General CSIC. Fecha de inicio 25/6/2018 Fecha final 31/12/2019

Contract: Ensayo Clínico NCT02331459. A Multicomponent Exercise Intervention that Reverses Frailty and Improves Cognition, Emotion, and Social Networking in the Community-Dwelling Frail Elderly: A Randomized Clinical Trial. Tarazona-Santabalbina FJ, Gómez-Cabrera MC, Pérez-Ros P, Martínez-Arnau FM, Cabo H, Tsaparas K, Salvador-Pascual A, Rodríguez-Mañas L, Viña J. Duración: 2015-2017

Contract: Ensayo Clínico EudraCT 2011-003541-17. Allopurinol prevents muscle atrophy in ankle sprain (grade II) patients during immobilization. Viña J. Duración: 2012-2017.

Contract: Estudio GENIAL. NCT01982578. Efecto de la activación del receptor PPAR γ /RxR como posible tratamiento de la enfermedad de Alzheimer. Papel de la Genisteína. IP: Viña J. Duración: 2013- actualidad

C.4. Patents

Acredito una patente consistente en la intervención titulada: “Composiciones para la salud muscular” con la empresa BIOIBÉRICA S.A. (División de Pharmascience). Número: ES2016003023220160229

C.5, C.6, C.7... (e. g., Institutional responsibilities, memberships of scientific societies...)

Responsable del grupo G21 en el Consorcio Centro de Investigaciones Biomédicas en Red CIBER para Fragilidad y Envejecimiento Saludable (CIBERFES) en el grupo CB16/10/00435 del Dr. Viña

Coordinación del Programa “Mecanismos básicos, clínicos y ambientales asociados al desarrollo de la fragilidad” y la dirección científica del área de CIBERFES.

Miembros de la Asociación europea para la innovación en el envejecimiento saludable activo (EIP-AHA). Unión Europea.

Responsable en INCLIVA – Hospital Clínico, del Grupo de Investigación en Envejecimiento y Ejercicio Físico.

Coordinador del Programa transversal de envejecimiento y enfermedades asociadas de INCLIVA

I am the president of the Society of Free Radical Research and Editor of Plos One and Free Radical Biology and Medicine.