

III° IANA (International Academy on Nutrition and Aging) on Nutrition and Alzheimer:
Nutrition Physical Exercise and Cognitive Decline

Tamaya Hyatt Regency: Albuquerque, NM, USA

August 1st, 2; 2008

Friday, August 1, 2008

- 7:30 am Registration
- 8:00-8:30 am Introduction : B.Vellas, P.Garry
- 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*
 - *Physical Activity and Enhanced Fitness Improve Cognitive Function in Older People without Known Cognitive Impairment, a Cochrane Systematic Review. *M. Angevaren, G. Aufdemkampe, H.J.J. Verhaar, A. Aleman, L. Vanhees (the Netherlands)*
- 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*
 - Physical Activity and Alzheimer's Disease in a Population Study. *N. Scarmeas, Y. Stern, N. Schupf, J.A. Luchsinger (USA)*
- 4:00-4:20 pm Refreshment Break and Poster Session

4:20-6:20 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. Studensk, MD, MPH*
 - Therapeutic Potential Targets for Sarcopenia Clinical Trials, *John E. Morley, MB, BCh*
 - Target Population for Clinical Trials, *Marco Pahor, MD*
- *Testosterone and Growth Hormone Improve Body Composition and Muscle Performance in Older Men: The HORMA Trial, *F.R. Sattler, C. Castaneda-Sceppa, E.F. Binder, E.T. Schroeder, Y. Wang, S. Bhasin, M. Kawakubo, Y. Stewart, C.s Hahn, P. Colletti, R. Roubenoff, K.E. Yarasheski, S.P. Azen (USA)*

Saturday, August 2, 2008

8:00-9:00 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*

9:00-10:30 am

Nutrition , Aging , Cognition, Muscle

- 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*
- * Low Levels of Plasma Phosphatidylcholine Docosaehaenoic Acid Are Associated with Risk of All-Cause Dementia and Alzheimer's Disease : The Rancho Bernardo Study. *L.A. Weiss, J. Bergstrom, D. Kritz-Silverstein, Elizabeth Barrett-Connor (USA)*
- Role of DHA in Cognitive Aging and Alzheimer's Disease. *K. Yurko-Mauro, E. Nelson, J. Quinn (USA)*
- Intramuscular Fat in Older Adults and the Impact of Resistance Training. *R.L. Marcus, J. Kilde, L. Dibble, O. Addison, P.C. LaStayo (USA)*

10:30-11:00 am

Refreshment Break and Poster Session

11:00-1.00 pm

Nutrition, Exercise, cognition and Aging,

- 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*
- High-Fat Feeding and Age Impact Voluntary Wheel Running and Cognitive Function in rats. *N. Tümer, M. Judge, T.C. Foster, B. Erdos, I. Cudykier, P.J. Scarpace (USA)*
- Let's Give People with Alzheimer's (AD) what the Beagles Got... Here's How ! *S. Arkin (USA)*
- Frailty Grip Is Associated with Glucose Intolerance : Results from the Epidemiological Diabetes Reduction Assessment with Ramipril and Rosiglitazone Medication Study Population. *H. Florez, H. Gerstein, P. Sheridan, J. Bosch, R. Goldberg (USA, Canada)*
- The Value of High Protein Oral Supplements during Rehabilitation of Geriatric Hip Fracture Is Related to Reduced Complications and Potential Cost Savings. *K.M. Kaspar, SM Drawert (USA)*

1:00 pm

Conference Adjourns

POSTERS

- MILD CONTINUOUS EXERCISE ENHANCES THE ACTIVITY OF NEUTRAL SERINE PROTEASES IN GRANULOCYTES THAT REGULATE BIOPHYLAXIS. *Y. Aoki, T. Yamamoto, T. Otuka (USA)*
- A RANDOMIZED CONTROLLED TRIAL ON EARLY PHYSIOTHERAPY INTERVENTION VERSUS USUAL CARE IN ACUTE UNIT FOR ELDERLY. POTENTIAL BENEFITS IN LIGHT DIETARY INTAKES. *C. Blanc-Bisson, I. Bourdel-Marchasson (France)*
- WHO ARE THE MALNOURISHED CLIENTS IN HOME CARE? FACTORS ASSOCIATED WITH MALNUTRITION INDICATORS USING THE RESIDENT ASSESSMENT INSTRUMENT FOR HOME CARE (RAI-HC). *M.A. Boccock, H.H. Keller (Canada)*
- A PLASMA PANEL OF NUTRIENT BIOMARKERS IS MORE RELIABLE THAN FFQ IN SUBJECTS AT RISK FOR DEMENTIA. *G. Bowman, J. Baxter, B. Oken, B. Frei, M. Traber, S. Leonard, J. Kaye, J. Shannon, J. Quinn (USA)*
- BODY COMPOSITION IN SWEDISH OLD PEOPLE AGED 65-99 YEARS, LIVING IN RESIDENTIAL CARE FACILITIES. *Maine Carlsson, Y. Gustafson, S. Eriksson, H. Littbrand, L. Håglin (Sweden)*
- ASSOCIATIONS BETWEEN NUTRITION AND COGNITIVE FUNCTIONING IN OLDER ADULTS. *V. Danthiir, C. Wilson, T. Nettelbeck, N. Burns, G. Wittert, M. Noakes, P. Clifton, (Australia)*
- A COMPARISON OF CHANGES IN BODY MASS INDEX OVER TIME IN ON-PUMP AND OFF-PUMP CABG PATIENTS. *R.A. DiMaria-Ghalili (USA)*
- EFFECT OF CALCIUM, FOLATE AND VITAMIN D3 FORTIFIED MILK ON NUTRITIONAL STATUS AND MARKERS OF INFLAMMATION AND IMMUNITY IN AUSTRALIAN AGED CARE RESIDENTS. *J.A. Grieger, C.A. Nowson, N.T. Wattanapenpaiboon (Australia)*
- EFFECTIVENESS OF A COGNITIVE PROGRAM ON BRAIN FUNCTION OF INDIVIDUALS DIAGNOSED WITH PROBABLE ALZHEIMER'S OR OTHER DEMENTIAS IN THREE STUDY SITES. *J. Holstein, C. Robinson, C. Hartmann, S. Rueb, L. Heffel, S. Dintaman, J. Reynolds, L. Fleming, M. Crull, J. Goldey, L.L. Serper (USA)*
- SARCOPENIA THERAPY WITH ESSENTIAL FATTY ACIDS. *R. Hubbard, J. Westengard, M. Horning (USA)*
- GREEN TEA COMPONENTS AND BIOPHYLAXIS-----EFFECT OF OF GREEN TEA EXTRACT AND SEDIMENT COMPONENTS ON THE ACTIVITY OF NEUTRAL SERINE PROTEASES IN GRANULOCYTES THAT REGULATE BIOPHYLAXIS. *Y. Ishige, Y. Aoki (Japan)*
- ROLES CHANGES IN FOOD-RELATED ACTIVITIES FOR DEMENTIA CARE PARTNERS. *H. H. Keller (Canada)*
- COORDINATING SECONDARY AND TERTIARY NUTRITION PREVENTION IN THE COMMUNITY WITH NUTRITION SCREENING. *H.H. Keller (Canada)*
- IS THERE A RELATIONSHIP BETWEEN MUSCLE, MOBILITY AND PHYSICAL ACTIVITY IN ELDERLY CANCER SURVIVORS? *P.C. LaStayo, R.L. Marcus, S. Smith, J. Kidde, L. Dibble, C. Butler, M. Hill (USA)*

- REVERSING CHRONIC MUSCLE AND MOBILITY DEFICITS FOLLOWING TOTAL KNEE JOINT ARTHROPLASTY VIA RESISTANCE EXERCISE. *P.C. LaStayo, R.L. Marcus, L. Dibble, J. Kidde, C. Peters, W. Meier (USA)*
 - ENDOGENOUS ESTROGENS AND COGNITIVE FUNCTION IN POSTMENOPAUSAL WOMEN: THE RANCHO BERNARDO STUDY. *G.A. Laughlin, D. Kritz-Silverstein, D. von Muhlen, E. Barrett-Connor (USA)*
 - DEUTERIUM DEPLETED WATER - ANTIOXIDANT AND SCAVENGER IN THE EXPERIMENTAL CADMIUM CHLORIDE INDUCED OXIDATIVE STRESS, IN MALE RATS. *L. Olariu, M. Petcu, C. Tulcan, M. Pup (Romania)*
 - DEVELOPMENT OF A CULTURALLY-TAILORED HEART + BRAIN HEALTH-FOCUSED NUTRITIONAL EDUCATION INTERVENTION: BUENOS HÁBITOS ALIMENTICIOS PARA UNA BUENA SALUD. *P. Otilingam, M. Gatz (USA)*
 - NEURONAL SIRT1 ACTIVATION AS A NOVEL MECHANISM UNDERLYING THE PREVENTION OF ALZHEIMER DISEASE AMYLOID NEUROPATHOLOGY BY CALORIE RESTRICTION. *G.M. Pasinetti (USA)*
 - GARLIC COMPONENTS RESCUE NEURONAL CELLS FROM OXIDATIVE DAMAGE AND RESTORE SYNAPTIC INTEGRITY. *B. Ray, N.B. Chauhan, J.A. Bailey, D.K. Lahiri (USA)*
 - RECALLED BODY IMAGE IN INDIVIDUALS WITH EARLY-STAGE ALZHEIMER DEMENTIA (AD) - COULD IT PLAY A ROLE IN MAINTENANCE OF BODY WEIGHT? *B. Shatenstein, M.-J. Kergoat, I. Reid, M.-E. Chicoine, L. Vaz (Canada)*
 - ORAL HEALTH AND COGNITIVE FUNCTION IN THE THIRD NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY (NHANES III). *R. Stewart, W. Sabbah, G. Tsakos, F. D'Aiuto, R.G. Watt (UK)*
 - EPIDEMIOLOGIC STUDY OF DIETARY FATS AND INFLAMMATORY MARKERS IN OLDER ADULTS. *M. Sturman, J. Kelly, D. Fleischman, S. Leurgans, D. Bennett, M. C. Morris (USA)*
 - NUTRITIONAL STATUS, ENERGY AND NUTRIENT INTAKE AND NUTRITIONAL CARE FACTORS OF ELDERLY SERVICE HOUSING CLIENTS. *M.H. Suominen, S. Muurinen, H. Soini, K.H. Pitkälä (Finland)*
 - EFFECT OF BLACK TEA ON BIOPHYLAXIS-----COMPARISON BETWEEN GREEN TEA AND BLACK TEA ON THE EFFECT OF PROTEASE ACTIVITY IN GRANULOCYTES THAT REGULATES BIOPHYLAXIS. *T. Yamamoto, C. Fujinoki, Y. Aoki (Japan)*
- Older Adult's Perceptions about the Role of Nutrition and Diet on Brain Health. *J.R. Sharkey, J.N. Laditka, S.B. Laditka, R.Liu, A. Hochhalter, J.F. Robare (USA)*