

Know your pulse

Over one third of people who had an abnormal pulse were not aware of this and were untreated; TILDA is working on a major national campaign 'know your pulse' to help to prevent strokes caused by this irregular pulse.



New discoveries

TILDA'S researchers have already made new discoveries: the TILDA team have discovered:

- a new method to measure irregular heart beats and researchers are developing new technologies using this method.
- that eye measurements are early indicators of people at risk of falls and fractures.

If you wish to have more in depth information please see details of the first wave report on our website – www.tilda.ie

Please keep in touch

If this newsletter has been forwarded to you at an address that is different from the one we have on record or if you are moving in the near future, we would appreciate if you could give us your new contact details. You can do this by filling in the change-of-address form enclosed with this newsletter and returning it to us in the prepaid envelope provided.



Contact:
Jacinta at 01 896 4120
or Pauline at 01 896 2509

Email:
tilda@tcd.ie

Write to:
The Irish Longitudinal Study on Ageing
Chemistry Extension Building (Lincoln Gate),
Trinity College,
Dublin 2

Newsletter

Towards making Ireland the best place in the world to grow old

Dear Tilda Participants

This is the first of a series of newsletters and other communications to keep you up to date with TILDA's progress. On behalf of the TILDA team and the countless citizens who will benefit from the knowledge generated by the TILDA study now and for years to come, thank you for your personal participation.

TILDA's purpose is to improve the quality and accuracy of information available to all policy makers and to create new research and development in ageing in Ireland, making Ireland a better place to grow old.

Rose Anne Kenny

Prof. Rose Anne Kenny
Principal Investigator



Policy

We are now actively working with policy makers on ways to improve health and health care, pensions, disabilities and lessen carer burden.



www.tilda.ie

tilda
The Irish Longitudinal
Study on Ageing

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Good news

The TILDA dataset is already creating new employment opportunities for young researchers throughout Ireland.

Inside...

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