

# PRESS RELEASE

# ICFSR 2018

International Conference on  
Frailty & Sarcopenia Research

ICFSR 2018 WILL BE HELD AT THE  
MIAMI BEACH RESORT AND SPA  
4833 COLLINS AVENUE MIAMI  
BEACH, FLORIDA 33140 USA

1-2-3 March, 2018 • Miami Beach, USA

## INTERNATIONAL EXPERTS MEET TO DISCUSS LATEST RESEARCH ON FRAILTY AND AGE-RELATED MUSCLE LOSS

MIAMI BEACH, FLORIDA, USA, March 1, 2018. With the aging of the world's population, maintaining functional independence during old age has emerged as one of the most important clinical and public health priorities worldwide. Addressing these concerns, an international group of industry and academic scientists investigating frailty and age-related muscle loss (sarcopenia) is meeting in Miami Beach, Florida, March 1 through 3, 2018 to explore the underlying mechanisms, possible interventions, and the development of tools to enable clinical trials for these disabling disorders of aging.

The 2018 International Conference on Frailty and Sarcopenia Research (ICFSR2018), convened by the International Academy of Nutrition and Aging, is co-sponsored by the Toulouse Gérontopôle, Toulouse, France; the US Department of Veterans Affairs' Geriatric Research Education and Clinical Center (GRECC), Miami; and Tufts University, Boston, Massachusetts, USA. Congress chairmen included Professors Roger Fielding (Boston, MA, USA), Marco Pahor (Gainesville, FL, USA), and Matteo Cesari, Yves Rolland, and Bruno Vellas (Toulouse, France).

To kick off the conference, Dr. Linda Fried, Dean of Columbia University's Mailman School of Public Health, will receive the ICFSR Lifetime Achievement Award. Dr. Fried is internationally recognized for her pioneering work that brought frailty to the attention of clinicians, researchers, and public health experts. Her seminal article "Frailty in older adults: Evidence for a phenotype" (2001) has been cited nearly 9000 times. In this paper, Fried and colleagues identified frailty as a clinical syndrome characterized by the presence of three out of five of the following: muscle weakness, slow gait, low physical activity, low energy or exhaustion, and unintentional weight loss.

Dr. Fried's dedication to promoting healthy aging spans nearly 40 years. In 1985, after earning a master's degree in public health to go along with the medical degree she received in 1979, she joined the faculty at Johns Hopkins and went on to serve as the founding director of the Johns Hopkins Center on Aging and Health. In 2008, she moved on to become the first female Dean of Columbia University's Mailman School of Public Health, where she redesigned the curriculum to focus on healthy aging. Following presentation of the Lifetime Achievement Award, Dr. Fried will deliver a keynote address outlining what has been done and what still needs to be done to combat frailty.

The conference will continue with additional five keynote addresses, nine symposia, 13 mini-conferences, 60 additional oral presentations, and more than 200 posters discussing recent progress in understanding frailty and sarcopenia and developing interventions to prevent or treat these conditions. Highlights include:

- Recent research by Professor Charlotte A. Peterson and colleagues at the University of Kentucky, Lexington indicate that muscle stem cells called satellite cells are capable of promoting regeneration and repair of skeletal muscle not only in injured muscles but in sarcopenia as well. Dr. Peterson will deliver a keynote lecture on Thursday, March 1st at 10:00 am.

- Stem cells have also shown promise as therapeutics for frailty, according to Joshua M. Hare, M.D., Chief Science Officer of Longeveron LLC and Director of the Interdisciplinary Stem Cell Institute at the University of Miami Miller School of Medicine. Following a successful pilot study, Longeveron is now conducting a Phase II study of human allogeneic mesenchymal stem cells (allo-hMSCs) in patients with frailty. The primary goal of the trial will be to assess safety and establish the optimal dose. Secondly, the trial will assess the effect of treatment on measures of frailty and quality of life. Dr. Hare will discuss the therapeutic potential of hMSCs for frailty in a keynote address on Thursday, March 1st at 12:00 pm.

- Biomarkers of sarcopenia and frailty are urgently needed to support drug development for this important disorder of aging. One potential biomarker of sarcopenia is myostatin, a protein synthesized by muscle cells that inhibits muscle growth. Professor Nathan Lebrasseur of the Mayo Clinic in Rochester, New York, will discuss the latest efforts to develop myostatin and other biomarkers in a keynote lecture on Friday, March 2nd at 9:00 am.

- Since diet quality has been shown to play an important role in the development of both sarcopenia and frailty, dietary interventions may also be able to slow or reverse the progression of these conditions. Professor Cornel Sieber from the University of Erlangen-Nürnberg in Nuremberg, Germany will discuss the role of nutrition in frailty and sarcopenia in a keynote address on Friday, March 2nd, at 9:30 am.

- Muscle weakness results not only from changes in muscle fibers but also in the nervous system that stimulates and controls muscle contraction. In a keynote address on Friday, March 2nd at 12:00 pm, Professor Brian Clark from Ohio University in Athens, Ohio, will discuss the complex neuromuscular mechanisms that contribute to sarcopenia, and the implications of those factors on the development of effective therapies.

**Abstracts and proceedings of ICFSR2018 will be published in the Journal of Frailty and Aging (JFA), [www.jfrailtyaging.com](http://www.jfrailtyaging.com)**

Complimentary press registration is available by contacting François Soula: [f.soula@celsius-net.com](mailto:f.soula@celsius-net.com)

[www.icfsr.com](http://www.icfsr.com)