

9:00 AM **WELCOME ADDRESS**  
*Roger Fielding, PhD, Tufts University, Boston, MA (USA), Marco Pahor, MD, University of Florida, Gainesville (USA), Matteo Cesari, MD, PhD, Università di Milano, Milan (Italy) and Bruno Vellas, MD, PhD, Gerontopole, Toulouse University, Toulouse (France)*

9:00- 9:10 AM **Opening Ceremony and ICFSR Lifetime Achievement Award awarded to Heike A. Bischoff-Ferrari in recognition for her extensive contributions to the advancement of research in frailty and age-related chronic diseases**  
*Introduction by Roger Fielding, PhD, Tufts University, Boston, MA (USA)*

9:10- 9:30 AM **KEYNOTE 1: DETERMINANTS OF HEALTHY AGING - WHAT CAN WE LEARN FROM DO-HEALTH?**  
*Heike A. Bischoff-Ferrari, MD, PhD, University of Zurich, Zurich (Switzerland)*

9:30 – 10:10 AM **SYMPOSIUM 1: RESULTS OF THE SPRINTT PROJECT**  
*Chairmen: Francesco Landi, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Università Cattolica del Sacro Cuore, Rome (Italy), Bruno Vellas, MD, PhD, Gerontopole, Toulouse University Hospital, Toulouse (France), Marco Pahor, MD, University of Florida, Gainesville (USA)*  
**• What we have learnt from the SPRINTT Project**  
*Roberto Bernabei, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome, (Italy)*  
**• SPRINTT Randomized Clinical Trial: main results**  
*Emanuele Marzetti, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome (Italy)*  
**• SPRINTT legacy: prevention of mobility disability in the real world**  
*Riccardo Calvani, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome, (Italy)*

**LIVE Q&A**


10:10 – 10:30 AM **KEYNOTE 2: COVID-19, DEMENTIA, AND FRAILITY: A FEARFUL SYMMETRY?**  
*Kenneth Rockwood, MD, Dalhousie University, Halifax (Canada)*


**ORAL COMMUNICATIONS**

10:30 **OC1 • Clinical Trial of Metformin for Frailty Prevention in Community-Dwelling Older Adults with Pre-Diabetes**  
*Sara Espinoza, MD, University of Texas Health Science Center, San Antonio, TX (USA)*

10:40 **OC2 • Impact of L-Citrulline supplementation combined with low-intensity resistance training on body composition and strength in postmenopausal women**  
*Arturo Figueroa, MD, PhD, Texas Tech University, Lubbock, TX (USA)*

10:50 **OC3 • Does Krill Oil Supplementation Result in an Increase in Muscle Function? A Randomised Controlled Trial**  
*Stuart Gray, PhD, Institute of Cardiovascular and Medical Sciences, University of Glasgow, Glasgow (UK)*

11:00  **OC4 • The Holistic Assessment and Care Planning in Partnership Study (HAPPI): Results of a feasibility randomized controlled trial of a nurse-led intervention for community-dwelling older people who live with frailty**  
*Helen Lyndon, University of Plymouth, Plymouth (UK)*

11:10  **OC5 • Preoperative rehabilitation is feasible in the weeks prior to surgery and significantly improves functional performance**  
*Daniel E. Hall, MD, VA Pittsburgh Healthcare System, Pittsburgh, PA (USA)*

11:20 AM-11:30 AM **LIVE Q&A OF ORAL COMMUNICATIONS OC1 TO OC5**  
*Moderators: Debra Waters, PhD, University of Otago, Dunedin (New Zealand) and Daniel E. Hall, MD, VA Pittsburgh Healthcare System, Pittsburgh, PA (USA)*


11:30 – 12:10 PM **ROUNDTABLE 1: Topline results from the Phase IIB study of Lomecel-B in patients with Aging Frailty**  
*Longeveron Inc, Miami, FL (USA)*

**ROUNDTABLE DISCUSSION AND LIVE Q&A**

**ORAL COMMUNICATIONS**

12:10  **OC6 • Sarcopenia and adherence affect response to an exercise/nutrition intervention in nursing home residents**  
*Emelie Karlsson, PhD, Karolinska Institutet, Stockholm (Sweden)*

12:20 **OC7 • Urolithin A supplementation improves muscle strength in humans and positively impacts biomarkers of cellular health**  
*Anurag Singh, PhD, Amazentis SA, Lausanne (Switzerland)*

12:30  **OC8 • The combined effects of physical frailty and cognitive impairment on all-cause and emergency department-related hospitalizations: results from linked cohort and claims data**  
*Brian Buta, Johns Hopkins Center on Aging and Health, Baltimore, MD (USA)*

12:40 **OC9 • The effects of Vitamin D Supplementation on Frailty in Community-Dwelling Older Adults at Risk for Falls**  
*Yurun Cai, PhD, Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland (USA)*

12:50 PM-1:00 PM **LIVE Q&A OF ORAL COMMUNICATIONS OC6 TO OC9**  
*Moderators: Yurun Cai, PhD, Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland (USA) and Roger Fielding, PhD, Tufts University, Boston, MA (USA)*

1:00-2:00 PM **LIVE CHAT WITH POSTER PRESENTERS IN THE VIRTUAL POSTER HALL • WITH ON DEMAND PRESENTERS IN THE PLATFORM**

# VIRTUAL ICFSR 2021 CONFERENCE – LIVE SESSION • THURSDAY, SEPTEMBER 30 • USA (EST) TIME

9:00 AM **WELCOME ADDRESS** *Matteo Cesari, MD, PhD, Università di Milano, Milan (Italy)*

9:00-9:30 AM **ROUNDTABLE 2:**  
**SARCONEOS BIO101 IN SARCOPENIA: LESSONS LEARNED FROM THE SARA PROGRAM**

## PANEL DISCUSSION AND LIVE Q&A

9:30-9:50 AM **CONFERENCE 1:**  
**The impact of COVID-19 on intrinsic capacity: preliminary results and future perspectives**  
*Matteo Cesari, MD, PhD, Università di Milano, Milan (Italy)*

09:50-10:30 AM **ROUNDTABLE DISCUSSION 3:**  
**"Why" rather than "How": A Trans-Paradigmatic Discussion on the Urgency of the Frailty Concept for Optimizing Outcomes for Older Adults**  
*Chair: Luigi Ferrucci, MD, National Institute on Aging, National Institutes of Health, Baltimore, MD (USA)*  
• **How is frailty conceptualized?**  
• **What is the importance of frailty for older individuals, for public health policy and practice aimed at older adults, and for clinical care of older adults? How can frailty assessment and/or management be of benefit in these areas?**  
• **What are the highest research imperatives / gaps to address in order for the envisioned benefits to be realized?**  
*Discussants: Susan E Howlett PhD, Dalhousie University, Halifax, Nova Scotia (Canada), Karen Bandeen-Roche, PhD, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA) Matteo Cesari, MD, PhD, Ca' Granda-Università di Milano, Milan (Italy)*

## LIVE Q&A DISCUSSION

10:30-11:10 AM **ORAL COMMUNICATIONS**

10:30 **OC10 • Pro-autophagic and anabolic amino acids improve muscle force during aging**  
*Claire Boutry-Regard, PhD, Nestle Research, Lausanne (Switzerland)*

10:40 **OC11 • Myogenic and stress factors are differentially expressed in skeletal muscle of older adults with low muscle strength**  
*Sebastiaan Dalle, KU Leuven, Leuven (Belgium)*

10:50 **OC12 • The effect of young and old ex vivo human serum on cellular protein synthesis and growth in an in vitro model of ageing**  
*Sophie L. Allen, University of Birmingham, Edgbaston, Birmingham (UK)*

11:00 **OC13 • Epigenetic Age Acceleration and Change in Frailty in MOBILIZE Boston**  
*Benjamin Seligman, MD, PhD, Harvard Medical School, Boston, MA (USA)*

11:10-11:20 AM **LIVE Q&A OF ORAL COMMUNICATIONS OC10 TO OC13**  
*Moderators: Karen Bandeen-Roche, PhD, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA) and Benjamin Seligman, MD, PhD, Harvard Medical School, Boston, MA (USA)*

11:20-11:40 AM **CONFERENCE 2:**  
**Skeletal muscle and exercise research opportunities in MOTRPAC**  
*Marco Pahor, Institute on Aging, University of Florida, Gainesville, FL (USA)*

11:40-12:30 PM **ORAL COMMUNICATIONS**

11:40 **OC14 • Sex differences in muscle-ageing: a cross-sectional study**  
*Jelle de Jong, Wageningen University, Wageningen (the Netherlands)*

11:50 **OC15 • Adverse muscle composition predicts all-cause mortality in the UK Biobank imaging study**  
*Jennifer Linge, AMRA Medical, Linköping, Sweden*

12:00 **OC16 • Sarcopenia and Sarcopenic Obesity and Incident Fall Risk: Data from the National Health and Aging Trends Survey**  
*John A. Batsis, MD, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina (USA)*

12:10 **OC17 • Self-Management Behavior and the Fluctuations of Frailty among Community-Dwelling Older Adults in Taiwan: A National Longitudinal Population-Based Cohort Study**  
*To Thi Lien, PhD candidate - School of Public Health, China Medical University, Taiwan (China)*

12:20 **OC18 • A randomized controlled trial is to assess whether physical activity and/or nutrition intervention reduce frailty in pre-frail older people: Staying UPright and Eating Well Research, SUPER Study**  
*Ruth Teh, University of Auckland, (New Zealand)*

12:30-12:40 PM **LIVE Q&A OF ORAL COMMUNICATIONS OC14 TO OC18**  
*Moderators: Peggy Cawthon, California Pacific Medical Center Research Institute, San Francisco, CA (USA) and John A. Batsis, MD, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina (USA)*

12:40 – 1:00 PM **KEYNOTE 3: MAINTAINING MOBILITY IN OLD AGE**  
*Peggy Cawthon, California Pacific Medical Center Research Institute, San Francisco, CA (USA)*

1:00-1:35 PM **NATURE AGING JOURNAL: PRESENTATION AND ROUNDTABLE LIVE DISCUSSION**

1:00- 2:00 PM **LIVE CHAT WITH POSTER PRESENTERS IN THE VIRTUAL POSTER HALL • WITH ON DEMAND PRESENTERS IN THE PLATFORM**

# VIRTUAL ICFSR 2021 CONFERENCE – LIVE SESSION • FRIDAY, OCTOBER 1 • USA (EST) TIME

- 9:00 AM **WELCOME ADDRESS** *Marco Pahor, MD, University of Florida, Gainesville (USA)*
- 9:00-9:50 AM **ORAL COMMUNICATIONS**
- 9:00 **OC19 • Frailty trajectories in three longitudinal studies of aging: is the level or the rate of change more predictive of mortality**  
*Juulia Jylhävä, Karolinska Institutet, Stockholm (Sweden)*
- 9:10 **OC20 • Accelerometer-derived age- and sex-specific physical activity intensity metrics: predictive validity for all-cause mortality**  
*Eric Shiroma, National Institute on Aging, NIH, Baltimore, MD (USA)*
- 9:20 **OC21 • Can jump test performance be used as a screening tool to predict the hip skeletal status in older adults?**  
*Harshvardhan Singh, PhD, University of Alabama at Birmingham, Birmingham, AL (USA)*
- 9:30 **OC22 • Inflammatory Markers are Associated with Quality of Life, Physical Activity & Gait Speed but not Sarcopenia in Older Men (40-79y)**  
*Jolan Dupont MD, Department of Public Health and Primary Care, KU Leuven (Belgium)*
- 9:40 **OC23 • Skin autofluorescence, a non-invasive biomarker of advanced glycation end-products (AGEs), is associated with frailty: The Rotterdam study**  
*Komal Waqas, Erasmus University Medical Center, Rotterdam (The Netherlands)*

9:50-10:00 AM **LIVE Q&A OF ORAL COMMUNICATIONS OC19 TO OC23**  
*Moderators: Kenneth Rockwood, MD, Dalhousie University, Halifax (Canada) and Eric Shiroma, National Institute on Aging, NIH, Baltimore, MD (USA)*

10:00-10:20 AM **KEYNOTE 4: SIRTUIN-NAD ACTIVATORS IN COVID-19 INFECTION**  
*Shalender Bhasin, Brigham and Women's Hospital, Harvard Medical School, Boston, MA (USA)*

10:20-11:00 AM **SYMPOSIUM 2: IMPROVING CARE FOR OLDER ADULTS LIVING WITH FRAILITY: RESULTS FROM THE CANADIAN FRAILITY NETWORK'S TRANSFORMATIVE GRANT STUDIES**  
*Chair: John Muscedere MD, Canadian Frailty Network, Queen's University*  
**• Results from the BABEL (Better tArgeting, Better outcomes for frail ELderly patients) Advance Care Planning Program and Trial**  
*George Heckman MD, Research Institute for Aging; School of Public Health and Health Systems, University of Waterloo (Canada)*  
**The CFN Transformative Project on Primary Care for Older Canadians Living with Frailty: Analyses of the Intersection between Frailty and Socio-Economic Status**  
*Kenneth Rockwood, MD, Dalhousie University, Halifax (Canada)*

11:00-11:20 AM **CONFERENCE 3: Monitoring function using the digital WHO ICOPE Monitor program in 10,000 older adults to prevent frailty during the COVID-19 pandemic**  
*Bruno Vellas, MD, PhD, Gerontopole, Toulouse University, Toulouse (France)*

11:20-12:10 PM **ORAL COMMUNICATIONS**

11:20 **OC24 • The high intensity interval training and citrulline supplementation alter the circulating and muscle microRNA levels in obese adults over 60 years: a validation study**  
*Jean-Charles Rousseau, PhD, INSERM 1033, Lyon (France)*

11:30 **OC25 • Frailty is associated with a higher mortality in older people with cancer history: evidence from the 1999-2014 National Health and Nutrition Examination Survey**  
*Dongyu Zhang, MD, PhD, University of Florida College of Public Health and Health Professions, Gainesville, FL (USA)*

11:40 **OC26 • Plasma proteomic profile of frailty index trajectories in the inchiati study**  
*Toshiko Kanata, PhD, National Institute of Aging, Baltimore, MD (USA)*

11:50 **OC27 • Body mass index and Mini Nutritional Assessment-Short Form as predictors of in-hospital mortality in older adults with COVID-19**  
*Laura Kananen, PhD, Tampere University, Tampere (Finland)*

12:00 **OC28 • Onset of Frailty and Diabetes in Older U.S. Veterans**  
*Tiffany M. Cortes, MD, UT Health San Antonio, San Antonio, TX (USA)*

12:10-12:20 PM **LIVE Q&A OF ORAL COMMUNICATIONS OC24 TO OC28**  
*Moderators: Shalender Bhasin, MD, Brigham and Women's Hospital, Harvard Medical School, Boston, MA (USA) and Tiffany M. Cortes, MD, UT Health San Antonio, San Antonio, TX (USA)*

12:20-12:50 PM **ROUNDTABLE 4: Rehabilitation in older persons with long covid**  
*John Morley, St. Louis University, St. Louis, MO (USA)*

## General discussion & Q&A

*Matteo Cesari, Ca' Granda-Università di Milano, Milan (Italy) - Yves Rolland, Toulouse University Hospital, (France) - John Morley, St. Louis University, St. Louis, MO (USA) - Piul Chan, Beijing Institute of Geriatrics and Department of Neurology at Xuanwu Hospital of Capital University of Medical Sciences, Beijing (China)*

1:0-2:00 PM **LIVE CHAT WITH POSTER PRESENTERS IN THE VIRTUAL POSTER HALL • WITH ON DEMAND PRESENTERS IN THE PLATFORM**

# VIRTUAL ICFSR 2021 CONFERENCE – LIVE SESSION • SATURDAY, OCTOBER 2 • USA (EST) TIME

9:00 AM	<b>WELCOME ADDRESS</b> <i>Yves Rolland, MD, PhD, Gerontopole, Toulouse University Hospital, Toulouse (France)</i>
9:00-9:20AM	<b>CONFERENCE 4:</b> <b>Implications of Impaired Skeletal Muscle Regeneration in Aging</b> <i>Indraniil Sinha, MD, Brigham and Women's Hospital, Harvard Medical School, Boston, MA (USA)</i>
9:20-10:00 AM	<b>SYMPOSIUM 3: RESILIENCE AND MULTIFACTORIAL STRESSORS AMONG OLDER ADULTS DURING THE COVID-19 PANDEMIC</b> <i>Chair: Karen Bandeen-Roche, PhD, Department of Biostatistics, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA)</i> <ul style="list-style-type: none"><li>• <b>The multifaceted COVID-19 stressor: Results from a quantitative survey of older adult</b> <i>Alden L. Gross, PhD, Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA)</i></li><li>• <b>The multifaceted COVID-19 stressor: Results from a qualitative survey of older adults</b> <i>Melissa deCardi Hladek, PhD, Johns Hopkins School of Nursing, Baltimore, MD (USA)</i></li><li>• <b>The multifaceted COVID-19 stressor: Results from objective measures salivary cortisol taken in a sample of frail and nonfrail older adults</b> <i>Jenna Mammen, MD, PhD, Johns Hopkins University School of Medicine, Baltimore, MD (USA)</i></li></ul>
	<b>LIVE Q&amp;A</b>
10:00-10:40 AM	<b>ORAL COMMUNICATIONS</b>
10:00	<b>OC29 • Replacing Unintentional Weight Loss with Sarcopenia in Physical Frailty Phenotype Construct for Clinical Use</b> <i>Mara McAdams-DeMarco, PhD, John Hopkins University, Baltimore, MD (USA)</i>
10:10	<b>OC30 • Frailty in Systemic Lupus Erythematosus: An Administrative Claims Data Analysis</b> <i>Sarah B. Lieber, MD, Hospital for Special Surgery; Weill Cornell Medicine, New York (NY) USA</i>
10:20	<b>OC31 • Does altered lipid metabolism due to loss of srebf1 decrease muscle mass in zebrafish?</b> <i>Rajashekar Donaka, The Azrieli Faculty of Medicine, Bar-Ilan University, Safed (Israel)</i>
10:30	<b>OC32 • Physical frailty trajectories in older U.S. nursing home residents</b> <i>Yiyang Yuan, PhD Candidate, University of Massachusetts Medical School, Worcester, MA (USA)</i>
10:40-10:50 AM	<b>LIVE Q&amp;A OF ORAL COMMUNICATIONS OC29 TO OC32</b> <i>Moderators: Mara McAdams-DeMarco, PhD, John Hopkins University, Baltimore, MD (USA) and Yves Rolland, MD, PhD, Gerontopole, Toulouse University Hospital, Toulouse (France)</i>
10:50-11:40 AM	<b>SYMPOSIUM 4: WHO ICOPE IMPLEMENTATION PILOT PROGRAMME</b> <i>Chairs: Yuka Sumi, MD, MPH, PhD, World Health Organization, Geneva (Switzerland) and Bruno Vellas, MD, PhD, WHO Toulouse Collaborative Center, Toulouse (France)</i> <ul style="list-style-type: none"><li>• <b>What is the "WHO ICOPE implementation pilot programme"?</b> <i>Yuka Sumi, MD, MPH, PhD, World Health Organization, Geneva</i></li><li>• <b>Preliminary results of the ICOPE Implementation Program Ready Phase</b> <i>Michael Valenzuela, MD, PhD, Project Manager &amp; Core Research Team ICOPE Implementation Pilot Program WHO, Geneva (Switzerland)</i></li><li>• <b>Implementing the ICOPE pilot programme: Experience from the field</b> <i>Panel discussion with Bruno Vellas, MD, PhD, WHO Toulouse Collaborative Center, Toulouse (France) and Ninie Wang, Pinetree Care Group, Beijing, China</i></li></ul>
	<b>LIVE Q&amp;A</b>
11:40-12:00 PM	<b>SARCOPENIA ACROSS SPECIES: A ONE HEALTH APPROACH</b> <i>Chair: Roger Fielding, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA (USA) Lisa Freeman, Cummings School of Veterinary Medicine, Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA (USA)</i>
12:00-12:40 PM	<b>LATE BREAKING COMMUNICATIONS</b>
12:00	<b>LB1 • Thigh and Calf Myosteatosis are Strongly Associated with Muscle and Physical Function in African Caribbean Men</b> <i>Adam J. Santanasto, PhD, MPH, University of Pittsburgh, Oakmont PA (USA)</i>
12:10	<b>LB2 • Evidence for cellular senescence in skeletal muscle aging</b> <i>Xu Zhang, Mayo Clinic, Rochester MN (USA)</i>
12:20	<b>LB3 • High intensity interval training (HIIT) enhances physical and cognitive performance and overall quality of life in older Veterans</b> <i>Kenneth L. Seldeen, University at Buffalo, New York Healthcare System, Buffalo, NY (USA)</i>
12:30	<b>LB4 • Out of Hospital Front of Mind: Virtual Hospital Model of Integrated Care for Frail Older Adults</b> <i>Michelle N Grinman, MD, FRCPC, MPH, Alberta Health Services, Alberta Health Services, Calgary Alberta (Canada)</i>
12:40-12:50 PM	<b>LIVE Q&amp;A OF ORAL COMMUNICATIONS LB5 TO LB8</b> <i>Moderators: Roger Fielding, PhD, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA (USA) and Michelle N Grinman, MD, FRCPC, MPH, Alberta Health Services, Alberta Health Services, Calgary Alberta (Canada)</i>
12:50 PM	<b>END OF CONFERENCE ADDRESS</b>
1:00- 2:00 PM	<b>LIVE CHAT WITH POSTER PRESENTERS IN THE VIRTUAL POSTER HALL • WITH ON DEMAND PRESENTERS IN THE PLATFORM</b>

**SYMPOSIUM 5: FRAILTY IN RHEUMATIC DISEASES: EVIDENCE TO DATE AND LESSONS LEARNED**

*Chair: Devyani Misra, MD, Beth Israel Deaconess Medical Center and Harvard Medical School, Boston, MA (USA)*

**• Frailty and Rheumatoid Arthritis**

*Katherine Wysham, MD, VA Puget Sound Health Care System and University of Washington, Seattle, WA (USA)*

**• Frailty and Systemic Lupus Erythematosus**

*Sarah Lieber, MD, Hospital for Special Surgery and Weill Cornell Medicine, New York, NY (USA)*

**• Frailty and Other Rheumatic Diseases**

*Sebastian Sattui, MD, University of Pittsburgh Medical Center, Pittsburgh, PA (USA)*

**ORAL COMMUNICATIONS**

**OC33 • Adverse muscle composition predicts all-cause mortality independent of functional performance level in the UK Biobank imaging study**

*Jennifer Linge, AMRA Medical, Linköping, Sweden*

**OC34 • A Phase 2, Randomized, Double-Blind, Placebo-Controlled Study in Japan to Investigate the Safety and Efficacy of Lomecel-B administration by Longeveron in patients with Aging Frailty: Study Design and Rationale**

*Kevin N. Ramdas, MD, Longeveron Inc., Miami, FL (USA)*

**OC35 • Lower-extremity Function Predicts Frailty Through Active Leisure Activities: A Longitudinal Mediation Analysis**

*Meng Zhao, PhD, Cheeloo College of Medicine, Shandong University, Jinan, Shandong (China)*

**OC36 • Differences in intrinsic capacity and biological profile according to longitudinal frailty trajectories in community-dwelling older adults**

*Emmanuel Gonzalez Bautista, MD, Toulouse University Hospital, Inserm CERPOP - UMR1295, Toulouse (France)*

**OC37 • Elemental age as a novel biomarker for senescence**

*Wei Gao, Sir Run Run Hospital, Nanjing Medical University, Nanjing (China)*

**OC38 • Lower Urinary Tract Symptoms and Incident Functional Limitations in Older Community-Dwelling Men**

*Scott R. Bauer, MD, UCSF and San Francisco VA Healthcare System, San Francisco, CA (USA)*

**OC39 • Adherence to a Mediterranean lifestyle and frailty occurrence in older adults: the Seniors-ENRICA-1 cohort**

*Fernando Rodriguez-Artalejo, MD, Universidad Autónoma de Madrid-IdiPaz, CIBERESP and IMDEA Food Institute, Madrid (Spain)*

**OC40 • The first ICOPE Remote Monitoring Platform in the Occitania region (France): organization and functioning**

*Neda Tavassoli, PharmD, PhD, Gerontopole, Toulouse University Hospital, Toulouse (France)*

**OC41 • Sex-specific association of social frailty with intrinsic capacity in community-dwelling older adults**

*FChi Hsien Huang MD, PhD, E-Da Hospital, Kaohsiung City, Taiwan (China)*

**OC42 • Age-specific Differences in Anthropometric, Motor and Neuropsychological Factors in Grip Strength**

*David Russ, PhD, University of South Florida, Tampa, FL (USA)*

**SYMPOSIUM 6: FRAILTY AND SARCOPENIA IN LONG COVID-19**

*Chairs: Riccardo Calvani, PhD and Emanuele Marzetti, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome, (Italy)*

**• Long COVID-19: facts and figures**

*Francesco Landi, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome, (Italy)*

**• Malnutrition and sarcopenia in long COVID-19**

*Matteo Tosato, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome, (Italy)*

**• Rationale and implementation of nutritional interventions for long COVID-19**

*Anna Picca, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome, (Italy)*



**ORAL COMMUNICATIONS**

**OC43 • Effects of preoperative frailty on outcomes following surgery among patients with gastrointestinal tumors: A systematic review and meta-analysis**

*Lingyu Ding MD, Nanjing Medical University, Nanjing (China)*

**OC44 • Association of Executive Function and Postural Stability in Community-Dwelling Older Adults: A Longitudinal Approach**

*Deena Fayyad, PhD, University of Michigan-Flint, Flint, MI (USA)*

**OC45 • Simple carbohydrate intake and higher risk for physical frailty over 15 years in community-dwelling older adults**

*Virginie Chuy, Bordeaux Population Health Research Centre U1219, Bordeaux (France)*

**OC46 • Weight Variability, Physical Functioning and Incident Disability in Older Adults**

*Katie McMenamin, Perelman School of Medicine at the University of Pennsylvania, Philadelphia, PA (USA)*

**OC47 • Evaluation of the value of the SarQoL® questionnaire in screening for sarcopenia**

*Olivier Bruyère PhD, University of Liège, Liège (Belgium)*

**OC48 • An electronic frailty index predicts in-hospital mortality in geriatric patients**

*Jonathan K. L. Mak, Karolinska Institutet, Stockholm (Sweden)*

**OC49 • Does sarcopenia influence frailty transitions?**

*Alejandro Álvarez-Bustos, Biomedical Research Center Network for Frailty and Healthy Ageing (CIBERFES), Madrid (Spain)*

**OC50 • Correcting for subcutaneous adipose tissue marginally improves the association between ultrasound echo intensity and magnetic resonance proton density fat fraction**

*Benjamin Rush, University of Wisconsin-Madison, Madison, WI (USA)*

**OC51 • Neurofilament-light chains (NF-L), a biomarker of neuronal damage, is increased in sarcopenic patients: results of the SarcoPhAge study**

*Aurélië Ladang, University Hospital of Liège, Liège (Belgium)*

**OC52 • Improvement in functional status at 2 years in pre-frail and frail older people with type 2 diabetes mellitus following a multimodal intervention-MIDFRAIL Clinical Trial**

*Olga Laosa Zafra, MD, PhD, CIBERFES - Institute of Biomedical Research, University Hospital of Getafe, Madrid (Spain)*

**SYMPOSIUM 7: TOWARD MICROWAVE-BASED ASSESSMENT FOR DIAGNOSIS AND MANAGEMENT OF SARCOPENIA**

*Chairs: Taco J. Blokhuis (Maastricht University Medical Center, Traumatology Department, 6229 HX Maastricht, The Netherlands)*

- **New techniques to assess muscle composition dynamically and the importance of pre-rehabilitation programs for improved outcomes in breast reconstructions and lymphoedema surgeries**

*Afsaneh Koochek PhD, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Uppsala, Sweden*

- **Transmission-based microwave sensor for sarcopenia diagnosis: preliminary phantom results**

*Paul Meaney PHD, School of Engineering, Dartmouth College, Hanover (USA)*

- **A non-invasive microwave-based in-vivo tissue-analysis tool for early diagnosis and management in sarcopenia: preliminary investigations in The Netherlands**

*Robin Augustine PHD, Uppsala University, (Sweden)*

**SYMPOSIUM 8: NEW FRAILTY PHENOTYPES IN SOUTHERN ITALIAN OLDER POPULATION**

*Francesco Panza, MD PhD - Unit of Research Methodology and Data Sciences for Population Health, National Research Institute of Gastroenterology "S. De Bellis", Castellana Grotte, Bari, Italy*

- **Nutritional Frailty, Multimorbidity, and All-cause Mortality: 8-year Follow-up of the Salus in Apulia Study**

*Dr. Roberta Zupo, Unit of Research Methodology and Data Sciences for Population Health, National Research Institute of Gastroenterology "S. De Bellis", Castellana Grotte, Bari, Italy*

- **Sensorial frailty: the link between Central and Peripheral Age-Related Hearing Loss and Different Frailty Phenotypes in an Older Population in Southern Italy**

*Dr. Rodolfo Sardone, Head of Unit of Research Methodology and Data Sciences for Population Health, National Research Institute of Gastroenterology "S. De Bellis", Castellana Grotte, Bari, Italy*

- **Liver Frailty, Multimorbidity and mortality in an older population of the Southern Italy**

*Dr. Iaria Bortone, Unit of Research Methodology and Data Sciences for Population Health, National Research Institute of Gastroenterology "S. De Bellis", Castellana Grotte, Bari, Italy*

**ORAL COMMUNICATIONS**

- OC53 • Modulating Drp1 expression is not a viable therapeutic target to counteract sarcopenia**

*Maud Dulac, Université du Québec à Montréal, Montréal, Québec (Canada)*

- OC54 • Socioeconomic Position and Risk of Sarcopenia in Community-dwelling Older Adults: Findings from the English Longitudinal Study of Ageing**

*Lauren Swan, School of Medicine, Trinity College, Dublin (Ireland)*

- OC55 • Effects of body composition on longitudinal grip strength in cardiovascular disease patients from the UK BioBank**

*Fayeza Ahmad, McGill University, Montréal, Québec (Canada)*

- OC56 • The impact of a live online exercise training program on older adults' levels of physical activity: a pilot RCT**

*Giulia Coletta, McMaster University, Hamilton, Ontario (Canada)*

- OC57 • Osteosarcopenia predicts mortality in older adults with severe aortic stenosis undergoing transcatheter valve replacement**

*Pablo Solla Suárez, MD, Jewish General Hospital, McGill University, Montréal, Québec (Canada)*

- OC58 • Study Design and Rationale for HERA: a Phase I/II study evaluating the effects of Intravenous Delivery of Lomecel-B on Vaccine-Specific Antibody Responses in Subjects with Aging Frailty**

*AKevin N. Ramdas, MD, Longeveron Inc., Miami, FL (USA)*

- LB5 • The diet quality and nutrition inadequacy of pre-frail older adults in New Zealand: Staying UPright and Eating Well Research, SUPER Study**

*Ruth Teh, University of Auckland (New Zealand)*

- LB6 • ARNT regulates muscular adaptation to exercise**

*Yori Endo - Harvard Medical School, Brigham and Women's Hospital, Boston (USA)*

- LB7 • Ratio of Appendicular Muscle Mass to Total Body Fat Predicts Adverse Outcomes of Older Adults: A Potential Biomarker of Sarcopenic Obesity**

*Pei-Chin Yu, Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, (Taiwan)*

- LB8 • OPA1 orchestrates precocious senescence, degeneration of multiple organs, and premature death through inflammation and metabolic changes**

*Caterina Tezze, University of Padua, Padova (Italia)*

**SYMPOSIUM 9: COVID-19 & DECONDITIONING IN OLDER ADULTS:  
EXERCISE AS SOLUTION FROM CLINIC TO COMMUNITY SETTING**

*Chair: Mylène Aubertin-Leheudre; Institut universitaire de gériatrie de Montréal (IUGM), CIUSSS du Centre-Sud-de-l'Île-de-Montréal, Montreal (Canada)*

• **Implementing physical activity programs in hospitalized positive covid-19 older adults: a feasibility study**

*Yves Rolland, MD, PhD, Gerontopole, Toulouse University Hospital, Toulouse (France)*

• **Prevention of Isolation-Related Mobility Loss in Independent Older Adults using a Remote Physical Activity: a solution during the COVID-19 pandemic?**

*Mylène Aubertin-Leheudre; Institut universitaire de gériatrie de Montréal (IUGM), CIUSSS du Centre-Sud-de-l'Île-de-Montréal, Montreal (Canada)*

• **Physical Exercises at Home a solution to counteract the impacts of COVID-19 restrictions on functional status and mobility among community-dwelling pre-disabled seniors?**

*Fanny Buckinx, Institut universitaire de gériatrie de Montréal (IUGM), CIUSSS du Centre-Sud-de-l'Île-de-Montréal, Montreal (Canada)*

**ORAL COMMUNICATIONS**

**OC59 • Exploring early detection of frailty syndrome in older adults: evaluation of biomarkers, clinical parameters and modifiable risk factors**

*Armanda Teixeira-Gomes, MD, EPIUnit - Epidemiology Research Unit, Institute of Public Health, University of Porto, Porto (Portugal)*

**OC60 • Cognitive impairment predicts sarcopenia after nine years in older community-dwelling Brazilian**

*Gabriela Cabett Cipolli, PhD, State University of Campinas, Campinas, Sao Paulo (Brazil)*

**OC61 • Predictors and Functional Consequences of Long-COVID in Hospitalized Patients: A Prospective Cohort Study**

*Márlon Juliano Romero Aliberti, MD, PhD, University of Sao Paulo Medical School and Research Institute, Hospital Sirio-Libanês, Sao Paulo (Brazil)*

**OC62 • Computed tomography internal calibration for muscle density analysis of critical care patients**

*Ainsley C.J. Smith, University of Calgary, Alberta (Canada)*

**OC63 • Association of neutrophil-to-lymphocyte (NLR) ratio with in-hospital mortality according to frailty status in older veterans hospitalized with COVID-19 infection**

*Marlena Fernandez, MD, Miami VAHS Geriatric Research, Education and Clinical Center (GRECC), Miami, FL (USA)*

**LB9 • The Outcomes from Cardiopulmonary Resuscitation in Adults Living with Frailty: a Systematic Review and Meta-analysis**

*Joseph Hamlyn, University of Birmingham, Oxford (UK)*

**LB10 • Handgrip strength, but not SARC-F score, predicts cognitive impairment in older adults in primary care settings**

*Paul KM Poon, Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong ( Hong Kong)*

**LB11 • Effect of vitamin d levels on 30-day mortality in older adults hospitalized with covid-19 according to frailty status**

*Sanaa Badour MD, MSc, University of Miami/ Jackson Health System, Miami Florida (USA)*

**LB12 • Differential moderation of ApoE and 5-HTTLPR genotypes over social vulnerability in predicting mortality among community-dwelling middle-aged and older adults: a nationwide population-based study**

*Hsin-Yu Liu MD, MPH, Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, Taipei (Taiwan)*

**LB13 • Sarcopenia in community-dwelling older adults at risk of malnutrition: Prevalence and associated factors**

*Siew Ling Tey, Abbott Nutrition Research and Development, Singapore (Singapore)*