### 07 OCTOBER 2020

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<th>Time</th>
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<th>Hands-On Room</th>
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<td>JOINT SYMPOSIUM</td>
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<td>CROSS TALK BETWEEN ONCOLOGISTS AND GERIATRICIANS</td>
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#### JOINT SYMPOSIUM
- **PHYSICAL FRAILTY AND EXERCISE**
  1. Exercise in the frail older person: lessons learned from ADVANTAGE Joint Action
  2. The SPANFT project: the efficacy of a multicomponent program on physical frailty
  3. Best strategies to achieve exercise compliance

- **CROSS TALK BETWEEN ONCOLOGISTS AND GERIATRICIANS**
  1. Communication: technology – how to communicate with healthcare professionals working in the community
  3. New technologies to improve primary care for older patients

- **EAMA CURRICULUM**
  1. Communication techniques – how to communicate with healthcare professionals working in the community
  3. New technologies to improve primary care for older patients

- **EMBARRASSING PERSONALISED CARE PLANNING FOR OLDER PEOPLE IN PRIMARY CARE**
  1. Communication: technology – how to communicate with healthcare professionals working in the community
  3. New technologies to improve primary care for older patients

- **CARDIOVASCULAR AGEING AND COGNITIVE DECLINE**
  1. Vascular health and the aging process
  2. Diabetes mellitus and cognitive decline
  3. Blood pressure regulations and cognitive decline

- **MOVEMENT DISORDERS**
  1. Diagnosis and treatment of functional movement disorders
  2. Muscle treatments for older people with advanced Parkinson’s disease
  3. Digital health pathway for gait and falls in Parkinson’s disease

- **DIETARY PATTERNS AND HEALTHY AGEING**
  1. Identifying dietary patterns of healthy ageing trajectories
  2. The association of diet and alcohol intake with ageing in Eastern European populations
  3. Adaptation of the Mediterranean diet in Nordic populations

- **INFECTIOUS DISEASES - VACCINATIONS**
  1. Flu vaccine recommendations for older people and healthcare workers across Europe
  2. Shingles vaccination: epidemiology of shingles, access to and uptake of VZV vaccination
  3. Antibiotic stewardship programmes in nursing homes

### OPENING CEREMONY
- **OPENING LECTURE**
  **THE HEALTH GAP: THE CHALLENGE OF AN UNEQUAL WORLD**
  Allyson Pollock, United Kingdom

**Welcome reception**
**08 OCTOBER 2020**

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<tr>
<th>TIME</th>
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<tbody>
<tr>
<td>09:00</td>
<td>Sleep and Neurodegenerative Disorders</td>
<td>Hands-On Room</td>
<td>EAMA Curriculum</td>
<td>SIG Symposium</td>
<td>SUBMITTED SYMPOSIUM</td>
<td>ORAL COMMUNICATIONS</td>
<td>EAMA Workshop</td>
<td>Assessment of driving capacities of older people</td>
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<tr>
<td>09:30</td>
<td>Circadian rhythms and cognition</td>
<td>Development of Orthogeriatric Care</td>
<td>Adherence to Geriatric Interventions in:</td>
<td>Physical exercise</td>
<td>Pharmacotherapy</td>
<td>ORAL COMMUNICATIONS</td>
<td>EAMA Workshop</td>
<td>Assessment of driving capacities of older people</td>
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<td>10:00</td>
<td>Multidisciplinary Management of the Older Surgical Patient</td>
<td>Controversies in Cardiorenal Function</td>
<td>Models for Orthogeriatric Care: What Works and What is the Evidence</td>
<td>What is a Comprehensive Care Plan for Trailty?</td>
<td>Development of National Guidelines</td>
<td>ORAL COMMUNICATIONS</td>
<td>EAMA Workshop</td>
<td>Assessment of driving capacities of older people</td>
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<td>10:30</td>
<td>Co-management of older patients by orthopaedic surgeons and general practitioners, whom hold their tickets</td>
<td>Management of acute coronary syndromes in Older Adults</td>
<td>Management of Sympathetic Cardiorenal Disease in Older Adults</td>
<td>From Traility to Resilience</td>
<td>Audit and a Continuous Improvement of Practice</td>
<td>ORAL COMMUNICATIONS</td>
<td>EAMA Workshop</td>
<td>Assessment of driving capacities of older people</td>
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<td>11:30</td>
<td>Prevention of delirium in older surgical patients: evidence-based interventions</td>
<td>EDA - EuGMS Joint Symposium</td>
<td>SUBMITTED SYMPOSIUM</td>
<td>ORAL COMMUNICATIONS</td>
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<td>11:45</td>
<td>Break / Poster Round</td>
<td>SIG Symposium</td>
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<td>13:15</td>
<td>Keynote Lecture</td>
<td>Mediterranean Diet and Longevity</td>
<td>Antonia Trichopoulou, Greece</td>
<td>EAMA Quality of Life – One Size Fits All?</td>
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**SCHEDULE**: 08:00 - 17:30

**ROOMS**:
- ROOM 1: Sleep and Neurodegenerative Disorders
- ROOM 2: Hands-On Room
- ROOM 3: EAMA Curriculum
- ROOM 4: SIG Symposium
- ROOM 5: SUBMITTED SYMPOSIUM
- ROOM 6: ORAL COMMUNICATIONS
- ROOM 7: EAMA Workshop

**TOPICS**:
- Sleep and Neurodegenerative Disorders
- Hands-On Room
- EAMA Curriculum
- SIG Symposium
- SUBMITTED SYMPOSIUM
- ORAL COMMUNICATIONS
- EAMA Workshop

**SESSIONS**:
- Sleep and Neurodegenerative Disorders
- Hands-On Room
- EAMA Curriculum
- SIG Symposium
- SUBMITTED SYMPOSIUM
- ORAL COMMUNICATIONS
- EAMA Workshop

**LIVE SESSIONS**:
- Keynote Lecture: Mediterranean Diet and Longevity
- Breaks

**SPONSORED SESSIONS**: 09:00 - 17:30

**KEYNOTE LECTURE**: Mediterranean Diet and Longevity
Antonia Trichopoulou, Greece

**SCHEDULE DETAIL**: 08:00 - 09:30
- Kreiman Rhythm and cognition
- Sleep disorders in elderly
- Sleep disorders in dementia

**SCHEDULE DETAIL**: 09:30 - 10:00
- Controversies in Cardiorenal Function
- Management of acute coronary syndromes in older adults
- Management of sympathetic cardiorenal disease in older adults

**SCHEDULE DETAIL**: 10:00 - 11:00
- Models for orthogeriatric care: what works and what is the evidence
- What is a comprehensive care plan for frailty?
- From frailty to resilience

**SCHEDULE DETAIL**: 11:00 - 12:00
- Prevention of delirium in older surgical patients: evidence-based interventions
- Management of sympathetic cardiorenal disease in older adults
- What is a comprehensive care plan for frailty?

**SCHEDULE DETAIL**: 12:00 - 13:00
- SIG Symposium
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**SCHEDULE DETAIL**: 13:00 - 14:00
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**SCHEDULE DETAIL**: 14:00 - 15:00
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**SCHEDULE DETAIL**: 15:00 - 16:00
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**SCHEDULE DETAIL**: 17:00 - 18:00
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<td>08:00</td>
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| 09:30  | 1. Malnutrition in the elderly: role of the Mediterranean diet  
2. Reducing inflammation in sarcopenia  
3. Current challenges in defining sarcopenia severity |        |        | **HEART FAILURE FROM THE GERIATRICIAN’S PERSPECTIVE** |         |        |        |              |
|        |         |        |        | 1. Biomarkers of heart failure in aging subjects  
2. Telomere applications for older patients with multifactorial and heart failure (HATiCO trial)  
3. Treating heart failure by targeting frailty |         |        |        |              |
| 10:00  | **EAMA OTHER FACES OF GERIATRICS: BIOLOGY OF AGING AND AGE-RELATED DISEASES** |        |        |        | **GERODONTOLOGY 2020** |         |        |              |
| 10:45  | 1. Healthy ageing facts and research questions—where are we standing?  
2. Microbiota and age-related diseases  
3. Targeting biology of aging: Geroscience |        |        |         | **GERODONTOLOGY 2020** | **GERODONTOLOGY 2020** |        |              |
|        |         |        |        |         |         |        |        |              |
| 09:30  | **COGNITIVE DISORDERS** |        |        | **BREAK / POSTER ROUND** |         |        |        |              |
| 10:00  | 1. Biomarkers to identify individuals at risk for Alzheimer’s disease  
2. Identifying and modifying the risk factors for cognitive decline and dementia  
3. Searching new pharmacological strategies for the treatment of Alzheimer’s disease |        |        | **GERODONTOLOGY 2020** | **SUBMITTED SYMPOSIUM** | **SUBMITTED SYMPOSIUM** |        |              |
| 10:45  | **THE IMPACT OF PHYSICAL EXERCISES** | **EMARKETS TO HEALTHY AGING BASED NUTRITION, PHYSICAL ACTIVITY AND GENES** | **GERODONTOLOGY 2020** |         |        |        |              |
|        | 1. Exercise and cognitive impairment  
2. Exercise in older people hospitalized with acute medical illness  
3. Exercise in fall prevention | **GERODONTOLOGY 2020** | **SUBMITTED SYMPOSIUM** | **SUBMITTED SYMPOSIUM** |        |        |              |
| 11:15  | **SPONSORED SESSIONS** |        |        | **BEST ABSTRACT AWARDS** |        |        |        |              |
| 11:30  |         |        |        |        |        |        |        |              |
| 14:30  | **PRESIDENTIAL LECTURE** |        |        | **BREAK** |        |        |        |              |
| 14:45  | AGEING PROCESS, EARLY DETERMINANTS AND LATE CONSEQUENCES  
Athanasios Benetos, France |        |        | **GERODONTOLOGY 2020** | **SUBMITTED SYMPOSIUM** | **SUBMITTED SYMPOSIUM** |        |              |
| 16:15  | **CLOSING CEREMONY** |        |        |        |        |        |        |              |