

PROVISIONAL SCIENTIFIC PROGRAMME



ISTRC
2023

International Sarcopenia Translational Research Conference

5 – 6 October 2023 | Newcastle upon Tyne, UK

sarcopeniaconference.com

Welcome

We are delighted to announce that the second **International Sarcopenia Translational Research Conference 2023** will be held 5 – 6 October in the vibrant city of Newcastle upon Tyne UK.

In recent years there has been growing recognition of the clinical importance of sarcopenia but there is still a major need for more widespread diagnosis and the development of novel treatment options for this highly prevalent age-related condition. Translational research is key to these aims. Great strides are being made in our scientific understanding of sarcopenia and the challenge now is to translate these advances into better care and treatments for older people.

The theme of the event is ***Where Worlds Meet*** and our aim is to highlight the importance of sarcopenia and advance our knowledge through encouraging interdisciplinary collaborations and supporting the development of early career researchers.

Day 1: Thursday 5th October

| Time | Session | Speaker |
|---------------|---|--|
| 09:00 – 09:25 | Registration & Refreshments | |
| 09:25 – 09:45 | Session 1: Welcome and Overview | |
| | Why do we need an international sarcopenia translational research conference? | Professor Avan Aihie Sayer Newcastle University, UK |
| 09:45 – 11:15 | Session 2: Epidemiology | |



| Time | Session | Speaker |
|---------------|--|---|
| | Ageing, physical capability and sarcopenia – what can UK cohorts tell us? | Professor, Rachel Cooper Newcastle University, UK |
| | Obesity, body composition and sarcopenia – how are they inter-related? | Professor David Scott, Deakin University, Australia |
| | Oral Communications | TBC |
| 11:15 – 11:45 | Coffee Break, Poster View & Vote | |
| 11:45 – 13:15 | Session 3: Biology and Drug Development | |
| | What do we understand about neuronal aspects of sarcopenia and what is the relevance for clinical translation? | Professor Miranda Grounds University of Western Australia, Australia |
| | Drug development for sarcopenia – how can researchers best work with industry? | Dr Silke Huettner, Rejuvenate Biomed, Belgium |
| | Oral Communications | TBC |
| 13:15 – 14:15 | Lunch & Poster Round | |
| 14:15 – 15:45 | Session 4: The Global Context | |
| | A global perspective: Introducing sarcopenia research in Cameroon | Dr Marie-Josiane Ebode-Ntsama, Yaoundé Central Hospital, Cameroon |
| | A global perspective: Introducing sarcopenia research in Singapore | Professor Reshma Merchant, National University Hospital Singapore |
| | Oral communications | TBC |
| 15:45 – 16:00 | Coffee Break, Poster View & Vote | |



| Time | Session | Speaker |
|---------------|---|--|
| 16:00 – 16:40 | Session 5: Keynote | |
| | Latest developments in the definition, diagnosis and management of sarcopenia | Professor Alfonso Cruz-Jentoft Hospital Universitario Ramón y Cajal (IRYCIS), Madrid, Spain |
| 16:40-16:45 | Close of Day | Professor Avan Aihie Sayer Newcastle University, UK |
| 19:00- Late | Conference dinner at the BALTIC Centre for Contemporary Art | |

Conference Dinner



We hope that all in-person delegates will join us at the complimentary conference dinner at the iconic [BALTIC Centre for Contemporary Art](https://www.baltic.co.uk/). This will be an opportunity to continue discussions from the day, meet new people, and enjoy a 3-course meal in the beautiful surroundings of Gateshead Quayside.



Day 2: Friday 6th October

| Time | Session | Speaker |
|---------------|--|---|
| 08:30 – 09:20 | <i>ECR Network Building Breakfast</i> | <i>ART (Ageing Research Translation) of Healthy Ageing Network Satellite Session (Sign-up required)</i> |
| 09:00 – 09:25 | Registration, Refreshments & Poster View | |
| 09:25 – 09:30 | Welcome to Day 2 | Professor Avan Aihie Sayer Newcastle University, UK |
| 09:30 – 11:00 | Session 6: Intervention | |
| | Lifestyle interventions for sarcopenia – where are we in 2023? | Professor Robin Daly, Deakin University, Australia |
| | Prescription of resistance exercise for sarcopenia – what is involved? | Dr Christopher Hurst, Newcastle University, UK |
| | Oral Communications | TBC |
| 11:00 – 11:15 | Coffee Break | |
| 11:15 – 12:15 | Session 7: Workshops | TBC |
| 12:20 – 13:00 | Session 8: Keynote | |
| | Harnessing key findings in geroscience to tackle sarcopenia | Dr Luigi Ferrucci, National Institute on Aging, USA |
| 13:00 – 14:00 | Lunch & Exhibition | |



ISTRC
2023

International Sarcopenia Translational Research Conference

5 – 6 October 2023 | Newcastle upon Tyne, UK

sarcopeniaconference.com

| Time | Session | Speaker |
|---------------|---|--|
| 14:00 – 14:15 | Prize Winning Oral Presentation | TBC |
| 14:15 – 15:15 | Session 9: Innovation | |
| | Clinical trials for sarcopenia – what does the future hold? | Professor Miles Witham Newcastle University, UK |
| | Digital innovations in real-world mobility assessment – opportunities for sarcopenia? | Professor Lynn Rochester Newcastle University, UK |
| 15:15 – 15:30 | Break | |
| 15:30 – 15:55 | Session 10: Discussion – where next for the sarcopenia translational research community? | Plenary Discussion |
| 15:55 – 16:00 | Close of Conference | Professor Avan Aihie Sayer Newcastle University, UK |