



**Australian and New Zealand Society
for Sarcopenia and Frailty Research**

2018-19



ANNUAL REPORT

► **Aims and Goals of ANZSSFR**

The objectives for which the society is established are:

- To arrange for and to promote, foster, develop and assist the study of research and the acquisition, dissemination and application of knowledge and information concerning sarcopenia and frailty in all its aspects.
- To promote improved standards of knowledge of muscle function and biology, biological mechanisms of sarcopenia and frailty, development of new biomarkers for sarcopenia and frailty, prevention of disability in sarcopenic and frail subjects, study of the mechanisms, clinical outcomes and treatments of osteosarcopenia, and all aspects of falls and fracture prevention.
- To encourage, stimulate and foster interest in: a) Musculoskeletal biology and function, sarcopenia and frailty amongst other interested persons including regional and international bodies; b) the promotion of networking collaborations nationally and internationally.
- To encourage participation of scientists from Australia and New Zealand at the International Conference on Sarcopenia and Frailty (ICSFR) and other related conferences.
- To encourage and to assist and arrange for scientists, practitioners and others to travel abroad and promote scientific communication and exchange in the fields of muscle biology and function, sarcopenia and frailty.
- To centralise, facilitate and promote the research agenda on all aspects of sarcopenia and frailty in Australia and New Zealand.
- To advocate for the integration of sarcopenia and frailty in clinical practice across Australia and New Zealand and to develop a research agenda for sarcopenia and frailty in Australia, from a bench to bedside to community and back to bench perspective.
- To promote translational research and clinical trials (investigator-initiated and industry-sponsored) on sarcopenia and frailty in Australia and New Zealand.

► **Council Members of ANZSSFR 2018-19**

- President: Prof Robin Daly. Vic
- President Elect: Prof Andrea Maier. Vic
- Immediate Past-President: Prof Gustavo Duque. Vic
- Secretary: A/Prof Debra Waters. NZ
- Treasurer: A/Prof Sharon Brennan-Olsen. Vic
- Vacant. Vic & Tas
- Prof Susan Kurrle. NSW & ACT
- Prof Charles Inderjeeth. W.A.
- A/Prof Ruth Hubbard. Qld
- A/Prof Solomon Yu. S.A
- A/Prof Philip Sheard, NZ

- Scientific and Advisory Committee: Prof Gordon Lynch
- Membership Development Committee: Prof Alan Hayes
- Sarcopenia Diagnosis Task Force: Dr David Scott

► Report from the PRESIDENT

Professor Robin Daly, PhD, FSMF

This is my first year as President of ANZSSFR and along with our Council and various committees we have worked to build upon the strong foundations that were established in the formative years to continue to consolidate and grow the society and ensure that we are in a strong position in the future. While the main focus for this year has been the Annual Scientific Meeting in Sydney, I am pleased to report that we have been able to achieve and introduce a number of other new activities and initiatives. However, it is also important to acknowledge that there have been various challenges in the past 12 months, particularly with regard to our financial position. With this in mind I wanted to highlight some of the noteworthy initiatives and achievements along with some of the challenges and considerations for the future.



Highlights and Achievements

In July this year, sarcopenia was officially recognised as a disease with an ICD-10 code in Australia. This is an important step forward for our field (and society), but we must acknowledge that further work is needed to raise awareness and educate both health professionals and the wider community about this disease. Two important initiatives led by members of our society that coincided with the ICD-10 announcement included: 1) an article in the Conversation to highlight sarcopenia as a new disease in Australia which received widespread reach (>32,000 reads to date), and 2) our ANZSSFR Taskforce on the Diagnostic Criteria for Sarcopenia, led by Dr David Scott, formulating a statement that appeared on our website which clearly articulated our stance on which definition and diagnostic criteria should be adopted in Australia. I would like to thank David and all other members of the Task Force for dedicating their time to this important initiative. With further modifications of definitions and diagnostic criteria for sarcopenia on the horizon, I anticipate that this Task force will continue to be very active and take on a leading role within the Australasian region.

This year saw the establishment of our early-mid career researcher (EMCR) subcommittee led by Dr Esmee Reijnierse (Chair) along with Dr Jesse Zanker, Dr David Scott, Dr Lara Vlietstra and Dr Marc Sim. This is an integral part of our society to ensure that our EMCRs remain engaged and become the next leaders within our field (and society). Several initiatives that the subcommittee achieved this year include the addition of a lunchtime symposium at the annual meeting in Sydney, and a networking session for ECMRs (with the GoSARC initiative). Further activities are planned for next year.

This year also saw the establishment and launch of our new ANSSSFR website, a specific policy on speaker reimbursement fees along with the formation of an ANZSSFR membership database and online payment platform to more closely monitor and track our members. Greater clarity was also provided around the eligibility for being a full member or student/member in-training. I would like to thank Professor Alan Hayes for leading this initiative.

Our society was invited to be part of a joint muscle and bone symposium at the Australian and New Zealand Bone and Mineral Society (ANZBMS) meeting in Darwin (27-30 October). This session was extremely well received and I would like to thank Professor Gordon Lynch, Professor Sue Kurrle and Associate Professor Debra Waters for representing our society and showcasing some of the tremendous work that members of our society undertake.

This year we have been able to introduce a number of new prizes and awards, including the Rising Star and Bright Star Best Publication awards (kindly supported by Jarrod Meerkin from MeasureUp for your Health) and a number of Allied Health Awards to attract and support practicing allied health

professionals working in the area of sarcopenia, falls, osteoporosis or frailty to attend and present the findings of some original research or a clinical case report at our annual meeting.

Another important initiative for the society was the consolidation of our finances. Previously some of our funds had been held with the Meeting People to support our annual meeting. All funds are now held within our ANZSSFR account. I would also like to report that we have appointed a new accountant and auditor (NFPAS - Not for Profit Accounting Specialists). I would like to acknowledge Associate Professor Sharon Brennan-Olsen who has worked tirelessly behind the scenes to ensure that our finances are in order.

We are currently in the process of establishing a regular ANZSSFR newsletter. Two early-mid career researchers have kindly offered to provide support to get our newsletter up and running (Jason Talevski and Stefanie Bird). Moving forward we will require ANZSSFR members to provide content (news stories, published papers etc) for the newsletter.

Among our other activities, the annual scientific meeting remains a key activity for our Society to ensure that we continue to advocate, promote and showcase sarcopenia and frailty research in Australia and New Zealand. All our previous meetings have been of very high scientific quality and our 2018 meeting in Dunedin was no exception. Although the overall number of delegates was a little down in comparison to previous years (n=105 in 2018; n=173 in 2017; n=128 in 2016), the scientific quality was outstanding and I would like to thank A/Prof Debra Waters and her local organising team for hosting and organising an outstanding meeting.

For this year's meeting in Sydney, I would like to thank the chairs of our local organising and scientific committee, Professor Sue Kurrle and Professor Gordon Lynch, along with our symposia and abstract reviewers (Gordon Lynch, Robin Daly, Phil Sheard, Andrea Maier, Rene Koopman, Sue Kurrle, Charles Inderjeeth, Gustavo Duque, David Scott, Ruth Hubbard), for putting together an excellent program that incorporates a mix of basic, clinical and translational research. Special thanks also to our event organiser, Lara Malcom from the Meeting People, who has done a fantastic job overseeing the entire meeting.

I would also like to thank our previous executive manager, Gwen McMaster-Fay, who worked tirelessly to manage our society. Her friendly approach and professionalism will be missed but her contribution to the society will not be forgotten.

Challenges and Considerations Moving Forward

I believe that the future for our society is very promising with some exciting times ahead as interest in sarcopenia and frailty continues to grow, but there are a number of challenges and considerations for our society that we will collectively need to reflect upon and address moving forward.

Financial position

Perhaps the greatest challenge facing our society at present is our limited fiscal resources. Unfortunately this resulted in the departure of our executive manager, Gwen McMaster-Fay, which has subsequently created additional challenges in terms of the day-to-day running of the society. This has also limited our ability to support other new society activities or initiatives. This year we are expected to make a small profit from the annual meeting, but to ensure the ongoing existence of our society in the future and the ability to meet our objectives and serve our members we will need to explore other avenues of income. Some options to consider include State-based symposium (1/2-1 day events), a body composition training course for health professionals and co-badged events with other societies. Securing financial support from sponsors is becoming increasingly challenging and whilst this year we were able to secure around \$70K in sponsorship, we cannot rely on this level of support each year. Where we hold our annual meeting will be critical moving forward to maximise delegate numbers but also to keep registration costs affordable to allow our members, especially ECMRs, to attend. The good news is that the 2020 ANZSSFR meeting will be held in Brisbane at the Translational Research Institute (Prof Ruth Hubbard, Chair of the LOC) with no substantial venue costs.

Membership

Historically one of the challenges for our society has been keeping track of our membership since this was based solely on attending the annual meeting (eg. all registered delegates were automatically given membership to the society). This year Council voted to change the membership structure to an annual fee to be paid by the 30th June, with members able to receive a discounted registration to the annual meeting (equivalent to the original fee). Members are also eligible to apply for our travel awards and other society awards/prizes. Despite repeated attempts to reach out to our database of delegates that have attended our previous meetings, our membership numbers are modest. We currently have 78 members (50 full members and 28 members in-training). The plan moving forward is to establish a membership/finance subcommittee to assist Prof Alan Hayes to grow our membership base as well as look into other incentives for what we can offer our members, particularly EMCRs. We also plan to introduce to new 'welcome' pack that will be given to all new members.

ICD-10-AM Code | Taskforce

As already indicated, the introduction of the ICD-10-AM code for sarcopenia is a significant and important step forward for our field, but as a society it will be critical that we take a leading role in continuing to raise awareness and educate both health professionals and the wide community about this disease. As indicated by Prof Duque, we must also work to integrate sarcopenia and frailty into governmental advisory bodies to inform health policies to ensure maximal impact on our population. We also need to work to establish a IHPA code for sarcopenia so that an in-hospital diagnosis is possible. A strength of our society has been our Taskforces, and moving forward I anticipate that these groups will remain very active to lead our education agenda and to establish expert consensus and standardised sarcopenia/frailty diagnosis guidelines, treatment recommendations, tools available etc. across Australia/NZ. This may also provide an opportunity for other sources of income for our society.

Society Subcommittees

A scientific society thrives largely on the contribution and goodwill of its members. While I am fortunate to have very strong support from the members of council and chairs of our subcommittee, I believe that we need to expand and diversify to not only spread the workload but generate new ideas and initiatives. Council is currently revisiting the various subcommittees with the goal to actively seek other members to become more involved to help shape the future of our society.

Communication

To provide the best support to ANZSSFR members and keep them abreast of society matters, Council has recognised that we need to improve communication. Over the next year the goal is to introduce a regular society newsletter and improve our social media presence.

Other Future Initiatives

Other current and future initiative include the establishment of our 3-5 year Strategic Plan which Council is currently working on. We must also continue to explore international links to continue to attract international delegates to our annual meeting and grow our collaborations, particularly with our Asian neighbours. Several of our members have established strong links with the Asian Society for Sarcopenia and Frailty Research and we may wish to consider inviting other societies to hold co-badged sessions at our annual meeting.

I would like to end my report by personally thanking Gwen McMaster-Fay and our Council and subcommittee members for their continuing support and guidance, particularly our treasurer Associate Professor Sharon Brennan-Olsen who has guided our society through a challenging period. I am optimistic about our future and I look forward to working closely with Council and our various subcommittees over the coming year to ensure that our society continues to grow.

Professor Robin Daly

► Report from the TREASURER

Associate Professor Sharon Brennan-Olsen, PhD

At the end of the 2018-2019 Financial year (30/6/2019) the balance of the ANZ account was \$12,468.13 in credit.

2018 Conference expenditure	= \$83,242.05
2018 Conference income	= \$112,980.00

Final Conference Surplus	\$29,737.95



As at the 30th June 2019 The Meeting People also held in Trust \$80,111.88 for the ANZSSFR. However there are 2019 conference fees still to be paid.

These figures are for the last financial year June 30th 2018 – 1st July 2019, are currently being audited in accordance with the ASIC requirements and approved by the Directors of the ANZSSFR.

Sharon Brennan-Olsen

Treasurer (appointed May 2018-)

Report presented at 2019 AGM Saturday 23rd November 2019 in Sydney, Australia

► 2018 Conference Income

	Paid	N=105	Number
Registration fees (GST EXCLUDED)	AU\$		
Full Registration		\$35,715	
Early Full Member	695	\$6,255	9
Late Full Member	795	\$3,180	4
Early Non-Member	795	\$12,720	16
Late Non-Member	895	\$5,370	6
Early in Training Member	345	\$3,795	11
Late in Training Member	445	\$445	1
Early in Training Non-Member	395	\$3,950	10
Late in Training Non-Member	495	\$0	0
Day Registration		\$3,725	
Day Fee - Full	375	\$2,625	7
Day Fee - Full Late	425	\$850	2
Day Fee - In Training	200	\$250	1
Day Fee - In Training Late	250	\$0	0
Meet the Professor Breakfast Session		\$640	
Breakfast 1	40	\$0	0
Breakfast 1- Comp	0	\$0	0
Breakfast 2	40	\$640	16
Breakfast 2- Com	0	\$0	2
Workshop - Sunday Comp		\$1,400	
Workshop	50	\$1,100	22
Workshop - Extra	150	\$300	2
Complimentary		\$0	
Invited Speakers- full Registration	0	\$0	7
Committee	0	\$0	4
Trade/sponsor - Incl	0	\$0	16
Trade - Extra	250	\$0	0
Social Functions	0	\$130	
Welcome Incl	0	\$0	53
Welcome Extra	65	\$130	2
Sponsorship/Trade Displays		\$71,500	
Amgen - Platinum			
Eli Lilly - Silver			
Sanofi - Bronze			
Wedderburn - Bronze			
Exhibitors			
Nutricia			
AIMSS			
Hologic			

► ANZSSFR Membership: 2018-19

Historically ANZSSFR membership was granted based entirely upon attendance at the annual scientific meeting. In year March 2019, Council voted to change the membership structure to an annual fee to be paid by the 30th June each year, with members able to receive a discounted registration (to the value of their original membership) to attend future annual meetings.

From the period 1st July 2018 to 30th June 2019, there were 67 members based on attendance at Dunedin meeting. From March to 30th June 2019, 46 members (33 full member and 13 in-training members) elected to pay their membership fee.

► Sarcopenia Diagnosis Task Force

The primary aim for this Task Force is to determine a single operational definition of sarcopenia for promotion to clinicians and researchers in Australia and New Zealand. This may be achieved through one of the two following strategies:

- Adoption of an existing international operational definition, measurements and cut-points with research activities including validation of cut-points within Australian older adult cohorts.
- Development of a new Australian and New Zealand operational definition, measurements or cut-points, the methods for which may or may not be informed by existing international definitions.

Task Force Members will be invited to discuss these potential (and other strategies) and, if a preference is agreed upon, to engage in associated research activities. In 2019 in response to the announcement of the ICD-10-AM code in Australia and the European Working Group on Sarcopenia in Older People (EWGSOP2) revised definition and criteria for sarcopenia, the Task Force released a statement on behalf of the society related to the recommended diagnostic criteria for sarcopenia in Australia. A copy of this statement is on our website.

Chair and Invited Members of the Task Force:

The chair of the Task Force is Dr David Scott. Invited members that have contributed to task force activities include: Gustavo Duque, Jesse Zanker, Rob Daly, Alan Hayes, Josh Lewis, Manuel Montero-Odasso, Charles Inderjeeth, Andrea Maier, Debra Waters, Sandra Iuliano, Kerrie Sanders, Sharon Brennan-Olsen, Julie Pasco, Steven Phu, Solomon Yu, Esmee Reijnierse, Chris Girgis, Tim Henwood, Paul Gregorevic, Mathis Grossmann, Justin Keogh, Vasani Hirani, Renuka Visvanathan.



► EMCR Committee

In May 2019 the early-mid career research (EMCR) committee was formerly established. The Chair of the EMCR committee is Dr Esmee Reijnierse and the committee members include Dr Jesse Zanker, Dr David Scott, Ms Lara Vlietstra and Dr Marc Sim.



The mission of the ANZSFFR EMCR Committee is two-fold:

- The EMCR Committee aims to engage and represent EMCRs within the ANZSFFR;
- The EMCR Committee aims to promote the professional development of EMCRs through education, outreach, mentorship, and facilitating networking among EMCRs and clinicians, students, and other professionals within the society.

The aims of the ANZSFFR EMCR Committee are to:

- Establish a community of researchers and clinicians with interest in sarcopenia and frailty research.
- Maintain a strong, active link between EMCR, the ANZSFFR and the community.
- Host an annual event to celebrate research and translation amongst EMCR members.

► ANZSSFR 2018 Conference

The 2018 Annual Conference was held at St David Theatre Complex, University of Otago, in Dunedin, New Zealand. It showcased a host of international speakers including Professor Leo Rodriguez Mañas (Madrid, Spain), Professor Steve Heymsfield (Louisiana, USA), A/Professor Lora Giangregorio (Waterloo, Canada), A/Professor Phil Sheard (Dunedin, New Zealand) and Professor Liang-Kung Chen (Taipei, Taiwan) and Professor Ian Reid (Auckland, NZ). There was also an excellent mix of symposia, parallel and oral sessions and poster presentations. A total of 105 delegates registered to attend the meeting and there were six symposia sessions (incorporating 18 abstracts) and 52 abstracts.



Several other features were the post-meeting workshop on Advances in Quantifying Skeletal Muscle Mass led by Prof Steve Hemysfield that was attended by 22 delegates and the Community event ('Fit for Life') that was sponsored by CARE, Ageing Well National Science Challenge.

Award Recipients

Highest ranked abstract – Best Clinical and Translational Sciences

Jack Dalla Via, Patrick Owen, Robin Daly, Niamh Mundell, Timo Rantalainen, Patricia M Livingstone, Steve Fraser.

Title: *Effects of androgen deprivation therapy for men with prostate cancer on muscle and bone strength and their determinants and the interaction between them.*



Highest ranked abstract – Biomedical Sciences

Walter Sepúlveda Loyola, Paulo Sérgio Pereira, Renata Pires Tricanico Maciel, Denise Duarte Santiago, Maria Emília Favaro, Décio Sabbatini Brarbossa, Vanessa Suziane Probst.

Title: *Oxidative stress and inflammatory biomarkers in pre-sarcopenic, sarcopenic and non-sarcopenic individuals with chronic obstructive pulmonary disease (COPD): Preliminary results*



Best poster presentations

Yen-Hui Chiu, Yu-Ning Liu, Hung-Yu Chien.

Title: *Attenuation of muscle regeneration related to muscle loss in mice fed with sugar-sweetened water.*



Jeanine M Van Ancum, Kimberley S van Schooten, Nini H Jonkman, Bas Huijben, Rob C Van Lummel, Care I G M Meskers, Andrea B Maier, Mirjam Pijnappels.

Title: *Gait speed assessed using a 4-meter walk test is not representative of daily-life gait speed in community dwelling adults.*



2018 LOCAL ORGANISING COMMITTEE

A special thank you to all the members of the ANZSSFR LOC for their tireless contributions, particularly A/Prof Debra Waters, the various society members who reviewed abstracts within a tight schedule, the session chairs, Gwen McMaster-Fay (Executive Manager), the Meeting People (Lara Malcolm) and all others who have contributed to the meeting.

Local Organising Committee

- Associate Professor Debra Waters, Convenor
- Associate Professor Philip Sheard
- Dr Kim Meredith-Jones
- Associate Professor Simon Stebbings
- Dr Jon Cornwall
- Dr Lynette Jones
- Lara Vlietstra
- Dr Stephen Chalcroft
- Dr Ruth The

Scientific Committee

- Professor Gordon Lynch (Chair)
- Associate Professor Philip Sheard
- Dr Ruth The
- Dr René Koopman
- Professor Robin Daly
- Professor Renuka Visvanathan
- Professor Charles Inderjeeth
- Professor Andrea Maier

We are very grateful for the generous support from industry, including Amgen (Platinum), Eli Lilly (Silver), Sanofi and Wedderburn (Bronze) as well as the University of Otago and our exhibitors: AIMSS, Hologic and Nutricia.

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EXHIBITORS

