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## Aging and Chronic Diseases RIS Newsletter July 2014

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### ***Update on the RIS Chairs Conference Call***

The conference call welcoming new RIS Chairs as well as RIS Director, Kevin Schalinske, was led by Kevin and ASN's Member Relations Coordinator, Katie Oster on June 24, 2014. We discussed several administrative matters. The main issue related to fundraising tools. RIS Chairs will be submitting a Supporting Organization Contact Form and a Sponsorship Pledge Form. These forms will help ASN's leadership to coordinate fundraising efforts across RISs. In addition, we are working to

ensure each RIS offers a consistent menu of activities that will be included each year in the organizational budget, and consider standardization of certain activities such as our poster award competitions. Finally, the proposal for Late Breaking Symposia is due September 2, 2014.

*Stay tuned for more details!*

### ***Update on the EB 2014***

*We had a dynamic meeting full of great science, new investigators and a rewarding exchange of ideas. Many thanks to all who were able to come and contribute, particularly to our EB 2014 event sponsors Abbott and Shaklee!*

### **The Aging & Chronic Disease RIS featured three oral mini-symposia:**

Aging: Nutrition and Cognition across the Lifespan (Co-sponsor: Nutritional Epidemiology  
Chair: Christy C. Tangney  
Co-Chair: Lesley Tinker

Aging: Nutrition, Physical Performance and Bone Health  
Chair: Shivani Sahni  
Co-Chair: Dingbo Lin

Aging: Nutrition Interventions for Risk Factor Modification in Chronic Disease  
Chair: Carmen Sceppa  
Co-Chair: Elizabeth J. Reverri

*Many thanks to the Chairs and Co-Chairs for being willing to chair these sessions*

**The Aging & Chronic Disease RIS featured four poster sessions:**

Aging: Nutrition and Cognition across the Lifespan (Co-sponsor: Nutritional Epidemiology RIS)

Aging: Nutrition Interventions for Risk Factor Modification in Chronic Disease

Aging: Nutritional Assessment and Status in Older Populations

Aging: Nutrition, Physical Performance & Bone Health



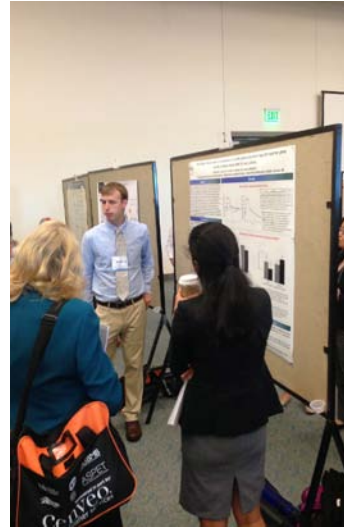
*We would like to thank those who gave their time to review the more than 76 abstracts for our RIS at this EB meeting!*

**The Aging & Chronic Disease RIS held its 3<sup>rd</sup> Graduate Student Poster Competition. Two awards were given.**



Hathairat Sawaengsri (*above left*) for her poster entitled, “Reduced IL-10 production contributes to impaired NK

cytotoxicity in old mice fed a high folic acid diet”.



Scott Baier (*above center*) for his work entitled, “MicroRNAs in bovine milk are bioavailable in healthy adults and down-regulate reporter gene activity in human kidney HEK-293 cell cultures”.

**The Aging & Chronic Disease RIS held its 1<sup>st</sup> Postdoctoral Poster Competition. One award was given to:**



Kelsey M. Mangano (*above left*) for her poster entitled, “Individual protein sources are associated with greater bone mineral density among men and women from the Framingham Offspring Study”.

*We received 60 abstracts for this poster competition (52 from graduate students and 7 from postdoctoral fellows). We would like to thank our 15 poster judges who evaluated 17 posters displayed during the competition at the meeting! We also would like to thank our 2 photographers.*

### **Membership**

The Aging & Chronic Disease RIS currently has 1,559 members.

*The RIS leadership welcomes your comments and suggestions to getting members more involved throughout the year and at the business meeting!*

### **Comments and Suggestions**

Please email the Aging & Chronic Disease RIS leadership team at [c.sceppa@neu.edu](mailto:c.sceppa@neu.edu) and/or [ShivaniSahni@hsl.harvard.edu](mailto:ShivaniSahni@hsl.harvard.edu)

### **Looking Forward to EB 2015**

<http://experimentalbiology.org/2015/About-EB/About-EB.aspx>

*The meeting will take place in Boston between March 28 and April 1, 2015 – mark your calendars!*

*We are fine tuning our mini-symposia to include the following topics:*

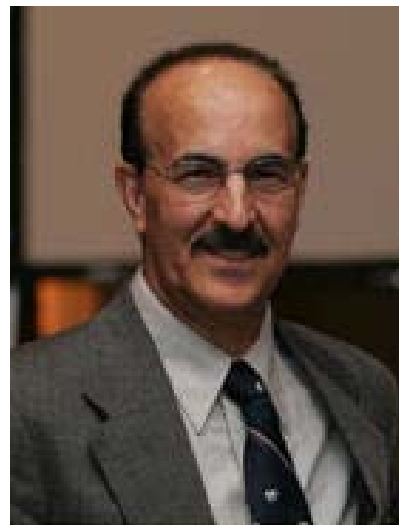
- Community Nutrition Programs and Policies for Older Adults
- Risk Factor Modification for Cardiometabolic Health and Chronic Disease

- Update on Nutritional Needs and Assessment in Older Adults/Populations
- Nutrition and Brain Health in Older Adults
- Nutrition and Sarcopenia
- Nutrition and Osteoporosis

*Stayed tuned!*

### **Member Spotlight**

**BAHRAM H. ARJMANDI, PhD, RD**  
*Chair-Elect, Aging and Chronic Disease RIS, Margaret A. Sitton Professor, Director, Center for Advancing Exercise and Nutrition Research on Aging (CAENRA), College of Human Sciences, Florida State University*



Dr. Bahram H. Arjmandi is the newly elected Chair-Elect of the Aging and Chronic Disease RIS. He is currently the Director of the Center for Advancing Exercise and Nutrition Research on

Aging (CAENRA) at Florida State University. Additionally, he is Margaret A. Sitton Named Professor in the Department of Nutrition, Food and Exercise Sciences at Florida State University where he previously served as Department Chair for 8 years. Prior to joining Florida State University, Dr. Arjmandi held academic positions in the Department of Nutritional Sciences and Gerontology Institute at Oklahoma State University and in the Department of Human Nutrition and Dietetics at the University of Illinois. Dr. Arjmandi received his PhD from the Department of Human Nutrition at Kansas State University where he studied the effect of soluble fiber on sterol synthesis and later completed his postdoctoral work in the area of estrogen and bone physiology at the University of Texas Health Science Center.

Dr. Arjmandi's overall research goal is to understand the relationship between nutrition and healthy aging with the intention of improving quality of life and longevity. His current research activities include investigating the role of functional foods and dietary supplements with and without exercise in preventing and improving chronic diseases associated with aging including osteoporosis, osteoarthritis and cardiovascular health.

His work has significantly contributed to our current understanding of how essential nutrients and phytochemicals prevent bone loss and osteoporosis in women. Specifically, he was one of the

first investigators to provide evidence for estrogen receptors in the gut to aid in calcium transport. He was amongst the first investigators to demonstrate the preventive effect of soy protein and its isoflavones as well as dried plums on bone loss in the female rat model of osteoporosis and postmenopausal women. Additionally, he has shown that other functional foods and compounds such as vitamin E and blueberry have protective effects against osteoporosis.

With respect to osteoarthritis, his research includes studies examining the effects of soy and soy isoflavones on osteoarthritis, as well as the effects of dietary supplements in individuals with mild-to-moderate osteoarthritis of the knee. This research has opened a new avenue of investigation in this critical area as there is a clear need for information on dietary means of preventing or lowering the risk of chronic diseases in aging.

Dr. Arjmandi has also conducted, and collaborated on multiple studies in the area of cardiovascular health, including the lipid profile-improving effects of apple, the anti-atherogenicity of flaxseed, the effects of resistance training and ambulation on abdominal fat and associated cardiovascular disease risk factors in African-American women, and the effects of watermelon, blueberries, and strawberries on aortic hemodynamic parameters in postmenopausal women with pre- and stage 1-hypertension. His current research is investigating the role of

apple consumption in improving glycemic control and reducing cardiovascular risk in type 2 diabetics, as well as the cardioprotective effects of tart cherry and pear consumption in individuals with metabolic syndrome. This provides a systematic evaluation of the health-promoting role of popular foods and dietary supplements in the United States.

Dr. Arjmandi is very passionate about his research and promoting science, in part, through training the next generation of scientists. Dr. Arjmandi is excited to assume the role of Chair-Elect for the Aging and Chronic Disease RIS and in this role he hopes to facilitate discussion and growth of the RIS and the field as a whole.

**ASHLEY C. PATTERSON, PHD**  
*Senior Scientist, Mead Johnson Nutrition*

Since entering the field of nutrition science, I have envisioned myself translating research into innovative applications. I recently joined Mead Johnson Nutrition as a Senior Scientist and am thrilled to be working on the Global Regulatory and Nutrition Science team. Below is a snapshot of my career journey to date.

What do I do at Mead Johnson?

- Develop science-based substantiation and communication strategies for new and improved products.

- Evaluate the safety and efficacy of new ingredients.



- Formulate nutrition positions and policies through collaboration with external key opinion leaders.
- Collaborate with internal and external investigators to drive nutrition research.
- Guide the transition of global to regional innovation projects.
- Build a network with the external scientific community and evaluate the nutrition science, regulatory and technology landscape to provide leadership to the R&D pipeline and business strategy.

How my path has evolved and what I have learned along the way?

- Undergraduate in biochemistry - gave me a scientific foundation and the ability to grasp biochemical and mechanistic aspects of nutrition.
- Summer research internship studying dietary fatty acid composition - confirmed my interest in translational

nutrition research and led to my first scientific publication.

- PhD in Physiology & Nutrition - I managed the complete project lifecycle for human nutrition studies. Learned how to design and communicate research, experienced the realities of working with human participants and lab analyses, acquired subject-matter expertise in fatty acids, biomarkers and dietary assessment, and gained confidence thinking through problems by applying my knowledge.
- Industrial fellowship with a university start-up company - I provided nutrition science guidance to and worked cross-functionally with the business. Learned to think like an entrepreneur by surmounting challenges with creative solutions and a can-do attitude.
- National Student Representative for the Canadian Nutrition Society - I drove initiatives for student/trainee membership and guided the society on student/trainee issues while learning how a professional society functions.
- Nutrition Science Consultant - I evaluated the safety and biological effects of a new ingredient/food product. Practiced rapidly assimilating both broad and detailed information into clear communications.

At each step I aim to build my toolkit of experiences, seize opportunities and always follow my interests and values. ASN, and in particular interaction through the annual meeting, has provided me with meaningful opportunities to build a network of colleagues and mentors and even led to

work as a Consultant. The field of nutrition science is a great place to work!

## **Recent & Forthcoming Publications of our ACD RIS members**

(Please send your new and imminent citations to [ShivaniSahni@hsl.harvard.edu](mailto:ShivaniSahni@hsl.harvard.edu) so that we can share these with the entire membership. Please use the *Am J Clin Nutr* style so we have some uniformity and if possible include doi or PMID link)

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## Positions Available

We encourage you to review job posting offerings available at <http://jobs.nutrition.org/>

## Upcoming Events

### US Investigators Global Non-Communicable Diseases Research Symposium

September 8-9, 2014  
Atlanta, GA

### Food & Nutrition Conference & Expo (FNCE)

October 18-21, 2014  
Atlanta, GA  
[www.eatright.org/FNCE/](http://www.eatright.org/FNCE/)

### Cardiometabolic Health Congress

October 22-25, 2014  
Boston, MA

### Advances and Controversies in Clinical Nutrition 2014

December 4-6, 2014  
Washington, DC