SPONSORING ORGANIZATIONS

Toulouse Gérontopôle, WHO Expert Center on Frailty, University Hospital of Toulouse
China Association of Gerontology and Geriatrics
Natural Science Foundation of China (NSFC)
National Clinical Research Center for Geriatric Disorders (NCRCGD)
SUMMARY

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  Saturday, October 12 4
  Hilton Beijing

  Sunday, October 13 9
  Xuanwu Capital Medical University Hospital

◊ Accommodations 10
Matteo Cesari, MD, PhD,
Granda-Università di Milano, Milan, Italy

Piu Chan, MD, PhD,
Xuanwu Hospital, Capital Medical University, Beijing, China

Peng Du, MD,
Renmin University of China, Beijing, China

Leocadio Rodriguez Manas MD, PhD,
Hospital Universitario de Getafe, Madrid, Spain

Yong Shen, PhD,
Neurodegenerative Disorder Research Center,
University of Science and Technology of China, Heife, China

Jacques Touchon, MD, Ph.D
Montpellier, France

Bruno Vellas, MD, PhD,
Gérontopole Toulouse, France

Jean Woo, MD, PhD,
Faculty of Medicine, University of Hong Kong, Hong Kong
8.00 a.m  Opening ceremony

8.30 a.m  KEYNOTE 1  
IAGG World Academy and ICOPE teachings
Jean-Pierre Michel - French national academy of medicine member, Geneva, Switzerland

8.50 a.m  SYMPOSIUM 1  
Advancing Frailty Research and Implementing ICOPE in China
- WP-FAST (Whey Protein-Frailty and Sarcopenia Trial) Beijing Pilot Study Outcomes: Whey Protein Supplements and Muscle Function of Frail Older People
  Sophia Lin KANG, MD, Peking Union Medical College Hospital, Beijing, China
- Aged Patient Perioperative Longitudinal Evaluation-Multidisciplinary Clinical Research (APPLE-MDT Study)
  Yanhong ZHANG, MD, Xuanwu Hospital Capital Medical University, Beijing, China
- Pre- and Post-Hospitalization Care-Planning Pathway Development and Integrated Care Manager Training Using ICOPE Approach Ninie
  Ninie Yan WANG, MBA, DrPH Student, Pinetree Care Group

9.30 a.m  ORAL COMMUNICATIONS SESSION

9.30 a.m  OC1 - Prevalence of two subtypes of cognitive frailty in Community-Dwelling elderly Chinese people
Qingwei Ruan (1), Feng Xiao (2), Weibin Zhang (1), Xiaodong Wang (2), Min Zhang (2), Zhuowei Yu (1)
(1)Shanghai Institute of Geriatrics and Gerontology, Shanghai Key Laboratory of Clinical Geriatrics, Department of Geriatrics, Huadong Hospital, and Research Center of Aging and Medicine, Shanghai Medical College, Fudan University, Shanghai, China, (2)Zhoujiaqiao Community Health Service Centre, Shanghai, China

9.40 a.m  OC2 - Metabolic signatures of muscle mass loss in a healthy aged retirement community in Taiwan
C.M. Lin (1), C.J. Lo (2), M.L. Cheng (2)
(1)Chang Gung Memorial Hospital - Taiwan (Taiwan), (2)Chang Gung University - Taoyuan (Taiwan)

9.50 a.m  OC3 - Prevalence of normal-weight obesity in community-dwelling Chinese older adults: results from Beijing Longitudinal Study of Aging
T. Ji, Z. Tang, F. Sun, Y. Li, L. Ma
Xuanwu Hospital - Beijing (China)

10.00 a.m  OC4 - Association between Chronic Disease Status, Sarcopenia and Grip Strength among Middle-age and Elderly Population in Taiwan - The Chiayi Community-based Elderly Health Survey (CCEHS)
N.F. Chu, D.M. Wu
School of Public Health, NDMC - Taipei (Taiwan)

10.10 a.m  OC5 - Working Memory Assessment Through Pun Completion
N. Picard (1), F. Kao (1), B. Dost (2), J. Robles (3)
(1)MemoryBeach Company - Chicago (United States), (2)DePaul University - Chicago (United States), (3)University of Illinois at Chicago - Chicago (United States)

10.20 a.m  OC6 - The prevalence of multimorbidity in elderly inpatients of China
L. Zhang, L. Ma, Y. Li, P. Chan
Xuanwu Hospital, capital medical university - Beijing (China)
Saturday, OCTOBER 12  

10.30 a.m  
**OC7** - Preventing Frailty and Sarcopenia with Renin-Angiotensin System (RAS) Blockade: Observations with Angiotensin Converting Enzyme Inhibitors (ACEIs) And Angiotensin Receptor Blockers (ARBs) in Clinical Usage  
T.P. Ng (1), M.S.Z. Nyunt (1), Q. Gao (1), X. Gwee (1), S.L. Wee (2), K.B. Yap (3)  
(1)National University of Singapore - Singapore (Singapore), (2)Geriatric Education and Research Institute - Singapore (Singapore), (3)Ng Teng Fong Hospital - Singapore (Singapore)

10.40 a.m  
*Official photo of the conference followed by Coffee break and poster sessions*

11.00 a.m  
**KEYNOTE 2**  
How to tackle Frailty in Japan?  
Hidenori Arai, MD, PhD, President, National Center for Geriatrics and Gerontology, Tokyo, Japan

11.20 a.m  
**ORAL COMMUNICATIONS SESSION**

11.20 a.m  
**OC8** - Anthropometric Characteristics, Sarcopenia and Grip Strength among Elderly Population in Taiwan - The Chiayi Community-based Elderly Health Survey  
N.F. Chu (1), D.M. Wu (1), Y.C. Lin (2)  
(1)School of Public Health, - Taipei (Taiwan), (2)Chiayi County Health Bureau - Chiayi County (Taiwan)

11.30 a.m  
**OC9** - A new physical-cognitive scale for assessment of frailty in Chinese Han elderly  
Y.X. Li (1), X.Y. Jiang (2), C. Stone (3), Y.J. Ma (1), Q. Liu (1), Z.H. Hu (1), X.D. Li (1), X.F. Wang (4), S.J. Li (1)  
(1)Department of Neurology, Beijing Chaoyang Hospital, Capital Medical University - Beijing (China),  
(2)Department of Pathology and Pathophysiology, Tongji University School of Medicine - Shanghai (China),  
(3)Department of Neurological Surgery, Wayne State University School of Medicine - Detroit (United States),  
(4)Unit of Epidemiology, MOE Key Laboratory of Contemporary Anthropology, State Key Laboratory of Genetic Engineering School of Life Sciences, Institutes of Biomedical Sciences, Fudan University - Shanghai (China)

11.40 a.m  
**OC10** - The predictive value of phase angle in detecting Frailty of elderly inpatients  
X. Sun, X. Ouyang, W. Yu, J. Hu, L. Ye, J. Chen, B. Lu - Beijing (China)

11.50 a.m  
**OC11** - Frailty Status and the Influencing Factors among the community-dwelling Elderly Aged 75 and older  
Y. Wang - Fudan University - Shanghai (China)

12.00 p.m  
*Lunch and poster sessions / Symposium Lunch Box*

1.00 p.m  
**SYMPOSIUM 2**  
WHO Program on Integrated Care for Older Persons to maintain functions and prevent dependency in senior  
- How to implement the WHO ICOPE program worldwide  
  Islene Araujo de Carvalho, MD, MPH, Ageing and Life Course Department, World Health Organization (WHO), Geneva, Switzerland  
- The experience of implementing the WHO ICOPE program in Europe, France  
  Bruno Vellas, MD, PhD, French national academy of medicine, Toulouse University Hospital, WHO collaborative center for Frailty, Clinical Research and Geriatric training, Toulouse, France  
- Implementing the WHO ICOPE program in Mainland China  
  Piu Chan, MD, PhD Xuanwu Hospital, Capital Medical University, Beijing, China
ROUNDTABLE
Precise description of the ICOPE program: step 1 and step 2, how to assess the 5 Intrinsic capacities: Mobility, Cognition, Sensory (vision hearing), Psycho-social, vitality
Islene Araujo de Carvalho, MD, MPH, Piu Chan, MD, PhD, Lina Ma, MD, PhD, Leocadio Rodríguez-Mañas, MD, PhD, Bruno Vellas, MD, PhD

2.15 p.m
KEYNOTE 3
IAGG GARN and the research on Frailty and Intrinsic Capacity and the ICOPE program
Leocadio Rodríguez-Mañas, MD, PhD, Hospital Universitario de Getafe, Madrid Spain

2.35 p.m
ORAL COMMUNICATIONS SESSION

2.35 p.m
OC12 - Associations between cardiometabolic multimorbidity and cognitive function among middle-aged and older Chinese: findings from the CHARLS
Zi-Ting HUANG (1,2), Shan-Shan YAO (1,2), Beibei XU (1,2), Gui-Ying CAO (1,2), Zi-Shuo CHEN (1,2), Yong-Hua HU (1,2)
(1) Department of Epidemiology and Biostatistics, School of Public Health, Peking University, China, (2) Peking University Medical Informatics Center, China

2.45 p.m
OC13 - Prognostic effect of frailty in elderly osteoporosis patients
Peng WANG (1), Qing WANG (1), Fang LI (1), Ping ZHANG (2), Jieruo CHEN (1), Fei LU (1), Lili SUN (2)
(1) Fuxing Hospital Capital Medical University, China, (2) Department of geriatrics, Beijing Jishuitan Hospital, China

2.55 p.m
KEYNOTE 4
Cell Therapy for the Treatment and Prevention of Aging-Related Frailty and Alzheimer’s Disease
Joshua M. Hare, MD, FACC, FAHA Co-Founder & Chief Science Officer, Longeveron LLC, Miami - USA

3.15 p.m
ROUNDTABLE
Development and Validation of Frailty Assessments among Chinese Older Adults in Multiple Settings: Is a Universal Measurement in Sight?
C. Wu (1), L. Ma (2), M. Zhao (3)
(1) Duke Kunshan University - Kunshan (China), (2) Xuanwu Hospital Capital Medical University - Beijing (China), (3) Shandong University - Jinan (China)

3.40 p.m
KEYNOTE 5
Barriers and facilitators in implementation of the ICOPE program in Hong Kong
Jean Woo, MD, PhD, Geriatrics Faculty of Medicine Director, CUHK Jockey Club Institute of Ageing, SH Ho Centre for Gerontology and Geriatrics Director, Centre for Nutritional Studies The Chinese University of Hong Kong, Hong Kong

4.00 p.m
Coffee Break and poster sessions
4.20 p.m ORAL COMMUNICATIONS SESSION

4.20 p.m OC14 - Implementing ICOPE in China: Evidence from a one year efficacy study of Integrated care model for older people in Beijing
Jagadish K CHHETRI, Lina MA, Piu CHAN
(1) Department of Neurobiology, Neurology and Geriatrics, Xuanwu Hospital of Capital Medical University, Beijing Institute of Geriatrics, China

4.30 p.m OC15 - The impact of multimorbidity on frailty among community-dwelling older adults in China: A population-based cohort study
Shan-Shan YAO (1,2), Gui-Ying CAO (1,2), Beibei XU (1,2), Zi-Ting HUANG (1,2), Zi-Shuo CHEN (1,2), Yong-Hua HU (1,2)
(1) Department of Epidemiology and Biostatistics, School of Public Health, Peking University, China,
(2) Medical Informatics Center, Peking University, China

4.40 p.m OC16 - Associations of objectively measured patterns of physical activity and sedentary behavior with frailty status screened by the FRAIL scale in Japanese community dwelling older adults
Si CHEN, Tao CHEN, Hiro KISHIMOTO, Harukaze YATSUGI, Shuzo KUMAGAI
Kyushu University, Japan

4.50 p.m OC17 - A comprehensive Evaluation on Serum Biomarkers and Frailty among Extremely Longevous Populations: A population-Based Study
Yao YAO (1), Yujie ZHANG (2), Faqin LV (3), Fuxin LUAN (4), Yali ZHAO (4)
(1) Center for Healthy Aging and Development Studies, National School of Development, Peking University, China,
(2) Institute of Geriatrics, National Clinical Research Center for Geriatric Diseases, 2nd Center of Chinese PLA General Hospital, China,
(3) Department of ultrasonography, Hainan Branch of Chinese PLA General Hospital, China,
(4) Central Laboratory, Hainan Branch of Chinese PLA General Hospital, China

5.00 p.m OC18 - A potential urinary biomarker to determine frailty status in older adults
Xiaohong LIU (1,2)
(1) Peking Union Medical College Hospital, China, (2) Geriatric medicine

5.10 p.m OC19 - Frailty Prior to Death among the Oldest-Old Chinese: Results from the Chinese Longitudinal Healthy Longevity Survey 1998-2014
Bei-Bei XU (1,2), Gui-Ying CAO (2,1), Shan-Shan YAO (2,1), Zi-Shuo CHEN (2,1), Zi-Ting HUANG (2,1), Yong-Hua HU (2,1)
(1) Peking University Medical Informatics Center, Peking University, China,
(2) Department of Epidemiology and Biostatistics, School of Public Health, Peking University, China

5.20 p.m OC20 - Cognitive frailty and its associations with demographical, psychosocial and behavioral characteristics in oldest-old community-dwelling older adults: Findings from Shanghai
Bogin Xie, Junqiao Wang, Yue Wang
Fudan University School of Nursing, Shanghai, China
5.30 p.m  **FLASH COMMUNICATIONS**

**FC1** - Physiological background of the overall working ability in the elderly subjects  
O. Poliakov, O. Tomarevska  
Institute of Gerontology by D.F. Chebotarev National Academy of Medical Sciences of Ukraine  
Kyiv (Ukraine)

**FC2** - Neuropsychological test scores for the diagnosis of reversible cognitive frailty  
Qingwei RUAN (1), Feng GUO (2), Ke GONG (3), Weibin ZHANG (1), Min ZHANG (2), Jian RUAN (4),  
Xuefeng ZHANG (3), Qingru CHEN (3), Zhuowei YU (5)  
(1) Shanghai Institute of Geriatrics and Gerontology, China, (2) Zhoujiaqiao Primary Health Service Centre,  
China, (3) huadong hospital, China, (4) Molecular and Cellular Biology Core Facility, institute of neuroscience,  
Chinese academyof science, China, (5) Shanghai Institute of Geriatrics and Gerontology, huadong hospital, China

**FC3** - Cardio-metabolic multimorbidity and disability among middle-aged and older Chinese  
Zishuo CHEN (1,2), Shanshan YAO (1,2), Guiying CAO (1,2), Ziting HUANG (1,2), Yonghua HU (1,2),  
Beibei XU (1,2)  
(1) Department of Epidemiology and Biostatistics, School of Public Health, Perking University, China,  
(2) Medical Informatics Center, Perking University, China
Conference on Brain Health Promotion Initiative of China

Brain health is an important component of human health, which aims to maintain an intact function and in a relative balance of physiological and biochemical metabolism for the brain. With the increase of age, the incidence of stroke, dementia and Parkinson’s disease increased year by year. Early diagnosis, prevention and treatment are of great practical significance for promoting the brain health of the elderly and promoting “active aging”.

In order to popularize the knowledge of brain health, establish and improve the health education system for the elderly, guide the elderly people to establish a correct view of health, strengthen the early intervention of brain diseases, and vigorously promote the construction of healthy China, the Branches of Brain Diseases, Stroke, Brain Cognition and Geriatric Psychology of the Chinese Society of Gerontology and Gerontology (CAGG) will jointly hold the Brain Health Promotion Conference for the Elderly in China on October 13, 2019. This conference will follow and be part of the China Frailty Meeting which will take place on October 12, 2019 at Hilton Hotel in Beijing. It will focus on cognitive dysfunction, Parkinson’s disease, motor dysfunction, cerebrovascular disease, and jointly launch the Action Plan for the Promotion of Elderly Brain Health.

Sunday, OCTOBER 13

Opening ceremony and Officers
from National Health Commission, WHO, IAGG, CAGG, Beijing Health Commission, Capital Medical University, Xuanwu Hospital

9.50 a.m
Introduction and Announcement of the China Brain Health Promotion Initiative
CAGG President

10.00 a.m
Group photo and coffee Break

KEYNOTE SPEECH

10.30 a.m
Wang Longde (academician)

10.50 a.m
WHO ICOPE initiative
Islene, WHO

11.10 a.m
Chen Keji (academician)

11.30 a.m
Prevention of Alzheimer’s Disease: The next challenge
Bruno Vellas (academician, IAGG)

12.00 p.m
Lunch

13.30 p.m
Advance Management of Motor Dysfunction of the Elderly
Piu Chan

14.00 p.m
Advance Management of Cognitive Function of the Elderly
Zhanjun Zhang

14.30 p.m
Coffee Break

15.00 p.m
Advance Management of Vascular Diseases of the Elderly
Zhongxue Wu

15.30 p.m
Advance Management of Psychological Problems of the Elderly
Buxin Han
ACCOMMODATIONS

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We have negotiated special price to stay
at the Hilton Beijing.

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