



ISTRC 2021 PROVISIONAL SCIENTIFIC PROGRAMME

Welcome

We are delighted to present the inaugural **International Sarcopenia Translational Research Conference being held as a virtual meeting 10 – 11 June 2021.**

Sarcopenia is a growing area of clinical and research activity, and the need for more widespread diagnosis and development of treatment options is pressing. Translational research is key to these aims. Great strides are being made in our scientific understanding of sarcopenia and the challenge now is to translate these advances into better care and treatment for older people.

Day I: Thursday 10th June

Time	Session	Speaker
10:00 – 13:00	Virtual Networking	
13:30 – 13:50	Session 1 Welcome and Introduction	
	Setting the translational scene	Prof Avan Aihie Sayer
13:50 – 14:30	Session 2 The Burden of Sarcopenia	
	The epidemiology and health costs of sarcopenia	Dr Peggy Cawthon
	Sarcopenia and multiple long-term conditions	Dr Richard Dodds
14:30 – 14:45	Break & Virtual Posters	

Time	Session	Speaker
14:45 – 15:25	Session 3 The Biology of Sarcopenia	
	Skeletal muscle biology – lessons for sarcopenia	Prof Miranda Grounds
	The biology of ageing – lessons for sarcopenia	Prof Lynne Cox
15:25 – 16:05	Session 4 Insights from Sports Science	
	Loss of skeletal muscle and development of sarcopenia in ageing - a sports medicine perspective	Prof Michael Kjaer
	The role of skeletal muscle ‘epi-memory’ in life course influences on sarcopenia	Prof Claire Stewart
16:05 – 16:20	Break & Virtual Posters	
16:20 – 17:00	Session 5 Sarcopenia in Clinical Practice	
	The definition and diagnosis of sarcopenia	Prof Alfonso Cruz-Jentoft
	Sarcopenia in the acute setting	Dr Thomas Jackson
17:00	Close of Day	

Day 2 Friday 11th June

Time	Session	Speaker
10:00 – 10:40	Session 6 Lifestyle Interventions	
	Prescribing exercise for the prevention and treatment of sarcopenia	Prof Dawn Skelton
	The role of nutrition in the prevention and treatment of sarcopenia	Prof Sian Robinson
10:40 – 11:20	Session 7 Next Generation Researchers	To be confirmed
11:20 – 11:35	Break and Virtual Posters	
11:35 – 12:15	Session 8 Drug Interventions	
	Drugs for sarcopenia – where are we now and where do we want to be?	Prof John Morley
	Ageing and sarcopenia research in an industry setting	Dr Tea Shavlakadze
12:15 - 12.30	Break	
12:30-13:20	Session 9 Looking Ahead	
	From discovery science to sarcopenia trials for the 21 st century	Prof Miles Witham
	Next steps for our translational research community	Q&A Panel
13:20-13:30	Closing remarks	Prof Avan Aihie Sayer
14:00-16:00	Virtual Networking	