PLENARY SESSION: Column Room + Chapel Room

8:30-8:40 WELCOME
Carole Delga (President of the Occitania Region), Marc Penaud (General Director CHU de Toulouse), Bruno Vellas(Toulouse, France), Roger Fielding (Boston, USA), Matteo Césari (Milano, Italy),

8:40-8:50 PRESENTATION OF THE ICFSR LIFETIME ACHIEVEMENT AWARD Presented by Roger Fielding (Boston, USA)
Luigi Ferrucci, MD, PhD, National Institute of Aging, Baltimore (USA)
recipient of the ICFSR Lifetime Achievement Award for his contribution to Aging and Frailty Research

8:50-9:10 KEYNOTE 1 Moderator: Roger Fielding (Boston, USA)
AGING BIOMARKERS AND GEROSCIENCE DISCOVERY WHERE WE ARE AND WHERE WE MUST GO
Luigi Ferrucci, National Institute of Aging, Baltimore (USA)

9:10-9:30 KEYNOTE 2 Moderator: Bruno Vellas(Toulouse, France)
EFFECTS OF INTERMITTENT FASTING ON HEALTH, AGING, AND DISEASE
Rafael de Cabo, National Institute of Health, Baltimore (USA)

9:30-9:45 CONFERENCE 1 Moderator: Bruno Vellas(Toulouse, France)
THE SENESCENCE-ASSOCIATED SECRETOME AS A BIOMARKER OF AGE AND MEDICAL RISK

9:45-10:30 SYMPOSIUM 1
THE SPRING STUDY: CHARACTERIZING RESILIENCE AND FRAILTY TO PHYSICAL STRESSORS USING A DYNAMICAL PHYSIOLOGICAL SYSTEMS APPROACH
Moderator: Karen Bandeen-Roche, PhD, Johns Hopkins University, Baltimore, (USA)
• The Measurement of Physical Resiliencies: Conceptualization and Study Design
Karen Bandeen-Roche, PhD, Biostatistics, Johns Hopkins University, Baltimore, (USA)
• Physical Resiliencies in Three Major Clinical Stressors
Jeremy Walston, MD, Geriatric Medicine and Gerontology, Johns Hopkins University, Baltimore, (USA)
• Do Dynamical System Measures at Baseline Predict Responses to Clinical Stressors?
  Findings from Pilot Studies of Physical Resilience and Aging
Ravi Varadhan, PhD, Oncology Biostatistics, Johns Hopkins University, Baltimore, (USA)

10:30-11:00 COFFEE BREAK POSTER SESSION

BALLROOM 1: Column Room

11:00-11:15 KEYNOTE 3
THE INSPIRE GEROSCIENCE PLATFORM FOR TRANSLATIONAL GERIATRIC MEDICINE RESEARCH FROM INTRINSIC CAPACITIES TO BIOLOGICAL AGE
Bruno Vellas, MD, PhD, Chairman of the Toulouse Gerontopole, University of Toulouse (France)

11:15-11:20 PRESENTATION OF THE IANA LIFETIME ACHIEVEMENT AWARD
Presented by Professor Alan Sinclair (UK)
John Morley MD, PhD, St Louis University, Saint Louis (USA)
in recognition his contribution to aging and Nutrition Research

BALLROOM 2: Chapel Room

11:00-11:45 SYMPOSIUM 2
SARCOPENIA AND NEUROSCIENCE: A FAILURE TO COMMUNICATE
Moderator: Stephen B. Kritchevsky, Ph.D., Sticht Center for Healthy Aging and Alzheimer’s Prevention, Wake Forest School of Medicine, Winston Salem, NC, USA
• Welcome and Introductory Comments
Stephen B. Kritchevsky, Ph.D., Sticht Center for Healthy Aging and Alzheimer’s Prevention, Wake Forest School (USA)
• Sarcopenia? Dynapenia: Reflecting back on the last decade
Brian C. Clark, PhD, Ohio Musculoskeletal and Neurological Institute (OMNI), Ohio University, Athens, OH, (USA)
• Get a grip: individual variations in grip strength are a marker of brain health
Richard G. Carson, PhD, Trinity College Institute of Neuroscience & School of Psychology, Trinity College Dublin, Dublin (Ireland)
11:20-11:50  PANEL DISCUSSION 1
THE GLIM CRITERIA FOR MALNUTRITION ARE THEY RELEVANT FOR THE FRAIL AND SARCOPENIC INDIVIDUAL?
Moderator: Jurgen Bauer, University of Heidelberg, Heidelberg, Germany
THE EVOLVING MALNUTRITION DIAGNOSIS: A PRESENTATION OF THE GLIM CONCEPT
Tommy Cederholm, University of Uppsala, Uppsala, Sweden
Discussion: Hidenori Arai, University of Kyoto, Kyoto, (Japan)
Alfonso Cruz-Jentoft, University Hospital Ramon y Cajal, Madrid, (Spain)
John Morley, Saint Louis University, Saint Louis, (USA)
Yves Rolland, CHU of Toulouse, (France)

11:50-12:05  CONFERENCE 2
FRAILTY AND CARDIOVASCULAR DISEASE (CVD): A COMPLEX RELATIONSHIP
Nicola Veronese, Consiglio Nazionale delle Ricerche, Padova (Italy)

12:05-12:20  CONFERENCE 3
FRAILTY AND ITS ASSOCIATION WITH POTENTIAL BIOMARKERS AT BASELINE FIRST RESULTS FROM DO-HEALTH
Michael Gagesch, MD (1,2), Patricia Chocano-Bedoya, MD PhD (1,2), Reto W. Kressig, MD (3), Bruno Vellas, MD (4), René Rizzoli, MD5, Heike A. Bischoff-Ferrari, MDDrPH(1,2) for the DO-HEALTH investigators (1) Dept of Geriatrics and Aging Research, University Hospital Zurich and University of Zurich, Zurich, Switzerland (2) Centre on Aging and Mobility, University of Zurich, Zurich, Switzerland (3) University of Basel, Switzerland (4) Felix Platter Hospital, Basel, Switzerland (5) Gerontopôle, University of Toulouse, France (6) University of Geneva, (Switzerland)

12:20-12:30  ORAL COMMUNICATION 1
SARA PROGRAM: PRELIMINARY FINDINGS & IMPLICATIONS FROM SARA-OBS STUDY AND ITS IMPACT ON SARA-INT STUDY
Waly Dioh, PhD(1), Cendrine Tourette, PhD (1), Carole Margalef, BS(1), Amy Chen, PhD(2), René Lafont, PhD (1,3), Pierre Dilda, PhD (1), Stanislas Veillet, PhD (1), and Samuel Agus, MD (2) - (1) Biophytis, Sorbonne Université-Paris, France (2) Biophytis, Cambridge, MA CNRS Institute de Biologie Paris Seine (BIOSIPE), Paris, (France)

12:30-1:30  LUNCH INDUSTRY SYMPOSIUM  hosted by ABBOTT NUTRITION
INTERPLAY BETWEEN NUTRITIONAL STATUS, SARCOPENIA AND FRAILTY: ROLE OF SPECIALIZED NUTRITION IN IMPROVING CLINICAL OUTCOMES
Moderator: Ricardo Rueda, MD, PhD, Abbott Nutrition, Granada, Spain
- Interplay between malnutrition and frailty
Léocadio Rodriguez Manas, MD, PhD, Hospital Universitario de Getafe, Spain
- Nutritional interventions to address muscle dysfunction
Philip J. Atherton, PhD, AFHEA- University of Nottingham, Royal Derby Hospital, UK

1:30-2:00  POSTER SESSION
**BALLROOM 1: Column Room**

**2:00-2:45 SYMPOSIUM 3**

**PRIMARY CARE APPROACH TO GERIATRIC ASSESSMENT, FRAILTY AND SARCOPENIA**

*Moderator: John Morley, MD, PhD, Saint Louis University (USA)*

- Primary Care approach to frailty and sarcopenia
  
  **Jean Woo**, The Chinese University of Hong Kong (China)

- The Rapid Geriatric Assessment: a Tool for Primary Care Physicians
  
  **John Morley**, MD, PhD, Saint Louis University (USA)

- The Utility of Rapid Geriatric Assessment App to Identify Unmet Needs of Older Adults in Primary Care
  
  **Reshma A Merchant**, National University Health System, National University of Singapore (Singapore)

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**2:45-3:00 CONFERENCE 5**

**NIH MOLECULAR TRANSDUCERS OF PHYSICAL ACTIVITY CONSORTIUM (MOTRPAC) PROGRESS**

*Lyndon Joseph, PhD, National Institute on Aging, Bethesda Maryland (USA)*

**3:00-3:15 CONFERENCE 6**

**ADAPTATION AND VALIDATION OF A SCALE TO ASSESS INTRINSIC CAPACITY IN MEXICAN COMMUNITY-DWELLING ELDERLY ADULTS**

*Luis Miguel Gutiérrez-Robledo MD, PhD - Rosa Estela Garcia-Chanes PhD, Oscar Rosas-Carrasco MD-Instituto Geriatría, (México)*

**3:15-3:30 CONFERENCE 7**

**EFFECTS OF A BLENDED HOME-BASED EXERCISE PROGRAM AND DIETARY PROTEIN INTERVENTION ON PHYSICAL PERFORMANCE IN COMMUNITY-DWELLING OLDER ADULTS: RESULTS FROM THE VITAMIN CRCT**

*Jantine van den Helder MS (1,2,) Sumit Mehra MS (3,4), Carline van Dronkelaar MS (1), Gerben ter Riet MD PhD (1), Michael Tieland PhD (1), Bart Visser PhD (1), Ben J.A. Kröse PhD (3,5), Raoul H.H. Engelbert PhD (1,6), Peter J.M. Weij PhD (1,7,8), (1) Center of Expertise Urban Vitality, University of Applied Sciences, (2)Amsterdam University Medical Centers, VU University, Movement Sciences, (3) CREATE-IT Applied Research, University of Applied Sciences, (4)Faculty of Applied Social Sciences and Law, Amsterdam University of Applied Sciences, (5) Informatics Institute, University of Amsterdam, (6) Department of Rehabilitation, Amsterdam University Medical Centers, (7) Department of Nutrition and Dietetics, Amsterdam University Medical Centers, VU University, (8) Amsterdam Public Health research institute, Amsterdam University Medical Centers, VU University, Amsterdam, (The Netherlands)*

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**3:30-4:00 COFFEE BREAK**

**POSTER SESSION**

**BALLROOM 2: Chapel Room**

**2:00-2:45 SYMPOSIUM 4**

**NOVEL BIOMARKERS AT THE INTERSECTION OF FRAILTY AND ALZHEIMER’S DISEASE**

*Jeremy D. Walston, MD Johns Hopkins University (USA)*

- Nuclear factor–kappa B-mediated (NFκB) related inflammatory markers and cognitive impairment
  
  **Esther Oh** MD, PhD, Johns Hopkins University (USA)

- Circulating cell-free DNA is associated with faster rates of cognitive decline and worsening physical measures over time
  
  **Lolita Nidadavolu**, MD, PhD, Johns Hopkins University (USA)

- Angiotensin system and the intersection of frailty and Alzheimer’s disease
  
  **Peter Abadir**, MD, Johns Hopkins University (USA)

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**2:45-3:00 CONFERENCE 8**

**DEVELOPMENT OF A NEW DEVICE FOR ASSESSMENT OF WIDE CROSS-SECTIONAL AREAS OF THE THIGH MUSCLE**

*Yasumoto Matsui, MD, PhD, Center for Frailty and Locomotive Syndrome, National Center for Geriatrics and Gerontology (Japan)*

**3:00-3:15 CONFERENCE 9**

**THE GERIATRIC FRAILTY CLINIC IN TOULOUSE: PRESENTATION AND DESCRIPTIVE ANALYSIS OF 5000 PATIENTS**

*Sandrine Sourdet MD, Zarine Steinmeyer MD, Anne Ghisolfi MD, Thomas Genar MD, Bruno Chicoulaa MD, Bruno Vellas, MD PhD - Gérontopôle, Department of Internal Medicine and Geriatrics, Toulouse University Hospital, (France)*

**3:15-3:30 CONFERENCE 10**

**IMPLEMENTING EXERCISE THROUGHOUT HOSPITALIZATION TO COUNTERACT MUSCLE & FUNCTION DECLINE**

*Mylène Aubertin-Leheudre, PhD, UQAM, Montreal (Canada)*

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**SYMPOSIUM 5**

REVISED ASIAN CONSENSUS ON SARCOPENIA DIAGNOSIS - AWGS 2019

Moderators: Liang-Kung Chen, Professor of National Yang Ming University, (Taiwan), Chang Won Won (Korea)

- Revision of the Diagnostic Criteria for Sarcopenia in Asia - AWGS2019
- Case finding process and its evidence
- Li-Ning Peng, Taipei Veterans General Hospital, (Taiwan)
- Revised cutoffs of muscle mass, grip strength, and gait speed for Asian older adults
- Tung-Wei Auyeung, Chinese University of Hong Kong, (China)

Moderators: Hidenori Arai (Japan), John A Batsis (USA)

**4:45-4:55**

**ORAL COMMUNICATION 5**

INCIDENT COGNITIVE DECLINE IN SARCOPENIC OBESITY: DATA FROM THE NATIONAL HEALTH AND AGING TRENDS SURVEY

John A. Batsis, MD (1,2,3), Christian Haudenschild (1,3), Robert M. Roth, PhD (1), Meredith Roderka, BS (2), Travis Masterson, PhD (1), John Brand, PhD (1), Tyler Gooding, BA (2), Matthew C. Lohman, PhD (5), Todd A. Mackenzie, PhD (1,2,3) - Geisel School of Medicine at Dartmouth, Hanover, New Hampshire, USA - (2)Department of Medicine, Dartmouth Hitchcock Medical Center, Lebanon, New Hampshire, USA - (3)The Dartmouth Institute for Health Policy, Lebanon, New Hampshire, USA - (4) Neuropsychology Program, Department of Psychiatry, Dartmouth-Hitchcock - (5) University of South Carolina, Dept of Epidemiology and Biostatistics, Columbia, SC (USA)

**4:55-5:05**

**ORAL COMMUNICATION 6**

RELATIONSHIP OF INTRACELLULAR WATER WITH MUSCLE STRENGTH, FUNCTIONAL PERFORMANCE AND FRAILTY IN AGED POPULATION. ANALYSES IN TWO INDEPENDENT POPULATION-BASED SAMPLES

Mateu Serra-Prat, PhD (1), Isabel Lorenzo (1), Mateu Cabré (2), Emili Burdoy (3), Maria Bartolomé (3), Mónica Papiol (3) - (1)Research Unit. Consorci Sanitari del Maresme. (2) Internal Medicine Department. Hospital of Mataró. Consorci Sanitari del Maresme. (3) Primary Care Department. Consorci Sanitari del Maresme (Spain)

**4:00-4:45**

**SYMPOSIUM 6**

SCREENING AND ASSESSMENT FOR FRAILTY IN PRIMARY CARE

Moderator: Solomon Yu, National Health and Medical Research Council Centre of Research Excellence in Frailty and Healthy Ageing, (Australia)

- Utilisation Of General Practice Health Assessments Around An Aged Care Assessment Is Associated With Lower Mortality Risk In Older Australians
- Visvanathan R, National Health and Medical Research Council Centre of Research Excellence in Frailty and Healthy Ageing, (Australia)
- FRAIL Scale: Predictive Validity and Diagnostic Test Accuracy
- Thompson MQ, National Health and Medical Research Council Centre of Research Excellence in Frailty and Healthy Ageing, (Australia)
- The Pictorial Fit-Frail Scale (PFFS) Malay Version: Validity and Reliability Testing in Malaysia
- Ahip SS, National Health and Medical Research Council Centre of Research Excellence in Frailty and Healthy Ageing, (Australia)

Moderators: Debra L. Waters (USA)

**4:45-4:55**

**ORAL COMMUNICATION 7**

ASSOCIATION OF MUSCLE AND METABOLIC BIOMARKERS WITH TRANSITIONS IN GAIT SPEED AND COGNITIVE STATUS IN OLDER ADULTS.

Debra L. Waters, (1,2), Lara Vlitestra (3), John E. Morley (4), Bruno Vellas (5) - (1) Dept of Medicine and School of Physiotherapy, University of Otago, Dunedin, New Zealand, (2) Dept of Internal Medicine, (2) University of New Mexico School of Medicine, Albuquerque, NM, (3) Dept of Medicine, University of Otago, Dunedin, New Zealand, (4) Division of Geriatric Medicine, Saint Louis University, St. Louis, MO, (5) Dept of Internal and Geriatrics Medicine, Gerontopole, CHU de Toulouse, UMR 1027 INSERM, (France)

**4:55-5:05**

**ORAL COMMUNICATION 8**

THE APPLICATION OF DIFFERENT SARCOPENIA CUTOFF POINTS IN CHINESE OLDER PEOPLE: A CROSS-SECTIONAL OBSERVATIONAL STUDY

Qin Du, PhD (1), W Chen, MD (2), S Ge, MD (3), X Zhao, PhD, MD - (1) Abbott Nutrition Research and Development, Shanghai, China, (2) Peking Union Medical College Hospital, Beijing, China, (3) The Sixth People’s Hospital, Shanghai Jiaotong University, (China)

**5:05-5:45**

**THE MNA® MINI NUTRITIONAL ASSESSMENT 25 YEARS ANNIVERSARY**

Moderator: Bruno Vellas, MD, PhD, Chairman of the Toulouse Gerontopole, University of Toulouse (France)

- The MNA®: What we have learned over 25 years
- Bruno Vellas, MD, PhD, Chairman of the Toulouse Gerontopole, University of Toulouse (France)
- Relationship between the MNA® and Health expenditure in the elderly
- Pedro Abizanda, Head of the Geriatrics Department at the Complejo Hospitalario Universitario de Albacete, Albacete (Spain)

**6:30-9:00**

**MNA COCKTAIL RECEPTION**

Activity sponsored by Nestlé Health Sciences

Fondation Bemberg • Hôtel D’Assézat • Place d’Assezat, 31000 Toulouse

This 16th century private house has been renovated and is now hosting the Bemberg Foundation. Tour the permanent collection of ancient and modern art pieces before enjoying a cocktail networking reception in the old kitchens.
9:00-9:45  SYMPOSIUM 7
TRYPHTOPHAN METABOLISM LINKS CHRONIC INFLAMMATION TO FUNCTIONAL DECLINE & PHYSICAL FRAILTY
Moderator: Jeremy Walston, MD, Johns Hopkins University School of Medicine, Baltimore, MD (USA)
• Altered Tryptophan Metabolism Links Chronic Inflammation to Functional Decline & Physical Frailty in Mice and Humans
Reyhan Westbrook, PhD, Johns Hopkins University School of Medicine, Baltimore, MD (USA)
• Neurotoxic Kynurenines are Linked to Reduced Neuromuscular Connectivity in a Mouse Model of Chronic Inflammation and Frailty
Tae Chung, MD, Johns Hopkins University School of Medicine, Baltimore, MD (USA)
• Effects of tryptophan degradation pathway blockade on age-related decline in physical performance and life span of Drosophila melanogaster
Mariani M. Gabrawy, PhD, Johns Hopkins University School of Medicine, Baltimore, MD (USA)

9:45-10:05  KEYNOTE 4
MAINTAINING MOBILITY IN OLD AGE
Peggy Cawthon, PhD, University of California, Berkeley, San Francisco, CA (USA)

10:05-10:20  CONFERENCE 11
PROGRESSION OF PHYSICAL FRAILTY AND THE RISK OF ALL-CAUSE MORTALITY IN THE US NATIONAL HEALTH AND AGING TRENDS STUDY: IS THERE A POINT OF NO RETURN?
Qian-Li Xue, PhD, Johns Hopkins University School of Medicine Division of Geriatric Medicine and Gerontology & Johns Hopkins Center on Aging and Health, Baltimore, Maryland, USA - Karen Bandeen-Roche, PhD (1,2), Jing Tian, MS (1,2), Judith D. Kasper PhD (3), Linda P. Fried, MD, MPH (4) (1) Center on Aging and Health, Johns Hopkins Medical Institutions, Baltimore, MD, USA (2) Department of Biostatistics, Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, USA (3) Dept of Health Policy and Management, Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, USA (4) Mailman School of Public Health, Columbia University, New York, NY, USA

10:20-10:30  ORAL COMMUNICATION 9
PARKIN, A NEW THERAPEUTIC TARGET TO COUNTER SARCOPENIA AND SEPSIS-INDUCED MUSCLE WASTING?
Gilles Gouspillou (1 2 3 4), JP Leduc-Gaudet (1,2,3), O Reynaud (1, 2), E F Broering (3), D Mayaki (3), S NA Hussain (3,4) - (1) Dept de Sciences de l’activité physique, Faculté des Sciences, UQAM, Canada, (2) Groupe de recherche en Activité Physique Adaptée, Canada, (3) Dept of Medicine and Division of Experimental Medicine, McGill University, Canada, (4) Research Institute of the McGill University Health Centre, Canada, (5) Centre de Recherche de l’Institut Universitaire de Gériatricie de Montréal, Québec, (Canada)

9:00 - 9:15  CONFERENCE 12
HOW CAN THE MICROBIOME PLAY A ROLE IN MUSCLE FUNCTIONALITY?
Anton De Spiegeleer, MD (1,2,3), - D Elewaut, MD, PhD (3) - N Van Den Noortgate, MD, PhD (1), Y Janssens, (2) N Debuin, (2), S Van Langenhove,(2) S Govindarajan, PhD (3) B De Spiegeleer, PhD (2) E Wynendaele, PhD (2) (1) Dept of Geriatrics, Faculty of Medicine and Health Sciences, Ghent University Hospital, Ghent, (2) Drug Quality and Registration (DruQuaR) group, Faculty of Pharmaceutical Sciences, Ghent University, (3) Unit for Molecular Immunology and Inflammation, VIB-Center for Inflammation Research, Ghent, (Belgium)

9:15-9:30  CONFERENCE 13
IL-15R IS RESPONSIBLE FOR TRANSLLOCATION OF IL-15, ANABOLIC MYOKINE, ONTO THE SKELETAL MUSCLE CELL MEMBRANE WHICH IS REQUIRED FOR IL-15 SECRETION
Taku Fujimoto(1), K Sugimoto (1), T Takahashi (1,2), Y Yasunobe (1), K Xie(1), M Tanaka (1,2,3), Y Onishi (1), S Yoshida (1), H Kurinami(1), H Akasaka (1), H Rakugi (1) (1) Dept of Geriatric and General Medicine, Graduate School of Medicine, Osaka University, Japan (2) Depts of Medicine and Physiology, University of Toronto, Canada (3) Dept of Rehabilitation Science, Graduate School of Health Sciences, Kobe University, Japan (4) Dept of Rehabilitation Science, Osaka Health Science University, (Japan)

9:30 -9:40  ORAL COMMUNICATION 10
SARCOPENIA PREVENTION BY CALORIC RESTRICTION IN RHESUS MONKEYS: MOLECULAR AND FUNCTIONAL NETWORKS
Timothy W. Rhoads, Josef P. Clark, Ricki J. Colman, Rozalyn M. Anderson, University of Wisconsin, Madison, WI (USA)

9:40 -9:50  ORAL COMMUNICATION 11
FIBER TYPE 2 ATROPHY IS ASSOCIATED WITH SARCOPENIA IN HIP FRACTURE PATIENTS
Fabiana Tanganelli (1), L Baber (1), S Jarmsch (1), F Hofmeister (1), C Neuerburg (3), S Mehaffey (3), S Hintze (2), P Meinke (2), U Ferrari (1), B Schoser (2), MDrey (1) - (1) Geriatrics, Department of Medicine IV, University Hospital, LMU Munich (2) Friedrich-Baur Institute at the Dept of Neurology, University Hospital, LMU Munich - (3) Dept of General, Trauma and Reconstructive Surgery, University Hospital, LMU Munich (Germany)

9:50-10:00  ORAL COMMUNICATION 12
PRECLINICAL EVALUATION OF AN ARTIFICIAL INTELLIGENCE DISCOVERED PEPTIDE NETWORK FOR MUSCLE HEALTH
Roi Cal, Heidi Davis, Alish Kerr, Ian Holyer and Nora Khaldi. Nuritas, Dublin (Ireland)

9:00 -10:00  ORAL COMMUNICATION 13
AGE-ASSOCIATED SEM CELL EXHAUSTION PROMOTES FRAILTY
Ander Matheu, Leire Moreno-Cugnon, Miren Revuelta, Manuel Moreno-Valladares, Alex Arrieta Cellular Oncology Laboratory, Biodonostia Institute, San Sebastian, (Spain)
10:30-11:00  COFFEE BREAK POSTER SESSION

11:00-11:20  KEYNOTE 5 Moderator: Sandrine Andrieu (France) NUTRITION, GEROSCIENCES AND AGE-RELATED DISEASES Roger Fielding PhD, Tufts University, Boston, MA (USA)

11:20-11:50  PANEL DISCUSSION 2 FOCUS: THE FRAILTY OUTCOMES CONSENSUS PROJECT - REACHING GLOBAL CONSENSUS ON COMMON DATA ELEMENTS AND CORE OUTCOME MEASURES FOR FRAILTY Moderator: John Muscedere MD FRCPC, Canadian Frailty Network Queen’s University, Kingston (Canada)
• The need for common data elements and core outcome measures for frailty
  Leocadio Rodriguez Manas; Hospital Universitario de Getafe (Spain)
• Preliminary results from FOCUS: The Frailty Outcomes Consensus Project
  John Muscedere Queen’s University, Kingston (Canada)

11:50-12:05  CONFERENCE 14 INTERACTIONS BETWEEN DIETARY PROTEIN AND AUTOPHAGY IN AGED SKELETAL MUSCLE Gabriele Civiletto(1), Claire Regard (1), Philipp Gut (1) Jerome N. Feige(1,2) - (1)- Nestle Research, EPFL Innovation Park, Lausanne, Switzerland - (2) School of Life Sciences, Ecole Polytechnique Lausanne (EPFL), Lausanne, Switzerland

12:05-12:20  CONFERENCE 15 GERAS DANCE (DANCING FOR COGNITION & EXERCISE) IMPROVES PHYSICAL PERFORMANCE IN OLDER ADULTS WITH FRAILTY Courtney C. Kennedy PhD (1), Patricia Hevstven PhD (1), George Ioannidis PhD (1), Bonaventure Egbojue MD (1), Genevieve Hladysch MAL (2), Dafna Merom PhD (3), Sharon Marr MD (1), Christopher Patterson MD (1), Ahmed Negm PhD (1), Alexandra Papuaounou MD (1,4) (1) Dept. Medicine, Division of Geriatrics, McMaster University, Hamilton, ON, Canada (2) YMCA of Hamilton/Burlington/Brantford, ON, Canada (3) University of Western Sydney, School Of Science And Health, New South Wales, Australia (4) Dept. of Health Research Methods, Evidence, and Impact (HEI), McMaster University, Hamilton, ON, (Canada)

10:10-10:20  ORAL COMMUNICATION 14 CELLULAR SENESCENCE AND CHRONOLOGICAL AGE IN VARIOUS HUMAN TISSUES: A SYSTEMATIC REVIEW AND META-ANALYSIS C.S.L. Tuttle (1) M.E.C. Waaijer (2) M.S. Slee-Valentijn (3) T. Stijnen (4) R.G.J. Westendorp (5) A.B. Maier (1,6) (1) Dept of Medicine and Aged Care, Royal Melbourne Hospital, University of Melbourne, Victoria, Australia. (2)Department of Gerontology and Geriatrics, Leiden University Medical Center, Leiden, the Netherlands. (3)Geriatric Rehabilitation, Cordaan, Amsterdam, the Netherlands. (4) Department of Biomedical Data Sciences, Leiden University Medical Center, Leiden, the Netherlands. (5)Department of Public Health and Centre for Healthy Ageing, University of Copenhagen, Copenhagen, Denmark. (6) Faculty of Behavioural and Movement Sciences, Department of Human Movement Sciences, Vrije Universiteit, Amsterdam Movement Sciences, Amsterdam, (the Netherlands)

10:20-10:30  ORAL COMMUNICATION 15 UTILIZING THE PARABIOSIS-DETACHMENT MODEL TO INVESTIGATE LASTING EFFECTS OF HETEROCHRONIC PARABIOSIS David E. Lee, Akshay Bareja, Lauren H. Katz and James P. White Duke University Medical Center, Durham, NC, (USA)

11:00-11:45  SYMPOSIUM 8 PROTEIN + EXERCISE INTERVENTIONS IN DIFFERENT POPULATIONS OF OLDER ADULTS Moderator: Lisette de Groot, Wageningen University (the Netherlands)
• Effectiveness of a combined diet and resistance exercise intervention on muscle health for community-dwelling older adults: ProMuscle in Practice study
  Berber Dorhout, Wageningen University (the Netherlands)
• A combined nutrition and exercise intervention improves nutritional status and bone health of healthy Chinese middle-aged and older adults
  Inge Groenendijk, Wageningen University (the Netherlands)
• A 4-week exercise and protein prehabilitation program improves muscle mass and physical functioning in Dutch older adults
  Pol Grootswagers, Wageningen University (the Netherlands)

11:45-11:55  ORAL COMMUNICATION 16 PREVALENCE OF SARCOPENIA IN A NORTHERN SCANDINAVIAN POPULATION ACCORDING TO UPDATED EWGSOP2 THRESHOLDS FOR UPPER-BODY OR LOWER-BODY STRENGTH: THE TROMSO STUDY Jonas Johansson, PhD(1), Bjørn Heine Strand, PhD(3), Bente Morseth, PhD(2), Laila Hopstock, PhD(1), Sameline Grimsaard, PhD(1) (1) Dept of Community Medicine,UiT The Arctic University of Norway, Tromsø, Norway (2) School of Sport Sciences,UiT The Arctic University of Norway, Tromsø, Norway (3) Norwegian Institute of Public Health, Oslo, (Norway)
12:20- 12:30  **ORAL COMMUNICATION 17**
THE EFFECT OF EXERCISE ON ACTIVITIES OF DAILY LIFE AND QUALITY OF LIFE IN FRAIL OLDER ADULTS: A SYSTEMATIC REVIEW
Evan Campbell, PhD (1), Fanny Petermann-Rocha MSc (2,3), Paul Welsh, PhD (3), Carlos Celis-Morales, PhD (2,3) and Stuart R Gray, PhD (3)
(1) Healthcare Improvement Scotland, NHS Scotland (2) Institute of Health and Wellbeing, University of Glasgow, Glasgow, UK (3) British Heart Foundation Glasgow Cardiovascular Research Centre, Institute of Cardiovascular and Medical Science, University of Glasgow, Glasgow, (UK)

11:55-12:05  **ORAL COMMUNICATION 18**
WALK SPEED AND MUSCLE MASS ESTIMATED BY THE D3-CREATINE DILUTION METHOD ARE IMPORTANT COMPONENTS OF SARCOPENIA ASSOCIATED WITH INCIDENT MOBILITY DISABILITY IN OLDER MEN: A CLASSIFICATION AND REGRESSION TREE ANALYSIS.
Jesse Zanker, MBBS, MPHTM(1), T Blackwell, MA(2), S Patel, MS(2), K. Duchowny, MPH, PhD(2,3), S Brennan-Olsen, PhD(1), S R. Cummings, MD(2,3) W J. Evans, PhD(4,5) E S. Orwell, MD(6) D Scott, PhD(1,7) SVogrin, MBBS, MBiostat(1) G Duque, MD, PhD(1) P M. Cawthon, MPH, PhD(2,3)
(1) Dept of Medicine-Western Health, University of Melbourne ; Australian Institute for Musculoskeletal Science (AIMSS), University of Melbourne and Western Health, (2) Research Institute, California Pacific Medical Center, San Francisco. (3) Dept of Epidemiology and Biostatistics, University of California, San Francisco. (4) Dept of Nutritional Sciences and Toxicology, University of California, Berkeley. (5) Dept of Medicine, Duke University, Durham. (6) Dept of Medicine, Oregon Health and Science University, Portland. (7) Department of Medicine, School of Clinical Sciences at Monash Health, Monash University, Clayton, Victoria, (Australia)

12:05-12:15  **ORAL COMMUNICATION 19**
PREVALENCE OF LOW MUSCLE MASS, MUSCLE STRENGTH AND UPPER-BODY MUSCLE QUALITY IN COMMUNITY-LIVING OLDER ADULTS LIVING IN AUCKLAND, NEW ZEALAND
Anne N Hiol MSc (1), Pamela R von Hurst, PhD (1), Cathryn A Conlon, PhD (1), Jamie V de Seymour PhD (1), Kathryn L Beck, PhD(1) - (1) School of Sport, Exercise, and Nutrition, Massey University, (New Zealand)

12:15-12:30  **CONFERENCE 16**
C-REACTIVE PROTEIN AND ALBUMIN DETERMINE ACTIVITIES OF DAILY LIVING, GAIT SPEED, HANDGRIP STRENGTH AND MUSCLE MASS IN GERIATRIC REHABILITATION PATIENTS: THE RESORT STUDY
JM. Van Ancum (1), C S. L. Tuttle (2), R Koopman (3), M Pijnappels (1), C G. M. Meskers (1,4), S K. Paul (5), W Kwang Lim (2), E M. Reijnierse (2), G S. Lynch (3), Andrea B. Maier (1,2), on behalf of the RESORT Study group (1)
Dept of Human Movement Sciences, Vrije Universiteit Amsterdam, Movement Sciences (2) Department of Medicine and Aged Care, The Royal Melbourne Hospital, (3) Centre for Muscle Research, Department of Physiology, School of Biomedical Sciences, The University of Melbourne, (4) Amsterdam UMC, Vrije Universiteit Amsterdam, Department of Rehabilitation Medicine, Amsterdam Movement Sciences, (5) Melbourne EpiCentre, University of Melbourne and Melbourne Health, The Royal Melbourne Hospital, (Australia)

12:30-1:30  **INDUSTRY LUNCH SYMPOSIUM** hosted by SANOFI
PROSPECTS FOR INFLUENZA VACCINATION TO PROTECT FRAIL INDIVIDUALS
Moderator: Yves Rolland MD, PhD, Gerontopôle Toulouse (France)
- Pathophysicsiology of frailty and implications to influenza infection and vaccination response
  Melissa Andrew MD, PhD, Dalhousie University, Halifax, NS and Canadian Center for Vaccinology (Canada)
- Indirect clinical impact of Influenza in older populations
  Gaëtan Gavazzi, MD, PhD, University Hospital of Grenoble, (France)
- Impact of infectious diseases on quality of life in an aged population: addressing the evidence gap
  Nicola Veronese, Geriatrician, Institute of Neuroscience of the Italian National Research Council, Padova, (Italy)
- High-dose influenza vaccine benefits for older adults residing in the nursing homes
  Elie Anthony Saade MD, MPH, Case Western Reserve University; University Hospitals of Cleveland; Cleveland Veterans Affairs Medical Center, (USA)

1:30-2:00  **POSTER SESSION**
2:00-2:45 SYMPOSIUM 9
ADDRESSING THE DRIVERS OF FRAILITY: ACTIVE NUTRIENTS FOR MITOCHONDRIAL HEALTH, BIOENERGETICS AND FUNCTIONALITY
Moderators: Roger Fielding, Tufts University, Boston (USA)
• The impact of Age Associated Cellular Decline on bioenergetics and functional impairment
Bret H Goodpaster, AdventHealth Translational Research Institute, Orlando (USA)
• Correcting glutathione deficiency in aging: Impact on mitochondrial and metabolic health
Rajagopal V Sekhar, Baylor College of Medicine, Houston (USA)

Ballroom 1: Column Room

2:45-3:00 CONFERENCE 17
DEVELOPMENT OF AN IN VITRO PLATFORM TO PREDICT AND SCREEN COMBINATIONS OF ENDOGENOUS METABOLIC MODULATORS CAPABLE OF INFLUENCING MUSCLE PHYSIOLOGY
William Comb (1), Murat Cokol (1), Melanie Flaender (2), Andrew Downey (1), Pauline Poydenot (2), Erwann Ventre (2), Tony Tramontin (1), Michael Hamill (1) - (1) Axcella Health, Inc. Cambridge MA (2) CYTOO SA. Grenoble (France)

3:00-3:15 CONFERENCE 18
INCREASING FRAILTY SEVERITY IS ASSOCIATED WITH A STEP-WISE INCREASE IN RISK OF DELIRIUM IN OLDER UNSCHEDULED HOSPITAL ADMISSIONS
C Welch, University of Birmingham, Birmingham (UK)

3:15-3:30 CONFERENCE 19
AN “EVOLUTIONARY ALGORITHM” TO OPTIMIZE THE CONSTRUCTION OF A FRAILTY INDEX IN A POPULATION-BASED STUDY
Zucchelli A (1,2), Marengoni A (1,2), Rizzuto D (1), Calderon-Larranaga A (1), Onder G (3), Fratiglioni L (1), Vetrano DL (1,3) (1) Aging Research Center Karolinska Institutet; Stockholm Sweden (2) Università degli Studi di Brescia; (Italy) (3) Università Cattolica del Sacro Cuore; Roma (Italy)

3:30-4:00 COFFEE BREAK POSTER SESSION

Ballroom 2: Chapel Room

2:00-2:15 CONFERENCE 20
THE ROLE OF VITAMIN D IN SKELETAL MYOCYTES
Jenny Gunton (1,3) - (1) Department of Diabetes and Endocrinology, Westmead Hospital, Westmead, Sydney, Australia. (2) Faculty of Health and Medicine, The University of Sydney, Sydney, Australia. (3) The Westmead Institute for Medical Research, The University of Sydney, (Australia)

2:15-2:25 ORAL COMMUNICATION 20
EFFECTS OF SCREENING AND SELECTIVE FALL PREVENTION INTERVENTIONS FOR REDUCING FRACTURES, FALLS AND FRAILTY
Sarah E Lamb, DSc (1), Julie Bruce PhD (2), Anower Hossain PhD (3), Ji Chen PhD (2), Roberta Longo PhD (4), Ranjit Lall PhD (2), Chris Bojke PhD (4), Claire Hulme PhD (1), Emma Withers (2), Susanne Finnegan MSc (2) Martin Underwood MD (2, 7) on behalf of the Prevention of Fall Injury Trial (Pre-FIT) Study Group (1) Institute of Health Research, College of Medicine and Health, University of Exeter, Exeter, United Kingdom EX1 2LU. (2) Warwick Clinical Trials Unit, Division of Health Sciences, University of Warwick, Coventry, United Kingdom CV4 7AL. (3) Institute of Statistical Research and Training (ISRT), University of Dhaka, Bangladesh. (4) Leeds Institute of Health Sciences, Worsley Building, (6) Clarendon Way, University of Leeds, Leeds, UK (5) Royal Devon & Exeter Hospital, Barrack Road, Exeter, UK. Nuffield Department of Orthopaedics Rheumatology & Musculoskeletal Sciences, University of Oxford, Windmill Road, Oxford, UK University Hospitals of Coventry and Warwickshire, Clifford Bridge Rd, Coventry, (UK)

2:25-2:35 ORAL COMMUNICATION 21
THE ASSOCIATION OF FRAILTY WITH MEDICATIONS WITH HIGH ANTICHOLINERGIC BURDEN IN COMMUNITY-DWELLING US OLDER VETERANS.
Sergio J. Ruiz (1) Victor Cevallos (1) Michael J. Mintzer (1,2) Jorge G. Ruiz (1,2) (1) Miami VAHS GRECC(2) Dept. of Medicine, U of Miami Miller School of Medicine (USA)

2:35-2:45 ORAL COMMUNICATION 22
AUGMENTED EXERCISE IN HOSPITAL IMPROVES PHYSICAL PERFORMANCE AND REDUCES NEGATIVE POST HOSPITALIZATION EVENTS: A RANDOMIZED CONTROLLED TRIAL
Ruth McCullagh, (1), Eimear O’Connell (2) Sarah O’Meara (3) Darren Dalyh (4,5) Eilis O’Reilly (4) Kieran O’Connor (6) N. Frances Horgan (7) Suzanne Timmons (1) (1) Centre for Gerontology & Rehabilitation, University College Cork, Ireland. (2) Physiotherapy Department, Mercy University Hospital, Cork. (3) Clinical Research Facility, Mercy University Hospital, Cork. (4)School of Public Health, University College Cork. (5 )Clinical Research Facility, Cork, University College Cork. (6) Department of Geriatric Medicine, Mercy University Hospital, Cork. (7) School of Physiotherapy, Royal College of Surgeons , Dublin, (Ireland)

3:30-4:00 COFFEE BREAK POSTER SESSION

2:45-3:00 CONFERENCE 21
SARCOPENIA OVER THE COURSE OF HOSPITALISATION: THE PREDICTIVE VALUE OF MUSCLE MEASURES IN THREE COHORTS INCLUDING MORE THAN 1,500 OLDER ADULTS
Esmée Reijnierse, The University of Melbourne, Parkville Victoria (Australia)
**4:00-4:45 SYMPOSIUM 10**
COMMUNITY-BASED PRIMARY FRAILTY PREVENTION AND ITS IMPLEMENTATION AND DISSEMINATION

Moderators: Hidenori Arai National Center for Geriatrics and Gerontology, Minoru Yamada, Tsukuba University
- Community-based Prevention of Frailty: Japanese experiences
  Hidenori Arai, National Center for Geriatrics and Gerontology, Minoru Yamada, Tsukuba University
- SAYGo: Community-based Peer-led Classes to Improve Falls Risk, Frailty, and Social Connection
  Debra L. Waters, Director of Gerontology Research, University of Otago, (New Zealand)
- Peer-Led Multi-Domain Community Program to Reverse Frailty and Improve Cognition: HAPPY Outcomes
  Reshma A Merchant, National University Health System, (Singapore)

**3:00-3:10 ORAL COMMUNICATION 24**
DIETARY INFLAMMATORY INDEX AND DISEASE ACTIVITY IN PATIENTS WITH RHEUMATOID ARTHRITIS

Kathleen Woolf (1), PhD, RD, FACS; Mary Kiely (2), DNP, ANP-BC; Yusuf Yazici (2), MD (1) New York University (NYU)teinhardt, Dept of Nutrition and Food Studies (2) NYU Langone Health, Division of Rheumatology (USA)

**3:10 -3:20 ORAL COMMUNICATION 25**
CLINICAL DETERMINANTS OF RESTING METABOLIC RATE IN GERIATRIC OUTPATIENTS

Suey S.Y. Yeung (1,2), Esmee M. Reijnierse (2) Marijke C. Trappenburg (3,4) Carel G.M. Meskers (5, Andrea B. Maier (1,2) (1) Dept of Human Movement Sciences, Faculty of Behavioural and Movement Sciences, Amsterdam Movement Sciences, Vrije Universiteit, Amsterdam, The Netherlands. (2) Department of Medicine and Aged Care, The Royal Melbourne Hospital, The University of Melbourne, Victoria, Australia. (3) Department of Internal Medicine, Section of Gerontology and Geriatrics, Amsterdam UMC, Vrije Universiteit, Amsterdam, The Netherlands. (4) Dept of Internal Medicine, Amstelland Hospital, Amstelveen, The Netherlands; (5) Department of Rehabilitation Medicine, Amsterdam UMC, Vrije Universiteit, Amsterdam, (The Netherlands)

**3:20-3:30 ORAL COMMUNICATION 26**
THE EFFECT OF OLIGONOL ON MUSCLE HEALTH: A DOUBLE-BLIND RANDOMIZED CONTROL TRIAL

Li-Ning Peng MD, PhD (1,2,3) Ming-Hsien Lin MD (1,2,3) Liang-Kung Chen MD, PhD (1,2,3) (1) Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, Shih-Pai Rd, Taipei, Taiwan. (2) Aging and Health Research Center, National Yang Ming University, Linong St, Taipei, Taiwan. (3) Department of Geriatric Medicine, National Yang Ming University School of Medicine, , Linong St, Taipei, , (Taiwan)

**4:00-4:45 SYMPOSIUM 11**
“WHY” RATHER THAN “HOW”: A TRANS-PARADIGMATIC DISCUSSION ON THE URGENCY OF THE FRAILTY CONCEPT FOR OPTIMIZING OUTCOMES FOR OLDER ADULTS

- Susan E Howlett PhD (1,2) (1) Department of Pharmacology, Dalhousie University, Halifax, Nova Scotia, Canada (2) Department of Medicine / Geriatrics, Dalhousie University, Halifax, Nova Scotia, (Canada)
- Karen Bandeen-Roche, PhD (1), Brian Buta, MHS2, Ravi Varadhan, PhD(3), Qian-Li Xue, PhD(2) Department of Biostatistics, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA (2) Dept of Medicine, Johns Hopkins School of Medicine, Baltimore, MD, USA (3) Department of Oncology, Johns Hopkins School of Medicine, Baltimore, MD, USA
- Matteo Cesari, MD, PhD(1,2), Emanuele Marzetti, MD, PhD (3) (1) Dept of Clinical Science and Community Health, University of Milan, Italy (2) Geriatric Unit, Fondazione IRCCS Ca’ Granda Ospedale Maggiore Policlinico, Milan, Italy (3) IRCCS Fondazione Policlinico Universitario Agostino Gemelli, Rome, (Italy)
BALLROOM 1: Column Room

Moderators: Philippe Noirez, Paris (France), Mylène Aubertin-Leheudre Quebec (Canada)

4:45-4:55  
**ORAL COMMUNICATION 27**  
AN INTRINSIC CAPACITY SCORE TO PREDICT THE MORTALITY RISK IN AN ELDERLY POPULATION OF COSTA RICA

Luis Miguel Gutiérrez-Robledo MD, PhD, Rosa Estela García Chanes PhD, Mario Ulises Pérez Zepeda MD, PhD Instituto Nacional de Geriatría, (México)

4:55-5:10  
**CONFERENCE 24**  
BLOOD METABOLOMIC PROFILE ADAPTATION FOLLOWING 12-WEEK OF HIIT TRAINING COMBINED WITH CITRULLINE SUPPLEMENTATION IN OLDER ADULTS

Layale Youcef (1) Sylvière Durand (PhD) (2,3) Fanny Aprahamian (2,3) Deborah Lefèvre (2,3) Eva Peyrusqué (1,4) Guido Kroemer (MD PhD) (2,3) Mylène Aubertin-Leheudre (PhD) (4) Philippe Noirez (PhD) (1,4)

(1) INSERM U1124, Université de Paris, Paris, France (2) INSERM U1138, Centre de Recherche des Cordeliers, Sorbonne Université, Université de Paris, Paris, France (3) Metabolomics and Cell Biology Platforms, Gustave Roussy Cancer Campus, AMMICa US23/CNRS UMS3655, Villejuif, France (4) Department of Exercise Science, Université du Québec à Montréal, Montréal, (Canada)

5:10-5:25  
**CONFERENCE 25**  
SLEEP QUALITY AND ITS ASSOCIATION WITH FRAILTY INDICATORS IN COMMUNITY DWELLERS OLDER ADULTS

L.Monica Perez Baza, (1,2) Pamela Burbano (1,2) Luis Soto, Neus Gual (1,2) Cristina Udina (1,2,3) Francisco Diez (4) M. Belén Enfedaque (5) Marco Inzitari (1,2,3) (1) Parc Sanitari Pere Virgili, Area of Intermediate Care, Barcelona, Spain; (2) RE-FiT Barcelona research group, Vall d’Hebrón Institute of Research, Barcelona, Spain; (3) Department of Medicine, Universitat Autònoma de Barcelona, Barcelona, Spain; (4) Primary Healthcare Center Bordeta-Magòria, Institut Català de la Salut, Barcelona, Spain; (5) Institut Català de la Salut, Gerencia Territorial de Barcelona de Atención Primaria, Barcelona, (Spain)

5:25-6:30  
**POSTER SESSION**
9:00-9:15  
**CONFERENCE 28**
DYNAPENIA AND FRAILTY IN DISABLED OLDER WOMEN LIVING IN THE COMMUNITY: IMPORTANT DIFFERENCES IN RISK OF INCIDENT ADVERSE HEALTH OUTCOMES

*Paulo H. M. Chaves*, MD, PhD (1), Qian-Li Xue, PhD (2), Leocadio Rodríguez Mañas, MD, PhD (3), Karen Bandeen-Roche, PhD (4)  
(1) Benjamin Leon Center for Geriatric Research and Education, Herbert Wertheim College of Medicine, Florida International University, Miami, FL, USA  
(2) Center on Aging and Health, Division of Geriatric Medicine and Gerontology, Johns Hopkins University School of Medicine, Baltimore, MD, USA  
(3) Department of Geriatrics, Hospital Universitario de Getafe, Getafe, Spain  
(4) Department of Biostatistics, Johns Hopkins Bloomberg School of Public Health, Baltimore, (USA)

9:15-9:30  
**CONFERENCE 29**
DEVELOPMENT AND VALIDATION OF A HOSPITAL ELECTRONIC RECORD FRAILTY INDEX (HERFI) USING MACHINE LEARNING TECHNIQUES

*J Mytton BSc (1) GV Gkoutos PhD (1,2) C Ferro MD,*  
(1) University Hospitals Birmingham NHS Trust, (UK)  
(2) Centre for Computational Biology, University of Birmingham, (UK)  
(3) Institute of Inflammation and Ageing, University of Birmingham, (UK)

9:30-9:45  
**CONFERENCE 30**
AIR POLLUTION AND FRAILTY AMONG PATIENTS WITH END-STAGE KIDNEY DISEASE (ESKD)

*Miranda R. Jones (1), Yijing Feng (2), Nadia Chu (1,2), Jeremy Walston (3)*  
(1) Departments of Epidemiology, Johns Hopkins School of Public Health, Baltimore, MD.  
(2) Dept of Surgery, Johns Hopkins University School of Medicine, Baltimore, MD.  
(3) Department of Medicine, Johns Hopkins University School of Medicine, Baltimore, MD (USA)

9:45-9:55  
**ORAL COMMUNICATION 28**
PRELIMINARY ESTIMATION OF RESIDUAL WORKING CAPACITIES CRITERIA FOR PREVENTING FRAILTY AND SARCOPENIA IN THE ELDERLY PERSONS

*Tomarevska Olena*, Poliakov Oleksandr, Bezrukov Vladyslav Institute of Gerontology by D.F. Chebotarev of National Academy of Medical Sciences of Ukraine - (Ukraine)

9:55-10:10  
**CONFERENCE 31**
MUSCLE MITOCHONDRIA FUNCTIONAL ADAPTATION DURING HABITUATION TO ECCENTRIC VERSUS CONCENTRIC EXERCISE TRAINING

*Craig RG Willis* (1), Colleen S Deane (1), Daniel J Wilkinson (2), Kenneth Smith (2), Bethan E Phillips (2), Philip J Atherton (2), Timothy Etheridge (1)  
(1) Department of Sport and Health Sciences, University of Exeter, UK.  
(2) MRC-ARUK Centre for Musculoskeletal Ageing Research and National Institute of Health Research, University of Nottingham, (UK)
10:15-10:30  CONFERENCE 32
SALIDROSIDE SUPPLEMENTATION ASSOCIATED WITH INTERMITTENT EXERCISE ENHANCES PHYSICAL PERFORMANCE IN OLD MICE
Remi Roumanille, Thomas Brioche, Théo Fove, Corentin Guilhot, Pierre Delobel, Christelle Bertrand-Gaday, Angèle Chopard, Anne Bonneu, Guillaume Py : DMEM, Université Montpellier, INRAE - Pascale Fanca-Berhon: Naturex SA, Montpellier, (France)

10:10-10:20  ORAL COMMUNICATION 29
FRAILTY INDEX, HOSPITAL ADMISSION AND LENGTH OF HOSPITAL STAY IN NURSING HOME RESIDENTS: RESULTS FROM THE INCUR STUDY
Simo Nadine (1), MD, Cesari Matteo (2,3), MD, PhD, Tchiero Huidi (4), MD, Yves Rolland (5), MD, PhD, Darqueux Jean-François (7), MD, PhD, Vellas Bruno (5), MD, PhD and Tabue-Teguo Maturin (1,6), MD, PhD (1) CHU de Guadeloupe, Université des Antilles, Guadeloupe, (2) Geriatric Unit, Fondazione IRCCS Ca’ Granda Ospedale Maggiore Policlinico, Milano, Italy (3) Dept of Clinical Sciences and Community Health, University of Milan, Milano, Italy (4) CH de Saint Martin, Saint-Martin, France - (5) Gérontopôle, CHU de Toulouse, INSERM UMR1027, - (6) INSERM 1219, Bordeaux Population Health Research Center, Université de Bordeaux, (France)

10:15-10:30  CONFERENCE 33
LATE-ONSET NICOTINAMIDE RIBOSIDE SUPPLEMENTATION IMPROVES HEALTH-SPAN AND FUNCTIONAL PARAMETERS IN OLD MICE

10:20-10:30  ORAL COMMUNICATION 30
SOCIAL VULNERABILITY AND LIFESTYLE BEHAVIORS, THEIR IMPACT ON FRAILTY: RESULTS OF THE CANADIAN LONGITUDINAL STUDY ON AGING
U Perez-Zepeda, Olga Theou, K Rockwood, Mandrew, Andrea Mayo, JGodin, S Kehler Dalhousie University Halifax Nova Scotia (Canada)

10:30-11:00  COFFEE BREAK  POSTER SESSION

11:00-11:45  SYMPOSIUM 13 • ESCEO Symposium
ASSESSMENT OF QUALITY OF LIFE IN SARCOPENIA: FROM CLINICAL TRIALS TO DAILY PRACTICE
Moderator: Jean-Yves Reginster (Belgium), René Rizzoli (Switzerland)
• Importance of Patients Related Outcomes Measures (PROMs) as primary endpoints for the development of medications aimed at the treatment of diseases related to musculoskeletal aging
Francesca Cerreta (Netherlands)
• Assessment of quality of life with the SarQol questionnaire: Where do we stand?
Charlotte Beaudart (Belgium)
• Discussion - conclusion
Olivier Bruyère (Belgium)

11:00-11:15  CONFERENCE 34
CAN WHEY-PROTEIN PLUS VITAMIN D SUPPLEMENTATION ENHANCE THE EFFECTS OF PROGRESSIVE RESISTANCE TRAINING ON MUSCLE HEALTH, GLYCAEMIC CONTROL, COGNITIVE FUNCTION AND RELATED RISK FACTORS IN OLDER ADULTS WITH TYPE 2 DIABETES? A 6-MONTH RANDOMIZED CONTROLLED TRIAL
E Miller, PhD (1) D W. Dunstan, PhD (2) D A. Kerr, PhD (3) D Menzies, B.Ed (4) CA. Nowson, PhD (1) H Macpherson, PhD (1) Robin M. Daly, PhD(1) (1) Institute for Physical Activity and Nutrition, Deakin University, Melbourne, VIC, Australia (2) Baker IDI Heart and Diabetes Institute, Melbourne, VIC, Australia (3) School of Public Health, Curtin University, Perth, WA, Australia (4) South Eastern Melbourne PHN, Melbourne, VIC (Australia)

11:15-11:30  CONFERENCE 35
THE EFFECT OF VITAMIN D SUPPLEMENTATION ON LOWER EXTREMITY POWER, STRENGTH AND PHYSICAL PERFORMANCE IN OLDER ADULTS: A RANDOMIZED CONTROLLED TRIAL
Denise K. Houston, PhD (1) A P. Marsh, PhD(2) R H. Neiberg, MS (1), J L. Demons, MD (1), C. L. Campos, MD (1)O Delbono, PhD (1) S B. Kritchevsky, PhD (1) J A. Tooz, PhD (1) -(1)Wake Forest School of Medicine, Winston Salem, NC, USA
11:45-12:15  PANEL DISCUSSION 3
MUSCLE MASS IS NOW PART OF THE DEFINITIONS OF SARCOPENIA
Alfonso Cruz Jentoft (EWGSOP) Hidenori Arai, Liang-Kun Chen, Jean Woo (Asian AWGS) Roger Fielding, Peggy Cawthon (USA)
Muscle mass and malnutrition
Muscle mass and sarcopenia
Muscle mass and cachexia

Moderators: Roger Fielding, Boston (USA)

12:15-12:30  CONFERENCE 36
EWGSOP1 VERSUS EWGSOP2: WHAT IS THE IMPACT ON PREVALENCE AND HEALTH OUTCOMES?
Fanny Petermann-Rocha MSc (1,2), Frederick K Ho, PhD (1), Stuart R Gray, PhD (2), Jill P Pell MD, PhD1 and Carlos Celis-MoralesPhD (2) - (1)Institute of Health and Wellbeing, University of Glasgow, Glasgow, UK - (2)British Heart Foundation Glasgow Cardiovascular Research Centre, Institute of Cardiovascular and Medical Science, University of Glasgow, Glasgow, (UK)

11:45-11:55  ORAL COMMUNICATION 31
HIGH VERSUS LOW DIETARY PROTEIN INTAKE AND BONE HEALTH IN OLDER ADULTS: A SYSTEMATIC REVIEW AND META-ANALYSIS
Inge Groenendijk (1), Laura den Boeit (1), Luc J.C. van Loon (2), Lisette C.P.G.M.de Groot (1) - (1) Division of Human Nutrition and Health, Wageningen University & Research, Wageningen, the Netherlands (2) Department of Human Biology, NUTRIM School of Nutrition and Translational Research in Metabolism, Maastricht University Medical Centre, Universiteitszingsel Maastricht, (the Netherlands)

11:55-12:05  ORAL COMMUNICATION 32
THE LOW-GRADE INTESTINAL INFLAMMATION POTENTIATES SARCOPENIA IN OLD ADULTS THAT CAN BE RESTRAINED BY A PROBiotic: STREPTOCOCCUS THERMOPHILUS CNRZ160.
Isabelle Savary-Auzeloux, PhD (1) Marianne Jarzaguet RT (1) Jérémie David RT (1) Carole Migné Ri (1) Marcela De Azevedo 9PhD (2) Jean-Marc Chatel PhD (2) Dominique Dardevet PhD (1) - (1) Université Clermont Auvergne, INRA, UNH, Unité de Nutrition Humaine, CRNH Auvergne, (2) Micalis, INRA, AgroParisTech, Université Paris Saclay, Jouy en Josas, (France)

12:05-12:15  ORAL COMMUNICATION 33
LEVELS OF FRAILTY AMONG PEOPLE WITH OSTEOARTHRITIS
Olga Theou PhD (1,2) Mario Ulises Perez Zepeda MD, PhD (2) D Scott Kehler PhD (1) Rebecca Moyer PhD (1) Cheryl Kozey PhD (1) Kenneth Rockwood MD(1) - (1) Physiotherapy, Dalhousie University, Halifax, NS, Canada (2) Geriatric Medicine, Dalhousie University, Halifax, NS, (Canada)

12:15-12:30  CONFERENCE 37
MALNUTRITION AS A STRONG PREDICTOR OF THE ONSET OF SARCOPENIA
Charlotte Beaudart (1) Dolores Sanchez-Rodriguez (1,2) Médeâ Locquèt (1) Jean-Yves Regisner (1,3) Laetitia Lengelé (1) Olivier Bruyère(1) - (1)WHO Collaborating Centre for Public Health Aspects of Musculoskeletal Health and Aging, Division of Public Health, Epidemiology and Health Economics, University of Liège, Liège, (Belgium) (2) Geriatrics Department, Par Salut Mar. Rehabilitation Research Group, Hospital Del Mar Medical Research Institute (IMIM), Barcelona, Spain (3) Prince Mutaib Chair for Biomarkers of Osteoporosis, Biochemistry Department, College of Science, King Saud University, Riyadh, (Kingdom of Saudi Arabia)

12:30-2:00  POSTER SESSION
2:00-2:45 SYMPOSIUM 14
EVIDENCE AND POSITION STATEMENTS FROM THE SARCOPENIA DEFINITIONS AND OUTCOME CONSORTIUM (SDOC)
Moderator: Roger Fielding (USA)
• Evidence for deriving cutpoints for defining sarcopenia
  Todd Manini (USA)
• Evidence for performance of potential sarcopenia variables predicting outcomes: Peggy Cawthon (USA)
• SDOC Position Statements: process and conclusion
  Shalender Bhasin (USA)

Moderators: Shalender Bhasin, Boston (USA), Matt Farrow, Leeds (UK)

2:45-3:00 CONFERENCE 38
BIOCHEMICAL AND NEUROIMAGING MARKERS AS PREDICTORS OF INCIDENT FRAILTY IN THE ELDERLY: A SECONDARY ANALYSIS OF THE MAPT STUDY
Wan-Hsuan Lu, MS (1) P de Souto Barreto, PhD (1,2) Y Rolland, MD, PhD (1,2) K Virecoulon Giudici, PhD (1) B Vellas, MD, PhD (1,2) and the MAPT/DSA Group (1) Gerontopole of Toulouse, Institute of Ageing, Toulouse University Hospital (2) UPS/Inserm UMR1027, Toulouse, (France)

Toshimi Kaido, MD, PhD (1,2) Y Hamaguchi, MD, PhD (2) S Uemoto, MD, PhD (1,2) and the MAPT/DSA Group (1) Gerontopole of Toulouse, Institute of Ageing, Toulouse University Hospital (2) UPS/Inserm UMR1027, Toulouse, (France)

3:00-3:10 ORAL COMMUNICATION 34
PROSPECTIVE VALIDATION OF OUR NEW SELECTION CRITERIA CONSIDERING BODY COMPOSITIONS WITH PERIOPERATIVE NUTRITION AND REHABILITATION IN LIVING DONOR LIVER TRANSPLANTATION
Toshimi Kaido MD, PhD (1,2) Y Hamaguchi, MD, PhD (2) S Uemoto, MD, PhD (1,2) and the MAPT/DSA Group (1) Gerontopole of Toulouse, Institute of Ageing, Toulouse University Hospital (2) UPS/Inserm UMR1027, Toulouse, (France)

Moderators: David Scott, Melbourne (Australia), Heater Fritz, Detroit (USA)

2:45-3:00 CONFERENCE 39
DETECTING PREFRAILTY: COMPARING SUBJECTIVE FRAILTY ASSESSMENT AND THE PAULSON-LICHTENBERG FRAILTY INDEX
Heather Fritz, (1) PhD, OTR/L, Institute of Gerontology, Wayne State University, Detroit, MI USA Malcolm Cutchin (1) PhD, Institute of Gerontology, Wayne State University, Detroit, MI USA Yi-Ling Hu (1) PhD, Institute of Gerontology, Wayne State University Detroit (USA)

3:00-3:15 CONFERENCE 40
IMPACT OF PROTEIN INTAKE AND HIGH-FAT DIET ON BODY COMPOSITION AND MUSCLE LIPID INFILTRATION IN RELATION TO AGING IN RATS: INSIGHTS INTO SARCOPENIC OBESITY
Eleonora Poggiogalle, (1,2) A Carayon (1) J Salles(1) C Giraudet (1) JP Rigaudiere (1), S de Saint-Vincent (1) P Sanchez), O LeBacquer (1) F Capel (1) S Walrand (1) Y Boirie (1) C Guillet (1)I Sapienza University, Roma, (Italy)

3:15-3:30 CONFERENCE 41
TRIMETAZIDINE ATTENUATES DEXAMETHASONE INDUCED MUSCLE ATROPHY AND PYROPTOSIS VIA TARGETING SIRT3/FOXO3A PATHWAY
Wei Gao,(1,2) L Wang (1,2), Y Wang (1,2), XY Shen (1,2), K-Z Zhang (1,2), X Lu (1,2), W Gao (1,2) (1) Department of Geriatrics, Sir Run Run Hospital, Nanjing Medical University, China (2) Key Laboratory for Aging & Disease, Nanjing Medical University, Nanjing, (China)