



# IAGG-GARN News Release N° 2014-05

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Toulouse, December 19th, 2014

Dear Colleague,

We are happy to update you with the most recent actions setup by the IAGG-GARN Network. It highlights IAGG's interest in older people's health and the need to promote research in many geriatric fields. Sarcopenia is a syndrome characterized by progressive and generalized loss of skeletal muscle mass and strength with a risk of adverse outcomes. It can easily be identified and is a component of the frailty syndrome. With the assistance of appropriate specialists and with a few tools, sarcopenia prevention should be available in all health facilities around the world. We hope that these actions will raise awareness and help you implement frailty into clinical practice in your country.

## **1. Interview of Prof Roger A. FIELDING, PhD (TUFTS University, Boston, USA)**

Roger A. Fielding is Director and Senior Scientist of the Nutrition, Exercise Physiology, and Sarcopenia (NEPS) Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. He is also Professor of Nutrition at the Friedman School of Nutrition Science and Policy, Professor of Medicine at Tufts University School of Medicine, and Lecturer of Physical Medicine and Rehabilitation at Harvard Medical School. Currently, he also serves as the Associate Director of the Boston Claude D. Pepper Older Americans Independence Center.



### *1. What is the importance of body composition in aging?*

Even in people who's body weight does not change as they age, we see dramatic shifts in body composition. There is a well known increase body fat stores but perhaps more importantly we see a decline in muscle mass and strength. This age-related loss in muscle mass and strength termed, sarcopenia, has profound effects on mobility, community ambulation and other health consequences such as hospitalizations and even mortality.

### *2. What are the changes of body composition in frailty and sarcopenia?*

In both frailty and sarcopenia, the hallmark is a dramatic decrease total muscle mass averaging between 0.5 to 1% per year.

For more general information on frailty, you can visit the "FRAILTY.NET" website at <http://www.frailty.net>

## 2. The International Conference on Frailty and Sarcopenia (ICFSR2015), April 23-25, 2015 in Boston, USA

A conference dedicated to raising awareness on the need to implement frailty and sarcopenia into clinical practice. The last scientific findings will be presented during this unique event. To date the ICFSR2015 Scientific Committee has selected 280 abstracts: 16 symposiums, 64 oral communications, 200 posters on frailty and sarcopenia research and clinical practice. You can consult the preliminary program on the dedicated website at <http://www.frailty-sarcopenia.com/program.php>



**A call for Late Breaking News is expected on February 2-16, 2015**

## 3. The IAGG-GARN Consensus conference on screening for cognitive frailty, March 07-08, 2015 in St Louis, USA

Chaired by Prof John Morley (St Louis, USA), Prof John Morris and Prof Bruno Vellas (Toulouse, France), the meeting aims to create a consensus on the importance of screening for and treating these two conditions by general practitioners. The two final consensus papers will be published in JAMDA. More information soon.

## 4. Guidelines for frailty

The **British Geriatrics Society** (BGS) has launched the first of a two-part guidance on the recognition and management of older patients with frailty in community and outpatient settings. Called ***Fit for Frailty***, it has been produced in association with the Royal College of General Practitioners (RCGP) and Age UK, and aims to be an invaluable tool for social workers, ambulance crews, carers, GPs, nurses and others working with older people in the community. The guidance will help them to recognize the condition of frailty and to increase understanding of the strategies available for managing it.

In the guidelines, the BGS calls for all those working with older people to be aware of, and assess for frailty. It dispels the myth that all older people are frail and that frailty is an inevitable part of age. It also highlights the fact that frailty is not static. Like other long term conditions it can fluctuate in severity.

***Fit for Frailty***, a new consensus guidelines on identifying and managing frailty, available now. Download your free copy at <http://www.bgs.org.uk/index.php/fit-for-frailty>

## 5. Upcoming meetings

- **IAGG's 7th Latin American & Caribbean Congress (COMLAT), April 9-11, 2015 in Belém do Pará, Brazil**  
Hosted by the Brazilian Society of Geriatrics and Gerontology, the event is organized on the theme "Scientific innovation, sustainability and aging". Contributions of renowned professionals, educators, researchers from over 19 countries will make this occasion a unique milestone for the COMLAT region. **Deadline for paper submission: January 31, 2015** - Website: <http://comlat2015.com.br>
- **IAGG's 8th European Congress, April 23-26, 2015 in Dublin, Ireland**  
The Irish Gerontological Society will host IAGG's 8<sup>th</sup> European Congress at Dublin's Convention Centre on the following themes: Unlocking the Demographic Dividend, Policy, Design and Environment, Biology of Ageing, Social Gerontology, Gerontechnology, Cultural Gerontology, Health and Social Care, Psychology of Ageing - Website: <http://www.iaggdublin2015.org>

- **International Academy on Nutrition and Aging (IANA2015), June 18-19, 2015 in Barcelona, Spain** The 10<sup>th</sup> edition's theme will be "Nutrition and Aging: Nutrition and Age Related Disease Nutrition Function and Aging". Topics will include: obesity in older adults, nutrition assessment and intervention, body composition, clinical trials, cognitive decline, mobility disorders, nutrition and Alzheimer. **Abstract submission deadline: March 2, 2015** - Website: [www.iana-congress.com](http://www.iana-congress.com)
- **IAGG's 10th Asia/Oceania Regional congress, October 19-22, 2015 in Chiang Mai, Thailand**  
The conference theme is "Healthy Ageing Beyond Frontiers". The organizers look forward to your contribution in the areas of policy and practice as it affects the development of gerontology and geriatrics in the region under four main topics: 1/ Clinical sciences, 2/ Biological sciences, 3/ Behavioral and social sciences, 4/ Policy, planning and practice. **Deadline for abstract submission: February 20, 2015** - Early registration before March 30, 2015 - Website: <http://iaggchiangmai2015.com>
- **2nd International Nursing Home Research Conference, December 2-3, 2015 in Toulouse, France**  
Despite the increase of both the aging population and the number of institutionalized older people, clinical research in nursing homes is still scarce. Research is, however, essential to improve the quality of care in these institutions. The International Nursing Home Research Conference offers an opportunity to learn and share ideas, and promote current knowledge among researchers in the field of nursing home care. **Abstract submission deadline: June 30, 2015** - Website: <http://www.nursing-home-research.com>
- **IAGG's 21st World Congress, July 23-27, 2017 in San Francisco, USA**  
The Gerontological Society of America (GSA) will host this event that is held every four years. It will be dedicated to "Global Ageing and Health: Bridging Science, Policy, and Practice." Call for abstracts will be available on Spring 2016 and registration will open beginning 2017 - Website: <http://www.iagg2017.org>

## 6. IAGG-GARN website

Visit the IAGG-GARN website and see all the centers involved in frailty and sarcopenia research at <http://www.garn-network.org>

Best regards,

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