



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

2019-20



ANNUAL REPORT

► **Aims and Goals of ANZSSFR**

The objectives for which the Society was established are:

- To promote, foster, develop and assist research in the area of sarcopenia and frailty, and also the dissemination and application of this research knowledge and information.
- To promote knowledge of muscle function, biology and biological mechanisms of sarcopenia and frailty, investigate potential biomarkers for sarcopenia and frailty, prevention of sarcopenia, frailty and associated consequences as well as clinical outcomes and treatments of sarcopenia and frailty, 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; and b) 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 and other related conferences.
- To encourage and to assist and arrange for scientists, exchange students, practitioners and others to travel abroad and/or engage online and promote scientific communication and exchange in preclinical / biological and clinical research in sarcopenia and frailty.
- To 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 diagnostics and management in clinical practice across Australia and New Zealand.
- To promote translational research and clinical trials (investigator-initiated and industry-sponsored) on sarcopenia and frailty in Australia and New Zealand.
- To promote the dissemination of knowledge on all aspects of sarcopenia and frailty to the broader community.

► **Council Members of ANZSSFR 2019-20**

- 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
- A/Prof David Scott. 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: A/Prof David Scott

► Report from the PRESIDENT

Professor Robin Daly, PhD, FSMF, FASBMR

It is my pleasure to present my second and final report as President of ANZSSFR. Upon reflection I have a great sense of pride in what we have been able to achieve over the past 2 years in light of some significant challenges, but I firmly believe that our society is in a strong position to grow and thrive further in coming years. I share with you some of the highlights and achievements of the past 12 months.



2019 Annual Scientific Meeting

The 2019 Annual Scientific Meeting held in Sydney was a successful event for our society from both a scientific quality and financial perspective. Overall, we had 159 registrations with 11 sponsors supporting the event. I would like to thank Prof. Sue Kurrle for her role as convenor of this meeting along with the scientific committee chaired by Prof. Gordon Lynch and The Meeting People led by Lara Malcolm. I would also like to thank Prof. Gustavo Duque who was able to secure additional sponsorship for the abstracts to be published in the Australasian Journal of Ageing. Despite the success of this meeting, a number of important lessons were learnt that should inform future decisions like where we should hold our annual meeting to make it widely accessible and affordable to all our members and others with an interest in sarcopenia and frailty.

EMCR Virtual Symposium

The EMCR committee held a very successful virtual symposium titled *'The Next Generation in Sarcopenia & Frailty Research'* on Sat 8th August 2020. Further details about this event can be found in the EMCR report below. I would like to thank Dr Esmee Reijnierse for leading this initiative and all the EMCR committee members (Dr Jessie Zanker, A/Prof David Scott, Dr Marc Sim and Dr Lara Vlietstra) for conducting such a successful event. Congratulations also to Stefanie Voelker and Jeewanadee Hettiarachchi who were awarded the two Most Outstanding Abstract and Oral presentation awards.

2020 ANZSSFR Virtual Symposium

Following the success of the EMCR symposium and with the postponement of the 2020 Annual Scientific meeting until November 2021 (pending COVID-19 outcomes), we made a commitment to conduct three virtual symposium/webinars between Nov 2020 and July 2021. The first of these was held on Thurs 12th Nov titled *'Implications of COVID-19 on sarcopenia and frailty: Looking back to move forward'*. As of the 9th Nov (@830am), we had 64 registrations (41 members and 23 paying non-members) and secured \$11,500 in sponsorship from Abbott (Platinum), Hologic (Silver), Inbody and Wedderburn (both Bronze). This event was recorded and will be made available to others on our website. As special thank you to A/Prof David Scott, Dr Jack Dalla Via and Dr Paul Jansons for joining me as program co-chairs.

Membership

Due to COVID-19 and the postponement of the 2020 Annual Scientific meeting, Council agreed to reduce the 2020-21 membership fee to \$75 for full members and \$35 for members-in-training. During these challenging times it is important that we continue to engage with our members and so, to entice members to renew or join our society, all paid members will receive free access to all our virtual symposia and members-in-training will be eligible to receive various prizes and

awards on offer at some of our events. As of the 9th November 2020, we have 84 members (paid as of 1st July 2020) which includes 60 full members and 24 members-in-training.

ANZSSFR Taskforce Activities

The ANZSSFR Sarcopenia Diagnosis and Management Task force, led by Associate Prof. David Scott and Dr Jesse Zanker, have been active with a new initiative that aims to establish updated consensus recommendations for the diagnosis and management of sarcopenia in Australia and New Zealand. It is anticipated that the results from this initiative will be presented to members by mid-2021. Further details are provided in David's report below.

ANZSSFR joins IFMRS (International Federation of Musculoskeletal Research Societies)

In September 2020 ANZSSFR became a member of the international, not for profit federation of musculoskeletal research societies (IFMRS). The IFMRS mission is to advance musculoskeletal research globally in order to prevent and treat musculoskeletal diseases by collaborating with international societies to share resources, raise public awareness and provide education. ANZSSFR is the first society with a focus on sarcopenia and frailty to join IFMRS. As a member society (with representation on the board) there will be new opportunities for our society to engage with members from other societies and disciplines, apply for grants and awards and importantly have an active 'voice' within the international musculoskeletal community.

Endorsement of position statements and consensus statements

Over the past 12 months, ANZSSFR was approached and formally endorsed a position statement developed by the Clinical Oncology Society of Australia (COSA) titled '*Cancer-related malnutrition and sarcopenia – position statement*', and a manuscript by Prof. Simon Bell titled '*Medication Management in Frail Older People: Consensus Principles for Clinical Practice, Research and Education*' developed by a multidisciplinary consensus group which convened during the Optimising Geriatric Pharmacotherapy through Pharmacoepidemiology Network (OPPEN) workshop in Berlin Germany.

Contribution to AMRAB and MRFF submission

ANZSSFR made a submission to the Australian Medical Research Advisory Board (AMRAB) consultation on MRFF priorities to encourage greater focus on musculoskeletal conditions including sarcopenia and frailty. I would like to thank Prof. Sharon Brennan-Olsen for preparing and leading this submission and others who also provided input.

Diversity and inclusion statement of principles

ANZSSFR respects and welcomes the diversity of our members, collaborators and supporters and thus has developed a formal statement on Diversity and Inclusion Statement of Principles which can now be found on our website. I would like to thank Prof. Sharon Brennan-Olsen for leading this initiative.

Finances

As I mentioned in my report last year, one of the greatest challenges facing our society has been our limited fiscal resources. I am pleased to report that our situation has improved over the past 12 months thanks to the success of the 2019 annual scientific meeting, sponsorship raised for our 2020 virtual symposium and a medical education grant that we received to support the development of a position paper. I can also confirm that all our finances have been consolidated into one account and all reporting requirements are up to date. I would like to express my sincere thanks to Prof. Sharon Brennan-Olsen who has worked tirelessly behind the scenes over the past 2 years to ensure that all our finances are in order.

Strategic Plan

I am pleased to report that the 2020-2023 ANZSSFR Strategic Plan has been finalized by Council. This plan has four key strategic priorities, each of which has specific strategies and measures of success that we will report against over the next 3 years.

We need your help

A scientific society thrives largely on the contribution and goodwill of its members. Moving forward Council is planning to develop a number of society subcommittees to help achieve some of the key priorities outlined in our strategic plan. Thus, we will be seeking the support of members (at all levels) who would like to become more actively involved in our society. If you are interested to help guide and shape the future of our society please do not hesitate to contact me or anyone on council.

I would like to end my report by personally thanking and acknowledging the work of members of ANZSSFR Council and the various subcommittees, particularly our treasurer Prof. Sharon Brennan-Olsen who has guided our society through a challenging 2 years financially and has provided me with unwavering support during my term. Prof. Gustavo Duque is also stepping down as Past-President and I would like to thank him for everything he has done in establishing our society and for his unconditional support. I can certainly now appreciate the amount of time, effort and commitment that is required to oversee our society! I would also like to thank Prof. Debra Waters for her contributions to our society and her roles on council and as secretary over the past 4-5 years. I now hand over to Prof. Andrea Maier as the next President of ANZSSFR who I know is equally committed to seeing our society continue to flourish. I have no doubt we are in good hands and I wish Andrea every success in this role.

In closing, I would like to say that I have thoroughly enjoyed my time as ANZSSFR President and feel proud about what we have been able to achieve over the past 2 years. I am very optimistic about our future and believe that with a clear strategic plan now in place we can continue to grow our society and community. I encourage you all to 'put up your hands' and 'roll up your sleeves' and become actively involved in our wonderful community. I look forward to remaining actively involved in my role as Past-President and hopefully seeing many of you face-to-face at our annual meeting next year.

I now hand over virtually (since we cannot meet face-to-face) the 'ANZSSFR gavel' to Andrea to keep our society in order!

Professor Robin Daly



► Report from the TREASURER

Associate Professor Sharon Brennan-Olsen, PhD

At the end of the 2019-2020 Financial year (30th June 2020):

- the (audited) Income Statement indicated the Net Surplus/(Deficit) for 2019 was a Deficit of \$16,197 and for 2020 was a Surplus of \$24,494
- the Balance Sheet indicated the Total Accumulated funds for 2019 were \$16,854 and for 2020 were \$41,348.



The Society's 2020 conference was postponed in lieu of a virtual conference scheduled for November 12th 2020.

Audited financial statements for 2019-2020 financial year, audited in accordance with ASIC requirements and approved by the Directors of the ANZSSFR, will be presented at 2020 AGM Thursday 12th November 2020 at virtual conference.

Sharon Brennan-Olsen
Treasurer (appointed May 2018-)

► ANZSSFR Membership: 2019-20

For the 2019-20 period, Council voted to change the membership structure to an annual fee to be paid by the 30th of June each year, with members able to receive a discounted registration (to the value of their original membership) to attend future annual meetings. This year due to COVID-19 there was a delay in sending our membership renewal notices but to entice members to renew (or join), Council agreed to offer (for this financial year only) a special discounted fee of \$75 for full members and \$35 for members-in-training. From the period 1st July 2020 to 9th Nov 2020, there were 84 paid members on our database (60 full members and 24 in-training members).

► Sarcopenia Diagnosis and Management Task Force

The primary aim for this Task Force is to develop recommendations for the diagnosis, prevention and treatment of sarcopenia, and to promote these to clinicians and researchers in Australia and New Zealand who are working with people who live with, or are at risk of, sarcopenia.

In 2018, we published a consensus statement based on the findings of our first Delphi process, conducted with 24 expert members of the Task Force. The key recommendation from this consensus statement was that clinicians and researchers in Australia and New Zealand should utilise the European Working Group on Sarcopenia in Older People (EWGSOP) operational definition of sarcopenia. A subsequent update to the EWGSOP definition in 2019 motivated us to re-visit a Delphi process in 2020 to ensure clarity for clinicians and researchers.

This process commenced in July 2020 with an initial meeting of the Task Force to discuss the proposed modified Delphi process. A key outcome of this meeting was support for the need to include consumers in the discussion on how sarcopenia should be diagnosed and managed. With ongoing feedback from Task Force members and consumer representatives we have now prepared two surveys; one for experts (e.g. researchers and clinicians) and one for consumers (e.g. people with or at risk of sarcopenia, and those who care for these people). These surveys are currently under review by the Monash Health Human Research Ethics Committee and we expect to be able to release these to the public in November 2020. Following completion of these surveys, the results will be analysed and modified surveys will be released for further feedback, consistent with the Delphi process. The Task Force will then prepare an updated consensus statement based on the results of these data, and this is expected to be submitted for publication by mid-2021.

I would like to take this opportunity to sincerely thank Dr. Jesse Zanker, without whose efforts this modified Delphi process would not be possible. I would also like to encourage all ANZSSFR members to complete the surveys once they are made available, and to share them with your networks, in order to ensure we canvas a wide representation of opinions on sarcopenia diagnosis and management from experts and consumers.

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: Jesse Zanker, Gustavo Duque, Rob Daly, Alan Hayes, Josh Lewis, Manuel Montero-Odasso, Charles Inderjeeth, Andrea Maier, Debra Waters, Sandra Iuliano, Gordon Lynch, 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. We would like to extend a warm welcome to our new Task Force members in 2020: Troy Walker, Kate Anderson, Saliu Balogun, Elsa Dent, Lara Vlietsta and Nicholas Russell.



► **EMCR Committee**

In May 2019 the Early- and Mid-Career Researchers and clinicians (EMCR) committee was formerly established. The Chair of the EMCR committee is Dr Esmee Reijnierse and the committee members include Dr Jesse Zanker, A/Prof David Scott, Ms Lara Vlietstra and Dr Marc Sim.



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

- The EMCR Committee aims to engage and represent EMCRs within the ANZSSFR;
- 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 ANZSSFR 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 ANZSSFR and the community.
- Host an annual event to celebrate research and translation amongst EMCR members.

The EMCR Committee hosted two successful events in 2019 and 2020. The Committee is currently working on developing a first EMCR newsletter. Furthermore, we will explore options for an event at the beginning of 2021. Some Terms of Reference of EMCR Committee members will end soon and expressions of interest will be advertised.

Contact details: emcr.anzssfr@gmail.com

Highlights 2019-2020

ANZSSFR annual meeting 2019 – Lunchtime Early- to Mid-career Symposium

During the 2019 annual meeting in Sydney, the EMCR Committee hosted their first event. The lunchtime symposium included two parts: Pitch your research and an interactive panel discussion. Six abstracts from ECMRs were selected to present in a three-minute pitch format. The pitches were of outstanding quality. Two awards were handed out: Natascha Reid was the winner scored by the panel and Lenore Dedeyne was the audience winner.

The interactive panel discussion *“Don’t take us for granted!” The EMCR compass for navigating the funding jungles and the path to success* included the panel members Prof Sean X Leng, A/Prof Debra Waters and Dr David Scott. ECMRs were invited to ask questions and this led to interesting discussions about tips and advice for ECMRs in writing grants and mapping their career.



Natascha Reid and
Lenore Dedeyne

The Next Generation in Sarcopenia & Frailty Research – Virtual Symposium 2020

The EMCR Committee decided to organise a virtual event for ECMRs who missed out on an opportunity to present their work due to the COVID-19 pandemic. We initially expected it to be a small event but it ended up being way more successful! The event was free and open to everyone. Registrations were coming in directly and numbers were going up every day.

Over 360 people registered and 184 attended the virtual symposium, with people attending from 15 different countries. The program included three excellent keynote speakers; Prof Debra Waters, Prof Gordon Lynch and Prof Susan Kurrle, and three sessions of oral presentations by ECMRs. Twenty-five ECMRs presented their work in just three minutes each, showcasing the significant research currently being performed by ECMRs. The virtual symposium was a great success and received an overall score of 9.0 out of 10 based on the survey. Stefanie Natascha Voelker and Jeewanadee Hettiarachchi both won the ‘Outstanding Abstract & Oral Presentation’ awards.



Australian and New Zealand Society
for Sarcopenia and Frailty Research

EARLY- AND MID-CAREER RESEARCHERS AND CLINICIANS COMMITTEE

The Next Generation in Sarcopenia & Frailty Research – Virtual Symposium, of
the Australian and New Zealand Society for Sarcopenia and Frailty Research,
8 August 2020

Outstanding Abstract & Oral Presentation Awards

Stefanie Natascha Voelker

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

Jeewanadee Hettiarachchi

Malnutrition is associated with poor ADL trajectories in geriatric rehabilitation in-
patients: RESORT

► Publication Awards

The 2018-19 Bright Star (for post-doctoral researchers) and Rising Star (for PhD, Masters and Honours students) awards were sponsored by Jarrod Meerkin from MeasureUp Australia.

Bright Star Publication Recipients

Winner

Ronaldo Piovezan

Co-authors: Camila Hirotsu, Renato Moizinho, Helton de Sá Souza, Vania D'Almeida, Sergio Tufik, Dalva Poyares

Title: *Associations between sleep conditions and body composition states: results of the EPISONO study.*



Highly Commended

Marc Sim

Co-authors: Joshua R. Lewis, Lauren C. Blekkenhorst, Catherine P. Bondonno, Amanda Devine, Kun Zhu, Peter Peeling, Richard L. Prince, Jonathan M. Hodgson

Title: *Dietary nitrate intake is associated with muscle function in older women.*



Bright Star Publication Recipients

Winner

Jack Dalla Via

Co-authors: Robin M. Daly, Patrick J. Owen, Niamh L. Mundell, Timo Rantalainen, Steve F. Fraser

Title: *Bone mineral density, structure, distribution and strength in men with prostate cancer treated with androgen deprivation therapy.*



Highly Commended

Mark Thompson

Co-authors: Olga Theou, Graeme R. Tucker, Robert J. Adams, Renuka Visvanathan

Title: *Recurrent Measurement of Frailty Is Important for Mortality Prediction: Findings from the North West Adelaide Health Study.*



► ANZSSFR 2019 Conference

The 2019 Annual Conference was held at the Hilton Hotel in Sydney, Australia. It showcased a host of international speakers including Professor Luc van Loon (Maastricht University Medical Centre, The Netherlands), Professor Sean Leng (John Hopkins University, USA), Professor Cathie Sherrington (University of Sydney), Professor Andrea Maier (University of Melbourne) and Emeritus Professor Miranda Grounds (University of Western Australia). There was also an excellent mix of symposia, parallel and oral sessions and poster presentations. A total of 159 delegates registered to attend the meeting and there were six symposia sessions (incorporating 18 abstracts), an early-to-mid career symposium and 58 abstracts.

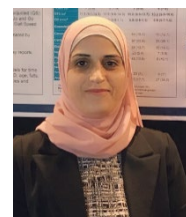


Annual Meeting Award Recipients

Highest Ranked Abstract and Most Outstanding Presentation

Dima Alajlouni, Dana Bliuc, Thach Tran, John A. Eisman, Tuan V. Nguyen, Jacqueline R. Center.

Title: The role of individual components of sarcopenia and their rate of decline in fracture risk in elderly men and women.



Best Poster – National

Natasha Reid, Ruth Hubbard, Nancye Peel, Marina Reeves.

Title: Change in frailty index following a 12-month weight loss intervention in Australian breast cancer survivors.



Best Poster – International

Anna Rojer, Keenan Ramsey, Natascha van Rijssen, Marijke Trappenburg, René Otten, Martijn Heymans, Mirjam Pijnappels, Carel Meskers, Andrea Maier.

Title: Instrumented measures of sedentary behaviour and physical activity are associated with mortality in community-dwelling older adults: a systematic review, meta-analysis and meta-regression.



2019 LOCAL ORGANISING COMMITTEE

A special thank you to all the members of the ANZSSFR LOC and scientific committee for their tireless contributions, those who scored and judged abstracts/presentations, the session chairs and the Meeting People (Lara Malcolm) and all others who have contributed to the meeting.

Local Organising Committee

- Professor Sue Kurrle, Convenor
- Prof Rob Daly
- Prof Ian Cameron

Scientific Committee

- Professor Gordon Lynch (Chair)
- Professor Robin Daly
- Associate Professor Philip Sheard
- Professor Andrea Maier
- Dr René Koopman
- Professor Sue Kurrle
- Professor Charles Inderjeeth
- Professor Gustavo Duque
- Dr David Scott
- Associate Professor Ruth Hubbard

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EXHIBITORS



OTHER SPONSORS

Nestle and Dairy Australia

We are very grateful for the generous support from industry, including Amgen (Platinum), NSW Health (Silver) Hologic and Sanofi (Bronze) as well as our exhibitors: Inbody, Wedderburn and Impedimed and Nestle and Dairy Australia.