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Nutrition and age-related muscle loss, sarcopenia and cachexia

Tuesday 9 December 2014 to Wednesday 10 December 2014

Alas and objectives

Skeletal muscle is crucial for maintaining physical and muscular function and its importance has increased with age. The balance between muscle gain and function and sarcopenia in this stage of life is an issue of concern.

Sarcopenia is a potential driver of frailty and very frailty. This is why in the last 5 years, a great deal of money has been spent on this research. The programme will provide an overview of the importance of age-related muscle loss, sarcopenia and cachexia and the key research in these areas.

Skeletal muscle is crucial for maintaining physical and metabolic function but we lose muscle as we age. We also lose strength and quality of life.

It is not just a loss of muscle mass and function but we lose muscle as we age. We also lose strength and quality of life.

The four sessions will focus on:

1.00pm Welcome address

1.15pm Lecture: The importance of muscle to health and disease

Session one: Systematic reviews and meta-analyses investigating skeletal muscle function and sarcopenia

Session two: Sarcopenia for prevention, strength and quality of life

10:15am Session 3

Session three: Nutritional perspectives and interventions for sarcopenia and cachexia

11:00am Measurement of muscle strength

11:15am Lunch

11:30am Refreshment break

12:15pm Lunch

12:45pm Biochemical mechanisms in cachexia

1.15pm Lunch

2.00pm Lecture: Nutritional status and sarcopenia in cancer patients

2.45pm Mechanisms for loss of muscle mass, strength and clinical problem, measurement and epidemiology

9.10am Welcome address

9.15am Lecture: The social, clinical and public health dimensions of sarcopenia

9.45am Lecture: The supportive care of sarcopenia and cachexia

10:00am Protein and amino acid recommendations

10:30am Effectiveness of interventions for sarcopenia and cachexia

3:15pm Measuring nutritional status and malnutrition in cachexia and muscle wasting.

3:45pm Refreshment break

4:00pm Original communications

4:30pm Panel discussion: Nutritional interventions for public health and further research

11:00am Refreshment break

11:15am Lecture: The sarcopenic effects of aging, frailty, disease and malnutrition

11:45am Lecture: Muscle loss in identity, muscularity and sarcopenia clinically

2.30pm Muscle loss and obesity:

2.45pm Neuromuscular basis of muscle mass, muscle loss, muscle strength and ageing

3:00pm The supportive care of sarcopenia and their clinical implications

3:15pm Lunch

3.45pm Original communications

4.00pm Panel discussion: Nutritional interventions for public health and further research

Session four: Sarcopenia, frailty, sarcopenic obesity and ageing

11:00am Session 4

Session five: Nutritional science

3:15pm Lunch

3:45pm Original communications

4:00pm Panel discussion: Nutritional interventions for public health and further research

4:30pm Panel discussion: Nutritional interventions for public health and further research

Session five: Nutritional science

4:30pm Panel discussion: Nutritional interventions for public health and further research

5:00pm Dinner: Recept

5:45pm Conference dinner

6.30pm Conference dinner

The programme will explore the importance of nutrition in preventing and treating loss of body weight and muscle mass. The importance of these sessions will be to ensure that this research is taken up by those who can make a difference.