

Mini-Symposium on Sarcopenia and Frailty – Assessment, Prevalence and Prevention

Aspiration Theatre, Matrix Building, Biopolis, Singapore
11.00am - 2:00pm | December 6, 2016

Who Should Attend

Academia, researchers, representatives in silver industry, as well as food and wellness industry professionals

Sarcopenia is commonly used to describe the loss of muscle mass accompanying aging. Frailty is a broader term which represents a geriatric syndrome defined by a number of different classification criteria, including sarcopenia, decreased physiological reserve and homeostatic dysregulation. The increasing prevalence of sarcopenia and frailty in Singapore is due to the rise in aging population. Poor dietary intake and nutrition status, especially inadequate intake of good quality protein, among the aging population are making them more prone to frailty and sarcopenia. Dietary protein is essential for healthy aging and to address the risks of sarcopenia and frailty. With this in mind, ILSI SEA Region will organize a **Mini Symposium on Sarcopenia and Frailty – Assessment, Prevalence and Prevention** with the objectives to discuss the assessment, prevalence, biological and clinical factors issues surrounding sarcopenia and frailty in Singapore; and importance of adequate intake and proper daily distribution of good quality dietary protein for healthy aging and prevention of sarcopenia and frailty.

Mini - Symposium Program

- 11:00 - 11:15 Registration**
- 11:15 - 11:20 Welcome and Introduction**
Mrs. Boon Yee Yeong, ILSI Southeast Asia Region, Singapore
- 11:20 - 11:45 Singapore Assessment for Frailty in Elderly**
Dr. Rahul Malhotra, Duke-NUS Medical School, Singapore
- 11:45 - 12:10 Frailty and Sarcopenia in Singaporeans: Prevalence, Biological and Clinical Factors, and Interventions**
Prof. Tze Pin Ng, National University of Singapore (NUS), Singapore
- 12:10 - 12:50 Protein Requirement and Distribution for Muscle Health and Reduction of Sarcopenia**
Dr. Douglas Paddon-Jones, University of Texas Medical Branch, USA
- 12:50 - 13:00 Q & A**
- 13:00 - 14:00 Closing Remarks & Lunch**

**Registration is Free &
Lunch is Included!**

***For more information and registration visit:
<http://ilsisea-region.org/event/sarcopenia2016>**

For enquiries, please contact:

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Organizer



ILSI

Southeast
Asia Region



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About the Speakers



Dr. Rahul Malhotra
Duke-NUS Medical School, Singapore

Dr. Rahul Malhotra is Assistant Professor, Health Services and Systems Research and Head of Research, Centre for Ageing Research and Education at Duke NUS Medical School, Singapore. As a physician specializing in community medicine, and a public health researcher, Dr Rahul Malhotra's research focuses on the vulnerability associated with ageing. Within this area, his research agenda is to develop an evidence base that enables understanding, measurement and alleviation of vulnerability, resulting from physical, psychological, social and health service factors, among older adults at the individual and the population level. Specific areas of interest are (1) measurement of frailty; (2) assessment of health literacy and its outcomes, and improvement of medication safety; (3) measurement and utilization of healthy life expectancy for spatial and temporal comparison of health; and (4) determining the impact of the informal care context, including family caregivers and foreign domestic workers. He also maintains an interest in global health research, with a focus on health of older adults and their caregivers in Asian countries. He has been principal and co-principal investigator, co-investigator and collaborator on numerous research grants. He has authored or co-authored over 75 peer-reviewed papers in the medical and public health literature. Journals in which he has published include the International Journal of Epidemiology, International Journal of Obesity, Pediatrics, Journal of the American Geriatrics Society, PLoS One, International Journal of Geriatric Psychiatry, Hypertension Research, Journals of Gerontology Series B Psychological Sciences and Social Sciences, Quality of Life Research and Health Services Research.



Prof. Tze Pin Ng
National University of Singapore (NUS), Singapore

Prof. Tze Pin Ng is currently Associate Professor Fellow and Research Director at the Department of Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore (NUS), where he coordinates the Gerontology Research Programme, a multidisciplinary programme of research on ageing and health. He is a physician epidemiologist and public health medicine specialist. Prof. Ng is the Principal Investigator of the Singapore Longitudinal Ageing Studies (SLAS), a population-based cohort follow up study of 6,000 older Singaporeans, which focus on the themes of dementia, depression, frailty and successful ageing. His current research interests include the role of insulin resistance and metabolic syndrome in dementia, multisystem biological and multidomain biopsychosocial characterization of frailty and successful ageing, and population-based and clinical interventions. He has published over 250 research papers in peer-reviewed journals and presented 120 papers in scientific conferences and meetings. Prof. Ng is a Member of the expert panel of American Association of Retired Persons (AARP) Global Council on Brain Health, and the Editorial Boards of a number of scientific journals including Dementia and Geriatric Cognitive Disorders, Journal of Alzheimer's Disease, Postgraduate Medicine, Current Translational Geriatrics & Experimental Gerontology Reports.



Dr. Douglas Paddon-Jones
University of Texas Medical Branch, USA

Dr. Paddon-Jones is a Professor of Nutrition and Metabolism at the University of Texas Medical Branch. He is the Director of the Nutrition and Metabolism Laboratory in the School of Health Professions and a Senior Fellow of the Sealy Center on Aging. Dr. Paddon-Jones' research focuses on the regulation of muscle mass and function in healthy and clinical populations. He was a recipient of the Vernon R. Young International Award for Amino Acid Research and has published numerous papers on exercise, nutrition, the sarcopenia of aging and the physiology of physical inactivity. He is currently funded by the National Institute of Health, the National Space Biomedical Research Institute and The National Dairy Council.