10th ESPEN Symposium
Nutrition for the older adult - current concepts
December 3-4, 2023, Istanbul, Türkiye

SUNDAY, DECEMBER 3 – MORNING (08.00-12.00)
LLL Course on Nutrition in older adults
Speakers
Jürgen Bauer, Germany
Tommy Cederholm, Sweden
Marian de van der Schueren, Netherlands
Stéphane Schneider, France

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SUNDAY, DECEMBER 3 - AFTERNOON - SYMPOSIUM
13.00-14.25 Introduction - Current topics in geriatric nutrition
Moderators: Rocco Barazzoni, IT, and Mutlu Doganay, TR
- Welcome addresses (10 min)
  Tommy Cederholm, SE; Stéphane Schneider, FR; Osman Abbasoglu, TR
- Precision nutrition in an aging society - Marjolein Visser, NL
- WHO actions during “Decade for healthy aging” - TBD, WHO
- Microbiota, food and ageing - Nathalie Delzenne, BE

14.25-14.30 Stand-up break

14.30-15.45 Screening, diagnosis and assessment of malnutrition in older adults
Moderators: Osman Abbasoglu, TR, and Stéphane Schneider, FR
- What future for malnutrition screening tools? - Marian de van der Schueren, NL
- Validity of GLIM in older people and future challenges - Tommy Cederholm, SE
- Assessment of the inflammation criterion in the GLIM construct - Cristina Cuerda, SP

15.45-16.15 Coffee break and exhibition

16.15-17.30 Sarcopenia and nutrition
Moderators: Meltem Halil, TR, and Dorothee Volkert, DE
- Global Leadership Initiative of Sarcopenia (GLIS) - Tommy Cederholm, SE
- Sarcopenic obesity and ageing - Rocco Barazzoni, IT
- Nutritional treatment of sarcopenia - Gulistan Bahat Ozturk, TR

MONDAY, DECEMBER 4 – MORNING - SYMPOSIUM
8.00-9.40 Frailty and nutrition
Moderators: Tommy Cederholm, SE, and Kutay Demirkan, TR
- Current concepts of frailty - the role of nutrition - Meltem Halil, TR
- Intrinsic capacity, ICOPE and WHO - Yves Rolland, FR
- Anorexia of aging - where are we? - Jürgen Bauer, DE
- Metabolic syndrome and aging - Michela Zanetti, IT

9.40-9.45 Stand-up break
9.45-11.00 Neurology, cognition and nutrition
Moderators: Gulistan Bahat Ozturk, TR, and Nathalie Delzenne, BE
  o  Lifestyle changes to prevent cognitive decline: The FINGER study - Miia Kivipelto, SE
  o  Updated ESPEN guidelines on Nutrition in dementia - Dorothee Volkert, DE
  o  Oropharyngeal dysphagia - a hidden geriatric challenge - Rainer Wirth, DE

11.00-11.30 Coffee break and exhibition

11.30-13.10 Current challenges for nutritional treatment of older adults
Moderators: Cristina Cuerda, SP, and TBD, TR
  o  When stop dieting? - Stéphane Schneider, FR
  o  Nutrient and drug interactions in older adults - Kutay Demirkan, TR
  o  Protein recommendations and chronic kidney disease (CKD) - Giorgina Barbara Piccoli, FR
  o  Individualized nutrition support for older adults: The EFFORT Trial - Carla Wunderle, CH

13.10 End of symposium
Lunch

ORGANIZING COMMITTEE
Osman Abbasoglu, Türkiye
Tommy Cederholm, Sweden
Nathalie Delzenne, Belgium
Kutay Demirkan, Türkiye
Stéphane Schneider, France
Dorothee Volkert, Germany

FACULTY
Osman Abbasoglu, Türkiye
Gulistan Bahat Ozturk, Türkiye
Rocco Barazzoni, Italy
Juergen Bauer, Germany
Tommy Cederholm, Sweden
Cristina Cuerda, Spain
Marian de van der Schueren, The Netherlands
Nathalie Delzenne, Belgium
Kutay Demirkan, Türkiye
Mutlu Doganay, Türkiye
Meltem Halil, Türkiye
Miia Kivipelto, Sweden
Giorgina Barbara Piccoli, France
Yves Rolland, France
Stéphane Schneider, France
Marjolein Visser, The Netherlands
Dorothee Volkert, Germany
Carla Wunderle, Switzerland
Kremlin Wickramasinghe, UK (or TBD)
Rainer Wirth, Germany
Michela Zanetti, Italy