10th ESPEN SYMPOSIUM
Nutrition for the older adult
Current concepts
Istanbul, Türkiye
December 3-4, 2023

Preliminary program
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
Miia Kivipelto, Sweden
Giorgina Barbara Piccoli, France
Yves Rolland, France
Stéphane Schneider, France
Marjolein Visser, The Netherlands
Dorothee Volkert, Germany
Carla Wunderle, Switzerland
Rainer Wirth, Germany
Michela Zanetti, Italy

*Faculty subject to change

SCIENTIFIC PROGRAM
SUNDAY, DECEMBER 3
Morning (08.00-12.00)
LLL Course on Nutrition in older adults

Course Director
Stéphane Schneider

Speakers
Jürgen Bauer
Tommy Cederholm
Marian de van der Schueren
Stéphane Schneider
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”
  TBD - WHO

- 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 Cuerverda

15.45-16.15 Coffee break and exhibition

16.15-17.30
Sarcopenia and nutrition
Moderators: Meltem Halli 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
  Miia Kivipelto

- 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

- 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, 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.

Cancellation policy
All cancellation requests must be submitted in writing (via email, fax) to the Organizing Secretariat no later than October 15, 2023. Verbal cancellation requests will not be considered.
For cancellation requests made by October 15, 2023, 70% of the paid or promised amount will be refunded. No refunds will be issued after this date.
Name changes will be accepted until November 20, 2023.

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

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