March 11-12, 2019
Hyatt Regency Bethesda
Room: Regency III/IV

CONFERENCE AGENDA AND SPEAKERS

DAY 1: MONDAY, MARCH 11

7:30am **Breakfast**

Opening Session

8:00–8:15 Opening Remarks and Introduction **Bruce Troen**

8:20–8:45 Framing the discussion with clinical cases **Cathleen Colón-Emeric**

8:45–9:00 **Break**

Topic 1: The Hallmarks of Aging in Muscle, Bone, and Soft Tissue – Implications for Clinical Case Studies
Moderator: Cliff Rosen

9:00–9:15 Proteostasis and autophagy **Jim White**

9:20–9:35 Nutrient sensing **Christopher Adams**

9:40–9:55 Mitochondrial dysfunction **Anthony Molina**

10:00–10:15 Senescence and Senolytics **Ming Xu**

10:15–10:30 **Break**

Topic 2: Epidemiology and Clinical Measures
Moderator: Roger Fielding

10:30–10:45 Epidemiology – Life trajectories of lean body, fat, and bone mass changes **Cyrus Cooper**

10:50–11:05 Body Composition– Measures, physiologic and functional impact, health disparities
Anne Newman

11:10–11:25 Environmental Interactions **Tamara Harris**

11:30–11:45 Population-level Genetics – human gene-muscle-bone associations **Doug Kiel**

11:50–12:05pm Biomarkers **Kim Huffman**

12:10–1:30 **Lunch and Networking**

Topic 3: Management and Medical Decision-Making
Moderator: Sarah Berry

1:30–1:45   Clinical phenotypes and targeting **Bruce Troen**

1:50–2:05   Weight reduction **Denise Kathryn Houston**

2:10–2:25   Exercise **Marco Pahor**

2:30–2:45   Nutritional Factors impacting muscle, fat, and bone **Shivani Sahni**

2:50–3:05   Myostatin/activin receptor pathways and SARMs **Shalender Bhasin**

3:10–3:25   Moderated discussion on gaps and future directions **Sarah Berry**

3:25–3:40   **Break**

3:40–5:00   **Small Group Discussions**
(Please find your Small Group table assignment)

1. <u>Health Disparities</u> What disparities in muscle-bone diseases exist and what is their impact on health outcomes and cost? What mechanisms underlie these disparities, including genetic, environmental, and behavioral factors? How can interventions for sarco-osteoporosis be modified to improve impact for minority populations?

2. <u>Multi-disciplinary/multi-factorial interventions and education</u> What are key components of multidisciplinary and/or multi-factorial interventions to reduce the impact of sarco-osteoporosis? How can the overlap in muscle bone diseases be exploited to obtain pleiotropic benefits? How should existing models of care be modified to address the overlap of muscle/bone/fat? What are the most salient health-related outcomes that should be measured in such interventions? What aspects/assessments of functional capacity and mobility disability would be most useful? How can interdisciplinary partners/team members be best integrated in assessment and intervention paradigms?

3. <u>Pharmacologic interventions</u> What new pathways/targets should be tested for potential pleiotropic effects on muscle, fat and bone? How does the physiologic overlap of muscle/fat/bone impact potential toxicities of pharmacologic therapies? Will patients and clinicians accept pharmacologic therapies for sarco-osteopenia?

4. <u>Trial design and outcomes</u> What populations/conditions should be targeted? What outcomes should be measured and what is a minimally clinically important change? What potential toxicities should be assessed?

5. <u>Biomarkers/imaging</u> What biomarkers/imaging technologies are currently available and what are their indications? Limitations? What characteristics of new screening modalities would be most important for sarco-osteoporosis?

6. <u>Polypharmacy and co-morbid conditions</u> How does the presence of common co-morbid conditions change the presentation/impact/treatment of sarco-osteoporosis? What medications impact muscle and bone, and what is their impact on the other tissue? How does risk for falls impact screening/diagnosis/treatment of sarco-osteoporosis? How can interdisciplinary team-based assessment be best utilized in this setting?

6:00pm–7:30   **Reception and Rising Stars Poster Session** in Regency Annex

7:30–9:00   **Dinner/Rising Stars Recognition**

7:30am–8:30   **Breakfast and One-on-one Mentee/Mentor Meetings**

Moving the Field Forward: Priorities, Agenda-setting, Wrap-up

8:30–9:00   Setting Priorities for the Field Stakeholder Group Panel Discussion

9:00–10:00   Small groups 1-3 provide 10-minute reports from each break-out group

10:00 – 10:15   **Break**

10:15–11:15   Small groups 4-6 provide 10-minute reports from each break-out group

11:15–11:45   Moderated Discussion/Brainstorming

11:45 –12:00pm   Closing Remarks from the Chairs, Evaluation, Thank you's

12:00–1:00   **Lunch/Networking**
                     (Dismissal of those not involved in Rising Stars: Afternoon Session for Junior Investigators)

Rising Stars: Afternoon Session for Junior Investigators

1:00–2:00   Consultancy challenge

2:00–3:00   Specific aims session: specific aims page feedback from peers and senior reviewers

3:00–3:30   Evaluations, action item postcards, adjourn

CONFERENCE PLANNING COMMITTEE

Heather Whitson, MD *(PI)*
Duke University School of Medicine

Lyndon Joseph, PhD *(NIA Representative)*
National Institute on Aging

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