



11th International Symposium on Nutritional Aspects of Musculoskeletal Health

Program as of 1st December 2023

DAY 1 – Monday 29th April 2024		
12:00-13:00	<i>Registration</i>	<i>Founders Ball Room B</i>
13:00-13:15	<u>Connie Weaver</u> (San Diego State University, USA) Welcome and Official Opening	<i>Founders Ball Room B</i>
SESSION 1: UPDATE ON OSTEOPOROSIS & BONE HEALTH		
<i>Moderator: Connie Weaver (USA)</i>		<i>Founders Ball Room B</i>
13:15 – 14:00	<u>René Rizzoli</u> [Geneva University Hospitals and Faculty of Medicine, Geneva, Switzerland] Nutrition and lifestyle factors for osteoporosis: A 2024 update	
14:00 – 14:30	<u>Sue Shapses</u> [Rutgers University, USA] Ethnic Differences in nutritional influences on body composition	
14:30 – 15:00	<u>Winnie Chee</u> [International Medical University (IMU), Malaysia] Lifestyle and nutritional factors for Asian bone health	
15:00 – 15:15	<i>Short break</i>	
SESSION 2: UPDATE ON SARCOPENIA & MUSCLE HEALTH		
<i>Moderator:</i>		<i>Founders Ball Room B</i>
15:15 – 16:00	<u>Robin M. Daly</u> (Deakin University, Australia) Nutrition and lifestyle factors for sarcopenia: A 2024 update	
16:00 – 16:30	<u>Timothy Kwok</u> (The Chinese University of Hong Kong, Hong Kong) Interaction between diet, sarcopenia and brain health	
16:30 – 17:00	TBC	
17:00 – 18:00	Best Presentations of the 2024 ISNAMH 6 x 10 min oral presentations	
18:00 – 19:30	Welcome Reception	<i>Founders Ballroom A</i>
	Interactive Poster Session	<i>Founders Ballroom C</i>



11th International Symposium on *Nutritional Aspects of Musculoskeletal Health*

DAY 2 – Tuesday 30th April 2024		
7:00 – 8:00	Registration	<i>Founders Ball Room B</i>
7:00 – 8:00	Breakfast	<i>Founders Lawn</i>
SESSION 3: NUTRITION, EXERCISE, MUSCLE, BONE INTERACTIONS		
<i>Moderator:</i> Robin Daly (Australia)		<i>Founders Ball Room B</i>
8:00 – 8:30	<u>Luc van Loon</u> [Maastricht University, Netherlands] Protein to support muscle conditioning in aging and disease	
8:30 – 9:00	<u>Andrea Josse</u> [York University, Canada] Dairy and exercise for bone health: Evidence and recommendations	
9:00 – 9:30	Darren Candow [University of Regina, Canada] Effects of creatine on bone, muscle and brain health – hope or hype?	
9:30 – 10:00	TBC	
<i>Break, Founders Lawn</i>		
10:00 – 10:30	<i>Visit Poster Exhibition, Founders Ballroom C</i>	
SESSION 4: ORAL PRESENTATIONS		
		<i>Founders Ball Room B</i>
<i>Moderator:</i>		
10:30 – 12:30	Oral Presentations Selected from Abstracts (12 x 10-minute presentations)	
12:30 – 14:00	<i>Lunch, Founders Lawn</i> <i>Visit Poster Exhibition, Founders Ballroom C</i>	
SESSION 5: Available Sponsored Session		
		<i>Founders Ball Room B</i>
14:00 – 14:30	* See details on the sponsorship page of the ISNAMH website	



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DAY 2 – Tuesday 30th April 2024 *continued*

SESSION 6: DIET INTERACTIONS AND BONE HEALTH: THE PROTECTIVE POWER OF PRUNES *Sponsored by California Prune Board*

Moderators: *Mary Jane DeSouza (USA) & Ailsa Welch (UK)*

Founders Ball Room B

14:30 – 14:45

Shirin Hooshmand (San Diego State University, USA)

Prunes and bone health: Are there sex differences?

14:45 – 15:00

Laura McCabe (Michigan State University, USA)

Prunes in glucocorticoid-induced osteoporosis and gut microbiota composition in animal models

15:00-15:30

Moderator led discussion with audience.

Q&A

15:30 – 16:00

Break, Founders Lawn

SESSION 7: SYMPOSIA FROM SELECTED SUBMISSIONS

16:00 – 17:30

DIGITAL HEALTH INNOVATIONS IN MUSCULOSKELETAL CARE: TOOLS FOR SHAPING THE FUTURE

Steven Heymsfield

(Louisiana State University, USA)

Three-dimensional optical imaging for skeletal muscle evaluation: From concept to practical technology

Robin M. Daly

(Deakin University, Australia)

Innovation in digital technologies for sarcopenia and osteoporosis: opportunities and challenges

Non-sponsored Symposia 2

Presentation 1 - 30-minutes

Presentation 2 – 30-minutes

Presentation 3 – 30-minutes

18:00 –

Cocktails/Gala Dinner Founders Dinner

Presentation of Young Investigator Awards

- Peter Burckhardt Award for Best Conference Presentation
- Bess Dawson-Hughes Award for Best Poster Presentation



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DAY 3 – Wednesday 1st May 2024	
7:00 – 8:00	Registration Founders Ball Room B
7:00 – 8:00	Breakfast Founders Lawn
SESSION 8 - CALCIUM AND VITAMIN D: WHAT'S NEW?	
Moderator: Connie Weaver (USA) Founders Ball Room B	
8:00 – 8:30	<u>Bess Dawson-Hughes</u> (Tufts University, USA) Calcium, vitamin D and bone: What is the evidence in 2024?
8:30 – 9:00	<u>Wendy Kohrt</u> (University of Colorado, USA) Defense of exercise-induced serum calcium loss
9:00 – 9:30	<u>Charles Ginsberg</u> (University of California, San Diego, USA) Vitamin D metabolites better predict health
9:30 – 10:00	<u>Taylor Wallace</u> (George Mason University, USA) Update of NOF position paper on lifestyle factors that influence development of peak bone mass
Break, Founders Lawn	
10:00 – 10:30	Visit Poster Exhibition, Founders Ballroom C
SESSION 9: LIFESTYLE CHOICES AND MUSCULOSKELETAL HEALTH	
Moderator: Man-sau Wong (Hong Kong) Founders Ball Room B	
10:30 – 11:00	<u>Ailsa Welch</u> [University of East Anglia, United Kingdom] Dietary patterns for optimizing bone & muscle - Are they effective?
11:00 – 11:30	TBC
11:30 – 12:00	<u>Pam Von Hurst</u> (Tufts University, USA) Veganism – Is it good or bad for bone and muscle?
Lunch, Founders Lawn	
12:00 – 13:00	Visit Poster Exhibition, Founders Ballroom C



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DAY 3 – Wednesday 1st May 2024 *continued*

SESSION 10 – GUT-BONE CROSS-TALK

Moderator: Winnie Chee (Malaysia) & Shirin Hooshmand (USA)

Founders Ball Room B

13:00 – 13:30	<u>Mary-Jane DeSouza</u> (Pennsylvania State University, USA) Benefit of prunes in U.S. postmenopausal women
13:30 – 14:00	<u>Cristina Palacios</u> (Florida International University, USA) Prebiotics and bone health in children
14:00 – 14:30	<u>Man-sau Wong</u> (Hong Kong Polytechnic University, Hong Kong) Lignans from <i>Sambucus Williamsii</i> protect bone via microbiome
14:30 – 15:00	<i>Break, Founders Lawn</i>

SESSION 11 – RESEARCH NEEDS IN NUTRITION FOR MUSCULOSKELETAL HEALTH

Moderator:

Founders Ball Room B

15:00 – 15:30	<u>Kelsey Mangano</u> (University of Massachusetts Lowell, USA) Future of ‘omics’ to link diet to musculoskeletal health
15:30 – 16:00	TBC
16:00 – 16:30	TBC

SESSION 12: SYMPOSIA FROM SELECTED SUBMISSIONS

16:30 – 18:00	Non-sponsored Symposia 1 Presentation 1 - 30-minutes Presentation 2 – 30-minutes Presentation 3 – 30-minutes	Non-sponsored Symposia 1 Presentation 1 - 30-minutes Presentation 2 – 30-minutes Presentation 3 – 30-minutes
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18:00 **MEETING CLOSE**