

# Sarcopenia: A Promising New Approach

## Professor Jürgen M. Bauer

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#### Program Outline

(Forty-minute presentation with fifteen-minute Q&A)

The speaker will review the process of malnutrition screening and nutrition assessment of older adults, and will discuss the indication, benefits and challenges of oral nutrition supplementation in this population.

#### About the Speaker

Jürgen Bauer has recently been appointed Director of the state-of-the art Center for Geriatric Medicine in Oldenburg, Germany. He previously served as head of the department of geriatric medicine at the University of Erlangen-Nuremberg. His research work focuses on the relationship between nutrition and functionality in older people. As an accomplished academic clinician, Dr. Bauer is a sought-after speaker who has authored more than 30 papers in the area of geriatric medicine.

Dr. Bauer recently served as a member of the *European Working Group on Sarcopenia in Older People*, which was organized by the European Union Geriatric Medicine Society (EUGMS). This expert group developed a practical definition of sarcopenia and working criteria for its diagnosis.

#### About the Moderator

Yves Rolland is Professor of Geriatrics, working at Gerontopôle; he is in charge of the long term care unit of the Department of Internal Medicine and Geriatrics, University of Toulouse, France. Author of more than 50 original papers in the field of geriatrics and sarcopenia, Prof Rolland is the principal investigator of a French network of research in nursing home (REHPA), and participated in the development of the European Consensus on Sarcopenia Definition and Diagnosis.

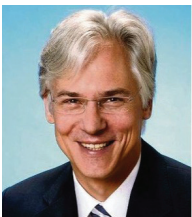
#### Presentation Summary on Nutrition Intervention for Older Adults with Sarcopenia: A Promising New Approach

Dr Bauer will provide a practical clinical definition for age-related sarcopenia, and he will discuss diagnostic criteria. He will also review recent research findings about new nutritional strategies to prevent or treat sarcopenia.

Sarcopenia is a syndrome of progressive and generalized loss of skeletal muscle mass that carries risk for low muscle strength and adverse outcomes such as physical disability, poor quality of life, and death. After muscle mass peaks at about 30 years of age, it is lost at a rate of 3 to 8% per decade; sarcopenia is recognized to affect 30% of individuals older than 60 years and 50% of those over 80.

New European consensus guidelines recommend using the both low muscle mass *and* low muscle function (strength or performance) for the diagnosis of sarcopenia. Diagnosis thus requires documentation of low muscle mass plus documentation of either low strength or low performance.

Once sarcopenia or risk for sarcopenia has been identified in older people, nutrition plays a vital role in restoring or maintaining muscle. Three nutritional components have proven to be particularly important—high-quality protein, beta-hydroxy-beta-methylbutyrate (HMB, a metabolite of the essential amino acid leucine), and vitamin D. Protein-rich foods, e.g. whey protein or high-protein oral nutrition supplements, can serve as practical and convenient ways to add protein to the diet for people with age-related muscle loss. Supplementing regular mixed-nutrient meals with supplies of essential amino acids enhanced the muscle protein synthetic response. Furthermore, when older men and women took nutrition supplements containing HMB (an amino acid analog recognized to up-regulate anabolism), there was an increase in functionality, strength, and lean body mass. Adequate supplies of vitamin D have also proven critical to sustained physical performance in older people, likely due to influences of vitamin D on both muscle and bone.



Jürgen M. Bauer,  
MD, PhD



Professor Yves Rolland,  
MD, PhD

