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3rd International Academy on Nutrition and Aging Meeting

**Nutrition, Exercise & Alzheimer
and Clinical Trials on Sarcopenia**

August 1-2, 2008

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



Presented by:



Boston University
Alzheimer's Disease Center

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

PROGRAM

Friday, August 1, 2008

7:30 am Registration

8:30-10:00 am **Symposium I: Physical Exercise and Cognitive Functions**

- Physical Exercise and Cognitive Decline in Animal Models
Carl W. Cotman, PhD
- Physical Activity and Cognitive Function in Humans
Patricia C. Heyn, PhD
- Effect of Fish Oil Supplementation on Cognitive Performance in Older Subjects: A Randomized, Double-Blind, Placebo Controlled Trial
Ondine van de Rest

10:00-10:30 am Refreshment Break and Poster Session

10:30-12:00 pm **Symposium II: Nutrition and Cognitive Decline**

- A Systematic Review on Nutrition and Dementia
Peter J. Whitehouse, MD, PhD
- Beyond Magic Bullets: An Evidence-Based Nutrition Program for Persons with Alzheimer's and MCI
Nancy Emerson Lombardo, PhD
- Health Promotion Program and Nutrition in Alzheimer Disease: The NutriActive Study
Antoni Salvà, MD
- Metabolism Disorders, Vascular Risk Factors and Cognitive Decline in Hispanic Elderly
L. Jaime Fitten, MD

12:00-1:00 pm Lunch and Poster Session

1:00-3:00 pm **Symposium III: Sarcopenia – How to Define It?**

- Co-chairs: *Tamara B. Harris, MD, MS and Zhao Chen, PhD*
Panel Members: *Marjolein Visser, PhD; Lynn M. Marshall, ScD and Scott B. Going, PhD*
- Symposium Overview
Tamara B. Harris, MD, MS
 - Status and Challenges for Sarcopenia Definition
Scott B. Going, PhD
 - NHANES Data on Sarcopenia
Tamara B. Harris, MD, MS
 - Sarcopenia in Older U.S. Men – Results from the MrOS Cohort Study
Lynn M. Marshall, ScD

- Sarcopenia in U.S. Older Women – An Analysis with the WHI Cohort
Zhao Chen, PhD
- Sarcopenia in the European Population
Marjolein Visser, PhD
- A Comparison of the Health ABC Results with Other Cohorts
Tamara B. Harris, MD, MS
- How to Define Sarcopenia?
Panel Discussion with Meeting Participants
- Conclusion
Zhao Chen, PhD

3:00-4:00 pm **Symposium IV: Frailty, Sarcopenia and Cognitive Decline**

- Epidemiology of Sarcopenia
Wm. Cameron Chumlea, PhD
- Frailty and Cognitive Functions
Denis A. Evans, MD
- Sarcopenia and Protein Intakes
J. Troup

4:00-4:20 pm Refreshment Break and Poster Session

4:20-6:00 pm **Roundtable on Methodological Issues for Clinical Trials in Sarcopenia**

- Introduction
Bruno Vellas, MD, PhD
- Clinical Trials for Sarcopenia: Review and Recommendations
William J. Evans, PhD and Luigi Ferrucci, MD, PhD
- Clinically Relevant Outcomes for Sarcopenia Trials
Roger A. Fielding, PhD
- How to Assess Sarcopenia in Clinical Trials
Stephanie A. Studenski, MD, MPH
- Therapeutic Potential Targets for Sarcopenia Clinical Trials
John E. Morley, MB, BCh
- Target Population for Clinical Trials
Marco Pabor, MD

Saturday, August 2, 2008

8:00-9:30 am **IANA Task Force Presentations**

- The Task Force on Preventive Trials in Alzheimer
Sandrine Andrieu, MD, PhD
- The Task Force on Frailty
Gabor Abellan van Kan, MD
- The Task Force on Nutrition and Cognitive Decline
Martha C. Morris, ScD

- IANA Task Force on Memory Health Clinics
Bruno Vellas, MD, PhD

9:30-10:30 am **Nutrition Aging**

- The Metabolic Syndrome is a Risk Factor for Vascular Dementia, Not for Alzheimer's Disease in French Elderly Persons: The Three-City Study
Pascale Barberger-Gateau, MD, PhD
- Physical Exercise and BPSD
Philippe Robert, MD, PhD
- Under-Eating in Hospitalized Older Adults: Patterns and Predictors, Outcomes and Opportunities for Intervention
Julie L. Locher, PhD, MSPH
- Physical Exercise and Dementia Clinical Trials
Eric B. Larson, MD, MPH, FACP

10:30-11:00 am Refreshment Break and Poster Session

11:00-12:30 pm **Nutrition, Exercise and Aging, Oral Presentations from Abstracts**

- Dangers of Weight Loss in the Elderly
Robert R. Wolfe, PhD
- Olive Oil and Cognition: Results from the Three-City Study
C. Berr, PhD
- Consequences of Poor Nutrition on Indicators of Sarcopenia and Physical Function: A Longitudinal Prospective
Benedetta Bartali, RD, PhD
- Oral Presentations Selected from Submitted Abstracts

12:30 pm **Conference Adjourns**

CONFERENCE CHAIRS

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Bruno Vellas, MD, PhD, Toulouse, France

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Little Rock, AR

OBJECTIVES

The International Academy on Nutrition and Aging (IANA) decided to organize this third international meeting in Albuquerque, NM because of the successful second IANA meeting held in Albuquerque in July 2003. 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.

The 2008 IANA meeting will be devoted to factors associated with cognitive decline, including physical exercise, nutritional status, and sarcopenia. Special emphasis will be placed on subjects related to clinical trials on sarcopenia. These include status and challenges for sarcopenia definition, NHANES data on sarcopenia, sarcopenia in U.S. older men and women and sarcopenia in European populations. In addition, task force topics will be reviewed. These include preventive trials in Alzheimer's disease, weight loss prevention in Alzheimer's disease, the importance of frailty and cognitive decline and the effects of nutritional status on cognitive decline.

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 12.0 *AMA PRA Category 1 Credit(s)*TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses

This activity is approved for 12.0 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 15, 2008)
\$295.00

Regular Registration
(Postmarked after June 15, 2008)
\$345.00

The above fees include a subscription to the Journal of Nutrition and Aging, course materials, and refreshment breaks. Lunch and Dinner on Friday 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.

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://www.unm.edu/~ubppm/ubppmanual/3700ex_a.htm

ATTIRE

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

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



CONTACT INFORMATION

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

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

For questions regarding content, contact:

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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 25, 2008. 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.

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 31-August 1, 2008. Special rates are available to you if you make your room reservation no later than **Tuesday, July 1, 2008**.

Participant rates are \$249.00 plus tax Single and/or Double. There is also a resort fee of \$14.00 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/go/iana>.

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.

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

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.

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

REGISTRATION FORM

3rd International Academy on Nutrition and Aging Meeting
Nutrition, Exercise & Alzheimer and Clinical Trials on Sarcopenia
August 1-2, 2008 • Hyatt Regency Tamaya • Santa Ana Pueblo, New Mexico USA

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(Postmarked on or before June 15, 2008)
\$295.00

Regular Registration

(Postmarked after June 15, 2008)
\$345.00

OPTIONAL:

- Yes, I will be attending the Luncheon on Friday, August 1, 2008 - **\$48.00 additional fee**
- Yes, I will be attending the Speakers' Dinner on Friday evening, August 1, 2008 - **\$91.00 additional fee**

PLEASE INCLUDE THIS AMOUNT WITH YOUR REGISTRATION FEE.

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Use your tuition remission form when paying for this conference.