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

FACULTY
Osman Abbasoglu, Türkiye
Gülistan Bahat Ozturk, Türkiye
Rocco Barazzoni, Italy
Juergen Bauer, Germany
Tommy Cederholm, Sweden
Cristina Cuerda, Spain
Marian de van der Schueren, Netherlands
Nathalie Delzenne, Belgium
Kutay Demirkan, Türkiye
Mutlu Doğanay, Türkiye
Meltem Halil, Türkiye
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Stéphane Schneider, France
Marjolein Visser, The Netherlands
Dorothee Volkert, Germany
Kremlin Wickramasinghe, Denmark
Carla Wunderle, Switzerland
Rainer Wirth, Germany
Michela Zanetti, Italy

SCIENTIFIC PROGRAM
LLL COURSE

SUNDAY, DECEMBER 3
Morning (08.00-12.00)

LLL Course on Nutrition in older adults

Course Director
Stéphane Schneider

Trainers
Jürgen Bauer, Tommy Cederholm, Marian de van der Schueren, Stéphane Schneider

- Epidemiology, Aetiology and Consequences of Malnutrition in Older Adults
  Tommy Cederholm
- Nutritional Screening, Assessment and Diagnosis. Dietary Advice and Oral Nutritional Supplements in Older Adults
  Marian de van der Schueren
- Enteral and Parenteral Nutrition in Older Adults
  Stéphane Schneider
- Age-Related Sarcopenia
  Jurgen Bauer
- Coffee break and exhibition
- Case discussion
- Final test
**SCIENTIFIC PROGRAM SYMPOSIUM**

**SUNDAY, DECEMBER 3**
**Afternoon (13.00-17.30)**

**13.00-14.25**
**Introduction - Current topics in geriatric nutrition**
Moderators: Rocco Barazzoni and Mutlu Doğanay

- **Welcome addresses**
  - Tommy Cederholm
  - Stéphane Schneider
  - Osman Abbasoglu

- **Precision nutrition in an aging society**
  - Marjolein Visser

- **WHO actions during “Decade for healthy aging”**
  - Kremlin Wickramasinghe

- **Microbiota, food and ageing**
  - Nathalie Delzenne

**14.25-14.30** Stand-up break

**14.30-15.45**
**Screening, diagnosis and assessment of malnutrition in older adults**
Moderators: Osman Abbasoglu and Stéphane Schneider

- **What future for malnutrition screening tools?**
  - Marian de van der Schueren

- **Validity of GLIM in older people and future challenges**
  - Tommy Cederholm

- **Assessment of the inflammation criterion in the GLIM construct**
  - Cristina Cuerda

**14.25-15.30** Stand-up break

**14.30-15.45**
**Screening, diagnosis and assessment of malnutrition in older adults**
Moderators: Osman Abbasoglu and Stéphane Schneider

- **What future for malnutrition screening tools?**
  - Marian de van der Schueren

- **Validity of GLIM in older people and future challenges**
  - Tommy Cederholm

- **Assessment of the inflammation criterion in the GLIM construct**
  - Cristina Cuerda

**15.45-16.15** Coffee break and exhibition

**16.15-17.30**
**Sarcopenia and nutrition**
Moderators: Meltem Halil and Dorothee Volkert

- **Global Leadership Initiative of Sarcopenia (GLIS)**
  - Tommy Cederholm

- **Sarcopenic obesity and ageing**
  - Rocco Barazzoni

- **Nutritional treatment of sarcopenia**
  - Gulistan Bahat Ozturk

**MONDAY, DECEMBER 4**
**Morning (8.00-13.10)**

**8.00-9.40**
**Frailty and nutrition**
Moderators: Tommy Cederholm and Kutay Demirkan

- **Current concepts of frailty**
  - The role of nutrition
  - Meltem Halil

- **Intrinsic capacity, ICOPE and WHO**
  - Yves Rolland

- **Anorexia of aging - Where are we?**
  - Jürgen Bauer

- **Metabolic syndrome and aging**
  - Michela Zanetti

**9.40-9.45** Stand-up break

**9.45-11.00**
**Neurology, cognition and nutrition**
Moderators: Gulistan Bahat Ozturk and Nathalie Delzenne

- **Lifestyle changes to prevent cognitive decline: The FINGER study**
  - Jenni Lehtisalo

- **Updated ESPEN guidelines on Nutrition in dementia**
  - Dorothee Volkert

- **Oropharyngeal dysphagia - A hidden geriatric challenge**
  - Rainer Wirth

**11.00-11.30** Coffee break and exhibition

**11.30-13.10**
**Current challenges for nutritional treatment of older adults**
Moderators: Cristina Cuerda and Kutay Demirkan

- **When stop dieting?**
  - Stéphane Schneider

- **Nutrient and drug interactions in older adults**
  - Kutay Demirkan

- **Protein recommendations and chronic kidney disease (CKD)**
  - Giorgina Barbara Piccoli

- **Individualized nutrition support for older adults: The EFFORT Trial**
  - Carla Wunderle

**13.10 End of symposium**
CONFERENCE VENUE
Radisson Blu Hotel, Istanbul Şişli
19 Mayis Street No 2 Şişli
Istanbul 34360 (Türkiye)
Ph. +90 (212) 3750000
info.sisli.istanbul@radissonblu.com

How to reach the venue
From Istanbul Airport
By public transport
Take metro M1A to Yenikapi and connect with M2 to Haciosman. Exit at Sisli and the hotel will be 400 meters away.
By taxi
The airport is 32km away from the hotel. A taxi ride can last up to an hour depending on the traffic. The hotel staff can inform you about fares and preferred taxi companies.

From Karakoy ferry terminal
By public transport
Take the funicular to Beyoglu and make a connection with the metro M2 to Haciosman. Exit at Sisli and walk 400 meters to the hotel.
By taxi
The terminal is 6km from the hotel. A taxi ride usually takes about 20 minutes depending on the traffic.

REGISTRATION
Online registration at www.espen.org

Registration fees
Symposium
ESPEN/KEPAN member*: € 150,00
Non-member: € 200,00
LLL Course
ESPEN/KEPAN member*: € 50,00
Non-member: € 60,00
* 2023 regular membership is required.
The fees include: admittance to the Scientific Sessions; conference kit, certificate of attendance, catering services.

LANGUAGE
English is the official language of the event. Simultaneous translation to Turkish will be provided.