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IANA 2010

5th International Academy on Nutrition and Aging

July 26 & 27, 2010

Hyatt Regency Tamaya Resort & Spa
1300 Tuyuna Trail
Santa Ana Pueblo, NM USA



Presented by:



The Department of Geriatrics



The proceedings will be published in the JNHA: Journal of Nutrition, Health and Aging.

July 26, 2010

- 7:30 - 8:30 am **Registration and Continental Breakfast**
- 8:30 - 9:00 am **Introduction**
Wm. Cameron Chumlea, PhD; Philip J. Garry, PhD and Bruno Vellas, MD, PhD
- 9:00 - 10:00 am **Symposium: Alzheimer Preventive Trials**
Use of Biomarkers for Designing New Generation of Preventive Trials
Michael Weiner, MD

Physical Frailty in Older Persons is Associated with Cognitive Decline and Alzheimer's Disease
L. Jaime Fitten, MD

From the GuidAge to the MAPT (Multi domain Alzheimer Preventive Trial)
Bruno Vellas, MD, PhD
- 10:00 - 10:30 am **Break and Poster Session**
- 10:30 - 11:30 am **Symposium: Cachexia Inflammation and Nutrient**
Nutrition Management
John E. Morley, MB, BCH

Definition Pathology of Cachexia
Michael W. Schuster, MD

Review of all Anabolics Agents to treat Cachectic Geriatric Patients
Shing-shing Yeh, PhD, MD
- 11:30 - 12:30 pm **Oral Communications**
- 11:30 - 11:45 am Association of plasma marine omega 3 fatty acids with white matter hyperintensities in the oldest old
G.L. Bowman, L. Silbert, J. Shannon, L. Shinto, J.A. Kaye, J.F. Quinn (USA)
- 11:45 - 12:00 am Medical nutrition in Alzheimer's disease: The Souvenaid® Clinical Trial Program
P.J. Kamphuis, P. Scheltens, T. Hartmann, H. Soininen (The Netherlands, Germany, Finland)
- 12:00 - 12:15 am Estimation of lean body weight in older black and white men and women: the Health, Aging, and Body Composition Study
S.J Mitchell, C. MJ Kirkpatrick, A.B Newman, S.Satterfield, A.V. Schwartz, E.M. Simonsick, S.N. Hilmer for the Health, Aging, and Body Composition Study (Australia, USA)
- 12:15 - 12:30 am Outcome of a targeted nutritional intervention on nutrient intakes among older adults with early-stage Alzheimer dementia: the Nutrition Intervention Study,

B. Shatenstein, M.-J. Kergoat, I. Reid, M.-E. Chicoine (Canada)

12:30 - 2:00 pm **Lunch and Poster Sessions**2:00 - 3:00 pm **Symposium: Frailty Sarcopenia and Cognitive Decline**

The Central Role of Energy Balance in the Causal Pathway to Sarcopenia
Luigi Ferrucci, MD, PhD

Novel Phase 3 Randomized Controlled Trials to Prevent Disability in Older Persons
Marco Pahor, MD

Alzheimer's Disease: It May be Possible to Overcome Synapse Loss
Richard Wurtman, MD

3:00 - 4:00 pm **Symposium: Meeting the Vitamin D Requirements of the Elderly: Fortification versus Supplementation**

Wendy J. Dahl, PhD, RD, FDC, Mona Calvo, PhD and Susan Whiting, PhD

4:00 - 4:30 pm **Break and Poster Sessions**4:30 - 6:00 pm **Nutrition and Aging**

Good Appetite by Self Report Predicts Survival in the Elderly
Danit R. Shahar, RD, PhD

Urgent Action Needed to Improve Vitamin D Status among Older People in England!
Vasant Hirani, RN

Relationship Between Depression and Vitamin D Levels in Older Residents from a National Survey Population
Robert Stewart, PhD

You Truly are What You Eat: The Nutritional Component of Anti-Aging
Ronald Klatz, MD, DO

Glycemic and Cardiovascular Parameters Improved in Type 2 Diabetes with the High Nutrient Density Diet
David M. Dunaief, M.D

July 27, 20107:30 - 8:00 am **Continental Breakfast**8:00 - 10:00 am **Symposium: New Therapies for Frailty/ Sarcopenia**

Rate of Change in Body Composition after 60 Years of Age
Wm. Cameron Chumlea, PhD

Sarcopenia EU / US Task Force Definition: The EU / US Task Force Interactive Video Dance to Promote Health in Older Adults: An Intervention Study

Stephanie A. Studenski, MD, MPH

Interactive Video Dance to Promote Health in Older Adults: An Intervention Study
Stephanie A. Studenski, MD, MPH

Effects of a Weight Loss Plus Exercise Program on Physical Functioning in Obese, Older African-American and Caucasian Women
Steve Anton, PhD

New Findings from the ABC Study
Tamara B. Harris, MD, MS

Muscle Power is Critical Determinant of Physical Function in Older Adults
Roger A. Fielding, PhD

10:00 - 10:30 am **Break and Poster Sessions**10:30 - 12:30 pm **Oral communications**

10:30 - 10:45 am Vitamin B12 and homocysteine levels and 6-year change in motor nerve function
K. Leishear, L. Ferrucci, F. Lauretani, R. Boudreau, S. Studenski, C. Rosano, R. Abbate, A.M. Corsi, A. Di Iorio, J.M. Guralnik, S. Bandinelli, A.B. Newman, E.S. Strotmeyer (Italy)

10:45 - 11:00 am Anorexia of aging and mortality: Results from prospective cohort study on frail, community-living elderly patients
F. Landi, G. Onder, R. Liperoti, M. Tosato, S. Giovannini, R. Bernabei (Italy)

11:00 - 11:15 am B-PROOF: B-vitamins for the prevention of osteoporotic fractures, a randomized placebo-controlled double-blind trial
J.P. van Wijngaarden, R.A.M. Dhonukshe-Rutten, N.M. van Schoor, N. van der Velde, K. Swart, A.W. Enneman, T.J.M. van der Cammen, P. Lips, C.P.G.M. de Groot (The Netherlands)

11:15 - 11:30 am Development of an intervention trial on independence and health related quality of life among frail elderly people in Sweden: Design and methods
A. Koochek, T. Ålander, M. Nydahl (Sweden)

11:30 - 11:45 am Strategies for overcoming the anabolic resistance of muscle protein synthesis (MPS) and muscle protein breakdown (MPB) to essential amino acids (EAA), insulin and exercise in the elderly

V. Kumar, E.A. Wilkes, B. Phillips, W. Hildebrandt, A. Selby, R. Patel, D. Rankin, J. Williams, P. Atherton, K. Smith, N. Hiscock, M.J. Rennie (United Kingdom)

11.45 - 12.00 am The effect of high-speed power training vs. traditional slow-speed resistance training on muscle performance in older men and women
S.P. Sayers, K. Gibson, M.A. Minor (USA)

12:30 - 2:00 pm **Lunch and Poster Sessions**

2:00 - 3:00 pm **Symposium: Falls and Frailty**
Review of Data on Falls Prevention and What We Know That Works and Where the Research Needs To Go
Carla J. Herman, MD, MPH

Successful Falls Prevention Programs in New Zealand
Debra Waters, PhD

CDC's Statewide Efforts in Coalitions around Falls Prevention and their Success and Failures
Benfrieda Gonzales

3:00 - 4:00 pm **Oral communications**
3.00 - 3.15 pm Assessing the validity of a Food Frequency Questionnaire on midlife diet of the elderly
T. Eysteinsdottir, L. Steingrimsdottir, I. Thorsdottir, I. Gunnarsdottir (Iceland)

3.15 - 3.30 pm Apolipoprotein genotypes and dietary fat interact to determine plasma lipoprotein levels in Brazilian elderly women
R.S. Paula, V.C. Souza, C.F. Moraes, A. L. Benedet, E.R. Souza, J.O. Toledo, C. Córdova, O.T. Nóbrega (Brazil)

3.30 - 3.45 pm Randomised phase III clinical trial of 5 different arms of treatment for patients with cancer-related anorexia/cachexia syndrome (CACS)
G. Mantovani, C. Madeddu, A. Macciò, F. Panzone, R. Serpe, M. Dessi, E. Massa (Italy)

3.45 - 4.00 pm Plasma levels of Neuropeptide Y and Peptide YY in patients affected by Anorexia Nervosa and severe Obesity
M.C. Masoni, L. Ghiadoni, S. Taddei (Italy)

4:00 - 4:30 pm **Break**

4:30 - 5:30 pm **Oral Communications**
4.30 - 4.45 pm Aggressive peripheral parenteral nutrition support for high grade pressure sores
K.W. Liu, H.Y. Ting, Y.F. Lok, L.K. Dai, L.K. Hung (Hong Kong)

4.45 - 5.00 pm Plum or Prune?: A prospective study of water provision in a district general hospital
L. Wentworth, K. Boyle, S. Ali, T. Kondratowicz (United Kingdom)

5.00 - 5.15 pm Food Fortification Improves Vitamin D Status But Does Not Assure Adequacy
N. Binkley, D. Krueger, J. Engelke, I. Haller (USA)

5.15 - 5.30 pm Nutritional supplement combination therapy feasibility, safety and biomarker clinical trail in cognitively normal adults.
N.B. Emerson Lombardo, L. Volicer, S.H. Auerbach, W. Matson, S. Matson, J. Valla (USA)

CONFERENCE CHAIRS

Wm. Cameron Chumlea, PhD, Kellering, Ohio
L. Jaime Fitten, MD, Los Angeles, California
Philip J. Garry, PhD, Albuquerque, New Mexico
John E. Morley, MB, BCh, St. Louis, Missouri
Bruno Vellas, MD, PhD, Toulouse, France

OBJECTIVES

The International Academy on Nutrition and Aging (IANA) decided to organize this fifth international meeting in Albuquerque, NM because of the successful fourth IANA meeting held in Paris, France in July 2009. The IANA meeting was organized in collaboration with the New Mexico School of Medicine and the Department de Medicine Interne et Gerontologie Clinique, University of Toulouse, France.

Participants who attend this course should be able to:

- Understand Cachexia inflammation and it's link to nutrition;
- Discuss the benefits from the Alzheimer Preventive Trials;
- Identify patients with frailty Sarcopenia and Cognitive Decline;
- Identify the Vitamin D Requirements of the elderly; and
- Discuss the pros and cons of fortification versus supplementation.

New Therapies for Frailty/Sarcopenia.

ACCREDITATION

Physicians

The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this educational activity for a maximum of 13.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses

This activity is approved for 13.5 contact hours by the University of New Mexico Office of Continuing Medical Education, an approved provider of continuing nursing education by the New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Per the criteria for approval from the New Mexico Nurses' Association, participants who are requesting nursing credit must attend the entire conference to obtain the certificate of credit. Certificates of nursing credit will be issued at the end of the conference in exchange for conference evaluations.

REGISTRATION FEES

"Early Bird" Registration
(Postmarked on or before June 25, 2010)
\$295.00

Regular Registration
(Postmarked after June 25, 2010)
\$345.00

The above fees include a subscription to the Journal of Nutrition and Aging, course materials, and refreshment breaks. The lunches and the dinner will be an additional charge.

Advance registration is encouraged. Due to limited enrollment, your registration will be confirmed by mail. Minimum and maximum registration numbers have been established for this conference. Registrations paid in cash must be in the exact amount of tuition. CME does not maintain a petty cash fund. It is UNM policy to charge \$15.00 plus normal merchant bank fees for each returned check. Please confirm your registration prior to making travel arrangements.

CONTACT INFORMATION

This symposium is presented by the University of New Mexico School of Medicine, Office of Continuing Medical Education. For additional information contact:

University of New Mexico School of Medicine
Office of Continuing Medical Education
MSC09 5370, 1 University of New Mexico
Albuquerque, New Mexico USA 87131-0001
(505) 272-3942
(505) 272-8604 FAX
CMEWeb@salud.unm.edu

Visit the UNM CME website at <http://hsc.unm.edu/som/cme>

For questions regarding content, contact:

Philip J. Garry, PhD
Professor Emeritus
Department of Pathology
University of New Mexico School of Medicine
Albuquerque, New Mexico USA
phlgarry@msn.com

ATTIRE

Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to the educational activities.

ACCOMMODATIONS

This conference will be held at the Hyatt Regency Tamaya Resort & Spa, 1300 Tuyuna Trail, Santa Ana Pueblo, NM 87004 USA. A block of rooms has been reserved for participants of this conference at the Hyatt Regency Tamaya for the nights of July 24-28, 2010. Special rates are available to you if you make your room reservation no later than Friday, July 25, 2010.

Participant rates are \$249.00 plus tax Single and/or Double. There is also a resort fee of \$16.00 per room per night.

To make room reservations, please contact the Hotel directly at (505) 867-1234 or 1-800-233-1234 or on-line at https://resweb.passkey.com/Resweb.do?mode=welcom_ei_new&eventID=817284.

Please identify yourself as a participant of the "International Academy on Nutrition and Aging (IANA)". Rates will not be changed at check-in or check-out for attendees who fail to identify their affiliation with this meeting at the time the reservation is requested. All reservations must be guaranteed by a major credit card or a first night's room deposit plus tax. Cancellations must be received seventy-two (72) hours prior to arrival to avoid billing or forfeiting the deposit received. Check-in time is 4:00 pm and check-out time is 12:00 pm.

Participants requiring special accommodations should contact the Office of Continuing Medical Education as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

CANCELLATION

If you cannot attend, the Office of Continuing Medical Education will refund tuition, less a \$40.00 administrative fee, provided it is received in writing prior to July 19, 2010. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, the Office of CME is not responsible for any airfare, hotel or other costs incurred by participants.

If you receive more than one copy of this brochure, please share with a friend or colleague.

TRANSPORTATION

To / From ABQ Airport:

New Mexitours:

Service is offered to and from the Albuquerque airport and the hotel, via vans or sedans.

Cost: \$40.00 for the first person one-way, \$10.00 each additional person within the same party. Please contact the Concierge for private sedan pricing.

Hours: 6:00 a.m. to 6:00 p.m., with pick-up every hour on the hour. Private sedans are also available after 6:00 p.m. upon request.

Reservations: Are required. Please contact the hotel concierge at least 24 hours before arrival at the airport or departure from the hotel for arrangements.

Cancellations: Minimum two hours notice is required to avoid a cancellation fee.

TUITION REMISSION

All eligible UNM Faculty and Staff may enroll using a tuition remission (waiver) to cover the tuition costs listed. Properly completed remissions must accompany the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

The on-line UNM Tuition Remission form may be accessed at:

<http://hr.unm.edu/Forms/benefits/TRFormSpring2009.pdf>

We would like to acknowledge and thank the following company for their contribution and support:



REGISTRATION FORM

5th International Academy on Nutrition and Aging Meeting

July 26 & 27, 2010 ■ Hyatt Regency Tamaya ■ Santa Ana Pueblo, New Mexico USA

Name: _____

Title (please circle): MD DO RN PA Other: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Daytime Phone: _____ Fax: _____

PLEASE PRINT CAREFULLY.

THE ABOVE INFORMATION WILL BE USED FOR YOUR NAMETAG.

Register On-line at: <http://hsc.unm.edu/som/cme/2010/IANA/IANA.shtml>

"Early Bird" Registration

(Postmarked on or before June 25, 2010)
\$295.00

Regular Registration

(Postmarked after June 25, 2010)
\$345.00

OPTIONAL:

- Yes, I will be attending the luncheon on Monday, July 26, 2010 - \$45.50 Additional Fee
- Yes, I will be attending the speakers' dinner on Monday evening, July 26, 2010 - \$99.00 Additional Fee
- Yes, I will be attending the luncheon on Tuesday, July 27, 2010 - \$50.50 Additional Fee

please include this amount with your registration fee.

METHOD OF PAYMENT:

- Check (Make payable to "UNM Office of CME") UNM Tuition Remission Form (copy enclosed)
- Institutional Purchase Order Number _____ (copy enclosed)
- MASTERCARD VISA

Account Number: _____

"V" Code _____ (last 3 numbers on back of card)

Expiration Date: _____ Amount: _____

Cardholder's Signature: _____

Make check payable to the "UNM Office of CME" and mail it along with this form to: The University of New Mexico, Office of Continuing Medical Education, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. Telephone registrations (505) 272-3942 or Fax (505) 272-8604 registrations will be accepted for Visa, MasterCard and Purchase Orders only. Registrations faxed without a Visa or MasterCard number or a copy of the Institutional Purchase Order will not be processed.

Your registration will be confirmed by e-mail.

ATTENTION UNM FACULTY AND STAFF!
Use your tuition remission form when paying for this conference.