International Symposium on

Nutritional Aspects of Musculoskeletal Health

Scientific Program

DAY 1 – Monday, December 7, 2026		
7:00-8:00	*Registration*	*Hung Hong Rm 2*
SESSION 1: OBESITY AND MUSCULOSKELETAL CONSEQUENCES OF TREATMENT *Moderators:* Sue Shapses *(Rutgers University, USA)* Anne Schafer *(University of California, San Francisco, US)*		*Hung Hom, Rm 2*
8:00-8:15	Connie Weaver *(San Diego State University, USA)* **Welcome and Official Opening**	*Hung Hom, Rm 2*
8:15-8:30	Man-sau Wong *(The Hong Kong Polytechnic University HK)* **Welcome to Hong Kong**	*Hung Hom, Rm 2*
8:30-9:00	Richard Eastell (*Sheffield University, UK)* **Overview of Obesity and Musculoskeletal Health**	
9:00-9:30	Anne Schafer *(University of California, San Francisco, US)* **Bariatric Surgery**	
9:30-10:00	Kendall Mosleley *(Johns Hopkins Metabolic Bone & Osteoporosis Center)* **GLP1 and Bone Health**	
10:00-10:30	*Break*	*Hung Hom, Rm 2*
10:30-11:00	Ching-lung Cheung *(The University of Hong Kong, HK)* **Extra Skeletal Muscle**	
11:00-11:30	Pouneh Fazeli *(University of Pittsburgh, US)* **Underweight and Bone**	
11:30-11:45	Jamie Baum *(University of Arkansas, US)* **A Higher-Protein Dietary Pattern with Physical Activity Improves Body Composition and Handgrip Strength in Postmenopausal Women Following a 16-week Intervention**	
11:45-12:00	Swati Khartode *(Vishwaraj Hospital, Pune, Maharashtra, India)* **Effect of Moringa oleifera Leaves and Fenugreek Seeds on Bone Mineral Density in Patients with Osteopenia: A RCT**	
12:00-13:30	*Lunch* *Visit Poster Exhibition*	*Big Bay Café* *Hung Hom Rm 2*

SESSION 2: LIFESTAGE *Moderators:* Richard Eastell (*Sheffield University, UK)* Winnie SS Chee *(IMU University, MYS)*	*Hung Hom, Rm 2*
13:30-14:00	Shirin Hooshmand *(San Diego State University, US)* **Menopause**
14:00-14:30	Sandra Iuliano *(University of Melbourne, AUS)* **Elder Care and Bone and Muscle**
14:30-15:00	Mary Jane DeSouza *(Pennsylvania State University, US)* **New Findings on Reversing Menstrual and Bone Health Problems Associated with the Female Athlete Triad: Lessons from the Randomized Clinical Trial, the REFUEL study**
15:00-15:30	Nancy Williams *(Pennsylvania State University, US)* **Female Athlete Triad: Clinical**
15:30-15:45	*Break* *Hung Hom, Rm 2*
SESSION 3: DIET *Moderators:* Rob Daly *(Deakin University, AUS)* Man-sau Wong *(The Polytechnic University of Hong Kong, HK)*	*Hung Hom, Rm 2*
15:45-16:15	Timothy Kwok *(The Chinese University of Hong Kong, HK)* **Dietary Inflammatory Index and Frailty**
16:15-16:45	Paul Moughan *(Massey University, NZ)* **Importance of Protein Quality in Meeting Musculoskeletal Protein Needs**
16:45-17:00	Jamie Baum *(University of Arkansas, US)* **A Higher-Protein Dietary Pattern with Physical Activity Improves Body Composition and Handgrip Strength in Postmenopausal Women Following a 16-week Intervention**
17:00-17:30	Winnie SS Chee *(IMU University, MYS)* **Interaction between diet, sarcopenia and bone health in Malaysia**
18:00-19:30	*Welcome Reception* *Harbour Rm, Lv 4* *Interactive Poster Session* *Hung Hom, Rm 2*

DAY 2 – Tuesday, December 8, 2026	
7:00-8:00	*Registration* — *Hung Hom, Rm 2*
SESSION 4: PRE- AND PRO-BIOTICS *Moderators:* Timothy Kwok *(The Chinese University of Hong Kong, HK)* Laura McCabe (*Michigan State University, USA)* — *Hung Hom, Rm 2*	
8:00-8:30	Mattias Lorentzon *(University of Gothenburg, SWE)* **Novel Approaches to Osteoporosis** — *Hung Hom, Rm 2*
8:30-9:00	Brenda Smith (*Indiana University, US)* **Prebiotics and Osteocytes**
9:00-9:30	Man-sau Wong *(The Polytechnic University of Hong Kong, HK)* **Probiotics/Herbal Compounds on Vitamin D Metabolism and Muscle Health**
9:30-9:45	Leo Delaire *(Université Lyon, FR)* **Adherence to physical activity objectives following a supervised exercise intervention and the associations with gait speed changes at 1 year follow-up in older adults with sarcopenia and physical frailty status**
9:45-10:00	Mei Chung *(Tufts University US)* **Lifestyle Factors and Peak Bone Mass: A Scoping Review of Current Evidence**
10:00-10:30	*Break* — *Hung Hom, Rm 2*
SESSION 5: MICRONUTRIENTS *Moderators:* Sue Lantham-New (*University of Surrey, UK)* Clara Park *(Chonnam National University, Korea)* — *Hung Hom, Rm 2*	
10:30-11:00	Tatiane Vilaca *(Sheffield University, UK)* **Effects of Iron Administration**
11:00-13:00	*Lunch* — *Big Bay Café* *Visit Poster Exhibition* — *Hung Hom Rm 2*
13:00-13:30	Connie Weaver *(San Diego State University, USA)* **Mineral Bioavailability and Bone**
13:30-14:00	Marta Vuckovic *(San Diego State University, USA)* **Biological Predictors of Subgroup Differences in Calcium Metabolism in Young Adults**
14:00-14:30	*Break* — *Hung Hom, Rm 2*
14:30-14:45	Kenneth Lo *(The Hong Kong Polytechnic University, HK)* **The Role of Magnesium in Preventing Cognitive Decline in Hong Kong Older Adults: Mediation Roles of Sarcopenia Parameters**
14:45-15:00	Emily I.G. Brown *(University of Surrey, UK)* **Interaction between Dietary Vitamin D and Iron Intake with Measures of Nutritional 25-Hydroxyvitamin D, Ferritin and Haemoglobin Status in Adults of Reproductive Age: Secondary Data Analysis of the UK National Diet and Nutrition Survey (NDNS) 2016-2019**
15:00-15:15	Susan Lanham-New *(University of Surrey, UK)* **Vitamin D–biofortified tomatoes improve vitamin D status during winter in UK adults: a randomized placebo-controlled trial – The ViTaL-D study**

SESSION 6: METHODOLOGY *Moderators:* Elisabet Borsheim (*Arkansas Children's Nutrition Center, USA)* Shirin Hooshmand *(San Diego State University, USA)*	*Hung Hom, Rm 2*
15:30-16:00	Jonathan Bennett *(University of Hawai'i, Manoa, USA)* **Beyond the Technique: Strategy and translation of body composition assessment methods**
16:00-16:30	Rob Daly *(Deakin University, AUS)* **Digital Healthcare Solutions for Osteoporosis, Falls and Fractures: Are they Effective**
18:00-20:30	**Cocktails/Gala Dinner** *Location* **Presentation of Young Investigator Awards** ▪ Peter Burckhardt Award for Oral Presentation ▪ Bess Dawson-Hughes Award for Poster Presentation Entertainment provided by TBD

DAY 3 – Wednesday, December 9, 2026	
7:00-8:00	*Registration* — *Hung Hom, Rm 2*
SESSION 7: PRUNE AND MUSCULOSKELETAL HEALTH *Moderators:* Connie Weaver *(San Diego State University, USA)* Mary Jane DeSouza *(Pennsylvania State University, US)* — *Hung Hom, Rm 2*	
8:00-8:30	Laura McCabe (*Michigan State University, USA)* **Prune is a Prebiotic**
8:30-9:00	Brenda Smith (*Indiana University, USA)* **Prune and Bone Microarchitecture**
9:00-9:30	Christina Vialva (*San Diego State University, USA)* **Calcium Kinetic Studies with Prune**
9:30-10:15	**Panel Discussion: Speakers- Shirin Hooshmand and Mary Jane DeSouza**
10:15-10:45	*Break* — *Hung Hom, Rm 2* *Last Look Poster Exhibition* — *Hung Hom, Rm 2*
SESSION 8: INVITED MINI-SYMPOSIUM *Moderators:* Paul Moughan *(Massey University, NZ)* — *Hung Hom, Rm 2*	
10:45-11:55	**Mini-Symposium: Protein and Essential Amino Acids: Optimizing Skeletal Muscle Health Across the Lifespan**
10:45-11:05	Elisabet Børsheim (*University of Arkansas, USA)* **Building Muscle from the Beginning: Protein Nutrition from Pregnancy Through Childhood**
11:05-11:25	Jamie Baum (*University of Arkansas, USA)* **Dietary Protein and Skeletal Muscle and Energy Metabolism in Adolescence and Early Childhood**
11:25-11:45	Il-Young Kim (*University of Arkansas, USA)* **Impaired Muscle Energy Flux in Anabolic Resistance: Potential Therapeutic Role of Essential Amino Acids**
11:55-12:00	**Conclusion**
12:00	**MEETING CLOSE**