INTERNATIONAL SYMPOSIUM ON

Aging and Chronic Diseases

Intervention Strategies for a Successful Aging

L’Aquila (Italy)
September 3rd-5th, 2015

Promoted by
Ten 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 fulfill 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 3rd, 2015

OPENING CEREMONY

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 4th, 2015

SESSION I
CHRONIC HYPERURICEMIA IN ELDERLY SUBJECTS
Chairpersons: C. Borghi, R. Giacomelli

09.00 Urate crystal 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

SESSION II
CARDIOVASCULAR DISEASES IN THE ELDERLY: FROM GUIDELINES TO CLINICAL PRACTICE
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
### Session III
**Managing COPD in Elderly Patients**
Chairpersons: A. Fiore Donati, S. Maggi

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>14.30</td>
<td>Vaccines in older individuals: do they really protect?</td>
<td>S. Maggi</td>
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<tr>
<td>14.55</td>
<td>The current management of COPD in the elderly</td>
<td>R. Antonelli Incalzi</td>
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<tr>
<td>15.20</td>
<td>Multidimensional approach to stratify risk in elderly patients with COPD</td>
<td>A. Pilotto</td>
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<tr>
<td>15.45</td>
<td>COPD and cardiovascular diseases: the bad companions</td>
<td>S. Marinari</td>
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<td>16.10</td>
<td>Coffee break</td>
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### Session IV
**Transient Loss of Consciousness in the Elderly: Not Only Syncope**
Chairpersons: A. Carolei, C. Marini

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<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>16.50</td>
<td>Syncope and falls in the elderly</td>
<td>A. Ungar</td>
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<tr>
<td>17.15</td>
<td>Epilepsy in the elderly</td>
<td>C. Marini</td>
</tr>
<tr>
<td>17.40</td>
<td>Hypotension, hypoglycemia and brain damage: too low could be dangerous</td>
<td>M. Bucci</td>
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<tr>
<td>18.00</td>
<td>General discussion</td>
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<td>18.30</td>
<td>End of Friday session</td>
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### Session V
**Sexuality in the Older People**
Chairpersons: C. Ferri, F. Francavilla

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<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>08.30</td>
<td>Erectile dysfunction and cardiovascular risk</td>
<td>A. Lenzi</td>
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<tr>
<td>08.55</td>
<td>Current therapeutic approach to erectile dysfunction</td>
<td>F. Francavilla</td>
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<tr>
<td>09.20</td>
<td>Clinical use of phosphodiesterase-5 inhibitors in chronic heart failure</td>
<td>C. Ferri</td>
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<tr>
<td>09.45</td>
<td>General discussion</td>
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<tr>
<td>10.15</td>
<td>Coffee Break</td>
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### Session VI
**Frailty and Chronic Diseases**
Chairpersons: R. Bernabei, T. Strandberg

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>10.30</td>
<td>Crossing the border from normal cognitive aging to dementia</td>
<td>M. Trabucchi</td>
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<tr>
<td>10.55</td>
<td>Evidence Based Medicine for the therapeutic approach in elderly diabetics</td>
<td>R. Marfella</td>
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<tr>
<td>11.20</td>
<td>The management of coronary microvascular dysfunction</td>
<td>F. Crea</td>
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<tr>
<td>11.45</td>
<td>Guidelines for osteoporosis care for fragility fractures</td>
<td>P. Falaschi, L. Tafaro</td>
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<tr>
<td>12.10</td>
<td>General discussion</td>
<td></td>
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Saturday, September 5th, 2015
// morning

SESSION VII
ADEQUATE NUTRITION TO COUNTERACT FRAILTY
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

// 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.
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### REGISTRATION FORM

- **Family Name** .................................................................
- **First Name** .................................................................
- **Title** ..............................................................................
- **Institute/Organization** ..................................................
- **Professional Area** ..........................................................
- **Mailing Address** .............................................................
- **City** ................................................................. **Zip** ........................ **Country** ..................................................
- **Telephone** .......................................................... **Fax** ........ **E-mail** ..........................................................

**Date** .............................................................................. **Signature** ..........................................................

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**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 Crepaldi (Padua, Italy)
- Paolo Falaschi (Rome, Italy)
- Nicola Ferrara (Naples, Italy)
- Claudio Ferri (L'Aquila, Italy)
- Alfio Fiore Donati (L'Aquila, Italy)
- Felice Francavilla (L'Aquila, Italy)
- Roberto Giacomelli (L'Aquila, Italy)
- Andrea Lenzi (Rome, Italy)
- Stefania Maggi (Padua, Italy)
- Niccolò Marchionni (Florence, Italy)
- Raffaele Marfella (Naples, Italy)
- Stefano Marinari (L'Aquila, Italy)
- Carmine Marini (L'Aquila, Italy)
- Maria Penco (L'Aquila, Italy)
- Alberto Pilotto (Padua, Italy)
- Roberto Pontremoli (Genoa, Italy)
- Leonardo Punzi (Padua, Italy)
- George Ruppe (Wien, Austria)
- Timo Strandberg (Helsingin Yliopisto, Finland)
- Mario Tosato (Rome, Italy)
- Marco Trabucchi (Brescia, Italy)
- Andrea Ungar (Florence, Italy)
- Francesca Zazzeroni (L'Aquila, Italy)
For more information please visit:
www.fondazione-menarini.it
www.aristeacom/chronicdiseases2015