



# IAGG GARN

## News Release

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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. With the assistance of appropriate specialists and with a few tools, research and implementation into clinical practice should be available in all health facilities around the world. We hope that these actions will raise awareness and help you implement them into clinical practice in your country.

#### 1. A new IAGG GARN website

Time has come to reorganize the IAGG GARN website to further enhance scientific works on age-related issues developed worldwide. It is fully dedicated to aging research with comprehensive information for all those involved in Alzheimer's Prevention, Frailty (including Cognitive Frailty & Sarcopenia), and Nursing Homes. This tool now makes available a regular monitoring of scientific literature, a permanent watch on calls and funding opportunities, and more generally updated information on the important outcomes in the field of aging. The website includes sections such as: news, research programs, events, publications, data-sharing, clinical practice. In addition, a forum will be established soon and will provide opportunities for our community to exchange on the last scientific findings.

Website: <http://www.garn-network.org>

#### 2. Cognitive frailty, a novel target for the prevention of elderly dependency

In a recent review published in *Ageing Research Reviews*, Ruan Qingwei and colleagues discuss their view on cognitive frailty. They propose that cognitive impairment related to cognitive frailty results from physical or pre-physical frailty and can be classified into two sub-types: 1) the “reversible” cognitive impairment, which the authors claim is associated with the presence of subjective cognitive decline and/or biomarkers of amyloid- $\beta$  and neurodegeneration and 2) the “potentially reversible” one, which they associate with mild cognitive impairment (defined as CDR=0.5).

The term cognitive frailty was introduced into the literature relatively recently, in an attempt to encapsulate the cognitive decline that is often observed in non-demented elderly individuals who are physically frail. Ever since, there has been much debate about what cognitive frailty actually is. The prevailing hypothesis is that the pathophysiology underlying cognitive decline in the frailty syndrome is different from that driving the cognitive trajectory in neurodegenerative disorders. Insofar as frailty is a predictor of major health-related events (including dementia), one possibility is that frail subjects are more vulnerable to the onset and development of age-related neuropathologies, including Alzheimer's disease. From this perspective, individuals identified as cognitively frail potentially represent a novel

target for primary and secondary prevention strategies for dementia. However, to date the exact neurobiological substrates of the so-called cognitive frailty, and to what extent these are reversible, remain unknown. More research is needed to help define what cognitive frailty is, so the field can advance. Cognitive frailty, a novel target for the prevention of elderly dependency. Authors: Ruan Q, Yu Z, Chen M, Bao Z, Li J, He W. *Ageing Res Rev.* 2014 Dec 30;20C:1-10. doi:10.1016/j.arr.2014.12.004. [Epub ahead of print]. Full text at <http://www.ncbi.nlm.nih.gov/pubmed/?term=Qingwei+Ruan+2014+a+novel+target>

### 3. Interview on research in Asia - Heung Bong CHA, PhD

Heung Bong CHA, PhD is the current IAGG President (2013-2017). He served as Congress President and Chairperson of the Organizing Committee of the 20th World Congress on Gerontology and Geriatrics that took place in July 2013 in Seoul. He is currently President of the Korean National Council on Social Welfare.



#### 3.1 What kind of research related to aging is currently conducted in Asia?

Since the region of Asia is really big, articulating the latest research trends in Asia will be impossible. From the personal perspectives, the emerging trend is collective effort to find a solution to the issues of population aging specific to the regional contexts of Asian regions. In the past, lots of researchers and policymakers tried to follow the examples of Europe and North America which experienced the dawn of aging societies earlier. However, recently, the consensus is that Asia faces a unique challenge of balancing the economic development with the rapid progress of population aging, and that is why many of us in Asia have been trying to develop an Asian model for issues related to aging.

#### 3.2 What are the latest developments in aging research in Asia?

Again, given the vast size of the region, it is very challenging to definitively state the status quo of research or project developments in aging in Asia.

#### 3.3 What are the priorities for research in social gerontology?

Again, it is hard to articulate the priorities for research in social gerontology. Based on my personal observation, I see the growing interest in the long-term care issues across many countries, particularly in Asia where the traditional family value on supporting older parents has been increasingly weakening. The importance of developing a desirable long-term care system in Asian countries will be an important task considering the fact that Asia will be home to more than one third of older populations in the world by 2050. As President of IAGG, I intend to develop an East Asian Model of Long Term Care that can be shared and applicable to countries in this region.

#### 3.4 What are the latest developments in new technologies in aging?

From wearable devices to assistive technology, lots of technological developments offer promising opportunities to help older persons maintain independence and their sense of dignity. To provide a local example, in Korea, some smartphone applications have been released that tailor to the needs of older persons with special conditions, like dementia or Alzheimer's disease. They allow the individuals to self-assess their cognitive status and also help caregivers to track down their care recipients with dementia if they wander away.

To have the list of IAGG GARN centers in Asia, you can visit the IAGG GARN website at <http://www.garn-network.org>

#### 4. IAGG GARN Cognitive Frailty Consensus Conference report

Held on March 07-08, 2015 at the University of St Louis, USA, the IAGG GARN Consensus Conference on Screening for Cognitive Frailty was chaired by Prof John Morley (St Louis, USA), Prof John Morris and Prof Bruno Vellas (Toulouse, France). It aimed to create a consensus on the importance of screening for and treating these two conditions by general practitioners. The meeting got together 24 participants and 40 observers who worked on the following objectives:

- To determine whether or not cognitive decline should be screened for in the general older population or whether case finding in physicians' offices is all that is needed.
- What is the Minimum work up/advice that should be given to a person with early cognitive impairment (MCI)?
- Does the management of persons with subjective cognitive impairment differ from persons with objective cognitive impairment?
- Is cognitive frailty a useful term?

The two final consensus papers will be published in JAMDA and will be posted on the IAGG GARN website. When published, we hope that this outstanding consensus conference will have a significant effect on the management of persons with early cognitive dysfunction.

#### 5. Upcoming meetings

**International Conference on Frailty and Sarcopenia Research (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. To date the conference preliminary program includes 6 keynote lectures, 16 symposiums, 65 oral communications and 211 posters already accepted by the ICFSR2015 Scientific Committee.

Website: <http://www.frailty-sarcopenia.com/program.php>

**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. The event will treat 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 (IANA), June 18-19, 2015 in Barcelona, Spain.** After Seoul, Albuquerque, Firenze this edition of the IANA conference aims to promote a better understanding and implementation of nutrition and age-related diseases into clinical practice. Topics include: MNA (Mini Nutritional Assessment) - Nutritional needs of older people - Nutritional prevention of pathologies associated with aging - Nutrition and longevity - Nutrition and quality of aging - Malnutrition : causes and consequences - Oral and enteral feeding - Functional foods - Nutrition Cognitive decline and Alzheimer. Website: <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" Expected contributions should be relevant to research, policy and practice under the main 4 themes:

Clinical Sciences • Biological sciences • Behavioral and social sciences • Policy, planning and practice. Website: <http://iaggchiangmai2015.com>

**8th Conference on Clinical Trials for Alzheimer's Disease (CTAD2015), November 05-07, 2015 in Barcelona, Spain.** Alzheimer's Disease is one of the most important health challenges facing aging populations worldwide. The development of the next generation of Alzheimer's Disease drugs is becoming essential to face up to this challenge. A collaboration between CTAD, IAGG-GARN & Alzheimer Europe, this meeting will address clinical trials issues such as Methodology, Results, Imaging, Biomarkers, Cognitive Endpoints, Cognitive assessment, Behavioural disorders, Health Economics, Epidemiological, Animal model, New therapies etc. **Abstract submission deadline for symposium, oral or poster communications: June 1, 2015.** Website: <http://www.ctad-alzheimer.com>

**2nd International Conference on Nursing Home Research, December 02-03, 2015 in Toulouse, France.** Despite the increase of both the aging population and the number of institutionalized older people, clinical research in nursing home is still scarce. Research is however essential to improve the quality of care in nursing home. It will rely on future evidences from researches performed in these settings, their feasibility in real life condition and the successful dissemination of these new clinical evidences. The International Research Conference Nursing Home offers an opportunity to learn and share ideas, and to promote current knowledge's among researchers, in the field of nursing home care. It will deal with the following topics: Alzheimer's disease and relevant drug and non-drug therapies, behaviour disorder, care organization, homecare, nursing homes, and new technologies. **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>

Best regards,

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