



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

2020-21



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 2020-21**

- President: Prof Andrea Maier
- President Elect: A/Prof Solomon Yu. SA
- Immediate Past-President: Prof Rob Daly. Vic
- Secretary: Prof Charles Inderjeeth. WA
- Treasurer: Prof Itamar Levinger. Vic
- A/Prof David Scott. VIC & TAS
- Prof Susan Kurrle. NSW & ACT
- A/Prof Ruth Hubbard. Qld
- Dr Mark Thompson. S.A
- A/Prof Philip Sheard, NZ

- Scientific and Advisory Committee: Prof Gordon Lynch
- Sarcopenia Diagnosis Task Force: A/Prof David Scott

► Report from the PRESIDENT



Professor Andrea Maier *MD PhD FRACP*

It is my pleasure to present the report as President of ANZSSFR. The COVID-19 pandemic changed and sometimes challenged our individual life, our working life and our society. Normal activities such as our annual meeting as a consequence of the pandemic, had to be rescheduled. Due to the tremendous work of many members, we were able to build further on our society.

2020 Annual Scientific Meeting postponed

After a very successful 2019 Annual Scientific Meeting held in Sydney, the annual meeting and scientific committee met regularly to plan for the next meeting in Brisbane, which unfortunately had to be postponed a couple of times. I would like to thank Prof. Ruth Hubbard and the other members of the organising committee, Prof. Rob Daly, Prof. Susan Kurrle, Prof. Itamar Levinger, Dr. Natasha Reid and A/Prof. Phil Sheard for the tremendous work in difficult times.

Asia Pacific Virtual Symposium on Sarcopenia and Frailty Research

Together with the Asian Association for Frailty and Sarcopenia, the ANZSSFR held the Asia Pacific virtual symposium on May 22nd 2021. Prof. Gustavo Duque and Prof. Deborah Waters played a key role in bringing the two associations together and creating the excellent program. Internationally renowned speakers and EMCRs were given the virtual floor to present the latest updates about sarcopenia and frailty.

ANZSSFR World Sarcopenia Day symposium

On the July 5th 2021 the ANZSSFR World Sarcopenia Day Symposium was presented by our EMCR committee. The symposium included presentations from EMCRs across the world and the outcomes of the Delphi Process on Sarcopenia Diagnosis and Management, led by EMCRs A/Prof. David Scott and Dr. Jesse Zanker. Many thanks to the organising committee; Dr. Esmee M. Reijnierse, Dr. Jack Dalla Via, Dr. Ben Kirk, Dr. Jackson Fyfe, Dr. Marc Sim, A/Prof. David Scott, Dr. Lara Vliestra and Dr. Jesse Zanker.

ANZSSFR Taskforce Activities

The ANZSSFR Sarcopenia Diagnosis and Management Task force, led by A/Prof. David Scott and Dr. Jesse Zanker, have been very active to update consensus recommendations for the diagnosis and management of sarcopenia in Australia and New Zealand. The results of the initiative were presented to members during the ANZSSFR World Sarcopenia Day symposium.

ANZSSFR is part of 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). As given in the last report, 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. Prof. Rob Daly is representing our society to actively 'voice' sarcopenia and frailty within the international musculoskeletal community.

Finances

The greatest challenges for our society have been our limited fiscal resources. The situation has stabilized 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, which is currently in progress. I can also confirm that all reporting requirements are up to date. I would like to express my sincere thanks to Prof. Itamar Levinger for his tremendous work over the years to ensure that all our finances are in order.

May I thank all members of our society for their ongoing support. You are the ones giving a voice to patients and clients with sarcopenia and frailty. My gratitude also goes to all our council members. A special thanks to the excellent work of Prof. Susan Kurrle and Prof. Ruth Hubbard during the past years representing the ANZSSFR in their states. Susan, Ruth, we will miss you as part of the council and we are grateful for your continuous commitment to the ANZSSFR.

Professor Andrea Maier

► Report from the **TREASURER**

Professor Itamar Levinger

At the end of the 2020-2021 Financial year (30th June 2021):

- the (audited) Income Statement indicated the Net Surplus for 2020 was surplus of \$14,494 and for 2021 was a surplus of \$9,297
- the Balance Sheet indicated the Total Accumulated funds for 2020 were \$31,347 and for 2021 were \$40,644.

The Society's 2021 conference was postponed in lieu of a hybrid conference scheduled for 7-9 July 2022.

Audited financial statements for 2020-2021 financial year, audited in accordance with ASIC requirements and approved by the Directors of the ANZSSFR, will be presented at 2021 AGM Thursday 4th November 2021 at the virtual event.

Itamar Levinger
Treasurer

► ANZSSFR Membership: 2020-21

The membership structure to the annual fees has now gone back to the normal cost of \$100 for full members and \$50 per annum for in-training members. From the period 1st July 2021 to 31st October 2021, there were 43 paid members on our database (38 full members and 5 in-training members).

► EMCR Committee Report 2021

The Early- and Mid-Career Researchers and clinicians (EMCR) committee includes Dr Esmee Reijnierse (chair) and the committee members include Dr. Jesse Zanker, A/Prof. David Scott, Dr. Lara Vlietstra and Dr. Marc Sim.

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

- Engage and represent EMCRs within the ANZSSFR;
- 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 the Word Sarcopenia Day on the 5th of July 2021 which included 12 EMCR presentations followed by the results from the ANZSSFR Delphi led by A/Prof David Scott and Dr Jesse Zanker. This was attended by over 50 individuals who, with 28 completed surveys suggesting an overall score of 9/10 for this initiative. Prizes were provided to the best presentations on the day.

The EMCR Committee also put an EOI for new members as most of the inaugural committee have served a 2-year term. It was decided that 7 additional EMCR Committee members will be included while existing members will transition out slowly over the next 6 months.

New EMCR members include:

- Dr Ben Kirk (Uni Melb) VIC
- Dr Jack Da Valia (ECU) WA
- Dr Anthony Villani (USC) QLD
- Dr Jackson Fyfe (Uni Melb) VIC
- Dr Paul Jansons (Deakin) VIC
- Dr Julee Mcdonagh (Uni Newcastle) NSW
- Dr Tu Nguyen (Uni Sydney) MD NSW

Other initiatives:**Grant application**

The EMCR committee submitted a research grant (\$20K) to the Theo-Murphy Initiative for the development of videos/e-posters highlighting ways to diagnose, manage and prevent sarcopenia. Although unsuccessful, the committee will endeavour to seek alternate funding sources to progress this important work. We would like to acknowledge the support received by Prof Gordon Lynch and Prof Sharon Brennan-Olsen in helping us prepare this grant.

Asia-Pacific Sarcopenia and Frailty Symposium

Dr. Marc Sim and Dr. Lara Vlietstra also played a key role in assisting Prof. Gustavo Duque and Prof. Deborah Waters on behalf of the ANZSSFR and Asian Society for Frailty and Sarcopenia Research in the coordination of the 2021 Asia-Pacific Sarcopenia and Frailty Symposium held on the 22nd of May 2021.

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