



Recommended by



10th ESPEN SYMPOSIUM

Nutrition for the older adult

Current concepts

Istanbul, Türkiye
December 3-4, 2023

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, Netherlands
Nathalie Delzenne, Belgium
Kutay Demirkan, Türkiye
Mutlu Doğanay, Türkiye
Meltem Halil, Türkiye
Jenni Lehtisalo, Sweden
Giorgina Barbara Piccoli, France
Yves Rolland, France
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

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

GENERAL INFORMATION

CONFERENCE VENUE

Radisson Blu Hotel, İstanbul Şişli

19 Mayıs Street No 2 Şişli

İstanbul 34360 (Türkiye)

<https://www.radissonhotels.com/en-us/hotels/radisson-blu-istanbul-sisli>

Ph. +90 (212) 3750000

info.sisli.istanbul@radissonblu.com

How to reach the venue

From İstanbul 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.

THANKS TO THE UNCONDITIONAL SUPPORT OF



ORGANIZING SECRETARIAT

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