The ANZSSFR Early and Mid-Career Researchers and clinicians Committee presents:

THE NEXT GENERATION IN SARCOPTENIA & FRAILTY RESEARCH

Virtual Symposium
Saturday 8 August 13:00-16:00 AEST
Organising committee

This symposium is organised by the Early and Mid-Career Researchers and clinicians (EMCR) Committee of the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR).

Website: https://anzssfr.org/emcr

Dr. Esmee M. Reijnierse (Chair)

Esmee is a postdoctoral research fellow working in the @AgeMelbourne research group at the University of Melbourne. After graduating in Nutrition & Dietetics, Sports Dietetics and Health Sciences, Esmee completed her PhD on the diagnostics and determinants of sarcopenia in 2017 in Amsterdam (The Netherlands). Subsequently, she moved to Australia to pursue her research career internationally, focusing on sarcopenia, nutrition and geriatric assessments.

Role & Affiliation: Postdoctoral Research Fellow, @AgeMelbourne, Department of Medicine and Radiology, The University of Melbourne, Melbourne, Australia

Dr. Jesse Zanker

Jesse is a consultant geriatrician and PhD candidate. Jesse works in rural Victoria clinically and is undertaking his PhD at AIMSS, University of Melbourne, studying the operational definition of sarcopenia. Jesse was the ANZSGM scholarship fellow to the University of California, San Francisco in 2019 with the department of epidemiology and biostatistics.

Role & Affiliation: Western Health, Australian Institute of Musculoskeletal Science, University of Melbourne

A/Prof. David Scott

David is an exercise scientist and NHMRC Emerging Leadership Fellow at Deakin University. Since being awarded a PhD for his thesis on the epidemiology of sarcopenia in 2010, David’s research has focused on relationships between sarcopenia, osteoporosis and obesity in community-dwelling older adults, and the effectiveness of exercise and nutritional interventions for prevention and treatment.

Role & Affiliation: NHMRC Emerging Leadership Fellow, School of Exercise and Nutrition Sciences, Deakin University, Melbourne, Australia

Lara Vlietstra

After successfully graduating as a physiotherapist in 2014 in the Netherlands, and finishing my master’s degrees, Lara decided to stay in academia and pursue a PhD. Lara is currently doing her PhD with the Department of Medicine and School of Physiotherapy at the University of Otago, working in the sarcopenia research area.

Role & Affiliation: PhD Candidate, Department of Medicine and School of Physiotherapy, University of Otago, Dunedin, New Zealand

Dr. Marc Sim

Marc is a post-doctoral research fellow and lecturer at Edith Cowan University. His research examines the role of nutrition, physical activity and its impact on health, in particular, injurious falling and fractures in older populations. Marc is an accredited Exercise Scientist and Nutritionist who believes in the fundamental role that diet and physical activity play against disease and its progression.

Role & Affiliation: Post-Doctoral Research Fellow & Lecturer, School of Medical and Health Sciences, Edith Cowan University, Perth, Australia
Program

Moderator: Dr. Esmee Reijnierse

<table>
<thead>
<tr>
<th>Time (AEST)</th>
<th>Session</th>
</tr>
</thead>
</table>
| 13:00 – 13:05 | Welcome and Opening  
Dr. Esmee Reijnierse (Chair ANZSSFR EMCR Committee)  
Professor Robin Daly (President ANZSSFR) |
| 13:05 – 13:25 | Keynote speaker 1  
Professor Debra Waters – Director of Gerontology Research, University of Otago, Dunedin, New Zealand  
Chair: Lara Vlietstra  
Title: Challenges of treating sarcopenic-obesity |
| 13:25 – 14:05 | Three-minute oral presentations EMCRs – Session 1  
Chair: Ahmed Al Saedi  
- The contribution of musculoskeletal factors to physical frailty: a cross-sectional study – Monica Tembo  
- Mid-thigh bone, lean and fat mass are reliable indices of tissue mass in predicting osteosarcopenia-associated outcomes – a validation study – Ebrahim Bani Hassan  
- The reliability of the SARC-F and its concurrent validity as a screening tool to identify adults at risk of sarcopenia: A systematic review and meta-analysis – Stefanie Natascha Voelker  
- Sarcopenia increases risk of mortality and end-stage renal disease in those with chronic kidney disease: findings from 428,320 individuals in the UK Biobank – Thomas Wilkinson  
- Dismobility syndrome: describing a musculoskeletal syndrome in a Mexican population – Karen Burgueno Aguilar  
- Body-composition reference ranges in healthy Australian adults: The Australian Body Composition (ABC) Study – Ben Kirk  
- Falls, fractures and areal bone mineral density in older adults with sarcopenic obesity: A systematic review and meta-analysis – Anoohya Gandham  
- Social isolation due to the COVID-19 pandemic increase the risk of sarcopenia and sedentary time in Brazilian older adults – Walter Sepúlveda-Loyola  
- Sarcopenia in women with hip fracture: A comparison of hormonal biomarkers and their relationship to skeletal muscle mass and function – Ming Li Yee |
| 14:05 – 14:25 | Keynote speaker 2  
Professor Gordon Lynch – Director of the Centre for Muscle Research, Department of Physiology, University of Melbourne, Australia  
Chair: Marc Sim  
Title: Promoting science communication |
| 14:25 – 15:00 | Three-minute oral presentations – Session 2  
Chair: Monica Tembo  
- Protein whey supplementation stimulate apoptosis signalling cascade via internal pathways in EDL muscle of aged rat – Mohammad Mosaferi Ziaaldini  
- Prevaleness of sarcopenia in Australia, employing population-specific cut-points: cross-sectional data from the Geelong Osteoporosis Study – Sophia Sui |
<table>
<thead>
<tr>
<th>Time (AEST)</th>
<th>Session</th>
</tr>
</thead>
</table>
| 15:00 – 15:20 | Keynote speaker 3  
**Chair: Jesse Zanker / David Scott**  
Professor Susan Kurrle – Curran Chair in Health Care of Older People, Faculty of Medicine and Health, University of Sydney, Australia  
**Title: Approaches to the management of frailty** |
| 15:20 – 15:55 | Three-minute oral presentations – Session 3  
**Chair: Ben Kirk**  
- Association between physical activity, macro-nutrients and metabolic syndrome components with sarcopenia in Saudi men – **Shaea Alkahtani**  
- Malnutrition is associated with poor ADL trajectories in geriatric rehabilitation inpatients: RESORT – **Jeewanadee Hettiarachchi**  
- Estimation of whole-body and appendicular lean mass from spine and hip dual energy x-ray absorptiometry: a cross-sectional study – **Matthew Thackeray**  
- High intensity interval training to counteract pre-sarcopenia in middle-aged adults, a randomized controlled trial – **Lara Vlietstra**  
- Physiological, psychological and functional changes with Whole Body Vibration Exercise in the Frail Elderly: an open, randomised control trial – **Dan Wadsworth**  
- Daily and per-meal protein intake is inadequate in geriatric rehabilitation patients: Nutrition, Energy Expenditure and Demands (NEED) study – **Natalie Kew**  
- Risk factors for incident falls and fractures in older men with and without type 2 diabetes mellitus: The Concord Health and Ageing in Men Project – **Jakub Mesinovic**  
- Muscling in on the transitional matrix for better skeletal muscle health – **Nicole Stupka** |
| 15:55 – 16:00 | Closing & Awards  
Dr. Esmee Reijnierse (Chair ANZSSFR EMCR Committee)  
Professor Robin Daly (President ANZSSFR) |
Professor Debra Waters  
*Challenges of treating sarcopenic-obesity*

Professor Debra Waters is the Director of Gerontology Research at the University of Otago in Dunedin, New Zealand. She is the Vice President of the New Zealand Association of Gerontology, task force member of the International Conf of Frailty and Sarcopenia (ICFSR) and adjunct professor at the University of New Mexico. Her research has focused on sarcopenia and sarcopenic-obesity for over 2 decades and she has collaborations in Europe, UK, Asia, Australia, Canada and the US.

Professor Gordon Lynch  
*Promoting science communication*

Professor Gordon Lynch is the Director of the Centre for Muscle Research in the Department of Physiology at The University of Melbourne. In addition to his roles as an academic researcher, teacher and administrator, he is an award-winning science communicator, dedicated to promoting the understanding of science and health promotion.

Professor Susan Kurrle  
*Approaches to the management of frailty*

Professor Susan Kurrle is a practising geriatrician in northern Sydney and southern NSW. She is the Clinical Network Director for Rehabilitation and Aged Care in Northern Sydney Local Health District and holds the Curran Chair in Health Care of Older People in the Faculty of Medicine and Health at the University of Sydney. Her current research and practice interests centre on frailty, dementia, and successful ageing.
Oral presentations EMCRs

The contribution of musculoskeletal factors to physical frailty: a cross-sectional study
Tembo MC1, Mohebbi M2, Holloway-Kew KL1, Gaston J1, Sui SX 1, Brennan-Olsen SL1,4,5,6, Williams LJ1, Kotowicz MA1,5,7, Pasco JA1,5,7,8
1Deakin University, IMPACT – the Institute for Mental and Physical Health and Clinical Translation, School of Medicine, Barwon Health, Geelong, Australia
2Faculty of Health, Biostatistics Unit, Deakin University, Geelong, VIC, Australia
3School of Health and Social Development, Deakin University, Waterfront Geelong Campus, Geelong, VIC, Australia
4Institute for Health Transformation, Deakin University, Waterfront Geelong Campus, Geelong, VIC, Australia
5Department of Medicine-Western Health, The University of Melbourne, St Albans, VIC, Australia
6Australian Institute for Musculoskeletal Science (AIMSS), The University of Melbourne, St Albans, VIC, Australia
7Barwon Health, Geelong, VIC, Australia
8Department of Epidemiology and Preventive Medicine, Monash University, Melbourne, VIC, Australia

Mid-thigh bone, lean and fat mass are reliable indices of tissue mass in predicting osteosarcopenia-associated outcomes – a validation study
Bani Hassan E1,2, Putra FM1,2, Vogrin S1,2, Pasco JA2,3,4, Kotowicz MA2,3,4, Duque G1,2
1Australian Institute for Musculoskeletal Science (AIMSS), The University of Melbourne and Western Health, St. Albans, VIC, Australia
2Department of Medicine-Western Health, The University of Melbourne, St. Albans, VIC, Australia
3Deakin University, School of Medicine, Geelong VIC, Australia
4University Hospital Geelong, Barwon Health, Geelong, VIC, Australia

The reliability of the SARC-F and its concurrent validity as a screening tool to identify adults at risk of sarcopenia: A systematic review and meta-analysis
Voelker SN1*, Michalopoulos N2*, Reijnierse EM1, Maier AB1,2
*Both authors contributed equally
1Department of Medicine and Aged Care, @AgeMelbourne, The Royal Melbourne Hospital, The University of Melbourne, Parkville, Melbourne, Victoria, Australia
2Department of Human Movement Sciences, @AgeAmsterdam, Vrije Universiteit Amsterdam, Amsterdam Movement Sciences, Amsterdam, The Netherlands

Sarcopenia increases risk of mortality and end-stage renal disease in those with chronic kidney disease: findings from 428,320 individuals in the UK Biobank
Wilkinson TJ1,2, Miksza J1,2, Yates T2,4, Lightfoot CJ1,2, Baker LA1,2, Watson EL1,5, Smith AC1,2
1Leicester Kidney Lifestyle Team, Department of Health Sciences, University of Leicester, Leicester, UK
2Leicester NIHR Biomedical Research Centre, Leicester, UK
3Leicester Real World Evidence Centre, University of Leicester, UK
4Leicester Diabetes Research Centre, Leicester, UK
5Department of Cardiovascular Sciences, University of Leicester, Leicester, UK
Dismobility syndrome: describing a musculoskeletal syndrome in a Mexican population
Burgueno-Aguilar K, Cons-Molina FF, Garcia-Jimenez D, Bejarano-López LE, Barroso-Gudiño MA
1Universidad Autónoma de Baja California (Facultad de Medicina), Mexicali, Baja California, México
2Centro de Investigación en Artritis y Osteoporosis, Mexicali, Baja California, México
3Centro de Estudios Universidad Xochicalco, Mexicali, Baja California, México

Body-composition reference ranges in healthy Australian adults: The Australian Body Composition (ABC) Study
Kirk B, Bani Hassan E, Olsen BS, Bird S, Vogrin S, Zanker J, Phu S, Meerkin DJ, Duque G
1Department of Medicine, Western Health, Melbourne Medical School, The University of Melbourne, St Albans, Melbourne, VIC, Australia
2Australian Institute for Musculoskeletal Science (AIMSS), The University of Melbourne and Western Health, St Albans, Melbourne, VIC, Australia
3School of Health and Social Development, Deakin University, Geelong Waterfront, Geelong, VIC, Australia.
4Institute for Health Transformation, Deakin University, Geelong, VIC, Australia
5Falls, Balance and Injury Research Centre, Neuroscience Research Australia, University of New South Wales, Sydney, NSW, Australia
6MeasureUp, Sydney, NSW, Australia

Falls, fractures and areal bone mineral density in older adults with sarcopenic obesity: A systematic review and meta-analysis
Gandham A, Mesinovic J, Zengin A, Bonham MP, Ebeling PR, Scott D
1Department of Medicine, School of Clinical Sciences at Monash Health, Monash University, Clayton, Victoria, Australia
2Department of Medicine and Australian Institute of Musculoskeletal Science, Melbourne Medical School – Western Campus, The University of Melbourne, St Albans, Victoria, Australia
3Department of Nutrition, Dietetics and Food, Monash University, Notting Hill, Victoria, Australia

Social isolation due to the COVID-19 pandemic increase the risk of sarcopenia and sedentary time in Brazilian older adults
Sepúlveda-Loyola W, de Oliveira DV, do Nascimento JRA, Probst VS
1Program of Masters and Doctoral degree in Rehabilitation Sciences, Londrina State University (UEL) and University of Northern Parana (UNOPAR), Londrina, Brazil
2Grupo de estudio de envelhecimento (GEE), Londrina State University, Londrina, Brazil
3Maringá University Center (UNICESUMAR). Health Promotion Department. Maringá, Paraná, Brazil
4Federal University of Vale do São Francisco, Petrolina, Brazil

Sarcopenia in women with hip fracture: A comparison of hormonal biomarkers and their relationship to skeletal muscle mass and function
Yee ML, Hau R, Taylor A, Guerra M, Guerra P, Darzins P, Gilfillan C
1Eastern Health Clinical School, Monash University, Victoria, Australia
2Department of Endocrinology, Eastern Health, Victoria, Australia
3Department of Orthopaedic Surgery, Eastern Health, Victoria, Australia
4Department of Physiotherapy, Eastern Health, Victoria, Australia
Protein whey supplementation stimulate apoptosis signalling cascade via internal pathways in EDL muscle of aged rat
Mosaferi Ziaaldini M1, Attarzadeh Hoseini SR1, Fathi M1
1Exercise Physiology Department, Sport Sciences Faculty, Ferdowsi University of Mashhad

Prevalence of sarcopenia in Australia, employing population-specific cut-points: Cross-sectional data from the Geelong Osteoporosis Study
Sui SX1, Holloway-Kew KL1, Hyde NK1, Williams LJ1, Tembo MC1, Leach S1, Pasco JA1
1Deakin University

Sarcopenia as a comorbid disease is associated with the incidence of institutionalisation and mortality in geriatric rehabilitation inpatients: RESORT
Pacifico J1, Reijnierse EM1, Lim WK1, Maier AB1,2
1Department of Medicine and Aged Care, @AgeMelbourne, The Royal Melbourne Hospital, The University of Melbourne, Parkville, Victoria, Australia
2Department of Human Movement Sciences, @AgeAmsterdam, Faculty of Behavioural and Movement Sciences, Amsterdam Movement Sciences, Vrije Universiteit, Amsterdam, The Netherlands

Estimating the osteogenic potential of physical activity and its associations with five-year bone mineral density changes, incident falls and fractures in older men: The Concord Health and Ageing in Men Project
Ng CA1, Scott D1,2,3, Seibel MJ4, Cumming RG5,6,7, Naganathan V6, Blyth FM5, Le Couteur DG6,8, Waite LM6, Handelsman DJ9, Hirani V6,7,10
1Department of Medicine, School of Clinical Sciences at Monash Health, Monash University, Clayton, Victoria, Australia
2Institute for Physical Activity and Nutrition, School of Exercise and Nutrition Sciences, Deakin University, Burwood, Victoria, Australia
3Department of Medicine at Western Health, The University of Melbourne, Sunshine, Victoria, Australia
4Bone Research Program, ANZAC Research Institute, The University of Sydney, Concord Campus, Sydney, New South Wales, Australia
5School of Public Health, Faculty of Medicine and Health, The University of Sydney, Sydney, New South Wales, Australia
6Centre for Education and Research on Ageing, Concord Hospital, University of Sydney, Sydney, New South Wales, Australia
7The ARC Centre of Excellence in Population Ageing Research, University of Sydney, Sydney, New South Wales, Australia
8ANZAC Research Institute & Charles Perkins Centre, University of Sydney, Sydney, New South Wales, Australia
9Department of Andrology, Concord Hospital & ANZAC Research Institute, University of Sydney, Sydney, New South Wales, Australia
10School of Life and Environmental Sciences, Charles Perkins Centre, University of Sydney, Sydney, New South Wales, Australia

Abdominal aortic calcification is associated with increased injurious falls risk in older Australian women
Gebre AK1,2, Sim M1,4, Rodríguez AJ1,4, Hodgson JM1,3, Blekkenhorst LC1,3, Szulc P6, Bondonno N1,3, Zhu K7,8, Schousboe JT9, Kiel DP10, Prince RL7,8, Lewis JR1,3,5
1School of Medical and Health Sciences, Edith Cowan University, Joondalup, WA, Australia.
EWGSOP’s criteria modifications: Impact on sarcopenia prevalence in postmenopausal Mexican women
Garcia-Jimenez D1, Burgueno-Aguilar K2, Bejarano-Lopez LE3, Cons-Molina F1, Gudino-Barroso M2
1Centro de Investigación en Artritis y Osteoporosis. Mexicali, Baja California, Mexico
2Universidad Autónoma de Baja California, Facultad de Medicina Mexicali. Baja California, Mexico
3Centro de Estudios Universitarios Xochicalco, Escuela de Medicina, Campus Mexicali. Baja California, Mexico

Lipid signaling mediators regulate muscle mass during ageing
Al Saedi A1,2, Wang Z3, Brotto M3, Duque G1,2
1Australian Institute for Musculoskeletal Science (AIMSS), The University of Melbourne and Western Health, St. Albans, VIC, Australia
2Department of Medicine-Western Health, Melbourne Medical School, The University of Melbourne, St. Albans, VIC, Australia
3Bone-Muscle Research Center, College of Nursing and Health Innovation, The University of Texas -Arlington, Arlington, TX 76019, USA

Sarcopenia and frailty in liver transplant candidates: The inter-rater reliability of dietetic assessments to determine the prevalence
Johnston HE1,2, de Crom T1,3, Adhyaru P4, Woodward AJ2, Hargrave C5,6, Pang S1, Ali A1, Coombes JS7, McLean K8, Keating SE7, Mayr HL1,2, Macdonald GA2,9,10, Hickman IJ1,2,11
1Department of Nutrition and Dietetics, Princess Alexandra Hospital, Woolloongabba QLD, Australia
2Faculty of Medicine, The University of Queensland, Brisbane QLD, Australia
3Division of Human Nutrition, Wageningen University, Wageningen, The Netherlands
4Nutrition and Dietetics, Bond University, Gold Coast, QLD, Australia
5Radiation Oncology Princess Alexandra Hospital, South Brisbane QLD, Australia
6School of Clinical Sciences, Queensland University of Technology, Brisbane QLD, Australia
7School of Human Movement and Nutrition Sciences, The University of Queensland, Brisbane QLD, Australia
8Department of Radiology, Princess Alexandra Hospital, Woolloongabba QLD, Australia
9Department of Gastroenterology and Hepatology, Princess Alexandra Hospital, Woolloongabba QLD, Australia
10Translational Research Institute, Woolloongabba QLD, Australia
11Mater Research Institute, Woolloongabba QLD, Australia
Association between physical activity, macro-nutrients and metabolic syndrome components with sarcopenia in Saudi men
Alkahtani S₁, Habib S₁, Aljuhani O₁, Alhussain M¹
¹King Saud University, Saudi Arabia

Malnutrition is associated with poor ADL trajectories in geriatric rehabilitation in-patients: RESORT
Hettiarachchi J₁, Soh CH₁, Reijnierse EM¹, Maier AB¹,²
¹Department of Medicine and Aged Care, @AgeMelbourne, The Royal Melbourne Hospital, The University of Melbourne, Victoria, Australia
²Department of Human Movement Sciences, @AgeAmsterdam, Faculty of Behavioural and Movement Sciences, Amsterdam Movement Sciences, Vrije Universiteit, Amsterdam, The Netherlands

Estimation of whole-body and appendicular lean mass from spine and hip dual energy x-ray absorptiometry: a cross-sectional study
Thackeray T¹,², Kotowicz MA¹,²,³, Pasco JA¹,²,³,⁴
¹Deakin University, Geelong, Australia
²Barwon Health, Geelong, Australia
³Department of Medicine – Western Health, The University of Melbourne, St Albans, Australia
⁴Department of Epidemiology and Preventive Medicine, Monash University, Melbourne, Australia

High intensity interval training to counteract pre-sarcopenia in middle-aged adults, a randomized controlled trial
Vlietstra L¹,², Waters DL¹,², Meredith-Jones K¹
¹Department of Medicine, Otago Medical School Dunedin Campus, University of Otago, Dunedin, New Zealand
²School of Physiotherapy, University of Otago, Dunedin, New Zealand

Physiological, psychological and functional changes with whole body vibration exercise in the frail elderly: an open, randomised control trial
Wadsworth DP¹,², Lark SD¹,³
¹School of Sport & Exercise, Massey University, New Zealand
²School of Nursing, Midwifery & Paramedicine, University of the Sunshine Coast, Australia
³Sport & Exercise Science New Zealand (SESNZ), New Zealand

Daily and per-meal protein intake is inadequate in geriatric rehabilitation patients: Nutrition, Energy Expenditure and Demands (NEED) study
Kew N¹, Hettiarachchi J¹, Agius B², Fetterplace K²,³, Maier AB¹,⁴, Reijnierse EM¹
¹Department of Medicine and Aged Care, @AgeMelbourne, The Royal Melbourne Hospital, The University of Melbourne, Melbourne, Victoria, Australia
²Department of Clinical Nutrition, Allied Health, Royal Melbourne Hospital, Melbourne, Australia
³Department of Medicine, The University of Melbourne, Melbourne, Victoria, Australia
⁴Department of Human Movement Sciences, @AgeAmsterdam, Faculty of Behavioural and Movement Sciences, Amsterdam Movement Sciences, Vrije Universiteit, Amsterdam, The Netherlands
Risk factors for incident falls and fractures in older men with and without type 2 diabetes mellitus: The Concord Health and Ageing in Men Project
Mesinovic J1, Scott D1,2, Seibel MJ3, Cumming RG4,5,6, Naganathan V5, Blyth FM5, Le Couteur DG5,7, Waite LM5, Handelsman DJ8, Hirani V5,9

1School of Clinical Sciences at Monash Health, Monash University, Clayton, Victoria, Australia
2Department of Medicine and Australian Institute of Musculoskeletal Science, Melbourne Medical School – Western Campus, The University of Melbourne, St Albans, Victoria, Australia
3Bone Research Program, ANZAC Research Institute, and Dept of Endocrinology & Metabolism, Concord Hospital, The University of Sydney, New South Wales, Sydney, Australia
4School of Public Health, University of Sydney, Sydney, New South Wales, Australia
5Centre for Education and Research on Ageing and Alzheimer’s Institute, Concord Hospital, Concord Clinical School, Faculty of Medicine and Health, Concord Hospital, University of Sydney, New South Wales, Sydney, Australia
6The Australian Research Council Centre of Excellence in Population Ageing Research, University of Sydney, Sydney, New South Wales, Australia
7ANZAC Research Institute & Charles Perkins Centre, University of Sydney, New South Wales, Sydney, Australia
8Department of Andrology, Concord Hospital & ANZAC Research Institute, University of Sydney, New South Wales, Sydney, Australia
9School of Life and Environmental Sciences, Charles Perkins Centre, University of Sydney, New South Wales, Sydney, Australia

Muscling in on the transitional matrix for better skeletal muscle health
Stupka N1,2, McCulloch DR3, McRae NL3, Addinsall AB4

1Department of Medicine – Western Heath, The University of Melbourne, St. Albans, VIC, Australia
2Australian Institute for Musculoskeletal Science (AIMSS), St. Albans, VIC, Australia
3Centre for Molecular and Medical Research, School of Medicine, Deakin University, Waurn Ponds VIC, Australia
4Department of Physiology and Pharmacology, Karolinska Institute, Stockholm, Sweden
About the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR)

The ANZSSFR is a professional, scientific society dedicated to the promotion of clinical, basic and translational research on sarcopenia and frailty in Australia and New Zealand. We aim to disseminate current knowledge of sarcopenia and frailty, along with deepening the understanding of muscle, bone and joint disease.

Our research on sarcopenia, osteoporosis and their combination, often culminating in disability and frailty, aims to identify, prevent and treat these conditions with the goal to translate evidence-based research and knowledge into clinical and real-world practice to better support older people in ageing well. We believe that understanding the links between sarcopenia, frailty and osteoporosis assists in designing research and improving interventions in clinical practice that may help older people to reduce their risk of disease and live independently and without disability into old age.

ANZSSFR also acts to represent the needs of its members through annual scientific meetings, as well as the wider clinical and lay community through advocacy and interaction with government, key stakeholders and related societies.

Governing Council
- Prof Robin Daly | President
- Prof Andrea Maier | President-elect
- Prof Gustavo Duque | Immediate Past President
- Prof Debra Waters | Secretary
- Prof Sharon Brennan-Olsen | Treasurer
- A/Prof Solomon Yu | South Australia
- Clin/Prof Charles Inderjeeth | Western Australia
- A/Prof David Scott | Victoria & Tasmania
- Prof Susan Kurrle | New South Wales
- A/Prof Ruth Hubbard | Queensland
- A/Prof Philip Sheard | New Zealand

Membership
Being a member of the ANZSSFR enables more positive contact with other societies and facilitates reaching out to others. Benefits include networking, international links, discounts, exclusive access, education, professional development, volunteering, voting rights, scholarships, seed grants & travel grants, consensus conferences, publications & electronic bulletins, abstract submission.

Membership Fees: 100 AUD per year for professional members and 50 AUD per year for in-training members.

More information ANZSSFR
Visit the website: https://anzssfr.org/