INTERNATIONAL SYMPOSIUM ON

Aging and Chronic Diseases

Intervention Strategies for a Successful Aging

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

Promoted by

FONDAZIONE INTERNAZIONALE MENARINI
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 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.
Thursday, September 3\textsuperscript{rd}, 2015

\textbf{afternoon}

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\textbf{OPENING CEREMONY} & \\
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15.00 & Welcome address \\
& G. Desideri, S. Maggi \\
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& Authorities \\
& \textit{Opening Lectures} \\
& Chairpersons: R. Bernabei, G. Crepaldi \\
15.30 & Jump to the future: from translational medicine to healthy aging \\
& M.G. Cifone \\
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 \\
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Friday, September 4\textsuperscript{th}, 2015

\textbf{morning}

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\textbf{SESSION I}  \\
\textbf{CHRONIC HYPERURICEMIA IN ELDERLY SUBJECTS} & \\
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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\textbf{SESSION II}  \\
\textbf{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 \\
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Friday, September 4th, 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 5th, 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
FRAILTY 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

12.10 General discussion
Saturday, September 5th, 2015

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

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

*Intervention Strategies for a Successful Aging*

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September 3rd-5th, 2015

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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)
Maria Grazia Cifone (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)
Giovambattista Desideri (L’Aquila, 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)
Nicolò 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)

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**// REGISTRATION FORM**

Family Name .................................................................................................
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Date .................................................. Signature ..........................................

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**// REGISTRATION**

Symposium attendance is free of charge. Please return the registration form to:

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E-mail: chronic-diseases2015@aristea.com
For more information please visit:

www.fondazione-menarini.it
www.aristeacom/chronicdiseases2015