

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

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

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

9:30 – 10:10 AM **SYMPOSIUM 1: RESULTS OF THE SPRINTT PROJECT**  
*Chairmen: Francesco Landi, MD, PhD - Roberto Bernabei, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Università Cattolica del Sacro Cuore, Rome, (Italy)*  
**• What we have learnt from the SPRINTT Project**  
*Emanuele Marzetti, MD, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome (Italy)*  
**• SPRINTT Randomized Clinical Trial: preliminary results**  
*Riccardo Calvani, PhD, Fondazione Policlinico Universitario Agostino Gemelli IRCCS Università Cattolica del Sacro Cuore, Rome, (Italy)*

**LIVE Q&A**


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


**ORAL COMMUNICATIONS**

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

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

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

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

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


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

11:30 – 12:10 PM **ROUNDTABLE 1: Topline results from the Phase IIB study of Lomecel-B in patients with Aging Frailty**  
*Jorge Ruiz, MD, Geriatrics Research Education and Clinical Center (GRECC), Miami VA Healthcare System*

**ROUNDTABLE DISCUSSION AND LIVE Q&A**

**ORAL COMMUNICATIONS**

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

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

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

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

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

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

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

8:30 AM	<b>WELCOME ADDRESS</b> <i>Matteo Cesari, MD, PhD, Università di Milano, Milan (Italy)</i>
8:40-9:00 AM	<b>CONFERENCE : ICFSR recommendations on physical exercise</b> <i>Mikel Izquierdo, PhD, Public University of Navarra, Tudela, Spain</i>
9:00-9:30 AM	<b>ROUNDTABLE 2:</b> <b>SARCOEOS BIO101 IN SARCOPENIA: LESSONS LEARNED FROM THE SARA PROGRAM</b> <i>Cendrine Tourette, PhD - Waly Dioh, PhD - Jean Mariani, PhD - Biophytis, Paris (France)</i> <b>PANEL DISCUSSION AND LIVE Q&amp;A</b>
9:30-9:50 AM	<b>CONFERENCE 1:</b> <b>The impact of COVID-19 on intrinsic capacity: preliminary results and future perspectives</b> <i>Matteo Cesari, MD, PhD, Università di Milano, Milan (Italy)</i>
09:50-10:30 AM	<b>ROUNDTABLE DISCUSSION 3:</b> <b>“Why” rather than “How”: A Trans-Paradigmatic Discussion on the Urgency of the Frailty Concept for Optimizing Outcomes for Older Adults</b> <i>Chair: Luigi Ferrucci, MD, National Institute on Aging, National Institutes of Health, Baltimore, MD (USA)</i> <b>• How is frailty conceptualized?</b> <b>• What is the importance of frailty for older individuals, for public health policy and practice aimed at older adults, and for clinical care of older adults? How can frailty assessment and/or management be of benefit in these areas?</b> <b>• What are the highest research imperatives / gaps to address in order for the envisioned benefits to be realized?</b> <i>Discussants: Susan E Howlett PhD, Dalhousie University, Halifax, Nova Scotia (Canada), Karen Bandeen-Roche, PhD, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA) Matteo Cesari, MD, PhD, Ca' Granda-Università di Milano, Milan (Italy)</i> <b>LIVE Q&amp;A DISCUSSION</b>
10:30-11:10 AM	<b>ORAL COMMUNICATIONS</b>
10:30	<b>OC10 • Pro-autophagic and anabolic amino acids improve muscle force during aging</b> <i>Claire Boutry-Regard, PhD, Nestle Research, Lausanne (Switzerland)</i>
10:40	<b>OC11 • Myogenic and stress factors are differentially expressed in skeletal muscle of older adults with low muscle strength</b> <i>Sebastiaan Dalle, KU Leuven, Leuven (Belgium)</i>
10:50	<b>OC12 • The effect of young and old ex vivo human serum on cellular protein synthesis and growth in an in vitro model of ageing</b> <i>Sophie L. Allen, University of Birmingham, Edgbaston, Birmingham (UK)</i>
11:00	<b>OC13 • Epigenetic Age Acceleration and Change in Frailty in MOBILIZE Boston</b> <i>Benjamin Seligman, MD, PhD, Harvard Medical School, Boston, MA (USA)</i>
11:10-11:20 AM	<b>LIVE Q&amp;A OF ORAL COMMUNICATIONS OC10 TO OC13</b> <i>Moderators: Karen Bandeen-Roche, PhD, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA) and Benjamin Seligman, MD, PhD, Harvard Medical School, Boston, MA (USA)</i>
11:20-11:40 AM	<b>CONFERENCE 2:</b> <b>Skeletal muscle and exercise research opportunities in MOTRPAC</b> <i>Marco Pahor, Institute on Aging, University of Florida, Gainesville, FL (USA)</i>
11:40-12:30 PM	<b>ORAL COMMUNICATIONS</b>
11:40	<b>OC14 • Sex differences in muscle-ageing: a cross-sectional study</b> <i>Jelle de Jong, Wageningen University, Wageningen (the Netherlands)</i>
11:50	<b>OC15 • Adverse muscle composition predicts all-cause mortality in the UK Biobank imaging study</b> <i>Jennifer Linge, AMRA Medical, Linköping, Sweden</i>
12:00	<b>OC16 • Sarcopenia and Sarcopenic Obesity and Incident Fall Risk: Data from the National Health and Aging Trends Survey</b> <i>John A. Batsis, MD, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina (USA)</i>
12:10	<b>OC17 • Self-Management Behavior and the Fluctuations of Frailty among Community-Dwelling Older Adults in Taiwan: A National Longitudinal Population-Based Cohort Study</b> <i>To Thi Lien, PhD candidate - School of Public Health, China Medical University, Taiwan (China)</i>
12:20	<b>OC18 • A randomized controlled trial is to assess whether physical activity and/or nutrition intervention reduce frailty in pre-frail older people: Staying Upright and Eating Well Research, SUPER Study</b> <i>Ruth Teh, University of Auckland, (New Zealand)</i>
12:30-12:40 PM	<b>LIVE Q&amp;A OF ORAL COMMUNICATIONS OC14 TO OC18</b> <i>Moderators: Peggy Cawthon, California Pacific Medical Center Research Institute, San Francisco, CA (USA) and John A. Batsis, MD, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina (USA)</i>
12:40 – 1:00 PM	<b>KEYNOTE 3: MAINTAINING MOBILITY IN OLD AGE</b> <i>Peggy Cawthon, California Pacific Medical Center Research Institute, San Francisco, CA (USA)</i>
1:00-1:35 PM	<b>NATURE AGING JOURNAL: PRESENTATION AND ROUNDTABLE LIVE DISCUSSION</b>
1:00- 2:00 PM	<b>LIVE CHAT WITH POSTER PRESENTERS IN THE VIRTUAL POSTER HALL • WITH ON DEMAND PRESENTERS IN THE PLATFORM</b>

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## General discussion & Q&A

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

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

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

9:00 AM **WELCOME ADDRESS** *Yves Rolland, MD, PhD, Gerontopole, Toulouse University Hospital, Toulouse (France)*

## 9:00-9:20AM **CONFERENCE 4:**

### **Implications of Impaired Skeletal Muscle Regeneration in Aging**

*Indrani Sinha, MD, Brigham and Women's Hospital, Harvard Medical School, Boston, MA (USA)*

9:20-10:00 AM

## **SYMPOSIUM 3: RESILIENCE AND MULTIFACTORIAL STRESSORS AMONG OLDER ADULTS DURING THE COVID-19 PANDEMIC**

*Chair: Karen Bandeen-Roche, PhD, Department of Biostatistics, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA)*

### • **The multifaceted COVID-19 stressor: Results from a quantitative survey of older adult**

*Alden L. Gross, PhD, Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (USA)*

### • **The multifaceted COVID-19 stressor: Results from a qualitative survey of older adults**

*Melissa deCardi Hladek, PhD, Johns Hopkins School of Nursing, Baltimore, MD (USA)*

### • **The multifaceted COVID-19 stressor: Results from objective measures salivary cortisol taken in a sample of frail and nonfrail older adults**

*Jenna Mammen, MD, PhD, Johns Hopkins University School of Medicine, Baltimore, MD (USA)*

## **LIVE Q&A**

10:00-10:40 AM

## **ORAL COMMUNICATIONS**

10:00

### **OC29 • Replacing Unintentional Weight Loss with Sarcopenia in Physical Frailty Phenotype Construct for Clinical Use**

*Mara McAdams-DeMarco, PhD, John Hopkins University, Baltimore, MD (USA)*

10:10

### **OC30 • Frailty in Systemic Lupus Erythematosus: An Administrative Claims Data Analysis**

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

10:20

### **OC31 • Does altered lipid metabolism due to loss of srebf1 decrease muscle mass in zebrafish?**

*Rajashekar Donaka, The Azrieli Faculty of Medicine, Bar-Ilan University, Safed (Israel)*

10:30

### **OC32 • Physical frailty trajectories in older U.S. nursing home residents**

*Yiyang Yuan, PhD Candidate, University of Massachusetts Medical School, Worcester, MA (USA)*

10:40-10:50 AM

## **LIVE Q&A OF ORAL COMMUNICATIONS OC29 TO OC32**

*Moderators: Mara McAdams-DeMarco, PhD, John Hopkins University, Baltimore, MD (USA)*

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

10:50-11:40 AM

## **SYMPOSIUM 4: WHO ICOPE IMPLEMENTATION PILOT PROGRAMME**

*Chairs: Yuka Sumi, MD, MPH, PhD, World Health Organization, Geneva (Switzerland) and Bruno Vellas, MD, PhD,*

*WHO Toulouse Collaborative Center, Toulouse (France)*

### • **What is the "WHO ICOPE implementation pilot programme"?**

*Yuka Sumi, MD, MPH, PhD, World Health Organization, Geneva*

### • **Preliminary results of the ICOPE Implementation Program Ready Phase**

*Michael Valenzuela, MD, PhD, Project Manager & Core Research Team ICOPE Implementation Pilot Program WHO, Geneva (Switzerland)*

### • **Implementing the ICOPE pilot programme: Experience from the field**

*Panel discussion with Bruno Vellas, MD, PhD, WHO Toulouse Collaborative Center, Toulouse (France) and Ninie Wang, Pinetree Care Group, Beijing, China*

## **LIVE Q&A**

11:40-12:00 PM

## **SARCOPENIA ACROSS SPECIES: A ONE HEALTH APPROACH**

*Chair: Roger Fielding, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA (USA)*

*Lisa Freeman, Cummings School of Veterinary Medicine, Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA (USA)*

12:00-12:40 PM

## **LATE BREAKING COMMUNICATIONS**

12:00

### **LB1 • Thigh and Calf Myosteatosis are Strongly Associated with Muscle and Physical Function in African Caribbean Men**

*Adam J. Santanasto, PhD, MPH, University of Pittsburgh, Oakmont PA (USA)*

12:10

### **LB2 • Evidence for cellular senescence in skeletal muscle aging**

*Xu Zhang, Mayo Clinic, Rochester MN (USA)*

12:20

### **LB3 • High intensity interval training (HIIT) enhances physical and cognitive performance and overall quality of life in older Veterans**

*Kenneth L. Seldeen, University at Buffalo, New York Healthcare System, Buffalo, NY (USA)*

12:30

### **LB4 • Out of Hospital Front of Mind: Virtual Hospital Model of Integrated Care for Frail Older Adults**

*Michelle N Grinman, MD, FRCPC, MPH, Alberta Health Services, Alberta Health Services, Calgary Alberta (Canada)*

12:40-12:50 PM

## **LIVE Q&A OF ORAL COMMUNICATIONS LB5 TO LB8**

*Moderators: Roger Fielding, PhD, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA (USA)*

*and Michelle N Grinman, MD, FRCPC, MPH, Alberta Health Services, Alberta Health Services, Calgary Alberta (Canada)*

12:50 PM

## **END OF CONFERENCE ADDRESS**

1:00- 2:00 PM

## **LIVE CHAT WITH POSTER PRESENTERS IN THE VIRTUAL POSTER HALL • WITH ON DEMAND PRESENTERS IN THE PLATFORM**

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

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

**• Frailty and Rheumatoid Arthritis**

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

**• Frailty and Systemic Lupus Erythematosus**

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

**• Frailty and Other Rheumatic Diseases**

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

**ORAL COMMUNICATIONS**

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

*Jennifer Linge, AMRA Medical, Linköping, Sweden*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



**ORAL COMMUNICATIONS**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*Chairs: Taco J. Blokhuis, MD, PhD Maastricht University Medical Center, Maastricht, The Netherlands*

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

*Maurício Perez PhD, Department of Electrical Engineering, Uppsala University, (Sweden)*

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

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

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

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

**ORAL COMMUNICATIONS**

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

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

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

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

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

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

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

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

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

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

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

*Esther Teh, PhD, University of Auckland (New Zealand)*

**LB6 • ARNT regulates muscular adaptation to exercise**

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

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

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

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

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

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

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

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

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

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

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

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

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

**ORAL COMMUNICATIONS**

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

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

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

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

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

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

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

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

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

*Alma Diaz Quinones, MD, Miami VAHS Geriatric Research, Education and Clinical Center (GRECC), Miami, FL (USA)*

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

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

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

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

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

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

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

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

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

*Samuel Chew Teong Huang, Abbott Nutrition Research and Development, Singapore (Singapore)*



## FRAILTY IN CLINICAL PRACTICE AND PUBLIC HEALTH

**P2 • PILOT STUDY ON CHANGES IN GRIP STRENGTH, TIME UP AND GO, PROMIS-PHYSICAL FUNCTION BEFORE AND AFTER BONE MARROW TRANSPLANT FOR HEMATOLOGIC MALIGNANCIES: FRAILTY AND SARCOPENIA RESEARCH IMPLICATIONS**

Paulo H.M. Chaves, MD, PhD, Benjamin Leon Center for Geriatric Research and Education, Florida International University, Miami, FL, (USA)

**P3 • A 'SNAP-SHOT' VISUAL ESTIMATION OF HEALTH IS ASSOCIATED WITH FRAILTY IN OLDER WOMEN**

Patrik Bartosch, MD, Department of Clinical Sciences, Lund University, Malmö, Sweden, Department of Orthopaedics, Skåne University Hospital, Malmö, (Sweden)

**P4 • MEAN MORNING HOURLY ACTIVITY AND VARIANCE PREDICT 5-YEAR FRAILTY DECLINE IN A NATIONAL SAMPLE**

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

**P6 • ASSOCIATION BETWEEN FRAILTY STATUS AND CPR OUTCOMES IN OLDER VETERANS**

Dominique Tosi MD, University of Miami/Jackson Health System, FL, (USA)

**P7 • SIGNIFICANT PSYCHOSOCIAL INFLUENCE IN FRAIL PEOPLE LIVING WITH HIV IN MALAYSIA**

Siti Azdiah Abdul Aziz, National University of Malaysia, Kuala Lumpur (Malaysia)

**P8 • COMPARISON OF THE FRAILTY JUDGMENT CRITERIA BY GRIP STRENGTH MEASUREMENT THAT ALLOWS FOR REACTION TIME**

Yasuo Suzuki, Nihon Fukushi University, Japan - National Center for Geriatrics and Gerontology, Handa (Japan)

**P9 • FRAILTY AND HEALTHY-RELATED QUALITY OF LIFE IN PATIENTS WITH POLYMYALGIA RHEUMATICA**

Sebastian E. Sattui MD, MS, Hospital for Special Surgery, New York, NY. (USA)

**P10 • DEVELOPMENT OF A FRAILTY ASSESSMENT AND INTERVENTION PROGRAM IN EASTERN SINGAPORE- THE FRAIL TO FIT CLINIC**

Gurinderjit Kaur Sidhu, MBBS, MRCP, Department of Geriatric Medicine, Changi General Hospital, (Singapore)

**P11 • POINT PREVALENCE OF FRAILTY AND PAIN IN ADULT INPATIENTS OF AN AUSTRALIAN ACUTE PRIVATE HOSPITAL**

Rosemary Saunders RN, PhD, Centre for Research in Aged Care, School of Nursing and Midwifery, Edith Cowan University, Joondalup, Western Australia, (Australia)

**P12 • DIALYSIS OR CONSERVATIVE CARE FOR FRAIL OLDER ADULTS AND IMPLICATIONS OF CODE STATUS AND ETHICS OF DECISION-MAKING: CASE PRESENTATION**

Sanaa Badour, MD, MSc, Geriatric Medicine, University of Miami and Jackson Health System, Miami, FL (USA)

**P13 • THE FRAIL-NH SCALE: SYSTEMATIC REVIEW OF THE USE, VALIDITY AND CROSS-CULTURAL ADAPTATIONS FOR FRAILTY SCREENING IN NURSING HOMES**

Shin J Liao, BPharm, Centre for Medicine Use and Safety, Faculty of Pharmacy and Pharmaceutical Sciences, Monash University, Melbourne, Victoria, Australia

National Health and Medical Research Council (NHMRC) Centre of Research Excellence in Frailty and Healthy Ageing, (Australia)

**P14 • A BAYESIAN NETWORK ANALYSIS OF FRAILTY STATE TRANSITIONS AMONG COMMUNITY-DWELLING ELDERLY JAPANESE**

Kohei Tsukagoshi, Faculty of Engineering, Information and Systems, University of Tsukuba, (Japan)

**P15 • FRAILTY IN A POPULATION OF HIGH-NEED HIGH-RISK VETERANS IN FLORIDA**

Natasha Melo, University of Miami Jackson Health System Miami FL, (USA)

**P16 • PREVALENCE AND FACTORS ASSOCIATED TO FRAILTY IN HOSPITALIZED ELDERLY**

Clóris Regina Blanski Grden, PhD, Estadual University of Ponta Grossa (Brazil)

**P17 • THE IMPORTANCE OF OBJECTIVE MEASURES (HAND GRIP STRENGTH) AND MULTIDIMENSIONAL ASSESSMENT OF THE FRAILTY SYNDROME IN ELDERLY PATIENTS**

Katarzyna Lomper, Medical University, Department of Clinical Nursing, Wroclaw (Poland)

**P18 • CONDITION OF FRAGILITY AND POLYPHARMACY IN THE ELDERLY IN A BRAZILIAN RURAL COMMUNITY**

Clóris Regina Blanski Grden, PhD, Estadual University of Ponta Grossa (Brazil)

**P19 • FRAILTY PREVALENCE AND ITS ASSOCIATIONS IN A SUBACUTE GERIATRIC WARD IN SINGAPORE**

Christine Yuanxin Chen, Department of Geriatric Medicine, Changi General Hospital, (Singapore)

**P20 • CURRENT GUIDELINES AND CONSENSUS DOCUMENTS IN SPAIN FOR THE MANAGEMENT OF FRAILTY IN PRIMARY CARE**

Iñaki Martín Lesende, MD, Indautxu Primary Health Centre, Bilbao-Basurto Integrated Health Organisation, Basque Health Service (Osakidetza), Spain Department of Medicine of the Basque Country University (UPV/EHU), Leioa, Bizkaia, Spain. Member of the Working Groups for the Care for Elderly People and Programme of Preventive Activities and Health Promotion (PAPPs) of the Spanish Society of Family and Community Medicine (semFYC). (Spain)

**P21 • BZRA DEPRESCRIPTION ON ACUTE GERIATRIC UNITS**

François-Xavier Sibille, MD, Department of Geriatric Medicine, CHU UCL Namur, Yvoir, Institute of Health and Society, UCLouvain, Brussels, (Belgium)

**P22 • AN ASSESSMENT OF THE TOULOUSE SAINT LOUIS UNIVERSITY MINI FALLS ASSESSMENT TOOL TO PREDICT INCIDENT FALLS AMONG OLDER ADULTS RESIDING IN NURSING HOMES: A 6-MONTH PROSPECTIVE STUDY**

Olivier Bruyère PhD, WHO Collaborating Centre for Public Health Aspects of Musculoskeletal Health and Aging, Division of Public Health, Epidemiology and Health Economics, Department of Sport Rehabilitation Sciences, Physical, Rehabilitation Medicine and Sports Traumatology, SportS2, U Hospital of Liège, Liège, (Belgium)

**P23 • FRAIL- VIG INDEX AND MORTALITY AT 12 MONTHS OF FOLLOW- UP**

Carmen Eliana Peralta Vargas, Central Hospital of the Peruvian Air Force, Lima (Peru)

**P24 • PREVALENCE OF SARCOPENIA AND ASSOCIATED FACTORS IN HOSPITALIZED ELDERLY**

Clóris Regina Blanski Grden, PhD, Estadual University of Ponta Grossa (Brazil)

**P25 • COGNITION AND FUNCTIONAL CLINICAL VULNERABILITY OF ELDERLY PEOPLE IN A RURAL COMMUNITY**

Clóris Regina Blanski Grden, PhD, Estadual University of Ponta Grossa (Brazil)

**P26 • IMPACT THE QUADRICEPS STRENGTH IN SUBJECTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE**

Angela Maria Pereira, PT, PhD, Physiotherapy Departement, Escola Superior de Saúde Egas Moniz, Centro de investigação interdisciplinar Egas Moniz, Monte da Caparica; Hospital Garcia de Orta, Almada (Portugal)

**P27 • RELATIONSHIP OF PHYSICAL FRAILTY IN ELDERLY PEOPLE WITH DEPRESSIVE SYMPTOMS IN PRIMARY HEALTH CARE**

Clóris Regina Blanski Grden, PhD, Estadual University of Ponta Grossa (Brazil)

**P29 • A FRAILTY INDEX BASED ON LABORATORY VALUES AND VITAL SIGNS (FI-LAB) IS ASSOCIATED WITH HIGHER INPATIENT MORTALITY IN HOSPITALIZED OLDER VETERANS**

Christian Gomez, MD, Miami VAHS Geriatric Research, Education and Clinical Center (GRECC) (USA)

**LBP1 • PHYSICAL FRAILTY IS CORRELATED WITH WORSE QUALITY OF LIFE IN OLDER ADULTS WITH HYPERTENSION**

Pan Liu, Xuanwu Hospital Capital Medical University, Xicheng District, Beijing (China)

**LBP3 • NUTRITION INTERVENTION FOR ADULT OUTPATIENTS WITH MALNUTRITION RISK REDUCES THE RISK OF INCIDENT FRAILTY**

Cory Buntun, Abbott Labs

**LBP4 • PREDICTION ACCURACY OF DIFFERENT SCREENING TOOLS FOR EARLY FALLS DETECTION IN ELDERLY MEN AND WOMEN LIVING IN LONG-TERM CARE HOMES.**

Nagore Arizaga, Department of Physiology, Faculty of Medicine and Nursing, University of the Basque Country, Andoain Gipuzkoa (Spain)

**LBP5 • PREDICTORS OF FUNCTIONAL DECLINE IN HOSPITALIZED FRAIL OLDER ADULTS AND THE PREVENTIVE ROLE OF AN ASSESS-AND-RESTORE PROGRAM (HEART)**

Beatrise Edelstein MHS, Humber River Hospital, Toronto, ON (Canada)

**LBP6 • THE EFFECT OF FRAILTY ON MORTALITY AND OTHER ADVERSE OUTCOMES IN GERIATRIC PATIENTS WITH A HIP FRACTURE: A COHORT STUDY**

*Irene Carrillo-Arnal, Hospital de Mataró - Consorci Sanitari del Maresme, Barcelona (Spain)*

**LBP8 • DO INDICES OF SARCOPENIA PREDICT TREATMENT MODIFICATION IN OLDER ADULTS WITH CANCER? PRELIMINARY RESULTS OF A RETROSPECTIVE COHORT STUDY**

*Efthymios Papadopoulos PhD, Department of Medicine, University Health Network, Toronto, Ontario (Canada)*

**LBP9 • OLDER WOMEN LIVING ALONE ARE AT GREATER RISK FOR FUNCTIONAL DECLINES: RESULTS FROM LONGITUDINAL AGING STUDY OF TAIPEI**

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

**LBP10 • COMPARISON OF PHYSICAL ACTIVITY USING A WEARABLE DEVICE AMONG COMMUNITY-DWELLING OLDER ADULTS WITH AND WITHOUT FRAILTY**

*Si-hyun Kim, Assistant professor, Department of Physical Therapy, Sangji University, Wonju-si, (South Korea)*

**LBP12 • DETERMINANTS OF GLOMERULAR FILTRATION RATE DECLINES IN OLDER PEOPLE FROM A 5-YEAR LONGITUDINAL COHORT STUDY: AGE DOESN'T REALLY MATTER**

*Chia-Chia Hsu, Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, Taipei, (Taiwan)*

## COGNITIVE FRAILTY

**P32 • EVALUATING ACCULTURATION STRESS AS PREDICTOR OF COGNITIVE FRAILTY IN VIETNAMESE IMMIGRANT PATIENTS OVER TELEHEALTH VISIT AT MEMORY CLINIC**

*Saleena Arif, MD, Adult Medicine, DotHouse Health, Dorchester, MA ((USA)*

**P33 • NON-PHARMACOLOGICAL INTERVENTIONS FOR NURSING HOME RESIDENTS WITH DEMENTIAS: PERCEPTIONS ON UTILITY OF CURRENT PRACTICES**

*Jennifer A. Knopp-Sihota, NP, PhD, Athabasca University, Edmonton Alberta (Canada)*

**P35 • COGNITIVE IMPAIRMENT IN FRAIL STEMI PATIENTS: EFFECTS OF THROMBUS ASPIRATION**

*Pasquale Mone MD, University of the Study of Campania Luigi Vanvitelli, Naples (Italy)*

**LBP13 • SOCIAL, HEALTH, AND BEHAVIORAL FACTORS OF SOUTH KOREAN ADULTS WITH COGNITIVE IMPAIRMENT**

*Sanghun Nam MS, Yonsei University, Wonju Gangwon-do (Korea)*

## COVID 19 & FRAILTY & SARCOPENIA

**P37 • FRAILTY AND MORTALITY IN COVID 19 HOSPITALIZED OLDER ADULTS**

*Vitor Pelegrim de Oliveira, MD, MSc, Hospital de Clinicas de Porto Alegre (Brazil)*

**P38 • EFFECTS OF COVID-19 ON FEAR OF FALLING AND SYMPTOMS OF ANXIETY AND DEPRESSION ON THE PHYSICAL FUNCTION OF PATIENTS AFTER HOSPITAL DISCHARGE**

*Camila Machado de Campos, Department of Physical Therapy, Speech Therapy and Occupational Therapy, School of Medicine, University of Sao Paulo, (Brazil)*

**P39 • PROVIDING FRAILTY SCREENING IN COMMUNITY-DWELLING OLDER ADULTS DURING THE COVID-19 PANDEMIC**

*Liyue HONG MBBS MRCP, Division of Healthy Ageing, Alexandra Hospital (Singapore)*

**P40 • IMPACT OF THE HOSPITALIZATION DUE TO COVID-19 ON SARCOPENIA, FRAILTY AND FUNCTIONALITY IN ADULTS AND OLDER PEOPLE AFTER HOSPITAL DISCHARGE**

*Camila Machado de Campo, Department of Physical Therapy, Speech Therapy and Occupational Therapy, School of Medicine, University of Sao Paulo, (Brazil)*

**LBP14 • ASSOCIATION BETWEEN THE COVID-19 PANDEMIC AND ACTIVITIES OF DAILY LIVING IN OLDER ADULTS**

*Suyeong Bae, OT, MS, Yonsei University, Wonju Gangwon-do (South Korea)*

**LBP15 • OPPORTUNISTIC BIOMARKERS OF FRAILTY FROM CT IMAGING IN PATIENTS WITH SUSPECTED COVID-19**

*Neetika Bharaj, MSc, McGill University, Montreal Quebec (Canada)*

**LBP16 • RELATIONSHIPS BETWEEN MALNUTRITION, SARCOPENIA, AND FRAILTY AND THE INCIDENCE OF COVID-19 IN OLDER ADULTS: DATA FROM THE SARCOPHAGE COHORT**

*Olivier Bruyère PhD, University of Liège, Division of Public Health, Epidemiology and Health Economic, Liège (Belgium)*

## E-HEALTH, DIGITAL TOOL

**P42 • EVALUATION OF THE IMPACT ON SARC-F BY CHANGING THE RESPONSE METHOD TO VISUAL ANALOGUE SCALE (VAS)**

*Naoki Tomita MD, PhD, MPH, Tohoku university hospital, Sendai Miyagi (Japan)*

**P43 • MODELING OF COMPLEX III CATALYTIC ACTIVITY AND ROS PRODUCTION: A MULTI-OBJECTIVE OPTIMIZATION FOR PERSONALIZED MEDICINE**

*Corentin Coustham - ISAE SUPAERO / CNRS CRCA / Université de Toulouse (France)*

**P44 • ONLINE SELF-ASSESSMENT OF THE OLDER WORKERS WITH HUMAN HEALTH DATA PASSPORT IN COVID-19 CONDITIONS**

*Olena Tomarevska MD, PhD, D.F. Chebotarev Institute of Gerontology of the National Academy of Medical Sciences of Ukraine, Kyiv (Ukraine)*

**P45 • COMPARISON OF THE RELIABILITY AND AGREEMENT OF THE HANDGRIP STRENGTH VALUES MEASURED BY GRIPWISE AND JAMAR DYNAMOMETERS**

*Daniela Pane, PhD, Gripwise Tech Lda, Póvoa de Varzim Porto (Portugal)*

## OSTEOPOROSIS & FRAILTY

**P49 • IS THERE A CORRELATION BETWEEN MEASUREMENT OF THE CALF CIRCUMFERENCE AND THE BONE MINERAL DENSITY IN COMMUNITY DWELLING BRAZILIAN OLDER WOMEN**

*Patrícia Parreira Batista. PT MSc, Universidade Federal de Minas Gerais (UFMG), Belo Horizonte (Brazil)*

**P51 • PROTEIN INTAKE DISTRIBUTION IS LINKED TO HEALTHY BONES IN WOMEN**

*Sherri N Stastny, PhD, Health, Nutrition, Exercise Sciences, North Dakota State University, Fargo, ND, (USA)*

**P52 • PATIENT PREFERENCES FOR QUALITY OF LIFE ASPECTS IN SARCOPENIA: A BEST-WORST SCALING STUDY**

*Olivier Bruyère PhD, Division of Public Health, Epidemiology and Health Economics, University of Liège, Liège, Belgium, World Health Organization Collaborating Center for Public Health aspects of musculo-skeletal health and ageing, Department of Sport Rehabilitation Sciences, University of Liège, Belgium (5) Physical, Rehabilitation Medicine and Sports Traumatology, Sports2, University Hospital of Liège, (Belgium)*

**P53 • IGF-I/IGFBP3/ALS DEFICIENCY IN SARCOPENIA: LOW GHBP SUGGESTS GH RESISTANCE IN A SUBGROUP OF GERIATRIC PATIENTS**

Michael Drey, Department of Medicine IV, University Hospital, LMU Munich, Munich, (Germany)

**P54 • OSTEOARTHRITIS KNEE AND FRAILITY: A CROSS-SECTIONAL STUDY AMONG RURAL OLDER ADULTS IN ODISHA, INDIA**

Trilochan Bhoi, ICMR-Regional Medical Research Centre, Bhubaneswar, Odisha, (India)

**P61 • OSTEOSARCOPENIA IS ASSOCIATED WITH FUNCTIONAL DISABILITY IN MEXICAN ADULTS 50 YEARS AND OLDER LIVING IN COMMUNITY**

Miriam Teresa López-Teros, Universidad Nacional Autónoma de México (Mexico)

**LBP17 • ASSOCIATIONS BETWEEN SOCIOECONOMIC STATUS, BONE HEALTH, AND OBESITY, SARCOPENIA, AND SARCOPENIC OBESITY IN INDIAN OLDER ADULTS.**

Anoohya Gandham, Department of Medicine, Clayton Victoria (Australia)

## NUTRITION AND AGING

**P65 • MALNUTRITION, ASSESSED BY THE GLIM CRITERIA BUT NOT BY THE MNA, PREDICTS THE INCIDENCE OF SARCOPENIA OVER A 5-YEAR FOLLOW-UP OF THE SARCOPHAGE COHORT**

Olivier Bruyère PhD, WHO Collaborating Centre for Public Health Aspects of Musculoskeletal Health and Aging, Division of Public Health, Epidemiology and Health Economics, University of Liège, CHU—Sart Tilman, Quartier Hôpital, Avenue Hippocrate 13 (Bât. B23), 4000 Liège, Belgium - Department of Sport Rehabilitation Sciences, University of Liège, 4000 Liège, (3) Physical, Rehabilitation Medicine and Sports Traumatology, Sports2, University Hospital of Liège, 4000 Liège, (Belgium)

**P66 • ASSOCIATION OF THE RISK OF SARCOPENIA WITH THE RISK OF MORTALITY IN THE ELDERLY OF A PRIVATE BRAZILIAN HOSPITAL**

Natalia Golin, nutritionist, Hospital Sirio Libanês, São Paulo (Brazil)

**P67 • PROTEIN-ENRICHED DIET IMPROVED MUSCLE ENDURANCE AND marginally REDUCED INTRAMUSCULAR ADIPOSITY: RESULTS FROM A RANDOMIZED CONTROLLED TRIAL AMONG MIDDLE-AGED AND OLDER ADULTS**

Ming-Hsien Lin, MD, Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, (Taiwan)

**P73 • THE RELATIONSHIP BETWEEN MINI-NUTRITIONAL ASSESSMENT AND HANDGRIP STRENGTH IN GERIATRIC PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE: A CROSS-SECTIONAL STUDY**

Kuan-Yuan Wang MD, PhD, National Cheng Kung University Hospital, Kaohsiung (Taiwan)

**LBP18 • RELATIONSHIP BETWEEN NUTRITION, ORAL HEALTH AND SARCOPENIA IN THE ELDERLY: A CROSS-SECTIONAL STUDY**

Yi-Ya Chang, Assistant Professor, PhD, Department of Nursing and Clinical Competency Center, Chang Gung University of Science and Technology, Taoyuan, (Taiwan)

**LBP20 • DOES THE COMBINATION OF RESISTANCE TRAINING AND A NUTRITIONAL INTERVENTION HAVE A SYNERGIC EFFECT ON MUSCLE MASS, STRENGTH, AND PHYSICAL FUNCTION IN OLDER ADULTS? A SYSTEMATIC REVIEW AND META-ANALYSIS**

MoonKi Choi, College of Nursing, Kangwon National University, Chuncheon-si, Gangwon-do, (South Korea)

**LBP21 • PREALBUMIN IS A PREDICTOR OF MORTALITY AT D30 IN INTENSIVE CARE PATIENTS 75 YEARS OF AGE AND OLDER: A FOUR-YEAR RETROSPECTIVE STUDY**

Elodie EDWIGE, MD, Hospices Civils de Lyon, (France)

**LBP22 • NUTRITIONAL ASSESSMENT AND FRAILITY SYNDROME IN A GROUP OF MEXICAN NURSING HOME RESIDENTS**

Velázquez-Alva MC Professor. Health Care Department. Metropolitan Autonomous University. Unit Xochimilco. Mexico City (Mexico)

**LBP23 • METABOLOMICS-BASED FRAILITY BIOMARKERS IN CHINESE OLDER ADULTS**

Yiming Pan, Department of Geriatrics, Xuanwu Hospital, Capital Medical University, National Research Center for Geriatric Medicine, Beijing (China)

## EPIDEMIOLOGY

**P74 • SARCOPENIA AND CARDIOMETABOLIC RISK FACTORS IN SOCIALLY ACTIVE OLDER PEOPLE: AN OBSERVATIONAL STUDY**

Carla Helena Augustin Schwanke, MD, PhD, Graduate Program in Biomedical Gerontology, School of Medicine, Pontifical Catholic University of Rio Grande do Sul (PUCRS), Porto Alegre, Rio Grande do Sul, Brazil. Study Group on Cardiometabolic Risk, Aging and Nutrition (GERICEN), Institute of Geriatrics and Gerontology, Pontifical Catholic University of Rio Grande do Sul (PUCRS), Porto Alegre, Rio Grande do Sul, (Brazil)

**P75 • LOW GAIT SPEED AS MARKERS OF DEPENDENCE REGARDING BASIC ACTIVITIES OF DAILY LIVING IN OLDER PEOPLE**

Mônica Sanches Yassuda, Faculty of Medical Sciences, State University of Campinas, Campinas, Brazil, School of Arts, Sciences and Humanities (EACH) University of São Paulo, São Paulo, (Brazil)

**P76 • IS QUADRICEPS ASSESSMENT ASSOCIATED WITH A LOSS OF MUSCLE MASS AND DECLINES IN MUSCLE STRENGTH AND MOTOR FUNCTION?**

Takafumi Mizuno MD, Department of Orthopaedic Surgery, Nagoya University Graduate School of Medicine, Nagoya, Aichi, Japan, Department of Musculoskeletal Disease, National Center for Geriatrics and Gerontology, Obu, Aichi, (Japan)

**P77 • TRAJECTORIES AND TRANSITIONS BETWEEN FRAILITY STAGES AND ASSOCIATED FACTORS: SYSTEMATIC REVIEW**

Angela Benjumea, MD, PhD student, Gerontology and geriatrics research group, Universidad de Caldas, Manizales, (Colombia)

**P78 • THE PREVALENCE OF SARCOPENIA AMONGST COMMUNITY-DWELLING ELDERLY IN JAMAICA**

Nelson GA MPhysio, Faculty of Medical Sciences, University of the West Indies, Kingston (Jamaica)

**P80 • HOW ARE FRAILITY, SARCOPENIA, AND MALNUTRITION INCLUDED IN U.S. STATE AGENCY ON AGING STRATEGIC PLANS?**

Jaime J. Gahche, National Institutes of Health, Office of Dietary Supplements, Bethesda (USA)

**P82 • FRAILITY IN THE NETHERLANDS: DEVELOPING A FRAILITY INDEX AND INVESTIGATING ITS PSYCHOMETRIC PROPERTIES USING ITEM RESPONSE THEORY**

Nanda Kleinenberg-Talsma, MSc, Hanze University of Applied Sciences, Research Group Healthy Ageing, Allied Health Care and Nursing, Groningen, (The Netherlands)

**LBP24 • FACTORS ASSOCIATED WITH FUNCTIONAL IMPAIRMENTS AMONG COMMUNITY-DWELLING ELDERLY IN CAMEROON: 1ST NATIONAL CROSS-SECTIONAL STUDY**

Gustave Mabiama MSc, nserm U1094, Univ. Limoges, CHU Limoges, IRD, U1094, Tropical Neuroepidemiology, Limoges (France)

**LBP26 • PREVALENCE OF FRAILITY AND ITS RELATED FACTORS IN COMMUNITY-DWELLING MIDDLE-AGED AND OLDER ADULTS IN JAPAN - REPRODUCIBILITY IN TWO CITIES**

Tsukasa Yoshida, PhD, National Institutes of Biomedical Innovation, Health and Nutrition, Shinjuku Tokyo (Japan)

## ANIMAL MODELS, PRECLINICAL STUDIES

### P83 • ADIPONECTIN RECEPTOR ACTIVATION IMPACTS SKELETAL MUSCLE AGING IN MICE

Katie Osterbauer, Graduate Research Assistant, Department of Nutritional Sciences, University of Wisconsin, Madison, WI (USA)

### P84 • IMMOBILIZATION COMBINED WITH CALORIC RESTRICTION AS TRANSLATIONAL MOUSE MODEL FOR SARCOPENIA EXPRESSING KEY PATHWAYS OF HUMAN PATHOLOGY

Jelle CBC de Jong, Department of Metabolic Health Research, The Netherlands Organization for Applied Scientific Research (TNO), Leiden, The Netherlands, Human and Animal Physiology, Wageningen University, Wageningen, (the Netherlands)

## BIOMARKERS AND IMAGING

### P86 • COMPARISON OF SARCOPENIA CLASSIFICATIONS WITH QUADRICEPS ASSESSMENTS USING FEMORAL CT IMAGES

Yasumoto Matsui, MD, National Center for Geriatrics and Gerontology, Obu Aichi (Japan)

### P87 • RELATIONSHIP BETWEEN BIOIMPEDANCE PHASE ANGLE AND DEGREE OF FRAILTY OR FALL EXPERIENCE

Yasumoto Matsui, MD, National Center for Geriatrics and Gerontology, Obu Aichi (Japan)

### P88 • COMBINED HIGH-RESOLUTION ANATOMICAL AND QUANTITATIVE MAGNETIC RESONANCE IMAGING FOR DETECTION OF MICROSTRUCTURAL TISSUE CHANGES IN SKELETAL MUSCLE

Bragi Sveinsson, PhD, Athinoula A. Martinos Center for Medical Imaging, Department of Radiology, Massachusetts General Hospital, Boston, USA Harvard Medical School, Boston, (USA)

### P89 • CORRELATION OF SARCOPENIA WITH LENGTH OF STAY AS WELL AS RE-ADMISSION RATE IN ELDERLY PATIENTS ADMITTED TO HOSPITAL DUE TO FALL

David Doss, Liverpool Hospital, Sydney, Australia

### P91 • PROTEOMIC PROFILING REVEALS NEW PROTEIN BIOMARKERS OF LOW MUSCLE AND HIGH FAT MASS: A MACHINE LEARNING APPROACH IN THE KORA S4/FF4 STUDY

Marie-Theres Huemer, MSc, Institute of Epidemiology, Helmholtz Zentrum München, German Research Center for Environmental Health (GmbH), Neuherberg, (Germany)

### LBP27 • ASSOCIATIONS OF LEG EXTENSION STRENGTH WITH FEATURES CHARACTERIZING THE DISTRIBUTION OF MUSCLE ADIPOSE TISSUE IN ELDERLY MEN WITH OSTEOSARCOPENIA

Oliver Chaudry PhD, Institute of Medical Physics, Friedrich-Alexander-Universität Erlangen-Nürnberg, Erlangen (Germany)

### LBP28 • SERUM METABOLOMIC ADAPTATIONS FOLLOWING A HIGH-INTENSITY INTERVAL TRAINING OR A CONTINUOUS TRAINING IN OBESE OLDER ADULTS

Layale Youssef, Université de Paris, France

### LBP29 • INVESTIGATING THE IMPACT OF FLUID STATUS ON THE ULTRASOUND ASSESSMENT OF MUSCLE QUANTITY AND QUALITY IN THE DIAGNOSIS OF SARCOPENIA

Benjamin Stanley, Institute of Inflammation and Ageing, College of Medical and Dental Sciences, University of Birmingham, Birmingham (UK)

## PHYSICAL EXERCISE

### P92 • BIOMARKER AND COGNITIVE EFFECTS OF SINGLE BOUTS OF MODERATE-INTENSITY NEURO-EXERGAMING, HIGH-INTENSITY INTERVAL TRAINING (HIIT), AND FASTED EXERCISE FOR MILD COGNITIVE IMPAIRMENT: A CASE STUDY OF SERIAL INTERVENTIONS

Claudia Dalterio, BS, Department of Psychology & Neuroscience, Union College, Schenectady, NY, (USA)

### P94 • FACILITATORS AND BARRIERS THAT ENHANCE PHYSICAL ACTIVITY IN OLDER PATIENTS DURING A HOSPITAL STAY: A SYSTEMATIC REVIEW

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### P95 • A MULTICOMPONENT AND FUNCTIONAL PHYSICAL EXERCISE PROGRAM REVERSES FRAILTY, IMPROVES PHYSICAL CONDITION AND MAINTAINS FUNCTIONALITY IN OLDER ADULTS LIVING IN NURSING HOMES

Itxaso Mugica-Errazquin RN MSc, Nursing Department II, University of the Basque Country (UPV/EHU), Hospital Universitario Donostia, Basque Health Service (Osakidetza), (Spain)

### LBP30 • WHAT FACTORS INFLUENCE OR AFFECT THE IMPLEMENTATION OF EARLY MOBILIZATION OF OLDER PATIENTS IN HOSPITAL: A SYSTEMATIC REVIEW APPLYING THE CONSOLIDATED FRAMEWORK FOR IMPLEMENTATION RESEARCH (CFIR)

Chelson Kumar Solomon, MSc, Clinical Service Lead for Occupational Therapy and Physiotherapy in Medicine, Therapies Department, Imperial College (UK)

### LBP30BIS • BASELINE RESULTS OF A PEER-LED PAIN MANAGEMENT PROGRAM FOR OLDER ADULTS LIVING IN NURSING HOMES: A CLUSTERED RANDOMIZED CONTROLLED TRIAL

Mimi My Tse, School of Nursing, The Hong Kong Polytechnic University, Kowloon, (Hong Kong)

### LBP30TER • ACTION IS PREVENTION - A PILOT COMMUNITY-BASED EXERCISE PROGRAM FOR OLDER INDIVIDUALS

Mário Inácio, University of Maia, Maia, Portugal; Research Center for Sport Sciences, Health Sciences and Human, Castêlo da Maia (Portugal)

## INTEGRATED CARE (ICOPE)

### P101 • DEVELOPMENT OF A WELL-BEING INDEX FOR PREDICTING FUNCTIONAL LIMITATIONS ACCORDING TO A SCREENING QUESTIONNAIRE IN THE CONTEXT OF INTEGRATED CARE FOR OLDER PEOPLE (ICOPE): THE JOCKEY CLUB COMMUNITY EHEALTH CARE PROJECT

Ruby Yu, PhD, Department of Medicine & Therapeutics, Faculty of Medicine, Jockey Club Institute of Ageing, The Chinese University of Hong Kong, Hong Kong, (China)

### P102 • DEVELOPMENT OF CHECKLIST FOR ASSESSING INTRINSIC CAPACITY FROM THE KIHON CHECKLIST AND THE FALL RISK INDEX QUESTIONNAIRES

Shosuke Satake, MD, Department of Geriatric Medicine, National Center for Geriatrics and Gerontology, Obu Aich (Japan)

### P103 • METHODS AND IMPACT OF ICOPE STEP 1 TRAINING BY WEBINAR

Justine de Kerimel, CHU Toulouse, Lagrave (France)

### P104 • PLACE OF DIGITAL TOOLS IN THE IMPLEMENTATION OF THE ICOPE PROGRAM

Justine de Kerimel, CHU Toulouse, Lagrave (France)

### P105 • DOES STEP1 OF ICOPE ALLOW THE EARLY IDENTIFICATION OF FRAIL SUBJECTS?

Christine Lafont, G erontop le, Centre Hospitalo-Universitaire de Toulouse,  quipe R gionale Vieillesse et Pr vention de la D pendance (ERVPD), (France)

**LBP31 • PREVALENCE AND ASSOCIATED FACTORS OF DECLINES IN INTRINSIC CAPACITY IN CHINESE OLDER ADULTS**

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**LBP32 • DETERMINANTS OF IMPROVED QUALITY OF LIFE AMONG OLDER ADULTS WITH MULTIMORBIDITY RECEIVING INTEGRATED OUTPATIENT SERVICES: A HOSPITAL-BASED RETROSPECTIVE COHORT STUDY**

*Ko-Han Yen, Center for Geriatrics and Gerontology, Taipei Veterans General Hospital, Taipei (Taiwan)*

**BODY COMPOSITION**

**P106 • CUT-OFF POINTS TO IDENTIFY MUSCLE WEAKNESS WITH HANDGRIP AND KNEE EXTENSION STRENGTH ALLOMETRICALLY NORMALIZED BY BODY-SIZE VARIABLES IN OLDER ADULTS**

*Pedro Pugliesi Abdalla, Master of Science, University of São Paulo / University of Porto (Portugal)*

**P107 • IS THERE A CORRELATION BETWEEN FAT MASS AND RESPIRATORY MUSCLE STRENGTH**

*Patrícia Parreira Batista, PT MSc, Universidade Federal de Minas Gerais (UFMG), Belo Horizonte (Brazil)*

**P108 • CORRELATION BETWEEN MUSCLE QUALITY INDEXES AND GAIT SPEED IN COMMUNITY DWELLING BRAZILIAN OLDER WOMEN**

*Patrícia Parreira Batista, PT MSc, Universidade Federal de Minas Gerais (UFMG), Belo Horizonte (Brazil)*

**P109 • ESTIMATION OF APPENDICULAR SKELETAL MUSCLE MASS WITH BIOELECTRICAL IMPEDANCE ANALYSIS DERIVED EQUATIONS VERSUS DUAL ENERGY X-RAY ABSORPTIOMETRY IN AN URUGUAYAN ELDERLY POPULATION (IAEA RLA 6/073 PROJECT)**

*Marina Moirano RD, MSc, Montevideo (Uruguay)*

**P110 • ASSOCIATION BETWEEN LUMBAR MUSCLE MASS AND POSTURAL STABILITY IN ELDERLY PATIENTS**

*K Inoue, Orthopedic Surgery Department, Tokyo Saiseikai Mukojima Hospital, Tokyo, (Japan)*

**P115 • BODY COMPOSITION ASSESSMENT PROTOCOL IN SARCOPENIC PATIENTS**

*Natalia Golin, Department of Nutrition, Sirio Libanês Hospital, São Paulo (Brazil)*

**LBP33 • OBSERVATIONAL COHORT STUDY OF HEALTHY COMMUNITY DWELLING SENIORS FOLLOWED FOR 12 MONTHS TO ASSESS THE IMPACT OF LIFESTYLE ON SARCOPENIC STATUS**

*Angela Juby, University of Alberta, Edmonton (Canada)*

**LBP34 • USE OF THE SERGI EQUATION TO ESTIMATE THE APPENDICULAR MUSCLE MASS IN THE MEXICAN POPULATION: AN EXPLORATORY STUDY**

*Jorge Morales Vargas, Hospital Aranda de la Parra. Centro de Investigación Morales-Vargas SC, León Guanajuato (Mexico)*

**LBP35 • MUSCLE MASS CUTOFFS OF FOUR INTERNATIONAL SARCOPENIA-WORKING GROUPS IN JAPANESE PEOPLE USING A DXA AND TWO BIA**

*Yosuke Yamada, National Institute of Biomedical Innovation, Health and Nutrition, Tokyo (Japan)*

**LBP36 • FAT AND SPINAL MUSCLE MASS IN PATIENTS WITH LOW BACK PAIN AND DEGENERATIVE DISC DISEASE IN DIFFERENT AGE GROUPS**

*Natalia Pravdyuk, Pirogov Russian National Research Medical University, Moscow (Russia)*

**LBP37 • CHARACTERISTICS OF BODY COMPOSITION IN PEOPLE OVER 50 YEARS OF AGE**

*Daria Podchinenova, Siberian State Medical University, Tomsk (Russia)*

**LBP38 • AGE-RELATED CHANGES OF BODY COMPOSITION IN HEALTHY UKRAINIAN MEN DURING THE PHYSIOLOGICAL AGING**

*Nataliia Grygorieva, Dmitry F. Chebotarev Institute of Gerontology of the National Academy of Medical Sciences of Ukraine, Kyiv (Ukraine)*

**BIOLOGY OF FRAILTY, SARCOPENIA**

**P119 • GRIP STRENGTH IN ELDERS WITH TYPE 2 DIABETES MELLITUS**

*Patrícia Parreira Batista, PT MSc, Universidade Federal de Minas Gerais (UFMG), Belo Horizonte (Brazil)*

**P120 • ENERGY METABOLISM DYSREGULATION IN SARCOPENIA: ROLE OF CPT1A AND CPT1B**

*Chiara Greggi, PhD, Department of Clinical Sciences and Translational Medicine, "Tor Vergata" University of Rome, Rome, (Italy)*

**P123 • MUSCLE QUALITY INDEX IN PATIENTS WITH COGNITIVE IMPAIRMENT. RESULTS FROM A REFERRAL CENTER FOR ALZHEIMER'S DISEASE IN SOUTHERN ITALY**

*Roberta Barone, MSc, Center for Neurodegenerative Diseases and the Aging Brain, Department of Clinical Research in Neurology, University of Bari 'Aldo Moro, "Pia Fondazione Cardinale G. Panico", Tricase, (Italy)*

**P127 • PHYSICAL ACTIVITY LEVEL AND ASSOCIATED FACTORS IN CANCER PATIENTS WITH ANOREXIA-CACHEXIA SYNDROME**

*Olga Laura Sena Almeida, MD, Department of Internal Medicine, Ribeirão Preto Medical School, University of São Paulo, (Brazil)*

**LBP39 • MOTS-C PREVENTS DISUSE-INDUCED SKELETAL MUSCLE WASTING**

*Hiroshi Kumagai, The Leonard Davis School of Gerontology, University of Southern California, Los Angeles CA, (USA)*

**LBP40 • ASSOCIATIONS BETWEEN HEMOGLOBIN LEVELS AND SARCOPENIA AND ITS COMPONENTS: RESULTS FROM THE I-LAN LONGITUDINAL STUDY**

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