In his research, Stefan Anker investigates the mechanisms of tissue metabolism leading to sarcopenia and cachexia in chronic diseases as well as cardio-oncological issues in patients with advanced cancer disease. The development of novel treatment concepts is in the foreground, on the one hand to avoid weight loss of the chronically ill with build-up of muscle and adipose tissue, and on the other hand to develop cardiological therapies for tumor patients.

His greatest success in cardiology research so far are related to the establishment of iron deficiency as therapeutic target in patients suffering from chronic heart failure with and without anemia, and particular studies showing the usefulness of therapy with intravenous iron that are now part of the guideline recommended therapy of heart failure patients.