

PERSONAL INFORMATION

Stefan Anker

WORK EXPERIENCE

December 1993–May 1995

Arzt im Praktikum

Medical School (Charité) of the Humboldt-University Berlin (Germany)

June 1995–December 1995

Assistant Doctor

Dept of Anaesthesiology, Medical School (Charité) of the Humboldt-University Berlin (Germany)

August 1994–February 1995

Clinical Research Fellow

Dept of Cardiology, National Heart & Lung Institute, Imperial College (United Kingdom)

January 1996–December 1997

Clinical Research Registrar and PhD

National Heart & Lung Institute and Royal Brompton Hospital (United Kingdom)

January 1998–April 2007

Senior Research Fellow and Team Leader

National Heart & Lung Institute and Royal Brompton Hospital (United Kingdom)

July 1998–June 2002

Assistant Doctor

Franz-Volhard-Klinik, Charité Campus Buch (Germany)

January 2000–December 2001

MDC Postgraduate Research Fellow

Max Delbrück Center for Molecular Biology (MDC Berlin-Buch) (Germany)

July 2002–October 2007

Junior-Professor for Applied Cachexia Research

Division for Applied Cachexia Research, Dept of Cardiology, Charité Campus Virchow-Klinikum (Germany)

August 2007–September 2008

Senior Research Fellow

National Heart & Lung Institute, Imperial College London (United Kingdom)

November 2007–August 2014

Professor for Cardiology & Cachexia Research (W2, tenured),

Division for Applied Cachexia Research, Dept of Cardiology, Charité Campus Virchow-Klinikum (Germany)

October 2008–September 2009

Honorary Senior Research Fellow

National Heart & Lung Institute, Imperial College London (United Kingdom)

September 2014–May 2017

Professor of Innovative Clinical Trials

Medical University Goettingen (UMG) (Germany)

June 2017–Present

Professor of Tissue-Homeostase & Metabolism

Charité - Universitätsmedizin Berlin (Germany)

EDUCATION AND TRAINING

- February 1998–July 2004 **CCST (Facharzt) “Cardiac Myology”**
Imperial College (United Kingdom)
- February 1996–February 1998 **PhD for the thesis**
Imperial College (United Kingdom)
- November 1987–October 1993 **MD (Medical Doctor)**
Medical School (Charité) of Humboldt-University Berlin (Germany)

ADDITIONAL INFORMATION**Expertise**

My research is multi-disciplinary because the research topics (heart failure, cachexia, muscle wasting) are this by the very nature of the disease processes they cover.

The work I am doing politically (particularly in cachexia/sarcopenia) is involving interaction with experts and societies from almost all areas of medicine, as muscle wasting and cachexia are occurring in any chronic illness and in ageing.

The (research and medical) political work is performed primarily on the international level, although some educational activities and a minority of clinical trials are also performed on a national or local levels.

My experience is broad in the field of medicine, namely in cardiology, ageing and wasting disorders (cachexia). As president of the Heart Failure Association (HFA) of the European Society of Cardiology (ESC) I am also member of the Board of the ESC. Hence I am active in multiple initiatives of policy development and implementation in the ESC. This is also the case in my function as president of the Society of Sarcopenia, Cachexia and Wasting Disorders (SCWD). Below some details are provided.

Guideline Activities

1. Development of Guidelines Enteral Nutrition, chair of the working group XV. on “Cardiology and Pneumology”
 - German guidelines (2003/04)
 - European guidelines (2004/05)
2. Development of Guidelines Parenteral Nutrition, co-chair of the working group XV. on “Cardiology and Pneumology”
 - European guidelines (2008/09) (Anker et al., Clin Nutr 2009)
3. Co-Chair Consensus Meeting “The definition of Cachexia”, Washington DC / USA, December 2006 (Evans et al., Clinical Nutrition 2008)
4. Participant Consensus Meeting “Biomarkers in Heart Failure”, Cannes, April 2007 (Maisel et al., Eur J HF 2008)
5. Participant Consensus Meeting “Cardio-Renal Syndromes”, Venice/IT, September 2008 (Ronco et al., Eur Heart J 2010; Davenport et al., NDT 2010)
6. ESC Guidelines for pre-operative cardiac risk assessment and perioperative cardiac management in non-cardiac surgery. (EHJ 2009)
7. Co-Chair Consensus Meeting “Endpoints for Cachexia Trials & Nutrition for Cachexia and Sarcopenia”, Washington DC / USA, Dec. 2008 (Morley et al., JAMDA 2010)
8. Co-Chair Consensus Meeting “Sarcopenia Definition & Nutritional Recommendations”, Washington DC / USA, Dec. 2010 (Morley et al., JAMDA 2010)
9. ESC Consensus Update Group Devices of Heart Failure (Dickstein et al., EHJ 2010)
10. Participant Delphi Consensus Group, Definition and classification of Cancer Cachexia (Fearon et al. Lancet Oncol 2011)

11. AHA Consensus Group “State of the science: promoting self-care in persons with heart failure: a scientific statement from the American Heart Association.” (Riegel et al., Circulation 2009)
12. ESC Guidelines Heart Failure 2012 (ongoing)
13. ESC Guidelines on Thromboembolism and antithrombotic therapy in heart failure 2012 (ongoing)
14. ESC & EASD Guidelines on Diabetes 2013 (ongoing)
15. ESC/ESH Guidelines on Hypertension 2013, reviewer (ongoing)

Clinical Trial Work:

- trial expertise at national and international level (phase II / III & investigator-initiated studies)
- trial topics: treatment of acute & chronic heart failure; cardiac device therapy; clinical evaluation of cardiovascular biomarkers; cachexia therapy in CHF; ageing/sarcopenia; cancer

Clinical Research:

- Pathophysiology of HF: exercise testing, insulin sensitivity assessment, anemia, iron deficiency and body composition assessment
- Pathophysiology of cachexia & muscle wasting (sarcopenia) in CHF, stroke, COPD, CKD, cancer and the elderly
- Biomarker research in acute and chronic HF & sarcopenia

Pre-Clinical Research:

- Pathophysiology of cachexia and sarcopenia in ageing, cancer, ALS, and heart disease
- Treatment development in HF, cachexia in cancer, ageing & sarcopenia as well as ALS
- Several cachexia and sarcopenia disease models

Research Strengths:

- 1) Our team is the only academic research group where dedicated preclinical and clinical research work in cachexia and sarcopenia/ageing are combined under one roof. The phenotyping capacity of the group (including several EchoMRI in vivo body-composition machines, locomotor-activity, high-resolution echo for animals & the DEXA scanning unit for humans) is geared towards high-quality high-throughput PoC treatment studies in different cachexia and sarcopenia models (incl. survival studies in animals).
- 2) Our team bridges across disciplines of medicine, e.g. when we study cachexia across several disease areas (CHF, CKD, COPD, Cancer & Geriatrics) or when we investigate cardiometabolic problems of cancer patients (far beyond chemotherapy induced cardiotoxicity).
- 3) Our team is strong in clinical trial expertise. We are able to organize investigator-initiated clinical trials from A to Z, incl. running regulatory submission, organisation of monitoring and follow-up procedures as well as statistical analyses and reporting.

Publications Publications

- PubMed records: 541 original papers, reviews, editorials and letters (Anker SD: 519, Anker S: 22)
- Total number of citations: 25,567 (Scopus, 28.01.2014)
- 34 papers with ≥ 200 citations; 74 papers with ≥ 100 citations
- h-index: 86 (Scopus, 28.01.2014)

Best Papers

1. Anker SD, Ponikowski P, Varney S, et al. Wasting as independent risk factor of survival in chronic heart failure. *Lancet* 1997;349:1050-3.
2. Anker SD, Chua TP, Swan JW, et al. Hormonal changes and catabolic/anabolic imbalance in chronic heart failure: The importance for cardiac cachexia. *Circulation* 1997;96:526-34.
3. Niebauer J, Volk H-D, Kemp M, et al & Anker SD. Endotoxin and immune activation in chronic heart failure: a prospective cohort study. *Lancet* 1999;353:1838-42.
4. Rauchhaus M, Coats AJS, Anker SD. The endotoxin-lipoprotein hypothesis. *Lancet* 2000;356:930-

3.

5. Anker SD, Negassa A, Coats AJS, et al. Prognostic importance of weight loss in chronic heart and the effect of treatment with

angiotensin-converting-enzyme inhibitors: an observational study. *Lancet* 2003;361:1077-83.

6. Anker SD, Doehner W, Rauchhaus M, et al. Uric acid and survival in chronic heart failure: validation and application in

metabolic, functional, and hemodynamic staging. *Circulation* 2003;107:1991-7.

7. Anker SD, Comin Colet J, Filippatos G, et al. Ferric carboxymaltose in patients with heart failure and iron deficiency. *N Engl J*

Med 2009;361:2436-48.

8. Maisel A, Mueller C, Nowak R, Peacock WF et al. & Anker SD. Mid-region pro-hormone markers for diagnosis and prognosis in

acute dyspnea: results from the BACH (Biomarkers in Acute Heart Failure) trial. *J Am Coll Cardiol* 2010;55:2062-76.

9. Koehler F, Winkler S, Schieber M, et al. & Anker SD. Impact of Remote Telemedical Management on Mortality and

Hospitalizations in Ambulatory Patients With Chronic Heart Failure: The TIM-HF Study. *Circulation* 2011;123:1873-80.

10. Anker SD, Koehler F, Abraham WT. Telemedicine and remote patient management in heart failure. *Lancet* 2011;378:731-9.

11. von Haehling S, Schefold JC, Jankowska EA, et al. & Anker SD. Ursodeoxycholic acid in patients with chronic heart failure a

double-blind, randomized, placebo-controlled, crossover trial. *J Am Coll Cardiol*. 2012;59:585-92.

12. Homma S, ..., Anker SD, ...; WARCEF Investigators. Warfarin and aspirin in patients with heart failure and sinus rhythm.

Warfarin and aspirin in patients with heart failure and sinus rhythm. *N Engl J Med*. 2012;366:1859-69.

Projects

1) WARCEF trial – overall >2000 patients with ca 600 being recruited in >50 centers coordinated by my department (NIH grant of >4 Mill USD; publication: *NEJM* 2012)

- 08/2004: NIH research grant “WARCEF study – patients recruitment in Germany and Poland”

- 09/2005: NIH grant “The WARCEF study in The Netherlands”

2) co-ordinator of international EU project (11 partners from 6 countries (overall 5 Mill EUR – 3 Mill EUR from EU)

- 06/2009: EU FP-7 project “SICA-HF”, SD Anker: overall project coordinator and work package leader.

3) member and work-package leader in EU FP-7 project (overall funding 12 Mill EUR, of that for our work in Berlin 1.0 Mill EUR)

- 09/2009: EU FP-7 project “Biostat-HF”, SD Anker: work package leader

4) Clinical trial work – numerous management activities in clinical trials in phase II and III, including as overall principal investigator, steering committee chair or member or as sponsor and national trial leader

Memberships

Memberships

- German Cardiac Society, 1995–current

- European Society of Cardiology, 1995–current

functions: Ex Officio Board Member (2012–2014), Member of CPC (2004-2006 & 2012–current)

Chairman of Clinical Trials Task Force (2013–current)

- Heart Failure Association of the ESC, 2004–current

functions: Member of Board (2006–current) & president (2012-2014)

- Founding President of the Society on Sarcopenia, Cachexia & Wasting Disorders, 2008–current

Other Relevant Information

Other Academic Activities

- Congress President of the HFA Annual Congress in Berlin, 2010
- Member of editorial boards of 8 scientific journals (including European Heart Journal, European Journal of Heart Failure, International Journal of Cardiology & Nutrition)
- founding Editor-in-Chief of the Journal of Cachexia, Sarcopenia and Muscle (JCSM, see www.jcsm.info)
- ad hoc journal reviewing for >30 medical journals (incl. NEJM, Lancet, JAMA, Circulation, JACC & EHJ)