

You are invited to our AIMSS Symposium and Department of Medicine at Western Health Research EXPO, featuring our guest speaker:



## Dr. Peggy Cawthon

### “Sarcopenia: New Directions for an Old Problem”

Dr. Cawthon is currently Senior Scientist at California Pacific Medical Center Research Institute and Associate Adjunct Professor at UCSF.

Dr. Cawthon’s current research interests include maintenance of mobility in old age; sarcopenia (age-related muscle loss); frailty; the decline of physical function with age; and osteoporosis. She has lead the recent Sarcopenia Definitions and Outcomes Consortium effort to develop an updated, evidenced based definition of sarcopenia.

TIME	TITLE	SPEAKER
3:00pm – 3:10pm	Introduction	Prof. Gustavo Duque
3:10pm – 4:00pm	KEYNOTE ADDRESS - Sarcopenia: New Directions for an Old Problem	Dr. Peggy Cawthon
<b>PODIUM PRESENTATIONS</b>		
4:00pm – 4:10pm	The Impact of Physical Activity on Glycaemic Control and Maintenance of Bone Mass after Stroke: A Pilot Study	Dr. Karen Borschmann
4:10pm – 4:20pm	Use of teach-back improves health outcomes but what do we know about its implementation? A systematic review	Dr. Alison Beauchamp
4:20pm – 4:30pm	Functional measures of sarcopenia: prevalence, and associations with functional disability in 10,892 adults aged 65 years and over from six lower- and middle-income countries	A/Prof. Sharon Brennan-Olsen
4:30pm – 4:40pm	Midhigh bone, muscle and fat mass vs conventional tissue mass indices: Associations with strength, performance and balance in older patients	Dr. Ebrahim Bani Hassan
4:40pm – 4:50pm	Osteocalcin and its forms across the Lifespan in adult men	Cassandra Smith
4:50pm – 5:00pm	Factor analysis to determine relative contributions of strength, physical performance, body composition and muscle mass to disability and mobility disability outcomes in older men	Dr. Jesse Zanker
5:00pm – 6:30pm: Dept of Medicine – WH Research EXPO: Poster Presentations, Refreshments and Networking		

**Monday 14<sup>th</sup> October 2019 3:00-6:30pm**

Lecture Theatre – Level 1, WHCRE, 176 Furlong Road, St. Albans, VIC

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