

# CRE in Frailty & Healthy Ageing Newsletter



Issue 3 - June 2018

## The 2nd ANZSSFR Annual Meeting in Adelaide

The CRE Frailty & Healthy Ageing team hosted the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR) annual meeting in Adelaide on 24-25th Nov 2017.

The event was opened by the conference convener Prof Renuka Visvanathan and an address from Hon Ken Wyatt AM, MP the Minister for Aged Care and Minister for Indigenous Health. Researchers from across Australia and around the world came together to share current research into sarcopenia and frailty.

World renowned geriatrics researcher and associate investigator with CRE in Frailty & Healthy Ageing, Prof Matteo Cesari joined the second day of the conference directly from a meeting with the WHO. Prof Cesari of the Fondazione Ca' Granda-Ospedale Maggiore Policlinico and the University of Milan (Italy) took part in the 'Meet The Professor' session for researchers to discuss the topic "Clinically, is it Useful to Measure Sarcopenia?". Prof Cesari also gave the plenary lecture titled "Frailty: One Word For Multiple Applications".



Hon Ken Wyatt AM



Dr Olga Theou



L-R: Prof Cyrus Cooper OBE & A/Prof Solomon Yu



L-R: Prof Susan Kurrle & Prof Renuka Visvanathan



Welcome dinner at Adelaide Wine Centre



L-R: Dr James Smyth & THRf CEO Paul Flynn



Prof Gustavo Duque - President ANZSSFR



Prof Manuel Montero Odasso



Prof Matteo Cesari



Prof Matteo Cesari gives plenary lecture to a full main lecture theatre.

Prof Cyrus Cooper OBE, Director of the MRC Lifecourse and Epidemiology Unit at University of Southampton and Prof of Epidemiology at Oxford University travelled from the UK to present a seminar on "Sarcopenia and Physical Frailty: Conceptual Frameworks and Descriptive Epidemiology".

A/Prof Dina Lo Giudice, a geriatrician from Melbourne University, Victoria presented on "Understanding Frailty in Older (and not so old) Aboriginal and Torres Strait Islander people".

Prof Manuel Montero Odasso, Director of the Gait and Brain Laboratory at the Parkwood Institute London in Ontario, Canada also attended to discuss "Frailty and Cognitive Impairment in Older Adults: Fellow Travelers or Partners in Crime?".

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Dr Olga Theou, gerokinesiologist and investigator with the CRE in Frailty & Healthy Ageing, travelled from Dalhousie University, Canada to present her research seminar titled “Are sedentary behaviours harmful for older people?”. The conference dinner at the Adelaide Wine Centre was generously sponsored by The Hospital Research Foundation. The two day event offered opportunities for mid - early career researchers and higher degree students to present posters, abstracts and seminars of their research in various forums at the new Adelaide Health and Medical School (University of Adelaide). The conference was the largest and most well attended to date for the ANZSSFR. The next conference will be held in Dunedin, New Zealand in Nov 2018.

## Observer A/Prof Wee Shiong Lim Wins ANZSSFR Award

In November the CRE in Frailty & Healthy Ageing hosted observer A/Prof Wee Shiong Lim from Tan Tock Seng Hospital in Singapore.

A/Prof Lim spent time with the researchers and clinicians, participating in research, teaching and training program activities at the centre. A/Prof Lim received an Outstanding Abstract award for his presentation “Construct and predictive validity of SARC-F as a risk assessment community screening tool for sarcopenia” at the Australian and New Zealand Society of Sarcopenia and Frailty Research Conference.



Dr Wee Shiong Lim

## CRE Team Heads to Perth

On Nov 8-10 members of the CRE in Frailty & Healthy Ageing attended The 50th Australian Association of Gerontology (AAG) conference in Perth, WA.

The theme for the conference this year was “Ageing: the Golden Opportunity”. CRE Frailty & Healthy Ageing chief investigator Dr Helen Barrie was the presiding president of the AAG and led a symposium on “Ageing Well and the Built Environment” including her presentation “What it Means to Age Well in a Retirement Village”.

Research fellow Dr Joanne Dollard presented her research on “Technological Falls Prevention in Hospitalised Older People”.

PhD scholar Dr Beatriz Martins presented her research on “Planning and Design of Public Spaces to Support Ageing Well” whilst fellow PhD scholar Rachel Ambagtsheer presented on “Re-inventing Photovoice: exploring healthy ageing concepts among retirement village residents”.

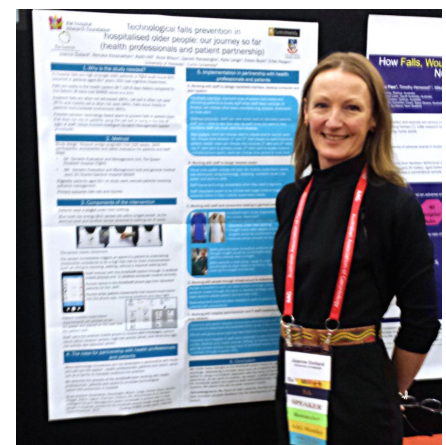
The conference provided a forum to reflect on and re-imagine the incredible potential of our ageing society.



L-R: Rachel Ambagtsheer, Dr Helen Barrie and Dr Beatriz Martins



Dr Beatriz Martins



Dr Joanne Dollard



## SPRINTT Team Visits Adelaide

*On 27 Nov the CRE Team met with researchers from Milan, Italy.*

The Italian research team are working on a large project titled: Sarcopenia and Physical Frailty In Older People: Multi-Component Treatment Strategies (SPRINTT). Prof Matteo Cesari, Prof Matteo Tosato, Dr Riccardo Calvani and project manager Mr Luca Mariotti presented a fascinating seminar about their work. The project is the result of a rich multiple collaboration between sixteen major research institutions in the geriatric field across Europe.

This project aims to validate an interventional paradigm for identifying at-risk individuals living in the community and evaluate innovative therapeutic interventions against physical frailty and mobility disability.



*L-R: Prof Matteo Cesari, Prof Matteo Tosato, Luca Mariotti, Prof Renuka Visvanathan, Dr Riccardo Calvani, Dr Olga Theou, Dr Solomon Yu, Dr Wee Shiong Lim*

## CRE Team Visits Italy

*Prof Renuka Visvanathan was invited to visit the SPRINTT team in Rome, Italy.*

After a productive visit to Adelaide the SPRINTT Research team invited lead investigator of the CRE in Frailty & Healthy Ageing Prof Renuka Visvanathan to attend a fantastic meeting in Rome to discuss the SPRINTT trial progress and future research collaboration opportunities between Adelaide Geriatrics Training & Research with Aged Care Centre, the CRE in Frailty & Healthy Ageing and Prof Barnabei's research team in Rome.



*L-R: Mr Luca Mariotti, Ms Hanna Rempe, Dr Anna Piccai, Prof Renuka Visvanathan, Dr Riccardo Calvani, Prof Matteo Tosato*

## WHO Clinical Consortium on Healthy Ageing



*The CCHA Team—image Markus MacGill/Green Ink*

On Nov 21-22nd Prof Renuka Visvanathan and Prof Matteo Cesari of the CRE Frailty and Healthy Ageing participated in the annual meeting of the WHO Clinical Consortium on Healthy Ageing (CCHA) in Geneva, Switzerland.

The consortium brings together experts from around the world to focus on development of comprehensive assessments and care plans for older people. The comprehensive assessment would form the backbone of a WHO framework for addressing the health and long-term care needs of older people, with a focus on intrinsic capacity and functional ability.

## Dr Anupam Datta Gupta's Research in the MJA

CRE Frailty & Healthy Ageing PhD student and rehabilitation clinician Dr Anupam Datta Gupta and his collaborator renowned epidemiologist Dr David Wilson were recently published in the Medical Journal of Australia (MJA) for their perspective article on the use of botulinum (botox) for helping people who are dealing with the crippling effects of stroke, spinal cord injury, cerebral palsy, multiple sclerosis, and traumatic brain injury. Dr Gupta delivered a podcast with the MJA where he discussed the topic in detail. This work also generated interest from Adelaide Now and ABC news.

[\*Botulinum toxin for spasticity: a case for change to the Pharmaceutical Benefits Scheme. AD Gupta, DH Wilson, Med J Aust 29 Jan 2018; 208 \(9\): 379-381\*](#)

## Prof Renuka Visvanathan Visits China

*Conference at the Chinese University of Hong Kong*

In early Dec 2017 Prof Renuka Visvanathan was invited to attend the Chinese University of Hong Kong (CUHK) Jockey Club Institute of Ageing conference on "Promoting Intrinsic Capacity in Ageing" by event convener Prof Jean Wong Woo.

Established in 2014, CUHK Jockey Club Institute of Ageing is directed by Prof Woo with the aim to actively pursue research which will contribute to overcoming the challenges brought by the ageing population in Hong Kong.

Prof Visvanathan presented a seminar on "Hospitals as Healing Environment for Older People".



*Centre L Prof Jean Wong Woo,  
Centre R Prof Renuka Visvanathan*



*Prof Renuka Visvanathan*

## Welcome Dr Agathe Daria Jadczyk

*With Prof Renuka Visvanathan.*

Dr Agathe Daria Jadczyk recently completed her PhD with the Adelaide G-TRAC Centre, University of Adelaide. Dr Jadczyk has just started her postdoctoral position within the CRE in Frailty and Healthy Ageing research group lead by Prof Renuka Visvanathan.

In this new role Dr Jadczyk will continue to research exercise advice and will focus on exercise prescription in clinical practice as a strategy to treat, prevent and delay frailty in our community in her new role.



*Dr Agathe Jadczyk*

## Welcome PhD Student Dr Lalit Yadav

*With Prof Mellick Chehade.*

Dr Lalit Yadav has joined the CRE in Frailty & Healthy Ageing as a PhD scholar. Previously, he led the research looking at the care seeking behaviour and pathways of care for hip fractures within hospital settings in India, funded through the University of Oxford, UK. Most recently as a research fellow at the George Institute for Global Health, he was involved in a multicentric study looking at the orthopaedic injuries funded through the NHMRC, Australia and part of Australia-India Trauma Systems Collaboration program. In addition, he worked with Public Health Foundation of India in implementing a comprehensive tobacco control program and has been part of the research team for Australia-India taskforce on plain packaging of tobacco products. While in the UK, he worked with both commissioning and provider arms of the NHS, city councils and voluntary sector organisations, particularly looking at integrating health and social care in order to improve quality of life and outcomes among older people.



*Dr Lalit Yadav*

## Dr Beatriz Martins in Nagoya Japan

*Beacon of Enlightenment PhD Scholar*

Dr Beatriz Martins, recipient of the Beacon of Enlightenment PhD Scholarship, is undertaking a Joint PhD Program between the University of Nagoya and the University of Adelaide. She began in Adelaide during 2016 with CRE investigators Prof Renuka Visvanathan and Dr Helen Barrie. In February she moved to Nagoya, Japan. There, she will complete the final part of her study Physical Activity and Frailty: Exploring Cross-cultural and Neighbourhood Influences.



*Dr Martins (2nd from R) dinner with  
colleagues in Nagoya Japan*

## New Role for Dr Ivanka Hendrix

The CRE team wishes hearty congratulations to Dr Ivanka Hendrix on her new position as Deputy Director, Clinical Pharmacy Services at The Queen Elizabeth Hospital.

Dr Hendrix had been working as a postdoctoral research fellow with the CRE in Frailty and Healthy Ageing with a research focus on the quality use of medicine in older people.

### Contact Us

*For further information on the CRE Frailty & Healthy Ageing connect with us online at:*

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