



IAGG-GARN
Global Aging Research Network

INTERNATIONAL ASSOCIATION OF GERONTOLOGY AND GERIATRICS

Global Aging Research Network (GARN)

Global Aging Research Network NEWSLETTER

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Edito

This special issue is dedicated to the importance of taking into account “frailty” when dealing with old persons. Frailty has become a major issue for all those concerned by our aging population, so it is time to raise awareness amongst healthcare professionals, social workers, families, government authorities etc. Whether care is given at home, in residential institutions, in nursing homes or in hospitals, all professionals must be involved. The aim is to identify, assess and develop tools to delay the outcomes of the phenomena. The IAGG-GARN Network supports this challenge and creates the IAGG-GARN Frailty Initiative, through different actions recently or currently conducted:

1/ IAGG-GARN, updated information on the Network

The IAGG-GARN membership is developing at a constant rate. In January 2012, 452 applicants were selected as members of the Network. Since then, we are happy to report that another 56 candidates were awarded membership and letters of confirmation are currently under process.

Origins of the 508 selected applicants (dated September 2012)

Europe 273	South America 28
Asia/Oceania 113	Africa 9
North America 77	Middle East 8

Become an IAGG-GARN ambassador! Should you hear about a center that wishes to apply for membership, kindly forward this link <http://www.celsius-exhibition.com/iagg> and a questionnaire can be completed online. For other information about GARN, visit the website: <http://www.garn-network.org>

2/ “Implementing Frailty Into Clinical Practice: We Cannot Wait” In this article, B. Vellas, MD, PhD (Toulouse, France), J. E. Morley, MB, BCh (St Louis, USA) call for more action towards the implementation of frailty into clinical practice. To slow down disability of the aging population and to promote more efficient care, the pre-frail and frail older adults should be taken care of at an earlier stage, say the two experts. The authors go on by giving details of the need for a targeted, strong and sustained intervention. *J Nutr Health Aging*, 2012, 16:599-600. Upload the document on http://www.iagg.info/sites/default/files/9_frailty_-_jnha_vol16_no_7_2012_-_morley_vellas_-_implementing_frailty_into_clinical_practice.pdf

3/ IAGG/WHO/SFGG Workshop n°3 on “Promoting access to innovation and clinical research for frail old persons” This third international workshop was organized on January 20 & 21, 2012 in Athens, Greece and was dedicated to “Promoting access to innovation and clinical research for frail old persons”. The main issues debated concerned:

1. A simple tool for frailty assessment: what model, for what use?
2. Relevance of frailty for evaluation purposes: new geriatric treatments, heavy and costly healthcare procedures, social and medical practices for a global population
3. Frailty and prevention: Can frailty help identify potential disability? Can frailty be used as a tool in prevention campaigns and screening (pneumococcus vaccination, physical activities, vitamin D...).

“Promoting Access to Innovation for Frail Old Persons” is the title of the consensus paper that will be published in the Journal of Nutrition, Health and Aging (JNHA), after the IAGG/WHO/SFGG Workshop on “frailty” mentioned above. The purpose of this paper was to present experts’ positions on the main aspects of the frailty syndrome in older persons. The thirty five participants reached agreement on a number of issues relevant to developing a research strategy, and were able to identify and list the priorities for the coming years. Upload the document on http://www.iagg.info/sites/default/files/benetos_et_al_-_jnha_in_press_-_promoting_access_to_innovation_for_frail_old_persons.pdf

4/ A symposium on “Promoting Healthy Aging by Fighting against Sarcopenia and Frailty” took place in Doha, Qatar on September 21st, 2012. The aim of the meeting was to raise awareness in the Middle East about sarcopenia and frailty, two major age-related disorders. To this effect, updated definitions of frailty and sarcopenia were presented as well as the last findings on “Nutrition, ageing and longevity” and a debate was held on “Is sarcopenia the equivalent of physical frailty?” Up to 60 healthcare professionals including geriatricians, family physicians, doctors, nurses and pharmacists from across the Middle East, as well as Iran and Lebanon, took part in the event.

5/ Frailty Consensus Task Force took place on December 7th, 2012 during the International Conference on Sarcopenia Research in Orlando, USA. It was conducted by J.E. Morley, MB, BCh, (St Louis, USA) and got together 15 leading experts who debated on the importance of the syndrome, the predictability of disability, the opportunity to use simple screening tests, whether it is a treatable condition, whether psychosocial frailty is a separate syndrome, and on the research agenda needed to move forward the concept of screening for frailty. A consensus paper will be published with the results of the Task Force.

6/ Creation of a “IAGG-GARN Frailty Initiative” web application IAGG-GARN launches a breakthrough learning and awareness iPad App on “Frailty” that also works on PC. This new tool will help to keep you automatically updated on new scientific and clinical Frailty data. It also features an interactive survey that, once treated, will provide a much better understanding of your perception of frailty. Use the link <http://iagg.3psmedia.com/app> to access this App, either from an iPad or a PC. Note: If you don't have an iPad, this link will redirect you to a portal with the same content.



7/ IAGG-GARN Symposium on “Implementing Frailty into Clinical Practice and Clinical Research: Prevention of Frailty in Robust Older Adults / Prevention of Further Disabilities in Frail Older Adults”

The meeting is scheduled on Monday June 24th, 2013 from 01:30pm to 06:30pm at the Seoul Convention Center (COEX 3rd Floor, Hall E5), during IAGG's 20th World Congress of Gerontology and Geriatrics. The program includes the following oral communications:

1) Prevention of Frailty in Robust Older Adults

- a) Is a Continuum between Robust, Frailty and Disabilities with Aging? Pr J. Rowe (New York, USA),
- b) The Risk Factors for Frailty in Robust Older Adults. Pr A. Sinclair (Luton, UK)
- c) How to Empower the Primary Care Physician in the Identification of the Vulnerable Older Person with a View to Preventing Frailty and all its Consequences. Pr I. Philp (Warwick, UK)

2) How to Implement Frailty into Clinical Practice and Clinical Research?

- a) The Gérontopôle Experience, to Implement Frailty into Clinical Practice. Pr B. Vellas (Toulouse, France)
- b) How to Implement Sarcopenia into Clinical Practice. Pr L.K. Chen (Taipei, Taiwan)
- c) An International Consensus Definition and Assessment for Frailty. Pr J.E. Morley (St Louis, USA)



A cocktail reception (reserved for representatives of IAGG-GARN centers) will be provided at the end of the event, allowing added exchanges between speakers and observers. If you have registered to the World Congress, please go to <http://www.garn-network.org/inscription.php> and fill out the form for your free access to the symposium.

➡ In your agenda: Monday June 24th, 2013 from 01:30pm to 06:30pm at the Seoul Convention Center (COEX 3rd Floor, Hall E5)

8/ IANA-IAGG 2013 International Academy on Nutrition and Aging



This year's session scheduled on June 23, 2013 in Seoul, Korea, will deal with «Nutrition and Physical & Cognitive Frailty, Including Sarcopenia». Physical and cognitive disabilities are the two most important age-related decline. Nutrition is an important factor for either sarcopenia or loss of muscle with age, and cognitive functions. The meeting will focus on maintaining function with age: physical, cognitive, nutrition, brain and muscle function, prevention of frailty with advancing age. This research and practice symposium is organized with the IAGG-GARN, the IANA (International Academy on Nutrition and Aging) and the University of New Mexico, School of Medicine. Researchers from around the world will present new findings in these important fields.

Contact: contact@iana-congress.eu **Website:** <http://www.iana-congress.eu/page/home-14>

➡ **In your agenda:** Sunday June 23rd, 2013 from 09:15am to 04:30pm at the Seoul Convention Center (COEX 3rd Floor, Hall E5)

9/ Journal of Frailty and Aging (JFA)



This publication is a peer-reviewed international journal that publishes high-quality research papers describing and discussing social, biological, and clinical features underlying the onset and development of frailty in older persons. This quarterly journal is organized in five different sections: Biology of frailty and aging, Physical frailty and age-related body composition modifications, Neurosciences of frailty and aging, Frailty and aging in clinics and public health, Clinical trials and therapeutics. Visit the website at <http://www.jfrailtyaging.com> to register for free access and/or to submit a paper.

10/ The International Research Conference on Frailty & Sarcopenia

This event will take place on March 13-14, 2014 at the Institut de l'Envellement of the Universitat Autònoma de Barcelona, Spain. It will deal with the following topics:



Frailty: Biology of frailty and aging, Physical frailty and age-related body composition modifications, Cognitive frailty, Frailty in clinical practice and public health, Clinical trials and therapeutics.

Sarcopenia: Biology, Animal models, Preclinical studies, Clinical trials, Functional assessment, Biomarkers and imaging, New drug developments, Physical exercise, Nutrition intervention, Epidemiology.

➡ **Deadline for abstract (symposium, oral communication, poster) submission:** October 30, 2013.

You can visit the website at <http://www.frailty-sarcopenia.com>

11/ Job Opportunities



The GÉRONTOPÔLE of Toulouse is a major internationally-recognized institution of clinical research on aging. Its research activities are specifically focused on the prevention of age-related conditions and disability, and on the improvement of healthcare for older persons. For its ongoing research programs, the GÉRONTOPÔLE is currently recruiting two post-docs, with fluent English and expertise in statistics to work on databases on

Alzheimer's disease and/or on frailty. PhD students in the last year of their course are also welcome in Southern France. All candidates should send a Curriculum Vitae to Constance de SEYNES (seynes@cict.fr), who will forward to the appropriate service.

12/ IAGG-GARN Newsletter and Website



Both communication tools were launched in June 2012 and are fully dedicated to age-related research. You visit the website at <http://www.garn-network.org> and upload the Newsletter. It gives information to all those interested by our research network: membership, congress agenda, publications on line, E-Newsletter, latest news from GARN centers, job opportunities.

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