

# SCIENTIFIC PROGRAMME



**ISTRC**  
2023

International Sarcopenia Translational Research Conference

5 – 6 October 2023 | Newcastle upon Tyne, UK

[sarcopeniaconference.com](http://sarcopeniaconference.com)

## Day 1: Thursday 5th October

Time	Session	Speaker
09:00 – 09:25	<b>Registration &amp; Refreshments</b>	
09:25 – 09:45	<b>Session 1: Welcome and Overview</b>	
	Why do we need an international sarcopenia translational research conference?	Professor Avan Aihie Sayer, Newcastle University, UK
09:45 – 11:15	<b>Session 2: Epidemiology</b>	
	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
	<b>Oral Communications:</b>	
	Characterising cellular senescence in skeletal muscle in relation to muscle morphology and physical function in 40 MASS_Lifecourse Study participants: a feasibility study	Dr Leena Habiballa, King's College London, UK
	Senescence-associated secretory phenotype factors are associated with sarcopenia in the CARE75+ cohort	Dr Daisy Wilson, University of Birmingham, UK



Time	Session	Speaker
	Sarcopenia is not a risk factor for incidence of falls, fractures and mortality in Rheumatoid Arthritis: A prospective Cohort Study	Dr Rafaela Cavalheiro, Universidade Federal do Rio Grande do Sul, Brazil
11:15 – 11:45	<b>Coffee Break, Poster View &amp; Vote</b>	
11:45 – 13:15	<b>Session 3: Biology and Drug Development</b>	
	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
	How to develop drugs for sarcopenia	Dr Silke Huettner, Rejuvenate Biomed, Belgium
	<b>Oral Communications:</b>	
	Age-related decline in skeletal muscle excitability correlates with tetanic force	Dr Karen Suetterlin, Newcastle University, UK
	Myogenic-related adaptative response to exercise training is defective in COPD compared to healthy individuals	Dr Davina Simoes, Northumbria University, UK
	Tofacitinib treatment in Rheumatoid Arthritis is associated with increased lower limb muscle volume: the Rheumatoid Arthritis and Muscle (RAMUS) study	Dr Josh Bennett, Newcastle University, UK
13:15 – 14:15	<b>Lunch, Poster View &amp; Vote</b>	
14:15 – 15:45	<b>Session 4: The Global Context</b>	
	A global perspective: Introducing sarcopenia research in Cameroon	Dr Marie-Josiane Ebode-Ntsama, Yaoundé Central Hospital, Cameroon



Time	Session	Speaker
	A global perspective: Introducing sarcopenia research in Singapore	Professor Reshma Merchant, National University Hospital Singapore
	<b>Oral communications:</b>	
	Sarcopenic obesity, systemic inflammation and depression: a nexus between physical and mental health	Professor Julie Pasco, Deakin University, Australia
	Haemodynamic factors underlying the relationship between sarcopenia and orthostatic hypotension in older adults	Dr Eoin Duggan, Trinity College Dublin, Ireland
	Evaluating routine dietetic interventions in geriatric rehabilitation: Implications to address malnutrition, sarcopenia and underweight	Dr Esmee Reijnierse, Amsterdam University of Applied Sciences, Netherlands
15:45 – 16:00	<b>Coffee Break, Poster View &amp; Vote</b>	
16:00 – 16:40	<b>Session 5: Keynote</b>	
	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	<b>Close of Day</b>	Professor Avan Aihie Sayer, Newcastle University, UK
19:00- Late	Conference dinner at the BAL TIC Centre for Contemporary Art	



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## Conference Dinner

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We hope that all in-person delegates will join us at the complimentary conference dinner at the iconic [BALTIC Centre for Contemporary Art](#). 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>Network Building Breakfast</i>	<i>ART of Healthy Ageing Network Satellite Session (Sign-up required)</i>
09:00 – 09:25	<b>Registration, Refreshments, Poster View &amp; Vote</b>	
09:25 – 09:30	<b>Welcome to Day 2</b>	Professor Avan Aihie Sayer, Newcastle University, UK
09:30 – 11:00	<b>Session 6: Intervention</b>	
	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
	<b>Oral Communications:</b>	
	Delivery of resistance exercise for older people with probable sarcopenia or frailty - the Benchmarking Exercise Programmes for Older People (BEPOP) project	Dr Lorna Caulfield, Newcastle University, UK
	Chronic oral administration of the mTOR inhibitor rapamycin to older people, is safe and does not limit resistance exercise-induced muscle strength gains.	Ms Eleanor Jones. University of Nottingham, UK
	Establishing biomarkers of acute sarcopenia: a proof-of-concept study	Dr Carly Welch, King's College London, UK
11:00 – 11:15	<b>Coffee Break, Poster View &amp; Vote</b>	



Time	Session	Speaker
11:15 – 12:15	<b>Session 7: Workshops</b> (Small group sessions, sign-up required)	
	Building interdisciplinary research teams	Dr Antoneta Granic, Newcastle University, UK
	New ways of characterising skeletal muscle	Dr Karen Suetterlin, Newcastle University, UK
12:20 – 13:00	<b>Session 8: Keynote</b>	
	Harnessing key findings in geroscience to tackle sarcopenia	Dr Luigi Ferrucci, National Institute on Aging, USA
13:00 - 14:00	<b>Lunch &amp; Exhibition</b>	
14:00 – 14:15	<b>Awards of prizes for best oral and poster presentations</b>	
14:15 – 15:15	<b>Session 9: Innovation</b>	
	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	<b>Break</b>	
15:30 – 15:55	<b>Session 10: Where next for the sarcopenia translational research community?</b>	Plenary Discussion
15:55 – 16:00	<b>Close of Conference</b>	Professor Avan Aihie Sayer, Newcastle University, UK