

Bedside-to-Bench Conference
September 9-11, 2009
"Inflammation and Nutrient Metabolism"

September 9, 2009 - Evening Session

Introductions, Overview, and Key Issues of Conference

Dinner will be served at 6:00 PM

<u>Time</u>	<u>Speaker</u>	<u>Topic/Agenda Item</u>
6:15-6:30 PM	Marie Bernard	Welcome
6:15-6:45 PM	Dennis Sullivan & William Ershler (NIA)	Overview of Conference
6:45-7:15 PM	Dennis Sullivan	Inflammation & Nutrition: Where we are and where we need to be
7:15-8:00 PM	Luigi Ferrucci (NIA)	Inflammation-Associated cytokines: What we know and don't know about effects on nutrient metabolism, measurement, and regulation

September 10, 2009 - Day 1

Continental Breakfast will be served at 7:30 AM

Part I: Inflammation and Micro-/Macro-nutrient: Metabolic issues

Theme: What is the role of micro- & macro-nutrient therapy in treating/preventing disease/frailty in older adults?

Questions: Is there trial data suggesting efficacy of the given nutrient(s) to improve clinical (e.g., physical function, mortality) outcomes in older adults? Can these results be extrapolated to older adults with inflammatory conditions? If so, for what specific indications? What do we still need to learn? Are we ready for large intervention trials? If data available only for intermediary outcomes (e.g., change in muscle strength, improved immune cell response, etc), are we ready to look at clinical outcomes? Given that nearly all prior nutrition intervention trials in the elderly have had negative results, what issues would need to be addressed in future trials?

<u>Time</u>	<u>Speaker</u>	<u>Topic/Agenda Item</u>
8:00-8:30 AM	Jeremy Walston	Carotinoids, Selenium, and IL-6: identifying intervention targets using epidemiologic data
8:30-9:00 AM	Robert Fenton (NIA)	Resveratrol Clinical trial
9:00-9:30 AM	Simin Meydani	Vitamin E, macrophage inflammatory response, and risk of infections
9:30-10:00 AM	<i>Break</i>	
10:00-10:30 AM	Susan Harris	Vitamin D and Inflammation: Implications for Health and Function in Aging
10:30-11:00 AM	Shing Shing Yeh	Anabolics and anti-inflammatory agents to treat cachectic geriatric patients
11:00-11:30 AM	Nicolaas E. Deutz	Amino Acid supplements, inflammation, and muscle metabolism: Do we know enough to effectively intervene?
11:30 AM-12:30 PM	<i>Lunch</i>	<i>Time for informal discussions</i>
12:30-1:00 PM	Todd Trappe	Anabolic and anti-inflammatory affects of exercise: Is there synergism with nutrition - What has been learned from bedrest and exercise studies
1:00-1:30 PM	Aminah Jatoi	Omega 3 FA, starvation, and inflammation
1:30-2:30 PM	Discussion	

Part II: Disease Models

Theme: What can be learned from specific disease models about inflammation and nutrition in elderly?
Questions: What are the mechanisms of cachexia in a particular disease? Why do some with the disease have more serious problems with cachexia than others? Why do anti-cytokines +/- nutrition support work or not work to reverse/prevent cachexia in this disease; What do we still need to learn? What factors other than cytokines might be driving weight loss?

<u>Time</u>	<u>Speaker</u>	<u>Topic/Agenda Item</u>
2:30-3:00 PM	<i>Break</i>	
3:00-3:30 PM	Ronenn Roubenoff	Arthritis: Nutritional impact of anticytokine therapies
3:30-4:00 PM	Lyle Moldawer	Cancer cachexia: role of nutrition support
4:00-4:30 PM	Steven Shoelson	Inflammation in Type 2 Diabetes
4:30-5:00 PM	Andrew Greenberg	Cytokine and inflammation in obesity
5:00-6:00 PM	Discussion	
6:00-7:30 PM	Working dinner in small groups. See Discussion Topics on next page.	
7:30-8:30 PM	~ ~ ~ ~ ~ ~ ~ ~ <i>Cocktail Reception</i> ~ ~ ~ ~ ~ ~ ~ ~	

September 11, 2009 – Day 2

Continental Breakfast will be served at 7:30 AM

Part III: Normal Aging and Inflammation

Theme: The interrelationship between aging, inflammation, and nutrition: What is normal?
Questions: Do we see high blood cytokine concentrations with advanced age in otherwise healthy adults? Is this an indication of dysregulated inflammation? What are the health consequences associated with this phenomenon in otherwise healthy older adults? Is it associated with loss of muscle/lean body mass and deterioration of function? Is there evidence it is linked to the development of frailty? Should it be treated to prevent these outcomes and how? Are there nutritional implications (e.g., altered dietary requirements, etc)?

<u>Time</u>	<u>Speaker</u>	<u>Topic/Agenda Item</u>
8:00-8:30 AM	William Ershler (NIA)	Pro: Age-associated dysregulated inflammation is a major contributor to frailty
8:30-9:00 AM	Russell Tracy	Con: Age-associated dysregulated inflammation is a major contributor to frailty
9:00-9:30 AM	Derek Huffman	The contribution of age-associated adiposity to the inflammatory profile of late-life.
9:30-10:00 AM	<i>Break</i>	
10:00-10:30 AM	Neal Fedarko	Cytokine dysregulation: An animal model of frailty
10:30-11:30 AM	Discussion	
11:30-1:00 PM	Working lunch in small groups. See 'Discussion Topics' on next page.	

Reports and Summary from breakout sessions

1:00-2:00 PM Each of the groups present results -- all breakout leaders

Summary: Developing a research agenda for the next 5 years

2:00-2:30 PM	Ronnie Chernoff	Pulling it all together: What is known, what is not, suggestions for future research
2:30 PM	Dennis Sullivan	Closing Remarks

BREAK OUT SESSIONS

All Small Group Sessions will be asked to identify and report back on:

- 1. Key Gaps-**
- 2. Barriers & Opportunities**
- 3. Methodological Work**
- 4. Research Priorities**

DAY	Session	Leader	Note Taker
Day 1: 9/10 6:00-7:30 PM	Break out 1a	Ershler (NIA)	Hannah (NIA) and Koster (NIA)
	Break out 1b	Nayfield (NIA)	Ferrucci (NIA) and Tanaka (NIA)
Day 2: 9/11 11:30-1:00PM	Break out 2a	Ferrucci (NIA)	Hannah (NIA) and Koster (NIA)
	Break out 2b	Nayfield (NIA)	Fenton (NIA) and Tanaka (NIA)
Day 2: 9/11 1:00-2:00PM	Present Break out Day 1	Ershler and Nayfield	Science Writer
	Present Break out Day 2	Ferrucci and Hannah	Science Writer
<p>Note: During the break out sessions, attendees will be asked to brainstorm their top 3-5 areas of research/questions which are likely to generate interest in the eyes of funding agencies i.e. future grants awards</p>			