ICFSR 2017
International Conference on Frailty & Sarcopenia Research
27-28-29 April, 2017 Barcelona, Spain

Meeting Place: Crowne Plaza • Barcelona Fira Center • Barcelona • Spain

7th EDITION

All abstracts and proceedings will be published in the Journal of Frailty and Aging (JFA) www.jfrailtyaging.com

www.icfsr.com
8:00/8:30am  
Welcome Coffee

8:30/9:00am  
Welcome By the Organizing Committee  
Antoni Salsa (Barcelona, Spain), Leocadio Rodríguez-Mañas, Alfonso Cruz-Jentoft (Madrid, Spain)  
Roger Fielding (Boston, USA), Marco Pahor (Gainesville, USA)  
Matteo Cesari, Bruno Vellas (Toulouse, France)

9:00/9:30am  
KEYNOTE 1: FRAILTY IN THE CLINICAL SCENARIO: CHALLENGES AND OPPORTUNITIES  
Leocadio Rodríguez-Mañas (Madrid, Spain)

9:30/10:30am  
SYMPOSIUM 1: THE NIA AND FNIH SARCOPENIA PROJECT 2: PROJECT UPDATES AND PRELIMINARY RESULTS  
Moderator: Shalender Bhasin, Harvard Medical School, Boston, USA  
- Harmonization of data including lean mass from dual x-ray absorptiometry  
  Karol Pencina Brigham and Women’s Hospital, Boston, USA, Thomas Travison Harvard Medical School, Boston, USA.  
- Use of allometric scaling when considering body size in sarcopenia research  
  Todd Manini Ph.D., Department of Aging and Geriatric Research, University of Florida, USA  
- Preliminary results from cohort studies, and initial identification of cut-points  
  Peggy M. Cawthon Ph.D., MPH, California Pacific Medical Center Research Institute, USA

10:30/11:00am  
COFFEE BREAK • POSTER SESSION

11:00/12:00am  
SYMPOSIUM 2: DO-HEALTH SARCOPENIA & FRAILTY  
Moderators: Prof. Heike A. Bischoff-Ferrari, MD, DrPH, Dept. of Geriatrics and Aging Research, University Hospital Zurich Switzerland  
Prof. Bruno Vellas, MD, Gérontopôle - Centre Hospitalier Universitaire de Toulouse, France  
- Sarcopenia Prevalence in 5 DO-HEALTH countries - cross-sectional validation of the sarcopenia instrument library  
  Heike A. Bischoff-Ferrari, MD, DrPH - Dept. of Geriatrics and Aging Research, University Hospital Zurich and University of Zurich, Switzerland  
- Prevalence of frailty and pre-frailty in 5 DO-HEALTH countries - correlation with markers of physical function  
  Michael Gagesch Dept. of Geriatrics and Aging Research, University Hospital Zurich and University of Zurich, Switzerland  
- Functional measures among fallers and non-fallers in 5 DO-HEALTH countries  
  Gregor Freystätter MD - Dept. of Geriatrics and Aging Research, University Hospital Zurich and University of Zurich, Switzerland  
- Physical frailty and cognitive health in 5 DO-HEALTH countries  
  Patricia Chocano MD, PhD - Dept. of Geriatrics and Aging Research, University Hospital Zurich and University of Zurich, Switzerland

12:00/12:30am  
KEYNOTE 2: BLOCKADE OF MYOSTATIN AS A THERAPEUTIC APPROACH  
Stephen Donahue (Savannah, USA)

12:30/1:30pm  
LUNCH BREAK • POSTER SESSION

1:30/2:00pm  
ORAL COMMUNICATIONS  

1:30pm  
OC1: Update on Effect of Bimagrumab in Patients with Sporadic Inclusion Body Myositis – implications for future trials  
Ronenn Roubenoff (1) for the BYM338 Project Team (1) Novartis Institutes for Biomedical Research, Basel, Switzerland and Cambridge, MA, (USA)  

1:30pm  
OC2: A randomized double-blind (sponsor unblind) placebo controlled study in healthy subjects to evaluate: safety, tolerability, pharmacokinetics, and pharmacodynamics of the repeat doses of GSK2881078, a Selective Androgen Receptor Modulator  
David Neil (MD, Clinical Director, Muscle Metabolism DPU, Glaxosmithkline (GSK) - Alan Russell, VP and Head Muscle Metabolism DPU, GSK, Julia Billiard, Clinical Operations, GSK, Ann Walker, Statistics, GSK, Mindy Magee, DMPK, GSK, Eric Lewis, Clinical Safety, GSK, Ann Chan, Data Management, GSK

2:00/3:00pm  
SYMPOSIUM 3:  
- Tackling the challenges of frailty in primary care, low ressource settings  
  Miguel Gutierrez Robledo (Mexico)  
- Is Frailty the Clinical Expression of Sarcopaenia? An Exploration of this Hypothesis in Older People with Diabetes  
  Alan Sinclair (London - UK)  
- A technical approach for providing an integrated care to frail people  
  Ricardo Rueda Cabrera (Granada - Spain)

3:00/3:30pm  
KEYNOTE 2: CLINICAL INTERVENTIONS TO AVOID INFLAMMATION, SARCOPENIA AND FRAILTY  
Marco Pahor (Gainesville, USA)

3:30/4:00pm  
COFFEE BREAK • POSTER SESSION
4:00/5:00pm **SYMPOSIUM 4: Pitfalls in the measurement of Lean Body Mass: a need for consensus and standardization**
Outcomes of an ESCEO Working Group under the auspices of WHO-EUGMS-IAGG-GARN and IOF
Moderators: Yves Reginster (Liège, Belgium), Bruno Vellas (Toulouse, France)
• **Welcome and scope of the meeting**
  John A. Kanis (Sheffield, UK)
• **Why do we need standardization of Appendicular Lean Body Mass (ALBM) Assessment?**
  Matteo Cesari (Toulouse, France)
• **How can we achieve standardization of Appendicular Lean Body Mass (ALBM) Assessment?**
  Klaus Engelke (Hamburg, Germany)
• **Discussion**
  Francesco Landi (Roma, Italia)

5:00/6:00pm **ORAL COMMUNICATIONS**

5:00pm  **OC3: The Use of Dietary Supplements among Older Adults in the USA 2007-2010**
JT Dwyer DScRD (1), Regan L Bailey PhD MPH (2), Jaime Garche MPH (3) - (1) Office of Dietary Supplements National Institutes of Health, USA  (2) Department of Nutrition Science, Purdue University, US  (3) National Center for Health Statistics, Centers for Disease Control and Prevention, (USA)

5:15 pm  **OC4: Thoracic Cut-off Values For CT assessment Of Sarcopenia**
Ursula Nemec MD (1); Benedikt Heidinger, MD (1); Claire Sokas, MD (2); Louis Chu, MD (2); Ronald Eisenberg, MD, JD (1) - (1) Department of Radiology, Beth Israel Deaconess Medical Center, Boston, USA - (2) Cardiac Surgery Department, Beth Israel Deaconess Medical Center, Boston, (USA)

5:30pm  **OC5: Impact of a lay led home-based intervention programme on quality of life and fear of falling in community-dwelling pre-frail or frail older adults: a randomised controlled trial**
Kapan A. PhD (1), Lugcr E. PhD (1), Haider S. MSc (1), Titze S. PhD, MPH (2), Schindler K. PhD (3), Dorner T. E. MD, MPH (1), Lackinger C. PhD (4) - (1)Institute of Social Medicine, Centre for Public Health, Medical University of Vienna, Vienna, Austria - (2)Institute of Sport Science, University of Graz, Graz, Austria - (3)Department of Medicine, Division of Endocrinology and Metabolism, Medical University of Vienna, Vienna, Austria - (4)Department of Health Promotion and Prevention, Sportunion Austria, Vienna, (Austria)

5:45 pm  **OC6: Safety, pharmacokinetics and pharmacodynamics of bimagrumab: a phase I, randomised, double blind study in elderly and obese healthy human participants**
Daniel Rooks PhD (1), Michael Bartlett, MBA (2), Olivier Petricoul, PhD (2), Didier Laurent, PhD (2), Ronenn Roubenoff, MD, MHS (2) - (1) Novartis Institutes for Biomedical Research, Cambridge, MA 02139, (USA) (2) Novartis Institutes for Biomedical Research, 4002 Basel, (Switzerland)
8:30/9:30am  ORAL COMMUNICATIONS

8:30am  OC7: Post-Hospital Interventions in Community Dwelling Older Adults to Accelerate Recovery of Physical Function as measured by the Short Physical Performance Battery
Rachel R. Deer, PhD (1), Jared Dickson, PhD (2), Steve Fisher, PT, PhD (1), Jacques Baillargeon, PhD (1), Elena Volpi, MD, PhD (1) - (1) University of Texas Medical Branch, USA (2) Arizona State University, USA

8:45am  OC8: Polyphenol-rich diet intake and frailty syndrome. Relevance to polyphenol recommendations and aging-health promoting
Cristina Andres-Lacueva, PhD (1), Montserrat Rabassa, PhD (1), Patricia Casas-Agustench, PhD (1), Raul Zamora-Ros, PhD (2), Maria Urpi-Sarda, PhD (1), Stefania Bandinelli, MD (3), Luigi Ferrucci, MD, PhD (4), Antonio Cherubini, MD, PhD (5) - (1) Bimarkers and Nutrimentabolimoc Laboratory, Department of Nutrition, Food Sciences and Gastronomy, Food Technology Reference Net (XarTA), Nutrition and Food Safety Research Institute (INSA), Campus Tumbera, Faculty of Pharmacy and Food Sciences, University of Barcelona, Barcelona, Spain; (2) Unit of Nutrition and Cancer, Cancer Epidemiology Research Programme, Catalan Institute of Oncology, Bellvitte Biomedical Research Institute (IDIBELL), Barcelona, Spain; (3) Geriatric Unit, Azienda Sanitaria Firenze, Florence, Italy; (4) Clinical Research Branch, National Institute on Aging, NIH, Baltimore, Maryland, United States; (5) Geriatric Emergency Care, Italian National Research Centre on Aging (INRCA), Ancona, Italy

9:00am  OC9: Effectiveness of a multifactorial intervention to modify frailty parameters in the elderly
Francesco Orfila, MD, PhD (1), Laura Romero, MD (2), Josep Maria Segura, MD, PhD (2), Maria Lluisa Fabra, BSN (3), Anna Ramirez, BSN (2), Mercedes Muller, MD (3) - (1) Institut Universitari d’Investigació en Atenció Primària Jordi Gol (IDIAP Jordi Gol), Barcelona, Spain; (2) CAP Raval Nord, Gerencia Territorial Barcelona Ciutat, Institut Català de la Salut Barcelona, Spain; (3) Rehabilitation Unit, CAP Grassanes, Institut Català de la Salut, Barcelona, Spain

9:15am  OC10: Change in Inflammatory Parameters in Prefrail and Frail Persons Obtaining Physical Training and Nutritional Support
Sandra Haider MSc; Eva Lugger, MSc(1); Igor Grabovac, MD (1); Ali Kapan, MSc (1); Karin Schindler, PhD (2); Christian Lackinger, PhD (3); Sylvia Titze, PhD, MPH (4); Thomas E Dormer, MD, MPH(1) - (1) Institute of Social Medicine, Center for Public Health, Medical University of Vienna, Austria; (2) Department of Internal Medicine III, Division of Endocrinology and Metabolism, Medical University of Vienna, Austria; (3) Department for Health Promotion and Prevention, SPORTUNION (Austria); (4) Institute of Sport Science, University of Graz, Austria

9:30/10:30am  SYMPOSIUM 5: WEAKNESS, OBESITY, AND DISABILITY IN OLDER ADULTS: THE PREVENTABLE TRIAD
Moderator: Peggy Crawford, Ph.D., MPH, California Pacific Medical Center Research Institute, USA
- Fat and Musculoskeletal Interactions in Obesity, Aging and Neuromotor Disabilities: Unraveling Cause from Consequence
Mark Peterson, Ph.D., M.S., Department of Physical Medicine and Rehabilitation, University of Michigan, USA
- Harmonizing, Operationalizing and Understanding Dynapenic Obesity: A Global Perspective
Todd Manini, Ph.D., Department of Aging and Geriatric Research, University of Iowa, USA
- Frailty and Diabetes in the Clinic and the Nursing Home: Insights from the Bedside
John Morley, M.D., Division of Geriatric Medicine, Saint Louis University, USA

10:30/11:00am  COFFEE BREAK • POSTER SESSION

11:00/12:00am  SYMPOSIUM 6: FRAILTY MEASUREMENT USING BODY WORN SENSORS: PROS, CONS AND EXAMPLES
Moderator: Jane Mohler, MPH, PhD, Colleges of Medicine, Public Health and Bioengineering, Division of Geriatrics, GilM and PM, University of Arizona, Tucson, USA; Arizona Center on Aging, Tucson, Arizona, USA Communications (USA)
- Frailty Assessment – High Tech versus Low Tech Approaches and the True Nature of Frailty
Jurgen Bauer, MD, PhD, Chair, Geriatric Medicine, Universität Heidelberg, Heidelberg, Germany
- Sensor-based Upper Extremity Frailty Measurement
Nima Toosizadeh, PhD (1,2); Christopher Wendel, MS (2); Jane Mohler, MPH, PhD (1,2) - (1) Colleges of Medicine and Bioengineering, University of Arizona, Arizona Center on Aging, Tucson, Arizona, USA; (2) Arizona Center on Aging, Tucson, Arizona, USA
- Sensor-Based In-Home Assessment of Gait, Balance, and Physical Activity for Discrimination of Frailty Status
Michael Schwendsen, MD, PhD (1,2); Christopher Wendel, MS (2); Bijan Najafi, PhD (3); Jane Mohler, MPH, PhD (2) - (1) Junior Research Group Leader, Network Aging Research, Heidelberg University, Heidelberg, Germany; (2) Arizona Center on Aging, Tucson, Arizona, USA; (3) Baylor College of Medicine, Texas, USA

12:00/12:30am  ORAL COMMUNICATIONS

12:00am  OC11: The impact of frailty on health services use among non-institutionalized Quebec seniors with fracture: a population-based study using administrative databases
Vanessa Fillion (1,2,3), Marie-Josée Sirois (1,2,3), Philippe Garnache (4), Sonia Jean (4) - (1) Centre d’Excellence sur le Vieillissement de Québec (CEVQ), Québec, Canada; (2) Centre de recherche du CHU de Québec, Québec, Canada; (3) The Canadian Emergency Team Initiative (CETI) (4) Bureau d’information et d’études en santé des populations, Institut national de santé publique du Québec (INSPPQ), Québec, Canada

12:15am  OC12: The association between gut microbiota composition and frailty, multimorbidity and polypharmacy in hospitalized older patients. Preliminary results from a next-generation metagenomics study
Andrea Tincinetti, MD (1), Antonio Nouvenne, MD (1), Christian Millani, PhD (1), Leonardo Mancabelli, PhD (2), Gabriele Andrea Lugli, PhD (2), Francesca Turroni, PhD (2), Sabrina Duranti, PhD (2), Marta Mangiagata, PhD (2), Alice Viappiani, PhD (2), Chiara Ferrania, PhD (2), Marco Ventura, PhD (2), Fulvio Lauretani, MD, PhD (1), Marcello Maggioni, MD, PhD (1), Tiziana Meschi, MD (1) - (1) Department of Clinical and Experimental Medicine, University of Parma, Italy; (2) Department of Life Sciences, Probiogenomics Lab, University of Parma, Italy

12:30/1:30pm  LUNCH BREAK • POSTER SESSION
1:30/2:30pm

**ORAL COMMUNICATIONS**

1:30pm

**OC13: Effectiveness of an intervention to prevent frailty in pre-frail community-dwelling elderly subjects consulting in primary care. A randomized controlled trial**

_Sist X_ (1,6,7), Serra-Prat M (1,2), Palomera E (1), Vico J1, Papiol M (3), Domenich R (4), Jurado L (5), Bernabeu-Tamayo MD (6).

- Research Unit. Consorci Sanitari del Maresme, Mataró (Barcelona, Spain) (2) Centro de Investigación Biomédica en Red de Enfermedades Hepáticas y Digestivas (CIBEREHD), ISCIII (Madrid, Spain) (3) ABS Argentona, Consorci Sanitari del Maresme, Mataró (Barcelona, Spain) 4. ABS Mataró Centre, Consorci Sanitari del Maresme, Mataró (Barcelona, Spain) 5. ABS Ciber-Molins, Consorci Sanitari del Maresme, Mataró (Barcelona, Spain) 6. Universitat Autònoma de Barcelona, Bellaterra (Barcelona, Spain) 7. Hospital General de Granollers, Granollers Barcelona, (Spain)

1:45pm

**OC14: Agreement between Physicians’ and Surrogates’ Judgment of Pre-hospital Frailty in Critically Ill Adults**

_Aliuko A. Hope_ (1), Missiel Munoz (1), Michelle Ng Gong(1) - (1) Department of Medicine, Division of Critical Care Medicine, Albert Einstein College of Medicine, Bronx, New York (USA)

2:00pm

**OC15: Deficit accumulation in older adults: Older men with lower income may experience faster decline in health status - Results from the KORA-Age study**

_Anna-Janina Stephan_ (1,2), Ralf Strobl (1,2), Rolf Holle(3), Christa Meisinger (4), Holger Schulz (4,6), Barbara Tharon (4), Annette Peters (4), Eva Grill (1,2,8) - (1) Institute for Medical Information Processing, Biometrics and Epidemiology, Ludwig-Maximilians-Universität München, Munich, Germany. (2) German Center for Vertigo and Balance Disorders, Ludwig-Maximilians-Universität München, Munich, Germany (3) Institute of Health Economics and Health Care Management, Helmholtz Zentrum München, German Research Center for Environmental Health (GmbH), Neuherberg, Germany. (4) Institute of Epidemiology II, Helmholtz Zentrum München, German Research Center for Environmental Health (GmbH), Neuherberg, Germany. (5) Institute of Epidemiology I, Helmholtz Zentrum München, Neuherberg, Germany. (6) Comprehensive Preunomy Center Munich (CPCM), Member of the German Center for Lung Research, Munich, Germany. (7) Department for Psychosomatic Medicine and Psychotherapy, Klinikum Rechts der Isar, Technische Universität München, Munich, Germany. (8) Munich Center of Health Sciences, Ludwig-Maximilians-Universität München, Munich, Germany.

2:15pm

**OC16: Are all Older Adults with Elevated Blood Glucose at Risk of Frailty? - Results from Beijing Longitudinal Study of Aging II (BLSA-II)**

_Jagdish Kumar Chhetri_ M.D, Ph.D (1,2), Zheng Zheng, Ph.D, (1,2,4), Xi Tong Xu,M.D, (3), Cuihong Ma,M.D, (2), Pu Chen, M.D., Ph.D, (1,2,3,4,8), (1)Department of Neurobiology, Xuanwu Hospital of Capital Medical University, Beijing, China (2) Department of Geriatrics, Xuanwu Hospital of Capital Medical University, Beijing, (China) (3) Department of Neurology, Beijing Institute of Geriatrics, Xuanwu Hospital of Capital Medical University, Beijing, China (4) Parkinson’s Disease Center of Beijing Institute for Brain Disorders, Key Laboratory on Neurodegenerative Disease of Ministry of Education, and Beijing Key Laboratory for Parkinson’s Disease, Beijing, China (5) Gerontopole, Institute on Aging, Toulouse University Hospital, Toulouse, (France)

2:30/3:30pm

**SYMPOSIUM 7: DETECTING FRAILTY AND GERIATRIC CARE IN CLINICAL AND NON-CLINICAL SETTINGS**

Moderator: Leocadio Rodríguez-Mañas MD PhD, Fundación de Investigación Biomédica del Hospital Universitario de Getafe, Madrid, (Spain)

- Adequacy and Feasibility of Frailty Index in Inpatient Wards, Outpatient Consultations, Primary Care, and Nursing Homes: Results from the KORA-TOOLS study

_Armando Pardo_ MD Fundación de Investigación Biomédica del Hospital Universitario de Getafe, Madrid, (Spain)

- Performance and concordance of frailty screening tools in clinical settings. Impact of supplementary Geriatric interventions in hospitalized frail patients: Results from the FRAILCLINIC study

_Marta Checa_ PhD Fundación de Investigación Biomédica del Hospital Universitario de Getafe, Madrid, (Spain)

- Biomarkers for diagnosis, risk, and progression of frailty: Results from the FRAILOMIC study

_Stefan Walter_ PhD (1) Fundación de Investigación Biomédica del Hospital Universitario de Getafe, Madrid, (Spain) (2) Dept. of Epidemiology and Biostatistics, University of California San Francisco, (USA)

3:30/4:00pm

**COFFEE BREAK • POSTER SESSION**

4:00/5:30pm

**ORAL COMMUNICATIONS**

4:00pm

**OC17: Frailty assessment improves prognostic performance of existing tools for acute coronary syndrome and heart failure in older patients**

_Autul Anand_ (1,2), Sarah Cudmore(3), Kirsty Boyd(4), Scott Murray(4), Jacqueline Stephen(5), Christopher Weir(6), Alasdair MacLullich(2), Susan Shenkin(2), Nicholas Mills(1,3), Martin Derwin(1,3) - (1) British Heart Foundation Centre for Cardiovascular Science, University of Edinburgh (2) Geriatric Medicine Research Group, University of Edinburgh (3) Edinburgh Heart Centre, Royal Infirmary of Edinburgh (4) Primary Palliative Care Research Group, Usher Institute for Population Health Sciences and Informatics, University of Edinburgh (5) Edinburgh Clinical Trials Unit, University of Edinburgh (6) Edinburgh Health Services Research Unit, Usher Institute for Population Health Sciences and Informatics, University of Edinburgh (UK)

4:15pm

**OC18: Hourly Activity Patterns of Frail, Pre-frail, and Non-frail U.S. Elders in NHAP: Variation by Gender**

_Huisingh-Scheetz M_ (1) Wroblewski K, (2) Kocherginsky M, (3) Birch S. (2) Dale W, (1) Waite L, (4) Schumm P. (2) - (1) University of Chicago Medicine, Department of Medicine, Section of Geriatrics and Palliative Medicine - (2) University of Chicago Medicine, Department of Public Health Sciences - (3) Northwestern University, Department of Preventive Medicine - (4) University of Chicago, Department of Sociology & NORD (USA)

4:30pm

**OC19: Association of Cardiovascular and Neuropsychiatric Multimorbidity with Mobility Limitation and Disability in Older Adults over 6 years: A Population-Based Study**

_Davide L Vetrano_ (1,2), Deborah Rizzuto(1), Amalia Calderin-Lanaria(1,3), Graziano Onder(2), Anna-Karin Welmer(1), Roberto Bernabei (2), Alessandra Marengoni (4), Laura Fratiglioni (1) - (1) Aging Research Center; NVS, Karolinska Institutet and Stockholm University, Sweden (2) Dept of Geriatrics, Neurosciences and Orthopedics, Catholic University of the Sacred Heart, Italy (3) EpiChron Research Group, Aragon Health Sciences Institute, Spain (4) Department of Clinical and Experimental Sciences, University of Brescia, (Italy)

4:45pm

**OC20: the association between overall clinical performance and the frailty index: The Rotterdam Study**

_A cross sectional study among middle-aged and elderly individuals_

_Stef Brinkman_ (1), Trudy Voortman (1), Jessica Kieft-de Jong (1,2), Frank van Rooij (1), Fernando Rivadeneira (1,3), Oscar Franco (1), _Josef Sebesch_ (1) - (1)Department of Epidemiology, Erasmus MC, University Medical Center Rotterdam, the Netherlands - (2)Leiden University College, The Hague, the Netherlands (3)Department of Internal Medicine, Erasmus MC, 3000 CA Rotterdam, the Netherlands
5:00pm  **OC21: Sarcopenia and frailty risk is not reduced in patients entering contemporary HIV Care**  
Guaraldi G (1) Malagoli A, Maia L, Franchini I, Zona S, Menozzi M, Silva A, Mussini C, Cesari M, Falutz J  (1) Department of Medical and Surgical Sciences for Children & Adults Modena, (Italy)

5:15 pm  **OC22: A novel frailty index is associated with sarcopenia and independently predicts survival in advanced ovarian cancer**  
Amanika Kumar MD (1), Stephanie R. Delong, MD, Michaela E. McGree, BS, Amy L. Weaver, MS, William A. Cliby, MD, Carrie L. Langstraat, MD (1) Mayo Clinic Rochester, (USA)

5:30/6:30pm  **LATE BREAKING NEWS**
8:30/9:30am **ORAL COMMUNICATIONS**

8:30am **OC23: Health outcomes of sarcopenia: a systematic review and meta-analysis**  
Charlotte Beaudart (1), Myriam Zaaria (2), Françoise Pascheau (3), Jean-Yves Regnier (1), Olivier Bruyère (1) - (1) Public Health, Epidemiology and Health Economics, University of Liège, Liège 4000, Belgium (2) Aix-Marseille University, School of Medicine, France (3) Life Sciences Library, University of Liège , Liège , (Belgium)

8:45am **OC24: Dietary Protein Intake and Incident Sarcopenia in Older Adults: The Health ABC Study**  
Denise K. Houston PhD (1), Janet A. Tooze, PhD (1), Marjolein Visser, PhD (2), Frances A. Tylavsky, DPH, MS (3), Susan Rubin, MS (4), Anne B. Newman, MD MPH (5), Tamara B. Harris, MD, MS (6), Stephen B. Kritchevsky, PhD (1) (1) Wake Forest School of Medicine, Winston Salem, NC, USA - (2) Vrije Universiteit, Amsterdam, The Netherlands (3) University of Tennessee Health Science Center, Memphis, TN, USA - (4) University of California, San Francisco, CA, USA - (5) University of Pittsburgh, Pittsburgh, PA, USA (6) National Institute on Aging, Bethesda, MD, USA

9:00am **OC25: Higher dietary intakes of the anti-oxidant vitamins C, E and carotene are associated with better measures of skeletal muscle mass and grip strength in men and women in the UK Biobank Study**  
Alla A Welch PhD (1), Mary Hickson PhD (2), Jane Skinner PhD (1) - (1)Department of Population Health and Primary Care, Norwich Medical School, University of East Anglia, Norwich, NR4 7TJ, UK, (2)School of Health Professions, Faculty of Health and Human Sciences, Plymouth University, Demerd Road, Plymouth, PL6 8BH,(UK)

Katsuya Iijima MD, PhD (1), Tomoki Tanaka (1,2), Kyo Takahashi, PhD (1), Masahiro Akishita, MD, PhD (2), Tetsuo Tsuji (1) - (1) Institute of Gerontology, The University of Tokyo, Japan - (2) Department of Geriatric Medicine, The University of Tokyo, (Japan)

9:30/10:30pm **SYMPOSIUM 8: LOW MUSCULARITY AND LOW MUSCLE ATTENUATION IN EARLY STAGE CANCER: PREVALENCE, PREDICTORS AND SHORT AND LONG TERM PROGNOSTIC OUTCOMES: INSIGHTS FROM LARGE SCALE EPIDEMIOLOGICAL STUDIES**

Moderator: Bette Caan, DrPH, Division of Research, Kaiser Permanente Medical Program of Northern California, Oakland, California, (USA)

- Effects of low muscularity and low muscle attenuation on survival in early stage breast and colorectal cancer patients  
Bette Caan  Dr PH Division of Research, Kaiser Permanente Medical Program of Northern California, Oakland, California, (USA)

- Predictors of low muscularity and poor muscle quality in early stage breast cancer: An undetected risk factor  
Wendy Chen MD, MPH (2,3), Elizabeth Cespedes Feliciano, ScD(1) (2) Department of Medicine, Harvard Medical School, Boston, Mass, USA (3) Breast Oncology Center, Dana-Farber Cancer Institute, Dana Farber Cancer Center, Boston, Mass, USA (1) Division of Research, Kaiser Permanente Medical Program of Northern California, Oakland, California, (USA)

- Skeletal muscle and severe treatment toxicity in cancer  
Carla Prado PhD - Department of Agricultural, Food and Nutritional Science, University of Alberta, (Canada)

10:30/11:00am **COFFEE BREAK • POSTER SESSION**

11:00/12:00pm **SYMPOSIUM 9: SARCOPEINIA RESEARCH UPDATE SINCE THE ASIAN CONSENSUS**

Moderator: Hidenori Ari National Center for Geriatrics and Gerontology, Olu, (Japan)

- Updates of Sarcopenia Research in Asia  
Liang-Kung Chen  Aging and Health Research Center, National Yang Ming University, Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, Taipei, (Taiwan)

- Comprehensive preventive approach for sarcopenia-related multi-dimensional frailty in the community elderly  
Katsuya Iijima MD, PhD - Institute of Gerontology, The University of Tokyo, (Japan)

- Implications in using cutoff of gait speed and handgrip strength presented by Asian Consensus: experience from KFACS (Korean Frailty & Aging Cohort Study)  
Chang Won Won  Elderly Frailty Research Center, Department of Family Medicine, College of Medicine, Kyung Hee University, Seoul, Korea

Mi Ji Kim  Elderly Frailty Research Center, East-West Medical Research Institute, Kyung Hee University, Seoul, Korea

12:00/12:30am **ORAL COMMUNICATIONS**

12:00am **OC27: Age related differences in muscle contractility as measured by in vivo microendoscopy, a new live cellular imaging technology**  
Kate Montgomery PhD (1), Fred Landavaaza, MS (1), Viet Nguyen, MD (2), Scott L Delp, PhD (2), Mark Schnitzer, PhD (2), Ronenn Roubenoff, MD, MHS (3), Didier Laurent PhD (3), Gabriel Sanchez PhD (1) (1) Zebra Medical Technologies, Inc, Mountain View, CA 94040, USA (2) Stanford University, Stanford CA 94305, USA (3) Novartis Institutes for Biomedical Research, 4002 Basel, (Switzerland)

12:15am **OC28: SARA-PK: A single and multiple ascending oral doses to assess the safety and evaluate the pharmacokinetics of BI0101 in healthy young and older volunteers**  
Walid Dinh (1), Susanna Del Signore(1), Philippe Dupont(1), Pierre Dilda(1), René Lafont(1,2) )and Stanislas Veillet(1) - (1)Biophytis, Parc Biocitech, 102 avenue Gaston Roussel, Romainville, France - (2)Sorbonne Universités, UPMC Univ Paris 06, CNRS - Institut de Biologie Paris Seine (BIOISPE), 75005 Paris, (France)

12:30/1:30pm **LUNCH • POSTER SESSION**

1:30/2:30pm **ORAL COMMUNICATIONS**

1:30pm **OC29: Clinical correlates and prevalence of sarcopenia and osteosarcopenia in a population based cohort: results of the rotterdam study**  
Katerina Trayanoska (1,2), Josje D Schoufour (1), Siwran KL Darweesh (1), Lies Lahousse (1,3), Guy Brusselle (1,3), Bruno Stricker (1), Carola M Zillikens (1), Andre G Utterhend (2), Arfan M Ikram (1,4), Oscar H Franco (1), Fernando Rivadeneira (1,2) - (1) Department of Epidemiology, ErasmusMC, Rotterdam, the Netherlands (2)Department of Internal Medicine, ErasmusMC, Rotterdam, the Netherlands (3)Department of Respiratory Medicine, Ghent University Hospital, Ghent University (4) Department of Neurology, Erasmus MC, Rotterdam, (the Netherlands)
1:45pm **OC30:** Is poor physical function and muscle weakness in seniors related to reduced levels of common drive of motor units
- **Brian C. Clark** Ph.D. (1), Shinichi Amano, Ph.D. (1), David W. Arnold, M.D. (2), and Leatha A. Clark, DPT (1) - (1) Ohio Musculoskeletal and Neurological Institute, Ohio University, Athens, Ohio, USA (2) Departments of Neurology, Physical Medicine and Rehabilitation, and Neuroscience at The Ohio State University, Columbus, USA (USA)

2:00pm **OC31:** Nutritional Supplementation with β-hydroxy-β-methylbutyrate Improves Recovery and Reduces Sarcopenia in Elderly Patients with Hip Fracture: A Multicenter Randomized Controlled Trial
- **The HIPPER-GER Study**
  - **Vincenzo Malafera** MD MSc (1,2), Concetta Malafarina MD (3), Francisco Uriz-Otano, MD, PhD, MSc (4), J Alfredo Martínez MD PhD (1,5,6,7), M Ángeles Zueta PhD (1,5,6,7) - (1)Department of Nutrition, Food Science and Physiology School of Pharmacy, University of Navarra, Pamplona, (2)Department of Geriatrics, Complejo Hospitalario de Navarra, Pamplona, (3)Department of Radiology, Complejo Hospitalario de Navarra, Pamplona, (4)Department of Geriatrics, Hospital San Juan de Dios, Pamplona, Spain, (5)CIBERObn, Physiopathology of obesity and nutrition, Instituto de Salud Carlos III, Madrid, (6)Centre for Nutrition Research, Faculty of Pharmacy, University of Navarra, Pamplona, (7)Navarra Institute for Health Research (IDSNA), Pamplona, Spain

2:15pm **OC32:** De-repression of cyclin-dependent kinase inhibitor 2a in ageing human skeletal muscle with atrophy and regrowth in vivo
- **U Frandsen** (1), P Aagaard (1), T Prokhorovka (1), AN Jørgensen (1), L Jensen (1), LG Hvid (1), P Schjerling (2), M Kjaer (2), C Sueta (3) - (1) Institute of Sports Science and Clinical Biomechanics, SDU Muscle Research Cluster (SMRC), University of Southern Denmark, Denmark; (2) Institute of Sports Medicine and Center of Healthy Aging, Faculty of Health, University of Copenhagen, Bispebjerg Hospital, Denmark; (3) Department of Clinical Physiology, Nuclear Medicine & PET, Rigshospitalet, University of Copenhagen, Denmark

2:30:30pm **SYMPOSIUM 10:** MOVING TOWARDS STANDARDIZED DATA AND OUTCOMES FOR FRAILTY STUDIES
- **Moderator:** John Muscedere, MD, FRCPC, Queen's University, Kingston, (Canada)
  - **The need for standardized outcomes and data for frailty studies**
  - **John Muscedere** MD, FRCPSC, Scientific Director, Canadian Frailty Network, Queen's University, Kingston, (Canada)
  - **Standardized frailty outcomes and data relevant to health care systems across the world**
  - **Matteo Cesari** MD, PhD University of Toulouse, Toulouse, (France)
  - **What can we learn from Outcome Measures in Rheumatology Clinical Trials (OMERACT)?**
  - **Peter Tugwell** MD, FRCPC Bruyère Research Institute, University of Ottawa, Ottawa, (Canada)

3:30/4:00pm **COFFEE BREAK • POSTER SESSION**

4:00/5:30pm **ORAL COMMUNICATIONS**

4:00pm **OC33:** Combined exercise training is more effective than time-matched aerobic or resistance exercise training for improving physical function in older adults
- **James Timmons** MSc (1,2), Dean Minnock, MSc (1), Michelle Hone, BSc (3), Karl E. Cogan, MSc (1), John C. Murphy, MSc (3), Brendan Egan, PhD (1,3) - (1) Institute for Sport & Health, School of Public Health, Physiotherapy and Sports Science, University College Dublin, Belfield, Dublin 4, Ireland (2) Medfit Proactive Healthcare, Blackrock, Co. Dublin, Ireland (3) School of Health and Human Performance, Dublin City University, Glasnevin, Dublin 9, Ireland

4:15pm **OC34:** Cognitive impairment and physical frailty in older adults: impact on 11-year survival
- **G. Grande** (1, 2), D. Rizzuto (1), D.L. Vetrano (1, 3), A.K. Welmer (1), B. Caraciolo (1), C. Mariani (2), L. Fratiglioni (1, 4) - (1) Aging Research Center (ARC), Department of Neurobiology, Care Sciences and Society, Karolinska Institutet and Stockholm University, Stockholm, (Sweden) (2) Center for Research and Treatment on Cognitive Dysfunctions, Biomedical and Clinical Sciences Department, “Luigi Sacco” Hospital, University of Milan, (Italy) (3) Department of Geriatrics, Neurosciences and Orthopedics, Catholic University of Rome, (Italy) (4) Stockholm Gerontology Research Center, Stockholm, (Sweden)

4:30pm **OC35:** Habitual dietary exposure of resveratrol and frailty syndrome in older age: the InCHIANTI study
- **Montserrat Rabassa** PhD (1), Raul Zamora-Ros, PhD (2), Mireia Urpi-Sardà, PhD (1), Stefania Bandinelli, MD (3), Luigi Ferrucci, MD (4), Antonio Cherubini, MD, PhD (5), Cristina Andres-Lacueva, PhD (1) - (1) Biomarkers and Nutrimentalomics Laboratory, Department of Nutrition, Food Sciences and Gastronomy, Faculty of Pharmacy and Food Sciences, University of Barcelona, Spain; (2) Unit of Nutrition and Cancer, Cancer Epidemiology Research Program, Catalan Institute of Oncology, Bellvitge Biomedical Research Institute (IDIBELL), Barcelona, Spain; (3) Geriatric Unit, Azienda Sanitaria Firenze, Florence, Italy (4) Clinical Research Branch, National Institute on Aging, NIH, Baltimore, Maryland, (USA) (5) Genetics and Emergency Care, Italian National Research Centre on Aging (INRCA), Ancona, (Italy)

4:45pm **OC36:** Mitochondrial dysfunction as a driver for age related muscle decline and frailty syndrome: A clinical study comparing active versus pre-frail elderly
- **Marcus P.J. van Diemen** (1) Pénélope A. Andreux (2), Dongyong Ryu (2), Maxime R. Heezen (1), Chris Rinsch (2), Geert Jan Groenewold (1), Anurag Singh (2) - (1) Center for Human Drug Research, Zernikelaan 8, 2333 CL Leiden, (The Netherlands) (2) Amazentis SA, EPFL Innovation Park, Batiment C, CH 1015 Lausanne, (Switzerland)

5:00pm **OC37:** Quantification of Intramuscular Adipose Tissue in Sarcopenia Using Magnetic Resonance Imaging Dixon Methods
- **Alexandra Grimm** MSc (1,2), Heiko Meyer, PhD (2), Mathias Nittka, PhD (2), Esther Raithel, PhD (2), Oliver Chaudry, MSc (1), Andreas Friedberger, MSc (1), Michael Uder, MD (3), Wolfgang Kemmer, PhD (1), Harald H. Quick, PhD (1,4,5), Klaus Engelke, PhD (1) - (1) Institute of Medical Physics, University Erlangen-Nuremberg, Erlangen, Germany - (2) Siemens Healthcare GmbH, Diagnostic Imaging, Magnetic Resonance, Product Definition & Innovation, Erlangen, Germany - (3) Institute of Radiology, University Hospital Erlangen, Erlangen, Germany - (4) Erwin L. Hahn Institute for Magnetic Resonance Imaging, University Duisburg-Essen, Essen, Germany - (5) High Field and Hybrid MRI Imaging, University Hospital Essen, Essen, (Germany)

5:15pm **OC38:** Incremental Prognostic Value of Muscle Mass in Older Adults Undergoing Transcatheter Aortic Valve Replacement
- **Samuel Mamane** MD (1), Louis Mullie MD (1), John Webb (2), Sandra Lauck MD (2), Nicolo Piazza MD (3), Giuseppe Martucci MD (3), Dae Kim MD (4), Jeffrey Popma MD (4), Marino Labianza MD (5), Mark Peterson MD (6), Andrew Rassi MD (7), Amanda Tmkus MSc (3), Jose Morais MD (3), Jonathan Affalio MD MSc (8,9), FRAILTY-AVR investigators - (1) Division of General Internal Medicine, McGill University, Montreal, Canada (2) St-Paul’s Hospital, Vancouver, Canada (3) McGill University Health Centre, Montreal, Canada (4) Beth Israel Deaconess Medical Center, Boston, USA - (5) Ottawa Heart Institute, Ottawa, Canada (6) St-Michael’s Hospital, Toronto, Canada (7) Massachusetts General Hospital, Boston, USA (8) Division of Cardiology, Jewish General Hospital, McGill University, Montreal, Canada (9) Division of Epidemiology, Jewish General Hospital, Montreal, (Canada)
PARALLEL SESSIONS SARCOPENIA • BALLROOM 2

5:30/6:30pm SYMPOSIUM 11: DOES NUTRITION PLAY A ROLE IN THE PREVENTION AND MANAGEMENT OF SARCOPENIA?
Moderators: Roger Fielding (Boston, USA), René Rizzoli (Geneva, Switzerland)
- Welcome and scope of the meeting
  Matteo Cesari (Toulouse, France)
- Role of proteins
  Luc Van Loon (Maastricht, The Netherlands)
- Role of calcium, dairy products and vitamin D
  Heike Bischoff-Ferrari (Zurich, Switzerland)
- Role of other nutrients
  Yves Rolland (Toulouse, France)
- Wrap-up
  Roger Fielding (Boston, USA)
8:30/9:00am

**ORAL COMMUNICATIONS**

8:30am

**OC39: Frailty Status Predicts Poor Outcomes in Older Adults Undergoing Screening Colonoscopy**

*Nimia Toosizadeh* PhD (1,2,3); *Sasha Taleban, MD* (2,4); *Yun Mei, BS(2); Todd Rabkin Golden, MSc(2); Marco Miramontes(2); Carmen Zaldizar(2); Jane Mohler, MPH, PhD(1,2,3) - (1) Division of Geriatrics, COM, General Internal Medicine and Palliative Medicine, University of Arizona, Tucson, AZ, (USA) (2) Arizona Center on Aging, COM, University of Arizona, Tucson, AZ, (USA) (3) Department of Bioengineering, COE, University of Arizona, Tucson, AZ, (USA) (4) Division of Gastroenterology & Hepatology, COM, University of Arizona, Tucson, AZ, (USA)

8:45 am

**OC40: Muscle Weakness and Physical Disability in Older Americans: Longitudinal Results from the Health and Retirement Study**

*Kate Duchowmy* MPH (1), *Mark Peterson, PhD* (2), *Philippa Clarke, PhD* (1,3) (1) Department of Epidemiology, University of Michigan School of Public Health, Ann Arbor, MI (2) Department of Physical Medicine and Rehabilitation, University of Michigan, Ann Arbor, MI (3)Institute for Social Research, University of Michigan, Ann Arbor, MI (USA)

9:00/9:30am

**KEYNOTE 4: PROTEIN AND OTHER NUTRIENT INTERACTIONS WITH FRAILTY AND SARCOPENIA**

*Tommy Cedermalm* (Uppsala University, Sweden)

9:30/10:30am

**SYMPOSIUM 12: SARCOPENIA AND SPECIALISED NUTRITION: LATEST SCIENTIFIC EVIDENCE FOR IMPROVING CLINICAL AND FUNCTIONAL OUTCOMES**

Moderator: Ricardo Rueda, MD, PhD Global Head Mobility & Metabolism Platform Early Science and Head of Nutrition Science EMEA Region, Abbott Nutrition, (Granada, Spain)

10:30/11:00am

**COFFEE BREAK • POSTER SESSION**

11:00/11:30am

**KEYNOTE 5: OVERVIEW OF SARCOPENIA DEFINITIONS**

*Alfonso Cruz-Jentoft* (Madrid, Spain)

11:30/12:30am

**ORAL COMMUNICATIONS**

11:30am

**OC41: Mediterranean diet and risk of frailty syndrome among women with type 2 diabetes**

*Esther Lopez-Garcia* (1); *Kaitlin Hagan (2,3); Teresa T Fung (4,5); Francine Grodstein (2,3); Frank B Hu (3,4,6); Fernando Rodríguez-Artalejo (1) - (1) Department of Preventive Medicine and Public Health. School of Medicine. Universidad Autónoma de Madrid-IdiPaz; and CIBERESP (CIBER of Epidemiology and Public Health), Madrid, Spain. (2) Channing Division of Network Medicine, Department of Medicine, Brigham & Women’s Hospital and Harvard Medical School, Boston, MA, USA. (3) Department of Epidemiology, Harvard T.H. Chan School of Public Health, Boston, MA, USA. (4) Department of Nutrition, Harvard T.H. Chan School of Public Health, Boston, MA, USA. (5) Programs in Nutrition, Simmons College, Boston, MA, USA. (6) Division of Preventive Medicine, Department of Medicine, Brigham & Women’s Hospital and Harvard Medical School, Boston, MA, USA

11:45 am

**OC42: Single fiber jitter level reflects decline in motor function with aging**

*Tae Chung* MD (1,3); *Jeremy Walston, MD(2); Ahmet Hoke MD, PhD(3) - (1) Department of Physical Medicine and Rehabilitation, Johns Hopkins University (2)Geriatric Medicine Division, Department of Medicine, Johns Hopkins University (3) Neuromuscular Division, Department of Neurology, Johns Hopkins University (USA)

12:00am

**OC43: Predictors of discrepancy in frailty identification between the two most commonly used frailty assessment tools?**

*Qian-Li Xue* PhD (1,2), *Jeremy D Walston, MD (1,2), Jing Tian, MS (3,2), Karen Bandeen-Roche, PhD (3,2) - (1) Division of Geriatric Medicine and Gerontology, Department of Medicine, Johns Hopkins University, Baltimore, MD, USA (2) Center on Aging and Health, Johns Hopkins Medical Institutions, Baltimore, MD, USA (3) Department of Biostatistics, Bloomberg School of Public Health, Johns Hopkins University, Baltimore, MD, USA

12:15am

**OC44: The impact of dietary protein or amino acid supplementation on muscle mass and strength in elderly people: Individual participant data and meta-analysis of RCT’s**

*Michael Tieland* PhD (1), *Rinske Franssen, MSc(1, 2), Carla Dullmeijer, PhD (1), Carlene van Dronkelaar; MSc; (3), Hun Kyung Kim, PhD (4), Theocharis Ispoglou, PhD (5), Kun Zhu, PhD (6), Richard L Prince, PhD, Luc J.C. De Groot, PhD (1) - (1)Division of Human Nutrition, Wageningen University, Wageningen, the Netherlands; (2)NUTRIM School for Nutrition, Toxicology and Metabolism, Maastricht University Medical Centre+, Maastricht, the Netherlands; (3)Division of Nutrition & Dietetics, School of Sports and Nutrition, Amsterdam University of Applied Sciences, Amsterdam, The Netherlands; (4)Research Team for Promoting Independence of the Elderly, Tokyo Metropolitan Institute of Gerontology, Tokyo, Japan; (5)Carnegie Faculty, School of Sport, Leeds Beckett University, Leeds, UK; (6)School of Medicine and Pharmacology, University of Western Australia, Perth, (Australia)
<table>
<thead>
<tr>
<th>Paper Number</th>
<th>Title</th>
<th>Authors</th>
<th>Affiliations</th>
</tr>
</thead>
<tbody>
<tr>
<td>P246</td>
<td>Introducing Pressure Area Assessment Tool in Geriatric Hospital Wards; a practice developmental approach</td>
<td>Buthaina Al Asfoor</td>
<td>Ministry of Health/ Kingdom of Bahrain (Bahrain)</td>
</tr>
<tr>
<td>P247</td>
<td>Daily life experience of institutionalized elderly people</td>
<td>Buthaina Al Asfoor</td>
<td>Ministry of Health/ Kingdom of Bahrain (Bahrain)</td>
</tr>
<tr>
<td>P248</td>
<td>The Effect of High Doses of Vitamin D on Muscle Strength, Gait, and Physical Performance in Frail Older Adults. At Phase 2 Feasibility, open-label study</td>
<td>Manuel Montero-Odasso 1,2  (1) Gait and Brain Lab, Parkwood Hospital, Lawson Health Research Institute; (2) Schulich School of Medicine &amp; Dentistry, Department of Medicine and Division of Geriatric Medicine, University of Western Ontario, London, ON, (Canada)</td>
<td></td>
</tr>
<tr>
<td>P249</td>
<td>Clinical consequences of low muscle mass, defined by ASM/BMI, in men and women using data from Korean National Health And Nutritional Examination survey (KNHANES) IV (08'-11')</td>
<td>Sae Hee Min, Kyoung Min Kim, Soo Lim, Hak-Chul Jang. Department of Internal Medicine, Seoul National University Bundang Hospital and Seoul National University College of Medicine</td>
<td></td>
</tr>
<tr>
<td>P250</td>
<td>Frailty and risk of disability in Chilean elderly population</td>
<td>Natalia Bustamante 1,2, Lorna Jara, MD 1 (1) Department of Public Health, Pontificia Universidad Católica de Chile. (2) Advanced Center for Chronic Diseases - ACCDS( Chile)</td>
<td></td>
</tr>
<tr>
<td>P251</td>
<td>Vitamin C deficiency in skeletal muscle switches muscle fiber types from slow to fast</td>
<td>Yoshitaka Kondo, PhD, Shoko Takeda, Akihito Ishigami, PhD Molecular Regulation of Aging, Tokyo Metropolitan Institute of Gerontology (TMIG), Tokyo, (Japan)</td>
<td></td>
</tr>
</tbody>
</table>