

FINAL PROGRAM

14th EDITION

ICFSR 2024

International Conference on
Frailty & Sarcopenia Research

MARCH 20-22, 2024 • Albuquerque, NM, USA



HYBRID CONFERENCE



IN-PERSON



REMOTE ATTENDANCE

Meeting Place

Hotel Albuquerque at old Town

800 Rio Grande Blvd NW, Albuquerque, NM 87104, USA

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



www.jfrailtyaging.com

www.icfsr.com

PRACTICAL DETAILS

MEETING ROOMS

Ballroom: Alvarado E/D

Poster Sessions: West and South Atrium

Coffee Breaks: West and South Atrium

REGISTRATION DESK OPENING HOURS

Wednesday, March 20 from 1:00 pm to 7:30 pm

Thursday, March 21 from 7:00 am to 6:00 pm

Friday, March 22 from 7:00 am to 6:00 pm

FREE WIFI AT THE CONFERENCE

Login: ICFSR24

Password: iCFSR24

MEETING ABSTRACTS

SPECIAL EDITION OF THE JOURNAL OF FRAILTY AND AGING (JFA)

A PDF copy of the abstract has been be sent

to you under embargo on March 19th at 10:00 am

We remind you that these abstracts are embargoed until the day and time of presentation, they cannot be shared on social media, via email and/or more generally with persons not registered to the conference.

DIGITAL PLATFORM

To access the livestream, Virtual Poster Hall and Meeting Abstracts please go to

www.icfsr.com then use the code: **ICFSR24**

Follow us on social media @icfsrcongress #ICFSR24

THE UNIVERSITY OF NEW MEXICO'S
Grand Challenges

The University of New Mexico's Successful Aging Grand Challenges Team has worked alongside the ICFSR Organizing Committee to bring the 14th annual International Conference on Frailty and Sarcopenia Research (ICFSR) to Albuquerque, New Mexico.

Albuquerque and the University of New Mexico has a long history with sarcopenia and frailty research and it is wonderful to bring the conference back to the southwestern US and this unique city. The ICFSR conference was created with the objective to speed the development of high-quality clinical trials in frail older adults by sharing experiences, both success and failure, to accelerate the discovery of treatments, and prevention to promote healthy aging.

The local organizing committee is made up of Successful Aging Grand Challenge team members:

UNM Professor Debra Waters (Committee Chair)

UNM Professor Janice Knoefel

UNM Professor Christophe Lambert

UNM Associate Professor Mark McCormick

UNM Professor Ann Gibson

Dr. Alex DeRadke (UNM Geriatrics) has been instrumental in getting UNM medical students involved with the conference.

We hope you enjoy the rich scientific program during these 2.5 days and that networking with your peers will lead to great collaborations to advance frailty and sarcopenia research and promote healthy aging!

Prof. Debra Waters, Prof. Roger Fielding and Prof. Bruno Vellas
ICFSR24 Organizing Committee

FINAL PROGRAM • WEDNESDAY • MARCH 20, 2024

2:00-3:00 PM **POSTER WALKING TOUR**

2:30-3:00 PM **WORKSHOP 1**
FUNCTIONAL RESISTANCE TRAINING STRATEGIES TO OPTIMIZE HEALTH AND PERFORMANCE
 Jessica Smith, University of New Mexico, Albuquerque, NM (USA)

3:00-3:20 PM **OPENING AND WELCOME**
 Debra Waters, David Scrase, Mark Unruh, University of New Mexico, Albuquerque, NM (USA), Roger Fielding, Boston, MA (USA), Bruno Vellas, IHU HealthAge, Toulouse (France) and University of New Mexico, Albuquerque, NM (USA)
PRESENTATION OF THE ICFSR LIFETIME ACHIEVEMENT AWARD
Anne Newman, University of Pittsburgh, PA, (USA)

3:20-3:40 PM **KEYNOTE 1**
Health ABC to SOMMA: Leaning into aging biology to understand frailty and sarcopenia
 Introduction: Roger Fielding, Boston, MA (USA)
Anne Newman, University of Pittsburgh, PA, (USA)

3:40-4:20 PM **SYMPOSIUM 1**
SARCOPENIA: NO CONSENSUS, NO DIAGNOSTIC CRITERIA, AND NO APPROVED INDICATION HOW DID WE GET HERE?
 Moderator: **Bruno Vellas**, IHU HealthAge, Toulouse (France) & University of New Mexico, Albuquerque, NM (USA)
 • **Muscle mass not lean mass is associated with health-related outcomes: implications for defining sarcopenia**
Peggy Cawthon, California Pacific Medical Center, San Francisco, CA (USA)
 • **Geroscience of skeletal muscle and sarcopenia**
Luigi Ferrucci, National Institute on Aging, Baltimore, MD (USA)
 • **Sarcopenia: How we got here and the path toward a unified definition**
William Evans, University of California, Berkeley, CA (USA)

4:20-5:20 PM **ORAL COMMUNICATIONS**
 Moderators: Debra Waters, Albuquerque, NM (USA), Bess Dawson-Hughes, Boston, MA (USA)

4:20-4:30 PM **ORAL COMMUNICATION 1**
EFFECT OF ANAMORELIN, A GHRELIN RECEPTOR AGONIST, ON MUSCLE AND BONE IN ADULTS WITH OSTEOSARCOPENIA
Bess Dawson-Hughes, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA (USA)

4:30-4:40 PM **ORAL COMMUNICATION 2**
LONG-TERM EFFECTS OF RANDOMIZATION TO CALORIC RESTRICTION ON BODY COMPOSITION AND PHYSICAL PERFORMANCE IN OLDER ADULTS
Denise K Houston, Wake Forest University School of Medicine, Winston Salem, NC, (USA)

4:40-4:50 PM **ORAL COMMUNICATION 3**
THE IMPACT OF ORAL INGESTION OF THE LEUCINE METABOLITE, BETA-HYDROXY-BETA-METHYL BUTYRATE (HMB), UPON THE TRANSCRIPTOME OF HUMAN SKELETAL MUSCLE
Daniel Wilkinson, University of Nottingham, Derby (UK)

4:50-5:00 PM **ORAL COMMUNICATION 4**
MAPPING FRAILITY: UNDERLYING CLINICAL AND PHYSIOLOGICAL DOMAINS IN OLDER ACUTELY ADMITTED PATIENTS
Hanne Nygaard, Bispebjerg and Frederiksberg Hospital - Copenhagen (Denmark)

5:00-5:10 PM **ORAL COMMUNICATION 5**
COMPARISON OF PROTEIN INTAKE ASSESSED FROM WEIGHED PROTEIN POWDERS, FOOD DIARIES AND 24-HOUR URINE SAMPLES IN COMMUNITY-DWELLING ADULTS WITH SARCOPENIA: RESULTS FROM THE ENHANCE STUDY
Nadjia Amini, Department of Public Health and Primary Care, Leuven (Belgium)

5:10-5:20 PM **ORAL COMMUNICATION 6**
DEGREE OF FRAILITY IMPACTS TREATMENT AND OUTCOMES OF BREAST CANCER
Olivia Turner, University of Sheffield, Healthy Lifespan Institute, Sheffield (UK)

FINAL PROGRAM • WEDNESDAY • MARCH 20, 2024

5:20-5:30 PM

ORAL COMMUNICATION 7

CENTILES CURVES FOR INTRINSIC CAPACITY THROUGHOUT ADULthood: FROM THE INSPIRE-T COHORT TO IMPLEMENTATION

Philippe de Souto Barreto, IHU HealthAge, Toulouse (France)

5:30-5:40 PM

ORAL COMMUNICATION 8

NORMATIVE VALUES FOR GRIP STRENGTH IN OLDER PEOPLE IN LATIN AMERICA. AN ANALYSIS BASED ON POPULATION SURVEY DATA.

Luis Miguel Gutiérrez-Robledo, Instituto Nacional de Geriátria, Mexico City (Mexico)

5:40-6:20 PM

SYMPOSIUM 2

CHARACTERIZING RESILIENCIES TO PHYSICAL STRESSORS IN OLDER ADULTS: PHENOTYPE DEVELOPMENT AND VALIDATION

Moderator: Qian-Li Xue, Johns Hopkins University, Baltimore, MD, (USA)

- **Unveiling Patterns of Physical Resilience After Knee Replacement: Insights from the RESilience in TOveral knee Replacement (RESTORE) Study**

Thomas Laskow, Johns Hopkins University, Baltimore, MD, (USA)

- **Developing a Multivariate Profile of Physical Resilience through Latent Variable Modeling**

Qian-Li Xue, Johns Hopkins University, Baltimore, MD, (USA)

- **Physical Resilience in Older Adults Undergoing Hematopoietic Stem Cell Transplantation**

Nicholas Schmedding, Johns Hopkins University, Baltimore, MD, (USA)

6:30-7:30 PM

NETWORKING RECEPTION IN THE POSTER EXHIBIT AREA

Join us for a social time in the poster and exhibit hall. Discuss with poster authors, visit our exhibitors and network with your colleagues to promote new collaborations in frailty and sarcopenia research!

FINAL PROGRAM • THURSDAY • MARCH 21, 2024

7:00-8:00 AM **POSTER WALKING TOUR**

7:30-8:00 AM **WORKSHOP 2**
SCIENCE, SUPPLEMENTS AND SNACKS: DIET QUALITY AND NUTRIENT RECOMMENDATIONS FOR PRACTITIONERS AND CAREGIVERS OF SARCOPENIA-POSITIVE CLIENTS
 Debbie Luffey, University of New Mexico, Albuquerque, NM (USA)

8:00-9:00 AM **ORAL COMMUNICATIONS**
 Moderators: Philippe de Souto Barreto, IHU HealthAge, Toulouse (France), Jennifer S Mammen, Johns Hopkins University, Baltimore, MD (USA)

8:00-8:10 AM **ORAL COMMUNICATION 10**
CHAIR STAND OR SPBP: WHICH ONE IS BETTER FOR PREDICTING DISABILITY?
 Alexandre Tiago da Silva, Federal University of Sao Carlos, Sao Carlos São Paulo (Brazil)

8:10-8:20 AM **ORAL COMMUNICATION 11**
HORMONE REPLACEMENT THERAPY AND MUSCLE LOSS IN POST-MENOPAUSAL WOMEN: ANALYSIS FROM THE BALTIMORE LONGITUDINAL STUDY OF AGING USING REPEATED DUAL-ENERGY X-RAY ABSORPTIOMETRY
 Jennifer S Mammen, Johns Hopkins University School of Medicine, Baltimore, MD (USA)

8:20-8:30 AM **ORAL COMMUNICATION 12**
EXERCISE PROGRAMS TO PREVENT FUNCTION AND MOBILITY LOSS IN OLDER ADULTS DISCHARGED FROM EMERGENCY DEPARTMENTS WITH MINOR INJURIES: THE CEDECOMS CLINICAL TRIAL
 Marie-Josée Sirois, Centre d'Excellence sur le Vieillissement de Québec, Québec (Canada)

8:30-8:40 AM **ORAL COMMUNICATION 13**
SALBUTAMOL, BUT NOT GHRELIN, CAN AMELIORATE CALORIC RESTRICTION INDUCED MUSCLE-ATROPHY
 Jelle CBC de Jong, The Netherlands Organization for Applied Scientific Research (TNO), Leiden, (The Netherlands)

8:40-8:50 AM **ORAL COMMUNICATION 14**
INNOVATING LARGE ANIMAL MODELS OF FRAILTY AND EXPOSURE MEMORY: EVIDENCE THAT EARLY LIFE EVENTS CAN BUFFER THE ADVERSE IMPACT OF FRAILTY ON MORTALITY IN PET DOGS WITH EXCEPTIONAL LONGEVITY
 David J. Waters, Purdue University, Murphy Foundation, West Lafayette, IN, (USA)

8:50-9:00 AM **ORAL COMMUNICATION 15**
CURRENT STATE OF THE ART OF CELL-BASED THERAPY FOR AGING FRAILTY AND NEURO-COGNITIVE DISORDERS
 Joshua Hare, Longeveron, Miami, FL (USA)

9:00-9:40 AM **SYMPOSIUM 3**
GENE EXPRESSION PROFILING IN MUSCLE IDENTIFIES PATHWAY ASSOCIATIONS WITH MITOCHONDRIAL RESPIRATION, PHYSICAL PERFORMANCE, AND MUSCLE MASS IN OLDER INDIVIDUALS FROM THE STUDY OF MUSCLE, MOBILITY AND AGING (SOMMA)
 Moderator: Gregory J Tranah, California Pacific Medical Center Research, San Francisco, CA (USA)
 • Expression of mitochondrial oxidative stress response genes in muscle is associated with mitochondrial respiration, physical performance, and muscle mass in older individuals
 Gregory J Tranah, California Pacific Medical Center Research, San Francisco, CA (USA)
 • Expression of Neuromuscular Junction pathway genes predict muscle mass and performance traits in the Study of Muscle, Mobility and Aging (SOMMA)
 Russell T Hepple, University of Florida, Gainesville, FL (USA)
 • Expression of autophagy genes in muscle is associated with physical performance, muscle mass and mitochondrial function in older individuals
 Paul M. Coen, AdventHealth, Orlando, FL (USA)

9:40-10:00 AM **KEYNOTE 2**
Translational Research on Mitochondria and Aging Frailty & Sarcopenia
 Introduction: Sandrine Andrieu, IHU HealthAge, Toulouse (France) and University of New Mexico, Albuquerque, NM (USA)
Luigi Ferrucci, National Institute on Aging, Baltimore, MD (USA)

FINAL PROGRAM • THURSDAY • MARCH 21, 2024

10:00-10:30 AM **COFFEE BREAK AND POSTER SESSION**

10:30-10:50 AM **KEYNOTE 3**

Current and investigational medications for the treatment of sarcopenia

Introduction: Debra Waters, UNM, Albuquerque, NM, (USA)

Yves Rolland, IHU HealthAge, Toulouse (France)

10:50-11:30 AM **SYMPOSIUM 4**

RESISTANCE EXERCISE AND NUTRACEUTICAL STRATEGIES IN SARCOPENIA: THE "GOLD" STANDARD?

Moderator: **Stuart Phillips**, McMaster University, Hamilton, ON (Canada) and **Philip Atherton**, University of Nottingham (UK)

- **Disuse as a common component of the catabolic crisis: a watershed moment in aging**

James McKendry, McMaster University, Hamilton, ON (Canada)

- **What can't resistance training do for older person's health?**

Stuart Phillips, McMaster University, Hamilton, ON (Canada)

- **Therapies to mitigate disuse and counteract the negative effects**

Beth Phillips, University of Nottingham (UK)

11:30-11:50 AM **KEYNOTE 4**

Osteosarcopenia and the crossroad between muscle, bone and fat

Introduction: Luigi Ferrucci, National Institute on Aging, Baltimore, MD (USA)

Gustavo Duque, McGill University Health Centre, Montréal, QC (Canada)

12:00-1:00 PM **XPRIZE HEALTHSPAN TOWN HALL: HEALTHY AGING MADE POSSIBLE - LUNCHTIME DISCUSSION**

Moderator: **Lauren Pierpoint**, XPRIZE Healthspan, New York, NY (USA)

Panelist : **Jamie Justice**, XPRIZE Healthspan, Winston Salem, NC (USA)

Laura Goetz, XPRIZE Healthspan, Santa Monica, CA (USA)

Luigi Ferrucci, National Institute on Aging, Baltimore, MD (USA)

Eva Chin, SOLVE FSHD, Vancouver (Canada)

1:00-1:40 PM

SYMPOSIUM 5

IMPACT OF AGING AND PHYSICAL ACTIVITY ON HUMAN NEUROMUSCULAR & MUSCLE FUNCTION: NEW INSIGHTS FROM THE MONTREAL NEUROMUSCULAR STUDY (MNMS)

Moderator: **Mylène Aubertin-Leheudre**, UQAM, Centre de Recherche de l'Institut Universitaire de Gériatrie de Montréal, Montréal, QC (Canada)

- **Skin advanced glycation end products (S-AGEs): A non-invasive biomarker to assess muscle function in older adults?**

Mylène Aubertin-Leheudre, UQAM, Canada; Centre de Recherche de l'Institut Universitaire de Gériatrie de Montréal, Montréal, QC (Canada)

- **Neuromuscular and neurophysiological changes with age and activity levels in men:**

New insights from the Montreal NeuroMuscular Study (MNMS)

Marc Bélanger, UQAM, Montréal, QC (Canada)

- **The involvement of mitochondrial dysfunction in human skeletal muscle aging:**

New insights from the Montreal NeuroMuscular Study (MNMS)

Gilles Gouspillou, UQAM, Montréal, QC (Canada)

1:40-2:00 PM

KEYNOTE 5

Study of Longitudinal Aging in Mice (SLAM)

Introduction: Debra Waters and Mark McCormick , University of New Mexico, Albuquerque, NM (USA)

Rafael de Cabo, National Institute on Aging, Baltimore, MD (USA)

2:00-2:30 PM

ROUNDTABLE 1

CULTURALLY CONGRUENT FRAILTY CARE WITH DIVERSE COMMUNITIES

Panelists: **Nitin Budhwar**, **Alex DeRadke**, **Raj Shah** and **Debra Waters**, University of New Mexico, Albuquerque, NM (USA)

FINAL PROGRAM • THURSDAY • MARCH 21, 2024

- 2:30-3:30 PM **ORAL COMMUNICATIONS**
Moderators: Yves Rolland, IHU HealthAge, Toulouse (France), John Muscedere, Canadian Frailty Network, Kingston, ON (Canada)
- 2:30-2:40 PM **ORAL COMMUNICATION 16**
EXPLORING THE PROGNOSTIC VALIDITY OF THE AWGC CRITERIA FOR CACHEXIA IN JAPANESE PATIENTS WITH CANCER, SARCOPENIC DYSPHAGIA, AND HEART FAILURE
Hidenori Arai, National Center for Geriatrics and Gerontology, Obu Aichi (Japan)
- 2:40-2:50 PM **ORAL COMMUNICATION 17**
PATIENT-REPORTED OUTCOMES IN SARCOPENIA
Charlotte Beudart, Research Institute for Life Sciences (NARILIS), Faculty of Medicine, University of Namur, Namur (Belgium)
- 2:50-3:00 PM **ORAL COMMUNICATION 18**
COMMON DATA ELEMENTS AND STANDARDIZED OUTCOMES IN GEROSCIENCE RESEARCH
John Muscedere, Canadian Frailty Network, Kingston ON (Canada)
- 3:00-3:10 PM **ORAL COMMUNICATION 19**
HIGHER THYROID HORMONE LEVELS ARE ASSOCIATED WITH LOWER MUSCLE QUALITY: RESULTS FROM MROS
Jennifer S Mammen, Johns Hopkins University School of Medicine, Baltimore, MD (USA)
- 3:10-3:20 PM **ORAL COMMUNICATION 20**
THE EFFECT OF BETA-HYDROXY-BETA-METHYLBUTYRATE (HMB) UPON ACUTE FED-STATE MUSCLE PROTEIN SYNTHESIS IN HEALTHY OLDER MEN AND WOMEN: A RANDOMIZED DOUBLE-BLIND CONTROLLED CLINICAL TRIAL
Ken Smith, University of Nottingham, Derby (UK)
- 3:20-3:30 PM **ORAL COMMUNICATION 21**
PHYSICAL PERFORMANCE AND INCIDENCE OF NEGATIVE EVENTS IN VERY OLD ADULTS: RESULTS FROM THE ILSIRENTE STUDY
Matteo Tosato, Fondazione Policlinico Universitario A. Gemelli IRCCS, Rome (Italy)
- 3:30-4:00 PM **COFFEE BREAK AND POSTER SESSION**
- 4:00-4:40 PM **SYMPOSIUM 6**
THE SURGICAL PAUSE: ORIGIN, EVIDENCE AND IMPLEMENTATION
Moderator: Jason Johanning, University of Nebraska Medical Center, Omaha, NE (USA)
 - **The Surgical Pause: Origin and Dissemination**
Daniel E Hall, University of Pittsburgh, VA Pittsburgh Healthcare System, Pittsburgh, PA (USA)
 - **The Surgical Pause: Update and Lessons Learned from a Randomized Trial**
Shipra Arya, Stanford University, VA Palo Alto Healthcare System, Stanford, CA (USA)
 - **The Surgical Pause: How We Do It across 7 Florida VA Medical Centers**
Bradley Schmit, University of Florida, VA Gainesville, FL (USA)
- 4:40-6:40 PM **ORAL COMMUNICATIONS**
Moderators: Mylène Aubertin Leheudre UQAM, Montréal, QC (Canada), Ann Gibson, UNM, Albuquerque, NM (USA)
- 4:40-4:50 PM **ORAL COMMUNICATION 22**
RESULTS OF A SAFETY AND TOLERABILITY PILOT STUDY OF A RANDOMIZED, PARALLEL GROUP, DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL OF A NOVEL KETONE ESTER TARGETING FRAILITY VIA IMMUNOMETABOLIC GEROSCIENCE MECHANISMS
Brianna J. Stubbs, Buck Institute for Research on Aging, Novato, CA (USA)
- 4:50-5:00 PM **ORAL COMMUNICATION 23**
USING DEEP LEARNING TO PREDICT PHYSICAL FUNCTION FROM ANATOMICAL MRI SCANS - RESULTS FROM THE SOMMA AND OAI DATASETS
Bragi Sveinsson, Massachusetts General Hospital, Boston, MA (USA)
- 5:00-5:10 PM **ORAL COMMUNICATION 24**
MIRNAS COMMONLY EXPRESSED IN BOTH SARCOPENIA AND FRAILITY: A SYSTEMATIC REVIEW
Hyung Eun Shin, Emory University School of Medicine, Atlanta, GA, (USA)
- 5:10-5:20 PM **ORAL COMMUNICATION 25**
LONG-TERM OBESITY AS A DRIVER OF EARLY EXPRESSION OF BIOLOGICAL AGING SIGNATURES AND REDUCED MUSCLE MASS IN YOUNG ADULTS
Paulina Correa, Institute of Nutrition and Food Technology, Universidad de Chile, Santiago (Chile)

FINAL PROGRAM • THURSDAY • MARCH 21, 2024

- 5:20-5:30 PM **ORAL COMMUNICATION 26**
MITOCHONDRIAL PROTEIN INTERACTOME AND FUNCTION IN FRAILTY AND SARCOPENIA
David Marcinek, University of Washington, Seattle, WA (USA)
- 5:30-5:40 PM **ORAL COMMUNICATION 27**
INTRINSIC CAPACITY AND FALLS IN OLDER ADULTS; A 5-YEAR FOLLOW-UP
Debra Waters, University of New Mexico, Albuquerque, NM (USA)
- 5:40-5:50 PM **ORAL COMMUNICATION 28**
RELATIONSHIP OF ENDOGENOUS PLASMA CONCENTRATIONS OF B-HYDROXY B-METHYL BUTYRATE (HMB) WITH FRAILTY IN COMMUNITY DWELLING OLDER ADULTS WITH TYPE-2 DIABETES MELLITUS
Alejandro Álvarez-Bustosa, Biomedical Research Center Network for Frailty and Healthy Ageing (CIBERFES), Madrid (Spain)
- 5:50-6:00 PM **ORAL COMMUNICATION 29**
INFLUENZA INDUCES SKELETAL MUSCLE CACHEXIA IN AGED MICE
Andreia N. Cadar, UConn Health, Farmington, CT (USA)
- 6:00-6:10 PM **ORAL COMMUNICATION 30**
ASSOCIATIONS OF MUSCLE COMPOSITION BY MAGNETIC RESONANCE IMAGING WITH STRENGTH, POWER, AND PHYSICAL PERFORMANCE IN OLDER ADULTS IN THE SOMMA STUDY
Jennifer Linge, AMRA Medical AB, Linköping (Sweden)
- 6:10-6:20 PM **ORAL COMMUNICATION 31**
DEVELOPMENT OF A NOVEL CONVERSION TO SYNCHRONIZE CT AND MR PDFF
Adam Kuchnia University of Wisconsin-Madison, Madison, WI (USA)
- 6:20-6:30 PM **ORAL COMMUNICATION 32**
INABILITY TO PARTICIPATE IN SPORTS AND RECREATIONAL ACTIVITIES MAY BE DEVASTATINGLY IMPACTED BY THIGH FAT DISTRIBUTION IN KNEE OSTEOARTHRITIS PATIENTS
Andy Wong University Health Network, Toronto, ON (Canada)
- 6:30-6:40 PM **ORAL COMMUNICATION 33**
ASSOCIATION OF HEALTHY LIFESTYLE AND SOCIAL ENVIRONMENT WITH MORTALITY AMONG ADULTS WITH FRAILTY: FINDINGS FROM THE UK BIOBANK
Chenkai Wu, Duke Kunshan University, Kunshan, Jiangsu (China)
- 6:40-7:00 PM **POSTER SESSION**

FINAL PROGRAM • FRIDAY • MARCH 22, 2024

7:30-8:00 AM **POSTER WALKING TOUR**

7:30-8:00 AM **WORKSHOP 3**
EMPOWERING CARE FOR SARCOPENIC LOVED ONES: A PRACTICAL WORKSHOP
 Anna Welch, University of New Mexico, Albuquerque, NM (USA)

8:00-9:00 AM **ORAL COMMUNICATIONS**
 Moderators: Peggy Cawthon, California Pacific Medical Center Research Institute, San Francisco, CA (USA), Marco Canevelli, Sapienza University of Rome and ISS, Rome (Italy)

8:00-8:10 AM **ORAL COMMUNICATION 34**
LONGITUDINAL ASSOCIATIONS BETWEEN FRAILTY AND EPIGENETIC AGE ACCELERATION IN THE HEALTH AND RETIREMENT STUDY
Benjamin Seligman, University of California, Los Angeles & VA Greater Los Angeles Healthcare System (USA)

8:10-8:20 AM **ORAL COMMUNICATION 35**
MALNUTRITION IN COVID-19 SURVIVORS: PREVALENCE AND RISK FACTORS
Matteo Tosato, Fondazione Policlinico Universitario Agostino Gemelli, Rome, (Italy)

8:20-8:30 AM **ORAL COMMUNICATION 36**
LOW ADHERENCE TO PHYSICAL ACTIVITY IS ASSOCIATED WITH INCIDENT MOBILITY IN OLDER ADULTS WITH PHYSICAL FRAILTY AND SARCOPENIA: RESULTS FROM THE SPRINTT RANDOMIZED CLINICAL TRIAL
A Alvarez Bustos, Biomedical Research Center Network for Frailty and Healthy Ageing (CIBERFES), Getafe Madrid (Spain)

8:30-8:40 AM **ORAL COMMUNICATION 37**
FRAILTY AND THE RISK, CLINICAL EXPRESSION, AND OUTCOMES OF NEUROLOGICAL DISORDERS
Marco Canevelli, Sapienza University of Rome, National Institute of Health (ISS), Rome (Italy)

8:40-8:50 AM **ORAL COMMUNICATION 38**
THE UTILIZATION OF CONTINUOUS GLUCOSE MONITORING IN GUIDING INSULIN THERAPY IN OLDER ADULTS RESIDING IN LONG-TERM CARE FACILITIES: A RANDOMIZED CLINICAL TRIAL
Thaer Idrees, Emory University, Atlanta, GA (USA)

8:50-9:00 AM **ORAL COMMUNICATION 39**
DECIPHERING THE MULTIFACETED AGING CODE IN OUTBRED MICE: GENDER-BASED INSIGHTS FROM NATURAL AND ACCELERATED AGING
Angelo Parini, Institute of Metabolic and Cardiovascular Diseases, Toulouse University Hospital, Toulouse, (France)

9:00-9:40 AM **SYMPOSIUM 7**
SKELETAL MUSCLE MITOCHONDRIAL ENERGETICS IN THE STUDY OF MUSCLE, MOBILITY AND AGING (SOMMA)
 Moderator: Russell T Hepple, University of Florida, Gainesville, FL (USA)
 • **Skeletal muscle mitochondrial energetics are generally unrelated to overall muscle size the SOMMA study**
 Peggy M. Cawthon, California Pacific Medical Center Research Institute, University of California, San Francisco, CA (USA)
 • **Energetics and Other Predictors of the Time Required to Walk 400 Meters**
 Theresa Mau, California Pacific Medical Center Research Institute, San Francisco, CA (USA)
 • **Race differences in walk speed, cardiorespiratory fitness and skeletal muscle mitochondrial energetics in the study of muscle, mobility and aging (SOMMA)**
 Paul M. Coen, Translational Research Institute, AdventHealth, Orlando, FL (USA)

9:40-10:00 AM **KEYNOTE 6**
Patient-reported and performance outcomes relevant to sarcopenia
 Introduction: Yves Rolland, IHU HealthAge, Toulouse (France)
David Cella, Northwestern University, Evanston, IL, USA

10:00-10:30 AM **COFFEE BREAK AND POSTER SESSION**

FINAL PROGRAM • FRIDAY • MARCH 22, 2024

10:30-11:00 AM

ROUNDTABLE 2

IMPLEMENTING ICOPE IN CLINICAL PRACTICE

Panelists: **Rosalyn Correa-de-Araujo**, National Institute on Aging (NIA), National Institutes of Health (NIH), Bethesda, MD (USA)
Luis Miguel Gutierrez Robledo, Instituto Nacional De Geriatria, Mexico City (Mexico)
Bruno Vellas, IHU HealthAge, Toulouse (France)
David Scrase, University of New Mexico, Albuquerque, NM (USA),

11:00-11:40 AM

SYMPOSIUM 8

RECENT ADVANCES IN AGING FROM SIMPLE MODEL ORGANISMS

Moderator: **Mark A. McCormick**, University of New Mexico Health Sciences Center, Albuquerque, NM (USA)

- **Epigenetic Gambling and Aging**

Alexander Mendenhall, University of Washington, Seattle, WA (USA)

- **Longevity and health benefits of the tryptophan metabolite 3-hydroxyanthranilic acid**

George Sutphin, University of Arizona, Tucson, AZ (USA)

- **Greatly Increased Lifespan by tRNA Synthetase Inhibitors is Linked to Enhanced Protein Turnover**

Mark A. McCormick, University of New Mexico Health Sciences Center, Albuquerque, NM (USA)

11:40-12:40 AM

LUNCH BREAK AND POSTER SESSION

12:40-1:20 PM

SYMPOSIUM 9

EXERCISE AND NUTRITIONAL INTERVENTIONS FOR OSTEOSARCOPENIA

Moderator: **Darren Candow**, University of Regina, Regina, SK (Canada)

- **Emergence of creatine supplementation as a potential treatment for osteosarcopenia**

Darren Candow, University of Regina, Regina, SK (Canada)

- **Resistance training to prevent and treat osteosarcopenia**

Debra Waters, University of New Mexico, Albuquerque, NM (USA) and University of Otago (NewZealand)

- **Sedentarism and malnutrition: the perfect storm in osteosarcopenia**

Gustavo Duque, McGill University, Montréal, QC (Canada)

1:20-1:40 AM

KEYNOTE 7

The New Challenges of Healthy Longevity: From the Sprint-t Study to the Longevity Run Project

Introduction: **Nathan Lebrasseur**, Mayo Clinic, Rochester, MN (USA)

Francesco Landi, Catholic University of Rome, Rome (Italy)

1:40-2:20 PM

ORAL COMMUNICATIONS

Moderators: **Roger Fielding**, Tufts University, Boston, MA (USA), **Philippe Noirez**, Reims Champagne-Ardenne University (France)

1:40-1:50 PM

ORAL COMMUNICATION 40

MULTI-TRAIT GENOME-WIDE ASSOCIATION STUDY OF MUSCLE MASS AND STRENGTH IN THE UK BIOBANK

Zijie Zhao, University of Wisconsin-Madison, Madison WI (USA)

1:50-2:00 PM

ORAL COMMUNICATION 41

DISTURBANCES IN BRAIN HEALTH AND RELATED AMINO ACID KINETICS IN OLDER ADULTS AT RISK OF FRAILTY, AND THE ROLE OF CHRONIC MORBIDITIES

Minchae C Kang, Center for Translational Research in Aging & Longevity, Texas A&M University, College Station, TX, (USA)

2:00-2:10 PM

ORAL COMMUNICATION 42

SKELETAL MUSCLE AND CIRCULATING MICRORNAS ADAPTATION FOLLOWING HIGH-INTENSITY INTERVAL TRAINING WITH OR WITHOUT L-CITRULLINE IN OBESE OLDER ADULTS.

Philippe Noirez, Reims Champagne-Ardenne University (France)

2:10-2:20 PM

ORAL COMMUNICATION 43

OSTEOSARCOPENIC OBESITY AND OVERLAP SYNDROMES: COMPARISON OF BODY COMPOSITION, BLOOD BIOMARKERS AND 2-YEAR OUTCOMES IN HEALTHY OLDER ADULTS

Wee Shiong Lim, Institute of Geriatrics and Active Aging, Tan Tock Seng Hospital (Singapore)

FINAL PROGRAM • FRIDAY • MARCH 22, 2024

2:20-3:00 PM

SYMPOSIUM 10

MUSCLE MASS IS NOT EQUAL TO MUSCLE CELL MASS: IMPORTANCE OF MEASUREMENT MUSCLE COMPOSITION AND QUALITY

Moderator: Gustavo Duque, McGill University, Montréal, QC Canada)

- **Bioimpedance phase angle reflects the contractile to non-contractile tissue ratio in skeletal muscle mass**
Yosuke Yamada, National Institutes of Biomedical Innovation, Health and Nutrition, Osaka (Japan)
- **Phase angle for muscle quality assessment: comparison with muscle mass in relation to physical function**
Sho Hatanaka, Tokyo Metropolitan Institute for Geriatrics and Gerontology, Tokyo (Japan)
- **Muscle quality assessment via BIA and BIS: Associations with physical function and physical Activity**
Yujiro Asano, National Institutes of Biomedical Innovation, Health and Nutrition, Tokyo (Japan)

3:00-3:30 PM

COFFEE BREAK AND POSTER SESSION

3:30-5:10 PM

ORAL COMMUNICATIONS

Moderators: Debra Waters, UNM, Albuquerque, NM (USA), Ann Beliën, Rejuvenate Biomed, Diepenbeek (Belgium)

3:30-3:40 PM

ORAL COMMUNICATION 45

ASSESSING HAND GRIP STRENGTH VIA A NOVEL BLUETOOTH CONNECTED DEVICE AND APP AMONG OUTPATIENTS ASSISTS HEALTHCARE PROVIDERS IN IMPROVING NUTRITION CARE

Amy Sharn, Abbott Nutrition, Columbus OH (USA)

3:40-3:50 PM

ORAL COMMUNICATION 46

A MACHINE LEARNING ALGORITHM TO RETROSPECTIVELY TRACK DAILY MEALS IN ELDERLY FRAIL INDIVIDUALS WEARING CONTINUOUS GLUCOSE MONITORING DEVICE

Madisen K Wicker, Chobanian and Avedisian School of Medicine, Boston University, Boston, MA (USA)

3:50-4:00 PM

ORAL COMMUNICATION 47

ANTISENSE OLIGONUCLEOTIDE TARGETING MIR-128-3P ATTENUATES AGING-ASSOCIATED DECLINE IN MUSCLE FUNCTION AND ENDURANCE EXERCISE CAPACITY

Melissa A. Boldridge, University of California, Berkeley, CA (USA)

4:00-4:10 PM

ORAL COMMUNICATION 48

MUSCLE MYOSTATIN AND MITOCHONDRIAL DYSFUNCTION IN HEMIPARETIC STROKE: A RANDOMIZED CLINICAL TRIAL OF RESISTIVE EXERCISE AND PROTEIN SUPPLEMENTATION

Alice S. Ryan, University of Maryland School of Medicine and Department of Veterans Affairs, Baltimore, MD (USA)

4:10-4:20 PM

ORAL COMMUNICATION 50

BASELINE ASSOCIATIONS BETWEEN APPENDICULAR LEAN MASS AND MUSCLE STRENGTH, POWER AND PHYSICAL PERFORMANCE IN OLDER ADULTS IN THE WHEY PROTEIN AND ALKALI SUPPLEMENTATION TRIAL

Lisa Ceglia, Tufts Medical Center, Boston, MA (USA)

4:20-4:30 PM

ORAL COMMUNICATION 51

BLOOD PRESSURE VARIABILITY AND FRAILTY IN PEOPLE LIVING WITH END-STAGE KIDNEY DISEASE

Tobia Zanotto, University of Kansas Medical Center, Kansas City, KS (USA)

4:30-4:40 PM

ORAL COMMUNICATION 52

EXERCISE TRAINING PROMOTES A MITOCHONDRIAL "HEALTHY AGING" SIGNATURE IN SKELETAL MUSCLE.

Mari Carmen Gomez-Cabrera, University of Valencia, Madrid (Spain)

4:40-4:50 PM

ORAL COMMUNICATION 53

FRAILTY RESILIENCE IS STRONGLY ASSOCIATED WITH NOVEL PACE-OF-AGING AND SYSTEM-SPECIFIC EPIGENETIC CLOCKS

Jenel Fraij Armstrong, Yale University, New Haven, CT (USA)

4:50-5:00 PM

ORAL COMMUNICATION 54

WOMEN AND MEN WITH INCREASED BMI AND LOW MUSCLE MASS DETERMINED BY D3-CREATINE DILUTION HAVE SLOWER GAIT SPEED AND WEAKER GRIP STRENGTH

Douglas P. Kiel, Marcus Institute for Aging Research and Harvard Medical School, Boston (USA)

5:00-6:00 PM

POSTER SESSION

POSTERS • FROM WEDNESDAY, MARCH 20 AT 2PM TO THURSDAY, MARCH 21 AT 3:00PM

1 • FRAILITY IN CLINICAL PRACTICE AND PUBLIC HEALTH

P1-1 • Intervention with an exercise program to reduce falls in frail older adults

Carmen Eliana Peralta Vargas Air Force Central Hospital. Lima (Peru)

P1-2 • Validation and Clinical Application of the System for Tracking and Evaluating Performance (Step-App): A Novel Mobile Telemonitoring System for Frail Patients

Marco Invernizzi, University of Eastern Piedmont (Italy)

P1-3 • Predicting negative outcomes in trauma patients with rib fractures: A retrospective comparison of three frailty scales

Colette Galet, University of Iowa Carver College of Medicine, Iowa City, IA (USA)

P1-4 • Association of serum vitamin D levels and risk of malnutrition according to degree of frailty in older adults

Gómez Treviño Daniel, Hospital Universitario "Dr. José Eleuterio González", Universidad Autónoma de Nuevo León, Monterrey, (México)

P1-5 • Quality of life among frail patients undergoing mitral transcatheter edge-to-edge repair

Dounia Rouabhia, Quebec Heart and Lung Institute, Laval University, Québec City, QC (Canada)

P1-6 • Role of Polysocial Score in the Association between Blood- Based Biomarkers and Risk of Frailty

Chenkai Wu, Duke Kunshan University, Kunshan Jiangsu (China)

P1-7 • Effects of non-pharmacologic therapies for the prevention of frailty in older adults: an umbrella review

Hidetaka Wakabayashi, Tokyo Women's Medical University Hospital, Tokyo, (Japan)

P1-8 • The coexistence of multimorbidity and frailty and its influence on health-related quality of life: a cross-sectional survey among community-dwelling middle-aged and older adults in China

Enying Gong, Chinese Academy of Medical Sciences, Beijing (China)

P1-9 • Association between frailty and readmissions in hospitalized patients with systemic lupus erythematosus (SLE)

Namrata Singh, Bellevue WA (USA)

P1-10 • The association of urbanization with frailty status in China

Hillary B. Spangler, UNC School of Medicine, Chapel Hill, NC (USA)

P1-11 • Geriatric assessment of frailty syndrome in kidney transplant candidates and recipients

Hana Vankova Third Faculty of Medicine, Charles University, Prague (Czech Republic)

P1-12 • Hand grip strength values in adults with compensated cirrhosis: results from a hospital in Mexico City

Aldo Allende-Lopez, Unidad de Investigacion Medica en Epidemiologia clinica, Mexico city (Mexico)

P1-13 • Effects of loneliness and preference for solitude on physical frailty transition in middle age and old age in Japan

Nanako Sasaki, National Institute of Advanced Industrial Science and Technology, Tsukuba (Japan)

P1-14 • Emergency Department Interventions for Frailty (EDIFY): Can a Front-Door Geriatrics Program Improve Patient Experience?

Jewel Baldevarona-Llego, Tan Tock Seng Hospital, (Singapore)

P1-15 • Frailty Assessment for Risk prediction in Gynecologic Oncology (FARGO study): Physician Acceptability Substudy

Julie My Van Nguyen, Juravinski Cancer Centre, McMaster University, Hamilton, ON (Canada)

P1-16 • Detecting patients with high chances of frailty reversibility using intrinsic capacity: real life data from the INSPIRE-ICOPE Care cohort in France

Emmanuel Gonzalez-Bautista Gerontopole, Toulouse. University Hospital, WHO Collaborating Center for Frailty, Toulouse, (France)

P1-17 • Use of Alternative Strength Measures to Assess Phenotypic Frailty in Patients with Rheumatoid Arthritis

Hannah F. Brubeck VA Puget Sound Healthcare System, Seattle, WA, (USA)

P1-18 • Grip strength may not be an appropriate surrogate for sarcopenia in waitlisted kidney transplant patients

Daniel Katz, University of Iowa and Iowa City Veterans Affairs Hospital, Transplant Division, Iowa City IA (USA)

P1-19 • Day Seven versus Day One Frailty and the outcome of acute-on-chronic liver failure

David Liška Matej Bel University, Banská Bystrica, (Slovakia)

P1-20 • Screening for frailty and sarcopenia using a fully guided smartphone/tablet application: Validation of the Fit-Frailty App in clinical practice

Alexandra Papaioannou, McMaster University, Hamilton, ON, (Canada)

P1-21 • Risk of malnutrition and frailty frequently co-occur in older adults with community-acquired pneumonia

Charles Broghammer Department of Emergency Medicine, University of Wisconsin, Madison, WI (USA)

P1-22 • Prevalence of frailty clinical profiles of community dwelling older adults seeking to comprehensive geriatric assessment at home: FREEDOM cohort study

Achille Tchalla, Aging & Digital Health Lab University of Limoges, Limoges (France)

P1-23 • Frailty in Older Adults with Systemic Lupus Erythematosus and Emergency Department Utilization:

An Administrative Claims Data Analysis of Medicare Beneficiaries

Sarah B. Lieber, Hospital for Special Surgery, New York, NY, (USA)

P1-24 • Unique Factors Affecting Physical Activity Behavior Change Among Non-Frail, Pre-Frail and Frail Older Adults.

Megan Huisingh-Scheetz, University of Chicago, Chicago, IL (USA)

P1-25 • Effects of exercise interventions in frail older adults: an overview of systematic reviews

Ling-Na Kong, School of Nursing, Chongqing Medical University, Chongqing (China)

P1-26 • Sarcopenia Prevention for Successful Healthy Ageing (SHAPE): A framework for action

Salwa Abdul Rahman, Raja Isteri Pengiran Anak Saleha Hospital, Muara (Brunei)

P1-27 • Incidence and impact of frailty in midlife trauma patients

Colleen Bloeser, Carver College of Medicine, Iowa City IA (USA)

P1-28 • GDF-15 Levels and Frailty Status in patients with Prostate Cancer on Androgen Deprivation Therapy

Sofia Jaramillo, University of Washington (UW); GRECC, Veteran Affairs Puget Sound Health Care System (VAPSHCS) Seattle, WA (USA)

P1-29 • Associations of 2 established methods of measuring gait speed and sit-to-stand performance with frailty and restricted life-space mobility in community-dwelling older adults

Yong-Hao Pua, Singapore General Hospital, Duke-NUS Graduate Medical School, (Singapore)

POSTERS • FROM WEDNESDAY, MARCH 20 AT 2PM TO THURSDAY, MARCH 21 AT 3:00PM

P1-30 • Frailty metrics in systemic lupus erythematosus

Natalya Surmachevska Beth Israel Deaconess Medical Center, Boston, MA, (USA)



P1-31 • Frailty and quality of life in Parkinson's Disease

Cruz Sousa Fraguas, University of Oviedo, Faculty of Medicine and Health Sciences, Oviedo (Spain)

P1-32 • Is frailty discouraging surgeons from performing thoracolumbar fusion? a retrospective study

Benjamin M. Linden, Carver College of Medicine, Iowa City, IA (USA)



P1-33 • Lessons learned from a combined, personalized lifestyle intervention in hospitalized patients at risk for sarcopenia: a feasibility study

SH van Exter, Radboudumc, Nijmegen (Netherlands)

P1-34 • Reliability and validity of the Lidar-based 2-meter gait speed test in community-dwelling older adults: A method comparison study

Yong-Hao Pua, Singapore General Hospital (Singapore)

P1-35 • Associations of polypharmacy and potentially inappropriate medications with frailty in community-dwelling older Japanese women: The Otassha Study

Kaori Daimaru, Tokyo Metropolitan Institute for Geriatrics and Gerontology, Itabashi, Tokyo, (Japan)

P1-36 • Understanding Frailty in Cardiovascular Patient through Routine Assessment

Maryia Samuel, McGill University, Montreal, QC (Canada)

P1-37 • Black Patients Experience Increased Complications within the Frail Population in Head and Neck Free Flap Surgery

Akshay Warrior Department of Otolaryngology, Rutgers New Jersey Medical School, Newark, NJ (USA)

2 • COGNITIVE FRAILTY

P2-1 • The Experiences of Community-Dwelling Older Adults with Physical Cognitive Decline Syndrome in Taiwan: A Psychosocial Qualitative Study

Pei-Lun Hsieh, National Taichung University of Science and Technology, Taichung (Taiwan)

P2-2 • The prevalence and overlap of physical, psychological, cognitive, and social frailty among community-dwelling middle-aged and older adults in China: a cross-sectional survey

Xiaoxiao Wei, Chinese Academy of Medical Sciences and Peking Union Medical, Beijing (China)

P2-3 • The interrelationship between sarcopenia and mild cognitive impairment, Alzheimer's disease and other forms of dementia: a systematic review and meta-analysis

Nadjia Amiri, KU Leuven, Leuven, (Belgium)



P2-4 • External validation of CRIDECO anticholinergic scale (CALS) to predict cognitive impairment, in-hospital and 3-month mortality in older patients discharged from acute care hospitals: a comparative analysis with ACB scale

Luca Soraci, National Institute for Research and Care of the Elderly, Ancona and Cosenza, (Italy)

P2-5 • Promoting systemic change: cognitive and physical frailty intervention in geriatric outpatient clinics

Hana Vankova, Third Faculty of Medicine, Charles University, Prague, (Czech Republic)

3 • COVID 19 & FRAILTY & SARCOPENIA



P3-1 • Sarcopenic obesity and functional impairment in nursing home: ESPEN/EASO versus AWGS criteria

Huiyu Tang, West China Hospital, Sichuan University, Chengdu (China)

P3-2 • The exerkine irisin diminished in plasma with higher oxidative stress and physical inactivity in older subjects socially isolated during the COVID 19 pandemic

Marcelo Paes de Barros, ICAFE, Cruzeiro do Sul University, Sao Paulo, SP, (Brazil)

P3-3 • COVID-19 FI Lab: Frailty Index "Lab" as a Predictor of Mortality and Secondary Infection in Patients Aged 70 and Older hospitalized with COVID-19

Maria Beatrice Zazzara, Fondazione Policlinico Universitario Agostino Gemelli IRCSS, Rome (Italy)

P3-4 • The Association of Non-Severe COVID-19 Infection with Incident Functional Deficits in Robust Older Veterans

Natasha Melo Resendes, Miami VAHS Geriatric Research Education Clinical Center, Miami, FL, (USA)

P3-5 • Non-Severe COVID-19 Infection is Associated with an Increased Risk of Incident Dementia and Mood Disorders in Robust Older Veterans

Natasha Melo Resendes, Miami VAHS Geriatric Research Education Clinical Center, Miami, FL, (USA)

P3-6 • Association of Incident Sensory Deficits Other Than Anosmia and Ageusia in patients with Non-severe COVID-19 Infection

Natasha Melo Resendes, Miami VAHS Geriatric Research Education Clinical Center, Miami, FL, (USA)

P3-7 • Incidence of Cardiovascular Sequelae in Previously Robust Older Veterans with Non-severe COVID-19 Infection

Natasha Melo Resendes, Miami VAHS Geriatric Research Education Clinical Center, Miami, FL, (USA)

P3-8 • The Association of Non-Severe COVID-19 with New Osteoporosis Diagnosis in Older, Robust Veterans

Natasha Melo Resendes, Miami VAHS Geriatric Research Education Clinical Center, Miami, FL, (USA)



P3-9 • Characterization of patients with hip fracture hospitalized during COVID-19 in a tertiary referral center in northeastern Colombia.

Diego Moreno, Industrial University of Santander, Bucaramanga (Colombia)

P3-10 • Frailty related features to define outcomes subsets in Older Adults facing COVID-19 pandemic, results from Gerorocovid Observational e-registry

Susanna Del Signore, Bluecompanion France, Jambville (France)

4 • E-HEALTH, DIGITAL TOOL

P4-1 • Discrimination of frailty phenotype by KineticTM-based stepping parameters

Yosuke Osuka, National Center for Geriatrics and Gerontology, Obu Aichi (Japan)

P4-2 • Evaluation, Modeling, and Analysis for Elderly Balancing and Sarcopenia

Xin Ma, The University of Hong Kong, Hong Kong (China)

P4-3 • Changes in step counts and physical activity during mobile health (mHealth) apps intervention in community-dwelling older adults with frailty: a pilot one-arm trial

Takahisa Ohta, Tokyo Metropolitan Institute for Geriatrics and Gerontology, Tokyo (Japan)



P4-4 • Actual Anthropometrics Ratios as Age-related Predictors for Health Level in Remote Monitoring

Olena Tomarevska Chebotarev Institute of Gerontology of NAMS of Ukraine, Kiev (Ukraine)

POSTERS • FROM WEDNESDAY, MARCH 20 AT 2PM TO THURSDAY, MARCH 21 AT 3:00PM

5 • CLINICAL TRIALS AND THERAPEUTICS



P5-1 • The effect of different post-exercise oral nutritional supplement intake timing on sarcopenia indicators in hemodialysis patients-pilot study

Pei-Yu Wu, China Medical University, Taichung, (Taiwan)

P5-2 • Ruvembri (20-hydroxyecdysone) in Sarcopenia: towards Phase 3 program

Cendrine Tourette, Biophytis - Sorbonne Université, Paris (France)



P5-3 • Implementation of an age-friendly health system in a Korean tertiary hospital

Ji Yeon Baek, Asan Medical Center, Seoul (South Korea)

P5-4 • Feasibility of the FitJoints multimodal prehabilitation intervention in older adults undergoing total hip or knee arthroplasty: A pilot randomized controlled trial

Alexandra Papaioannou, Geras Centre for Aging Research, St. Peter's Hospital, Hamilton, ON, (Canada)

P5-5 • Effects of Astaxanthin Supplementation on Body Composition and Muscle Function: A Pilot Study

Chul-Hyun Kim, Soonchunhyang University, Asan (Republic of Korea)

P5-6 • The 4-week electrical muscle stimulation (EMS) with walking-workout can improve knee extensor muscle function

Chul-Hyun Kim, Soonchunhyang University, Asan (Republic of Korea)

7 • GEROSCIENCE: SENESCENT CELLS

P7-1 • Correlating frailty and senescence; a biomarker study

Olivia Turner, University of Sheffield, Healthy Lifespan Institute, Alfreton ((UK)



P7-2 • Bone health and falls in postmenopausal women with mild frailty

Nataliia Grygorieva, Institute of Gerontology D.F. Chebotarev NAMS Ukraine, Kiev, (Ukraine)

POSTERS • THURSDAY, MARCH 21 AT 3:20PM TO FRIDAY, MARCH 22 AT 5:30PM

8 • NUTRITION AND AGING

P8-1 • Associations between Meat Consumption and Mortality in Middle-Aged and Older Adults with Frailty

Chenkai Wu, Duke Kunshan University, Kunshan Jiangsu (China)

P8-2 • Discussion on the correlation between nutritional status and frailty among elderly outpatient cases

Chia-Yin Chiang, Nurse student, Taichung (Taiwan)

P8-3 • The Causal Effects of Lipid Traits on Sarcopenia-related Traits: A Bidirectional and Multivariable Mendelian Randomization Study

Rongna Lian, National Clinical Research Center for Geriatrics, West China Hospital, Sichuan University, Chengdu (China)

P8-4 • Effectiveness of whey protein supplement intervention on Sarcopenia progression in community-dwelling Korean older adults

Ha-yul Kim, Kyung Hee University, Yongin-si Gyeonggi-do (South Korea)

P8-5 • Assessing the effect of chronic nitrate supplementation on muscle mass and physical function outcomes

Hope Edwards, Faculty of Life Sciences, University of Bradford, Bradford (UK)

P8-6 • Prefrailty in older adults is associated with impaired muscle health, arginine kinetics, and upregulated protein breakdown in those with chronic diseases

Minchae C Kang, Center for Translational Research in Aging & Longevity, Texas A&M University, College Station, TX, (USA)

9 • EPIDEMIOLOGY

P9-1 • Sex differences in the combination of anemia and dynapenia as a risk factor for mortality in older adults

Alexandre Tiago da Silva, Federal University of Sao Carlos, Sao Carlos, (Brazil)

P9-2 • Quality of life in sarcopenia measured with the SarQoL questionnaire: an individual patient data meta-analysis

Charlotte Beaudart, Research Institute for Life Sciences (NARILIS), University of Namur, Namur, (Belgium)

P9-3 • Health-related quality of life in sarcopenia: content validity of the SarQoL questionnaire.

Charlotte Beaudart, Research Institute for Life Sciences (NARILIS), Faculty of Medicine, University of Namur, Namur, (Belgium)

P9-4 • Socio-hygienic and socio-psychological determinants of health

Nataliia Prokopenko, Chebotarev State Institute of Gerontology of the National Academy of Medical Sciences of Ukraine, Kiev (Ukraine)

P9-5 • The Diagnostic Agreement of Sarcopenic Obesity with Different Definitions in West China

Fengjuan Hu, West China Hospital, Sichuan University, Sichuan (China)

P9-6 • Reference centiles for intrinsic capacity in adults aged 20 to 102 years old and their association with clinical events

Wan-Hsuan Lu, G erontop ole, Centre Hospitalier Universitaire de Toulouse, (France)

P9-7 • Diabetes control status and the long-term effect on walking speed trajectories in older adults.

Tiago da Silva Alexandre, Gerontology Department, Federal University of Sao Carlos, Sao Carlos, (Brazil)

P9-8 • Frailty, cognition, and mood disorders among older adults receiving hemodialysis

Christine K. Liu, Stanford, Palo Alto CA (USA)

P9-9 • Visit-to-visit blood pressure variability is associated with intrinsic capacity decline: results from the MAPT Study

Laure Rouch, IHU HealthAge, Toulouse, (France)

P9-10 • The association between sarcopenia and lung function decline in middle-aged and older adults: A nationwide longitudinal study in China

Fengjuan Hu, West China Hospital, Sichuan University, Chengdu, Sichuan Province, (China)

P9-11 • Frailty and employment among the older adult population - a longitudinal study in Japanese community-dwellers

Hiroshi Shimokata, Nagoya University of Arts and Sciences, Nisshin Aichi (Japan)

P9-12 • The impact of frailty on perioperative outcomes in patients with gynecologic cancers: A population-based study

Julie MV Nguyen, McMaster University, Hamilton, Ontario (Canada)

P9-13 • Greater musculoskeletal pain severity associated with slower walk and stair climb time in older adults: the Study of Muscle, Mobility and Aging (SOMMA)

Theresa Mau, San Francisco Coordinating Center, California Pacific Medical Center Research Institute, San Francisco, CA (USA)

P9-14 • The effects of physical activity on appetite among older adults – A scoping review

Annelie Turesson, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Solna Stockholm (Sweden)

10 • ANIMAL MODELS, PRECLINICAL STUDIES

P10-1 • Translatability of mouse muscle-aging for humans: the role of sex

Jelle CBC de Jong, Organization for Applied Scientific Research (TNO), Leiden, (The Netherlands)

P10-2 • Plasma from young, physically trained donors improves the muscular response to physical training in older mice

Felipe Salech, Centro de Gerociencia, Salud Mental y Metabolismo (GERO), Santiago (Chile)

P10-3 • Fecal microbiota transplantation modulated gut microbiome composition and suppressed microglial activation in brain and colon of neuropathic rats: microbiota-gut-brain axis

Chwan-Li Shen Texas Tech University Health Sciences Center, Lubbock, TX (USA)

11 • BIOMARKERS AND IMAGING

P11-1 • Computed Tomography (CT) muscle density measures differ based on methodology used; a call for consistency

Adam Kuchnia, University of Wisconsin-Madison, Madison, WI (USA)

P11-2 • High blood Galectin-3 level associated with risk of sarcopenia and aging

Xueying Ji, Huadong Hospital Affiliated to Fudan University, Shanghai (China)

P11-3 • Phase angle as a predictive factor for sarcopenia and falls among older adults living in continuing care retirement communities

Murad H. Taani, University of Wisconsin Milwaukee, Milwaukee, WI (USA)

POSTERS • THURSDAY, MARCH 21 AT 3:20PM TO FRIDAY, MARCH 22 AT 5:30PM

P11-4 • Neurofilament light chain is associated with lower muscle mass and strength in middle-aged and older adults

Kiat Sern Goh, Geriatric Medicine, Changi General Hospital, (Singapore)



P11-5 • Evaluating Immunoassay Detection of GDF11 and Cross-Reactivity with GDF8, and Comparative Analysis of Serum GDF11 Levels Across Frailty Classes in Community-Living Older Adults

Erik Fung, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong, (China)

P11-6 • The relationships among strength, muscle texture, and echogenicity: Effects of body-mass scaling, sonographic scanning plane, and age

Michael O. Harris-Love, University of Colorado Anschutz Medical Center, Centennial Colorado (USA)



P11-7 • Inflammation biomarkers are linked to positive cognition responder status in a multidomain intervention.

Emmanuel Gonzalez-Bautista, Gerontopole, Toulouse. University Hospital, WHO Collaborating Center for Frailty, Clinical and Geroscience Research, and Geriatric Training, Toulouse, (France)



P11-8 • Myokines and biomarkers of frailty in older inpatients with undernutrition: a prospective study

Hongpeng Liu, Peking University School of Nursing, Beijing (China)

P11-9 • Exercise responsiveness in homebound older adults enrolled in a home-based exercise program with meal delivery

Jessica L. Lee, University of Texas Health Science Center at Houston, Houston, TX (USA)



P11-10 • Identifying Muscle Biopsy Gene Markers for Pre-Frailty

Aya Al-Naza, Drexel University College of Medicine, Philadelphia, PA (USA)

P11-11 • Relating Self-Rated Health, Frailty and Physical Activity in Older Adults with Prostate Cancer

Nabiel Mir, The University of Chicago, Chicago, IL (USA)

P11-12 • Adverse muscle composition in chronic kidney disease is associated with low functional performance and increased comorbidity in the UK Biobank Imaging Study

Olof Dahlqvist Leinhard, AMRA Medical AB, Linköping (Sweden)

13 • PHYSICAL EXERCISE

P13-1 • The Impact of Exercise Velocity and EMS Intensity on Oxygen Uptake and Vital Signs During Passive Isokinetic Cycling with Electromyostimulation

Kazuyuki Ogiso, Aoyama Gakuin University, Shibuya, Tokyo, (Japan)

P13-2 • Exercise to maintain physical health & quality of life in frail and pre-frail seniors after minor injuries

Marie-Josée Sirois, Centre d'Excellence sur le Vieillessement de Québec, QC (Canada)



P13-3 • Cross-sectional and longitudinal associations between physical activity and intrinsic capacity in healthy older adults

Jérémy Raffin, IHU HealthAge, Toulouse, (France)



P13-4 • Cross-sectional associations of physical activity, sedentary behavior and their combination with physical function and performance across the adult lifespan

Jérémy Raffin, IHU HealthAge, Toulouse, (France)

P13-5 • The phase angle and the extracellular to intracellular water ratio are associated with physical activity level, physical activity regardless of intensity, and sedentary behavior in Japanese community-dwelling older adults

Kan Oishi, Japan Society for the Promotion of Science, Chiyoda-ku, Tokyo (Japan)



P13-6 • Physical activity as a preventive factor in frailty among the elderly

Mehdi Kushkestanti, Rutgers University, NJ, (USA)

P13-7 • Comparison of metabolic risk factors based on the type of physical activity in Korean adolescents: Results from a nationwide population-based survey

Ji Won Lee, Gachon University Gil Medical Center, Namdong-gu, Incheon (Republic of Korea)

P13-8 • Skeletal muscle telocytes acknowledge and riposte to eccentric exercise bouts

Miguel Calvo-Rubio Barrera, NIH, Baltimore, MD (USA)

14 • INTEGRATED CARE (ICOPE)

P14-1 • The association between intrinsic capacity in healthy aging and human gut microbiota

C Huang, Department of Family Medicine and Community Medicine, E-Da Hospital, Kaohsiung City, (Taiwan)



P14-2 • Poor documentation of sarcopenia suggested a lack of diagnosis in geriatric rehabilitation inpatients

Thang Dao, Department of Medicine and Aged Care, The Royal Melbourne Hospital, The University of Melbourne, Parkville, Victoria, (Australia)



P14-3 • Detection of intrinsic capacity loss using ICOPE Screening Tool in community dwelling older people: results from the VIMCI study at 12-month follow-up

Sergi Blancafort, Fundació Salut i Envelliment UAB (FSIE-UAB), Barcelona, (Spain)

P14-4 • How are the recommendations of the ICOPE program's Step3 (personalized care plan) applied?

Caroline Berbon, IHU HealthAge, Toulouse (France)

P14-5 • The WHO ICOPE program to monitor intrinsic capacity in older adults with cancer

Z Steinmeyer, IHU HealthAge, Toulouse (France)

P14-6 • Intrinsic capacity impairment and frailty in community-dwellers older people in Cameroon

Marie-Josiane Ntsama Essomb, Department of Internal Medicine and specialties, Faculty of Medicine and Biomedical Sciences, University of Yaounde I, Yaounde (Cameroon)



P14-7 • The Prevalence and Associated Factors of Intrinsic Capacity Decline Among Community-Dwelling Older Adults in China: A Cross-Sectional Study

Fangqin Tan, Chinese Academy of Medical Sciences, Beijing (China)

15 • BODY COMPOSITION

P15-1 • Biological and clinical correlates of sarcopenia in men with metastatic prostate cancer

Efthymios Papadopoulos, Louisiana State University, Baton Rouge, LA, (USA)



P15-2 • Body Mass Adjusted Lower Extremity Torque and its Relationship with Physical Function in United States Veterans

Jared M. Gollie, Washington DC VA Medical Center (USA)



P15-3 • Muscle function and waist circumference predict frailty in Italian older individuals: assessing concordance among various frailty definitions in the FRASNET Study

Sarah Damanti, Università Vita Salute San Raffaele, Milan (Italy)

POSTERS • THURSDAY, MARCH 21 AT 3:20PM TO FRIDAY, MARCH 22 AT 5:30PM

P15-4 • Skeletal muscle mass-to-visceral fat area ratio, mediated by leucine-rich α -2-glycoprotein, is associated with arterial stiffness in a 7-year prospective cohort study in Asians with type 2 diabetes

Serena Low, Khoo Teck Puat Hospital (Singapore)

P15-5 • Muscle mass and carcinoembryonic antigen over time in adults with stage II-III colorectal cancer

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P15-6 • Sarcopenia Increases Risk for Orthostatic Hypotension in Older Adults

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P15-7 • Accuracy of BMI to screen for overweight and obesity in Brazilian older adults compared to fat mass index by dual-energy x-ray absorptiometry

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P15-8 • Different cutoff points for low muscle mass assessed by dual-energy x-ray absorptiometry and its association with physical and functional parameters in Brazilian older adults

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P15-9 • Low muscle mass, fat mass excess and its association with physical and functional variables in Brazilian older adults

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P15-10 • Body composition and falls in Parkinson's disease: gender specific changes

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P15-11 • Decreased hip extensor strength is related to falls in Parkinson's disease

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P15-12 • Body composition features in postmenopausal females with knee pain

Nataliia Grygorieva, Institute of Gerontology D.F. Chebotarev NAMS, Kiev (Ukraine)

P15-13 • Development of normative reference values for sarcopenia-diagnosing phase angle of bioelectrical impedance analysis (BIA) in a Korean population

Chul-Hyun Kim, Soonchunhyang University, Asan, (Republic of Korea)

16 • BIOLOGY OF FRAILITY, SARCOPENIA

P16-1 • Bilateral neural input and neuromuscular function in young and old human vastus lateralis

Mathew Piasecki, University of Nottingham, Derby UK)

P16-2 • Preoperative frailty/sarcopenia and postoperative infectious complications in gastrointestinal surgery patients

Yuichi Kitagawa, National Center for Geriatrics and Gerontology, Obu (Japan)

P16-3 • Plasma Proteomic Signature of Risk and Prognosis of All-cause Mortality Among Frail Adults

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P16-4 • Do obstructive and restrictive pulmonary disorders increase the incidence risk of dynapenia in adults aged 50 and older?

Tiago da Silva Alexandre, Gerontology Department, Federal University of Sao Carlos, Sao Paulo (Brazil)

P16-5 • Associations between gut microbiota and sarcopenia or its defining parameters: a systematic review

Laurence Lapauw, KU Leuven, Leuven, (Belgium)



P16-6 • SaMu: multi-omics association between Sarcopenia and Salivary Microbiota

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