

INTERNATIONAL SYMPOSIUM ON

# Aging and Chronic Diseases

*Intervention Strategies  
for a Successful Aging*

L'Aquila (Italy)

September 3<sup>rd</sup>-5<sup>th</sup>, 2015



Città dell'Aquila

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MENARINI

# Aging and Chronic Diseases

## *Intervention Strategies for a Successful Aging*

Geriatric Unit  
Department of Life, Health and Environmental Sciences  
University of L'Aquila - ASL 1, Avezzano-Sulmona-L'Aquila, Italy

National Research Council, Aging Branch,  
Institute of Neuroscience, Padua, Italy

### // CHAIRPERSONS OF THE MEETING

Giovambattista Desideri  
Stefania Maggi

### // SCIENTIFIC BOARD

Giovambattista Desideri  
Stefania Maggi  
Davide Grassi

### // SCIENTIFIC SECRETARIAT

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### // PROMOTED BY



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### // ORGANIZING SECRETARIAT

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**T**en percent of the world's population now is over the age of 60 years. By 2050, it is expected to reach 20% at which point the population of older people worldwide will be greater than the population of children up to age 14 years. The primary reason for the increase in the older population is the fact that people are living longer. Improved medical care and prevention efforts have contributed to dramatic increases in life expectancy in the western countries over the past century. Although this dramatic increases in life expectancy in the western countries during the 20th century, a major shift in the leading causes of death and disability in all age groups, including older people, has been observed. The causes of death shifted from infectious diseases and acute illnesses to chronic and degenerative diseases. Actually at least 80% of people older than 60 are living with one chronic illness, but 50% older than 60 are living with two chronic illnesses: heart disease, cancer and stroke now account for 61% of all deaths in this age group. Chronic conditions seriously compromise the quality of life of older adults, often forcing them to give up their independence too soon. However, some evidence from large national health surveys indicates that the older population today is generally healthier than were previous cohorts. Rates of disability are declining or stabilizing, and recovery from acute disabilities is improving. A longer active life, as opposed to a longer life characterized by dependency and disability, can only occur with adequate management of the chronic illnesses that often accompany old age and management of social and health behaviors throughout life, such as diet, smoking, alcohol consumption, physical activity, and a healthy environment in which to live and work. All these factors play a role in the development and progress of chronic conditions.

The main purpose of the present symposium is twofold. First of all to reinforce the role of potentially preventable chronic diseases in the pathogenesis of frailty in the older age. Second to provide evidence that although people tend to develop chronic conditions as they age, growing old does not have to mean becoming disabled. To fulfil this goal we will present a series of comprehensive lectures mainly focused on the main determinant of frailty or, from the opposite perspective, of successful aging.

### Co-presidents of the Meeting

Giovambattista Desideri and Stefania Maggi

# Thursday, September 3<sup>rd</sup>, 2015

// afternoon

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## OPENING CEREMONY

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- 15.00 *Welcome address*  
G. Desideri, S. Maggi
- Authorities*
- Opening Lectures*  
Chairpersons: R. Bernabei, G. Crepaldi
- 15.30 *Jump to the future: from translational medicine to healthy aging*  
F. Zazzeroni
- 16.30 *Eating behavior, physical activity and neurocognition*  
M. Alonso-Alonso
- 17.30 *Science and healthy aging*  
G. Crepaldi
- 18.00 *General discussion*
- 18.45 *International Prize for Research on Successful Aging*  
(promoted by EUGMS - City of L'Aquila - Menarini Foundation)  
A. Casini, President of Menarini Foundation  
M. Cialente, Mayor of L'Aquila
- L'Aquila Award for the best research on Successful Aging*
- 19.30 *Welcome cocktail*

# Friday, September 4<sup>th</sup>, 2015

morning //

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## SESSION I

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### CHRONIC HYPERURICEMIA IN ELDERLY SUBJECTS

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Chairpersons: C. Borghi, R. Giacomelli

- 09.00 *Urate cristal deposition and gout: epidemiology and clinical evidence*  
L. Punzi
- 09.25 *Uric acid and kidney disease*  
R. Pontremoli
- 09.50 *Uric acid and brain: friends or foes?*  
C. Marini, F. Crosta
- 10.15 *The challenge of gout management in the elderly*  
G. Desideri
- 10.45 *Coffee break*

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## SESSION II

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### CARDIOVASCULAR DISEASES IN THE ELDERLY: FROM GUIDELINES TO CLINICAL PRACTICE

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Chairpersons: F. Cipollone, M. Penco

- 11.20 *Hypertension management in the oldest old*  
C. Borghi
- 11.50 *Evidence Based Medicine for older patients with ischemic heart disease?*  
N. Marchionni
- 12.20 *Heart failure with preserved ejection function*  
N. Ferrara
- 12.50 *General discussion*
- 13.00 *Light Lunch*

# Friday, September 4<sup>th</sup>, 2015

// afternoon

## SESSION III

### MANAGING COPD IN ELDERLY PATIENTS

Chairpersons: A. Fiore Donati, S. Maggi

- 14.30 *Vaccines in older individuals: do they really protect?*  
S. Maggi
- 14.55 *The current management of COPD in the elderly*  
R. Antonelli Incalzi
- 15.20 *Multidimensional approach to stratify risk in elderly patients with COPD*  
A. Pilotto
- 15.45 *COPD and cardiovascular diseases: the bad companions*  
S. Marinari
- 16.10 *Coffee break*

## SESSION IV

### TRANSIENT LOSS OF CONSCIOUSNESS IN THE ELDERLY: NOT ONLY SYNCOPE

Chairpersons: A. Carolei, C. Marini

- 16.50 *Syncope and falls in the elderly*  
A. Ungar
- 17.15 *Epilepsy in the elderly*  
C. Marini
- 17.40 *Hypotension, hypoglycemia and brain damage: too low could be dangerous*  
M. Bucci
- 18.00 *General discussion*
- 18.30 *End of friday session*

# Saturday, September 5<sup>th</sup>, 2015

morning //

## SESSION V

### SEXUALITY IN THE OLDER PEOPLE

Chairpersons: C. Ferri, F. Francavilla

- 08.30 *Erectile dysfunction and cardiovascular risk*  
A. Lenzi
- 08.55 *Current therapeutic approach to erectile dysfunction*  
F. Francavilla
- 09.20 *Clinical use of phosphodiesterase-5 inhibitors in chronic heart failure*  
C. Ferri
- 09.45 *General discussion*
- 10.15 *Coffee Break*

## SESSION VI

### FRAILITY AND CHRONIC DISEASES

Chairpersons: R. Bernabei, T. Strandberg

- 10.30 *Crossing the border from normal cognitive aging to dementia*  
M. Trabucchi
- 10.55 *Evidence Based Medicine for the therapeutic approach in elderly diabetics*  
R. Marfella
- 11.20 *The management of coronary microvascular dysfunction*  
F. Crea
- 11.45 *Guidelines for osteoporosis care for fragility fractures*  
P. Falaschi, L. Tafaro
- 12.10 *General discussion*

# Saturday, September 5<sup>th</sup>, 2015

// morning

## SESSION VII

### ADEQUATE NUTRITION TO COUNTERACT FRAILITY

Chairpersons: G. Crepaldi, G. Ruppe

12.40 *Counteracting the trajectory of frailty and sarcopenia in older adults*

M. Tosato

13.05 *Protein supplementation in older individuals*

A. Cherubini, G. Dell'Aquila

13.30 *Sarcopenic obesity*

D. Grassi

13.55 *General discussion*

14.30 *Closing Remarks*

## General Information

### // CONFERENCE VENUE

Auditorium del Parco  
Viale delle Medaglie d'Oro  
67100 - L'Aquila (Italy)  
Web: [www.auditoriumdelparco.it](http://www.auditoriumdelparco.it)

### // REGISTRATION DESK

The Registration Desk will open half an hour before the beginning of the sessions and close half an hour after the end of the sessions.

### // C.M.E./E.C.M.

The Conference has been submitted for Continuing Medical Education for Italian and International participants.

### // OFFICIAL LANGUAGE

The official language of the Conference is English. Simultaneous translation from English to Italian and viceversa will be provided.

### // BADGES

Badges denoting registration status will be given to all participants upon their check-in at the registration desk. Participants will not be admitted to the scientific sessions without their badge.

### // MOBILE PHONES

Participants are kindly requested to keep their mobile phones in off position inside the Auditorium where scientific sessions are being held.

### // CERTIFICATES OF ATTENDANCE

Certificates of attendance will be available on request at the end of the Conference at the registration desk.

### // TECHNICAL FACILITIES

Facilities will be available for computer presentations and overhead projections. A business center with PC (Windows) will be available to check and preview presentations. Speakers are required to give a copy of their presentation on USB memory stick, CD or DVD to the technicians at the Slide Center at least one hour before the session.

# Aging and Chronic Diseases

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September 3<sup>rd</sup>-5<sup>th</sup>, 2015

### // REGISTRATION FORM

Family Name .....

First Name .....

Title .....

Institute/Organization .....

Professional Area .....

Mailing Address .....

City ..... Zip ..... Country .....

Telephone ..... Fax ..... E-mail .....

Date

Signature

## Faculty

Miguel Alonso-Alonso (Boston, USA)

Raffaele Antonelli Incalzi (Rome, Italy)

Roberto Bernabei (Rome, Italy)

Claudio Borghi (Bologna, Italy)

Antonio Carolei (L'Aquila, Italy)

Alessandro Casini (Florence, Italy)

Antonio Cherubini (L'Aquila, Italy)

Francesco Cipollone (Chieti, L'Aquila)

Filippo Crea (Roma, Italy)

Gaetano Crepaldi (Padua, Italy)

Francesca Crosta (L'Aquila, Italy)

Giuseppina Dell'Aquila (Ancona, Italy)

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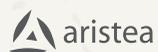
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[www.fondazione-menarini.it](http://www.fondazione-menarini.it)

[www.aristea.com/chronicdiseases2015](http://www.aristea.com/chronicdiseases2015)