



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

2021-22



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 2021-22**

- 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
- Prof Alan Hayes. VIC & TAS
- Dr Linda Yu. NSW & ACT
- Dr Anthony Villani. Qld
- Dr Mark Thompson. S.A
- Dr Lara Vlietstra, NZ
- Dr Marc Sim, WA

- Sarcopenia Diagnosis Task Force: A/Prof David Scott
- Education Task Force: Dr Lara Vlietstra

► 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 which was scheduled to be held in November 2021 had to be rescheduled to July 2022. Due to the tremendous and consistent work of many members, we were able to build further on our society.

2022 Annual Scientific Meeting- Mechanisms, Measurement and Management

After having to postpone the 2020 meeting, and then the 2021 meeting having to be rescheduled, we were thrilled to finally be able to hold our Annual Scientific Meeting in Brisbane in July this year. It was held as a hybrid online and in person event and it was so wonderful to be able to see so many people coming together to network and share knowledge.

Thank you to everyone who was able to attend both in person and virtually and I would like to congratulate again our award winners. Dr. Sandra Iliano was awarded most outstanding abstract, Dr Jackson Fyfe was awarded most outstanding poster presentation and Dr. Ben Kik was runner up for most outstanding poster presentation.

I would like to thank Dr Anthony Villani and the other members of the organising committee, Prof. Rob Daly, Prof. Itamar Levinger, Dr. Natasha Reid and A/Prof. Phil Sheard for the tremendous work in difficult times. The meeting was a success!

ANZSSFR World Sarcopenia Day

This year for World Sarcopenia Day our team created a series of short videos on sarcopenia. Thank you to all who contributed including A/Prof. David Scott, Dr. Lara Vlietstra, Dr. Linda Xu and Prof. Alan Hayes. Each of these videos are available to watch on our website.

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 and will be published soon in peer-reviewed international journals.

ANZSSFR Expert Working Group

I often heard from our members the importance to have recommendations on how to screen, diagnose and manage sarcopenia and frailty. The ANZSSFR Expert Working Group led by Prof. Rob Daly established these recommendations for hospitalized older adults, which were published in the Journal Nutrition Health and Ageing. The article is available on our website.

ANZSSFR joins GLIS (Global Leadership Initiative in Sarcopenia).

Recently ANZSSFR has joined the GLIS (Global Leadership Initiative in Sarcopenia). This international initiative aims to produce an inclusive definition of sarcopenia that can be widely accepted and launched by all the current consensus groups that have proposed definitions that are currently used: Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR), Asian Working Group for Sarcopenia (AWGS), European Working Group on Sarcopenia in Older People (EWGSOP) and Sarcopenia Definitions and Outcomes Consortium (SDOC).

Finances

The greatest challenges for our society have been our limited fiscal resources. The situation has stabilized over the past 12 months thanks to successful meetings and sponsorships. We also received a medical education grant to support the development of a position paper, which was published recently. 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.

Professor Andrea Maier

► Report from the TREASURER

Professor Itamar Levinger

At the end of the 2021-2022 Financial year (30th June 2022):

- the (audited) Income Statement indicated the Net Surplus for 2021 was surplus of \$9,297 and for 2022 was a surplus of \$3,430
- the Balance Sheet indicated the Total Accumulated funds for 2021 were \$40,644 and for 2022 were \$44,074.

The Society's 2021 conference was postponed and was held as a hybrid conference 7-9 July 2022.

Audited financial statements for 2021-2022 financial year, audited in accordance with ASIC requirements and approved by the Directors of the ANZSSFR, will be presented at 2022 AGM Thursday 3rd November 2022 at the virtual event.

Prof. Itamar Levinger
Treasurer

► ANZSSFR Membership: 2021-22

The membership structure to the annual fees is \$100 for full members and \$50 per annum for in-training members. From the period 1st July 2022 to 17th October 2022, there were 72 paid members on our database (60 full members and 12 in-training members).

► EMCR Committee Report 2022

The Early- and Mid-Career Researchers and clinicians (EMCR) committee includes Dr Jack Dalla Via (chair), Dr Esmee Reijnierse (immediate past chair) and the committee members include Dr Julee McDonagh, Dr Tu Nguyen, Dr Ben Kirk, Dr Anthony Villani, Dr Jackson Fyfe, and Dr Paul Jansons.

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 current EMCR committee members commenced their terms in November 2021 under the expert guidance of the outgoing members who transitioned out over the subsequent months. Dr Jack Dalla Via was elected as co-chair of the committee in March 2022, serving as co-chair along with Dr Esmee Reijnierse from until the ASM in July 2022. As of the ASM, Dr Jack Dalla Via takes over as committee chair and Dr Esmee Reijnierse will transition to the role of immediate past chair. The EMCR committee would like to thank outgoing members Dr Jesse Zanker, A/Prof. David Scott, Dr. Lara Vlietstra and Dr. Marc Sim for their outstanding contribution to the EMCR committee and their service to ANZSSFR EMCR's over the last few years.

EMCR Initiatives:

Annual Scientific Meeting

There was a strong EMCR presence at the ANZSSFR Annual Scientific Meeting in Brisbane in July 2022. A dedicated EMCR oral presentation session was held in which six talented EMCR's were provided the opportunity to present their abstracts. This session was followed by networking drinks hosted by the EMCR committee which provided a great opportunity for EMCR's and other delegates to meet and discuss their research. Furthermore, EMCR's were extremely active in expertly chairing the large majority of sessions throughout the conference.

CSANZ Webinar

The EMCR Committee organised and hosted a virtual symposium titled 'Sarcopenia, Frailty & Cardiovascular Disease' on the 5th of May 2022. This was a collaboration with the Cardiac Society of Australia and New Zealand (CSANZ). The symposium consisted of 4 nationally and internationally renowned speakers, with the program including 2 keynote presentations and 2 presentations from EMCR's. The symposium had 295 registrations from 34 countries, with over

70 attendees attending the webinar live. A recording of the event is available on the ANZSSFR website. Following the event, 20 registrants completed a feedback survey indicating an overall score of 9/10 among those who attended the event.

Roles and Responsibilities

In 2022, the EMCR committee established working groups within the committee to facilitate a more structured approach to delivering on the objectives of the committee. As part of this process, a document outlining the roles and responsibilities of committee members in general and specific to each working group was developed. The working groups established include communications (led by Dr Paul Jansons and Dr Anthony Villani), events (led by Dr Julee McDonagh and Dr Jackson Fyfe), and networking (led by Dr Tu Nguyen and Dr Ben Kirk).

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