

**10<sup>th</sup> 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**

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**9.45-11.00 Neurology, cognition and nutrition**

***Moderators: Gulistan Bahat Ozturk, TR, and Nathalie Delzenne, BE***

- Lifestyle changes to prevent cognitive decline: The FINGER study - *Miia Kivipelto, SE*
- Updated ESPEN guidelines on Nutrition in dementia - *Dorothee Volkert, DE*
- 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***

- When stop dieting? - *Stéphane Schneider, FR*
- Nutrient and drug interactions in older adults - *Kutay Demirkan, TR*
- Protein recommendations and chronic kidney disease (CKD) - *Giorgina Barbara Piccoli, FR*
- 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