



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

**2022-23**



**ANNUAL REPORT**

## ► **Aims and Goals of Australian and New Zealand Society for Sarcopenia and Frailty Research (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 2022-23**

- President: Associate Professor Solomon Yu
- President Elect: Dr Anthony Villani
- Immediate Past-President: Professor Andrea Maier
- Secretary: Professor Charles Inderjeeth
- Treasurer: Dr Ronaldo Piovezan
- Councillor (VIC & TAS): Professor Alan Hayes
- Councillor (NSW & ACT): Dr Linda Xu
- Councillor (Qld): Dr Natasha Reid
- Councillor (SA): Dr Mark Thompson
- Councillor (NZ): Dr Lara Vlietstra
- Councillor (WA): Dr Marc Sim
  
- Sarcopenia Diagnosis Task Force: Associate Professor David Scott
- Education Task Force: Dr Lara Vlietstra

# ► Report from the PRESIDENT



## **Associate Professor Solomon Yu, FRACP, FRCP, PhD**

It is my pleasure to present this report in my first term as President of ANZSSFR. Since emerging from COVID-19 pandemic, 2023 has been a year with new challenges. We have found ourselves needing to affirm our position as a society. Work is underway to re-establish and continue some of the initiatives that was interrupted during the COVID period. Despite this, we have had some highlight noteworthy initiatives and achievements.

### **Annual Scientific Meeting**

Our annual conference has been the heart of our society, and this tradition continues. Due to logistical challenges and delay, the meeting has been postponed to 2024. Instead, we have promoted this year's meeting as a co-badge day with Australian Physiological Society.

#### **1. ANZSSFR/AuPS co-badged Day, 27<sup>th</sup> November 2023**

I would like to thank Professor Alan Hayes and Associate Professor David Scott, for organising and negotiating with Australian Physiological Society for the co-badged day in the AuPS 2023 Meeting in Melbourne (26<sup>th</sup> November – 29<sup>th</sup> November 2023). I would also like to extend my sincere gratitude to the Australian Physiological Society for allowing our society to collaborate with their conference, with members from our society presenting in this conference. I'd like to thank Dr Marc Sim, Professor Itamar Levinger, Professor Gordon Lynch and Professor Julie Pasco who are our presenting members in this conference.

#### **2. Annual Scientific Meeting 2024**

A big thank you to Dr Paul Jansen and Dr Jackson Fyfe for taking on the role to be co-convenor for the upcoming Annual Scientific Meeting (ASM) in Melbourne, currently planned to be in late May 2024. The organising committee is currently working very hard, and it is expected that the details of conference will be released in December 2023. Please look out for the news.

### **World Sarcopenia Day**

On the 4<sup>th</sup> July, we celebrated World Sarcopenia Day. Members from our society with expertise in sarcopenia kindly contributed short videos. A big thank you to Dr Jennifer Jones and Hannah Sharma, Dr Anthony Villani and Dr Jackson Fyfe for spending your valuable time to make World Sarcopenia Day meaningful. Each of these videos are available to watch on our website.

Inspiringly, this year we have also heard from our colleagues/members from South India. Thank you Chrysolyte for sharing your photos of World Sarcopenia Screening Camp. These photos have been posted on our society's Twitter account. The meaning of "World Sarcopenia Day" was truly felt. It is encouraging to know that despite the distance and being a small society that our work can go far. It is a reminder once again that we should continue to persist and continue to be ambassador for our objectives.

### **Educational Task Force**

In early 2022, it became clear that there is a need for ANZSSFR to be in the forefront of providing and raising the awareness of Sarcopenia and Frailty among the various health professionals. The Educational Taskforce was setup, with the hope to act as a catalyst through active engagement, providing educational resources and dissemination of educational resource. Dr Lara Vlietstra has generously given her time to take up the challenging task in leading this taskforce. In her most busy schedule, she managed to pull together a team of members and established clear directions and objectives for the taskforce. In August 2023, Lara was elected as President of the IAGG Council of Student Organizations. Hence, she has stepped down from the chair of Educational Taskforce. I would like to congratulate Lara in being elected to the President role in IAGG Council of Student Organisations. It reflects your commitment and dedication, that ANZSSFR has been fortunate to have you in our council. Despite stepping down from the chair position for the Educational Task Force, Lara has kindly agreed to continue to serve in the council. As a result, an EOI will be sent out to seek interested members for the chair position for Educational Taskforce.

### **ANZSSFR Initiatives on Muscle Health**

This year, ANZSSFR has supported two seeding activities with the intention to provide framework to promote the message of the importance of good muscle health. The activities were also supported by Abbott.

ANZSSFR was invited to attend the Muscle Health Advisory Board meeting in Singapore on the 18<sup>th</sup> March 2023. I had the privilege to represent our society in this meeting. The objectives of the meeting were to recognise the important of screening and management muscle health in outpatient setting, identify the key barriers and find practical solutions to screening, intervention, and monitoring of muscle health in outpatient setting. The meeting was facilitated by Professor Francesco Landi, who is a respected leader in the field of sarcopenia. The meeting was attended by leaders in sarcopenia research representatives from Asia Pacific countries. There was robust discussion and sharing of the challenges in the promotion of muscle health awareness. The outcome of the meeting has been submitted to journal for publication.

In Australia, a Muscle Health in General Practice Roundtable meeting has also taken place on the 14<sup>th</sup> July 2023 in Melbourne. The objectives parallel those of the Muscle Health Advisory Board in Singapore. We are fortunate that our society was represented by Associate Professor David Scott and Dr Linda Xu. The meeting was facilitated by Professor Robin Daly. Two respected General Practitioner had also contributed to the meeting. The outcome of the meeting is currently being in draft with the intent to publish in Australian and New Zealand journal.

### **ANZSSFR Frailty**

Through the work of Dr Natasha Reid and her link with Frailty Nexus, Dr Jackson Fyfe was invited to give a presentation of his work in a peer forum to research students and early career academics with an interest in frailty on the 15<sup>th</sup> November 2023. I would like to thank Dr Reid and Dr Fyfe for their time and contribution in the space of Frailty. I hope to see this part of work continue to grow.

### **ANZSSFR Councillors**

Earlier this year, we had some changes made in the membership of the council. Special thanks goes to Professor Itamar Levinger, who has served us within the role of treasurer for the last few years. His commitment and dedication go beyond the call of duty. Without his leadership, we would not be where we are today. Dr Ronaldo Piovezan has been elected as treasurer and has taken over from Professional Levinger since July. We are also fortunate to have Dr Natasha Reid to join us as elected councillor representing Queensland. I believe we continue to have a very strong and experience councillors. I have full confidence that with their wise council and guidance, we will continue to grow together as a society.

### **Early and Mid-Career Researchers and Clinician (EMCR)**

I want to acknowledge and extend my gratitude to the work done by EMCR committee. Special thanks to Jack, who has provided leadership in organising webinars and the EMCR symposium. The webinar has generated great interest and debate in the respective topics presented, allowing exchange of ideas. A great event that promoted scientific communication and interest indeed!

### **Finances**

Due to the issues related to our previous bank, councillors have voted that the society should engage in a different bank to maintain our business. Much work and energy has been put in to open a new account in the new bank and migration of all of finances across. With great cooperation and effort of all councillors, we have successfully opened and migrated into a new account, which is fully operational. I'd like to thank all councillors in their effort. Finally, I would also like to extend my gratitude to Associate Professor Sharon Brennan-Olsen, who was the previous treasurer and her help in the transition of the bank account.

### **ANZSSFR 2024**

In this coming year, there are many things to be done. To highlight a few activities:

- ANZSSFR ASM in Melbourne, May 2023
- To re-engage and collaborate with Asian Association for Frailty and Sarcopenia. This project was previously interrupted by COVID 19.
- Fully review and update ANZSSFR strategic plan and vision. Consultation will take place with various key-stake holder including members.

Finally, I want to give my sincere thanks to all members of our society for their ongoing support. Without their support, the society will not be able to progress our cause. My gratitude also goes to all our council members, your commitment and time given up is always well noted. Last but not least, I want to thank Nina Wiltshire for being the most efficient administrative officer for the society. Her attention to details are unsurpassing and very much appreciated. I look forward to another great year in 2024!

**A/Prof Solomon Yu**

# ► Report from the TREASURER



## Dr Ronaldo Piovezan

Audited financial statements for 2022-2023 financial year, audited in accordance with ASIC requirements and approved by the Directors of the ANZSSFR, will be presented at 2023 AGM Thursday 23rd November 2023 at the virtual event.

At the end of the 2022-2023 Financial year (30<sup>th</sup> June 2023):

- the Balance Sheet indicated the Total Accumulated funds for 2022 were \$44,074 and for 2023 were \$40,641
- the (audited) Income Statement indicated the Net Surplus for 2022 was surplus of \$3,430 and for 2023 was a deficit of (\$3,433).

During the process of the audit, we became aware of several unpaid invoices to ANZSSFR which explains the deficit of (\$3,433). To prevent this from happening again a new process has been implemented to track all incoming and outgoing expenses and an additional process to promptly follow up any invoices that are due to ANZSSFR.

The Society's did not hold a conference in 2023.

Dr Ronaldo Piovezan  
Treasurer

## ► ANZSSFR Membership: 2022-23

The membership structure to the annual fees is \$100 for full members and \$50 per annum for in-training members. From the period 1<sup>st</sup> July 2023 to 14<sup>th</sup> November 2023, there were 57 paid members on our database (48 full members and 9 in-training members).

## ► EMCR Committee Report 2023

The Early- and Mid-Career Researchers and clinicians (EMCR) committee includes Dr Jack Dalla Via (chair), Dr Anoohya Gandham, Dr Anthony Villani, Dr Ben Kirk, Dr Elsa Dent, Dr Jackson Fyfe, Dr Jennifer Jones, Dr Julee McDonagh, 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 EMCR committee welcomed three new members in 2023: Dr Anoohya Gandham, Dr Elsa Dent, and Dr Jennifer Jones. We look forward to working with each new member for the next two years. Dr Tu Nguyen also concluded her term on the committee in 2023.

Dr Esmee Reijnierse's term on the committee officially concluded in 2023. Esmee was integral in establishing the EMCR committee in 2019 and served as chair until July 2022. The EMCR committee would like to sincerely thank Esmee for her outstanding leadership and contribution to the EMCR committee and service to ANZSSFR EMCR's.

### **EMCR Initiatives:**

#### **Webinar – Case Study of multidisciplinary care**

The EMCR Committee organised and hosted a webinar titled 'Teamwork makes dream work: A case study of multidisciplinary care in sarcopenia and frailty' on the 8th of December 2022. The webinar featured a panel of nine early-mid career clinician-researchers from Australia and New Zealand. The multidisciplinary panel was led by a geriatrician, and included a dietitian, exercise physiologist, physiologist, nurse practitioner, pharmacist, occupational therapist, social worker, and speech pathologist. The expert panel discussed the management of a real-world fall and fracture case study from inpatient to outpatient care. The webinar had ~275 registrations from >20 countries, with over 70 attendees attending the webinar live. A recording of the event is available on the ANZSSFR website. Following the event, seven registrants completed a feedback survey, rating it an average score of 9/10.

**Webinar – Intersection of frailty, sarcopenia and osteoporosis**

The EMCR Committee organised and hosted a webinar titled 'Unveiling the Triad: Exploring the Intersection of Frailty, Sarcopenia, and Osteoporosis' on the 14th of September 2023. The webinar consisted of 3 nationally and internationally renowned speakers, with the program including brief presentations from each speaker followed by a panel discussion. The webinar had ~370 registrations from >25 countries, with approximately 70-80 attendees attending the webinar live. A recording of the event is available on the ANZSSFR website.

**ANZSSFR HDR/EMCR Symposium**

In lieu of an annual scientific meeting in 2022, the EMCR committee are organising a HDR/EMCR symposium to be held on November 23rd. This will include a series of abstracted presentations submitted by HDR students and early-mid career researchers, as well as a keynote presentation.

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