



Aging and Chronic Diseases RIS Newsletter November 2013

Update on the RIS Chairs Conference calls

Our most recent conference call was in late September where several important announcements were shared.

Advances and Controversies in Clinical Nutrition 2013 *December 5-7, 2013* *Capital Hilton*

Early registration deadline was Oct 1. We have received 60 abstracts this year. Registration is increasing. This year we are offering travel awards for students and postdocs. The program includes:

- Advances in nutrition science that could impact the 2015 Dietary Guidelines for Americans – *from sodium and health outcomes to the skinny on dietary fats*
- New research and controversies on nutritional conditions and complications over the lifespan – *from pediatrics to the elderly*
- The role of the microbiome in health and disease

- Discussions on integrating evidence-based research findings into clinical practice
- Best practices and case studies of multidisciplinary, inter-professional approaches to improve clinical and public health outcomes

EB 2013 Statistics: Boston was the largest meeting to date. There were 2,126 attendees which was a 25% increase from 2012. We saw the largest increase in postdoc attendees. ASN received 2,127 abstracts which was an 18% increase from 2012 where we received 1,809 abstracts. ASN is the fourth largest society in FASEB, but is second in terms of attendance at the annual meeting.

EB 2014 Update: There are 20 confirmed and programmed symposia. Updates to the [website](#) are being made. There are 12 Satellite Sessions. Currently there are also a few programs for the Friday before EB (4/25) as well as 3 breakfast programs schedules. Wednesday will be Danone yogurt session.

New for EB 2014: ASN is piloting a new format called International Forums, which will be sponsored by partner organizations in Japan, China and Brazil. We are working on scheduling these during the lunch break.

As you may know, this year we have a new vendor (OASIS) to handle abstract submissions to EB 2014. OASIS has

provided similar services to the American Heart Association Scientific Sessions as well as those of the American Diabetes Association and the Academy of Nutrition and Dietetics. In effort to evaluate these abstracts for acceptance, the vendor needed to have the names and email addresses for all possible reviewers. That's why we asked you to complete the Google document [via an electronic link](#) to indicate interest in reviewing abstracts. Our RIS had a wonderful turnout: we had 70 volunteers. Last year we had 26!

For our RIS at EB 2014

Aging & Chronic Disease RIS has five different minisymposia this coming year. These include:

5000 – ASN Aging: Community Nutrition Programs and Policies for Older Adults (Co Sponsor: Community and Public Health Nutr) (new!)

5001 – ASN Aging: Nutrition Interventions for Risk Factor Modification in Chronic Disease

5002 – ASN Aging: Nutritional Assessment and Status in Older Populations

5003 – ASN Aging: Nutrition, Physical Performance & Bone Health (new!)

5004 – ASN Aging: Nutrition and Cognition Across the Lifespan (Co-sponsor: Nutritional Epidemiology RIS) (new!)

We have submitted our request for times for our RIS business meeting and are planning not only our 3rd annual graduate student poster competition, but also at the same time, another competition exclusively for postdoctoral fellows. In an attempt to solicit as well as to organize these 2 activities in conjunction with our business meeting we have added two new members to our leadership team. Please see their bios/notes to the membership below.

New Members to our RIS Leadership Team

Shivani Sahni, Ph.D.

*Assistant Scientist II, Institute for Aging Research, Hebrew Senior Life
Instructor, Harvard Medical School*

As a research scientist examining the role of nutrition in preventing chronic diseases of aging, I am very excited to be serving as the new **Secretary of the Aging and Chronic Diseases (ACD) Research Interest Section (RIS)**. My interest in nutrition was sparked when a dietitian helped my father plan a heart-healthy diet following coronary bypass surgery. After my training as a dietitian in India, I realized that I wanted to be a part of the research world finding nutritional solutions to diseases of aging. That led me to Tufts University/Jean Mayer USDA Human Nutrition Research Center on Aging, where I was trained as a nutritional epidemiologist examining the role fruit and vegetable-specific antioxidants (such as vitamin C



and carotenoids) have on bone mineral density and hip fracture risk in the population-based Framingham Heart Study.

My interest in researching the nutritional risk factors of osteoporosis continued throughout my post-doctoral training and now as an Assistant Scientist at the Institute for Aging Research, Hebrew SeniorLife and Harvard Medical School. During this time, I have gained immense insight into the effects of protein intake on bone, muscle as well as body composition measures in older adults. More recently, I have examined the bone effects of various dairy foods suggesting that higher milk intake may be better for bone mineral density compared to high-fat dairy foods such as cream. I recently received two grants to examine the inter-relationship of vitamin C, uric acid and bone health. As an instructor at Harvard Medical School, I devote a part of my time to teaching Clinical

Epidemiology and Population Health to medical school students.

My membership in ACD has greatly facilitated my ability to stay connected with colleagues in my area of research. I hope to contribute to the research ideas and collaborations with fellow members to address and discuss the role of nutrition in aging and chronic diseases. We will keep you posted on the ACD RIS activities via our quarterly newsletter. Please do not hesitate to contact me with questions at:

ShivaniSahni@hsl.harvard.edu

Elizabeth J Reverri, PhD, RD

Postdoctoral Scholar, Tufts University, Jean Mayer USDA Human Nutrition Research Center on Aging

I am excited to serve as the new Postdoctoral Representative for the Aging and Chronic Diseases (ACD) Research Interest Section. I earned my BS in Nutritional Sciences and MS in Clinical Nutrition and completed my Dietetic Internship for the Registered Dietitian credential all at Boston University. I then started my nutrition career as an inpatient clinical dietitian at two teaching hospitals.

I really enjoyed the clinical work, but I missed conducting nutrition research, which I had done as a graduate student and dietetic intern. To blend my two interests of clinical nutrition and nutrition research, I returned back to



graduate school. This past summer, I graduated with a PhD in Nutritional Biology from the University of California, Davis. My dissertation research was on the, “Nutritional Modulation of Inflammation and Other Cardiovascular Disease Risk Factors in At Risk Adults.”

I am excited to continue nutrition research in cardiovascular nutrition as a Postdoctoral Scholar at Tufts University /Jean Mayer USDA Human Nutrition Research Center on Aging and enhance my skills to include epidemiological and molecular research. My research interests revolve around the effects of omega-3 fatty acids, vegetable oils, and carbohydrate type on cardiovascular disease risk factors.

When I am not conducting research, walking my dog, or doing yoga, I will be helping to organize the ACD RIS Graduate Student and Postdoctoral

poster competitions at EB in San Diego. More information on the poster competitions will be sent through the ACD RIS listserv soon. I am here to represent you, so please let me know if you have any questions, comments, or concerns. My email address is Elizabeth.Reverri@tufts.edu.

Please help me welcome these two new members to our team! Hopefully you can meet us all at our annual business meeting. As soon as we know when this is scheduled, we will be notifying you by email.

As you know, I continue as Chair through EB 2014 and then Dr. Carmen Sceppa, our Chair-Elect, will assume the Chair position next year on June 1, 2014. Expect an election next spring for the new Chair-Elect position. If you wish to nominate someone or even yourself, please email me anytime; ctangney@rush.edu

Dr. Frances Coletta is the RIS Director until May 31, 2014. Dr. Kevin Schalinske is the RIS Director-Elect. He will begin his term as Director on June 1, 2014.

Recent & Forthcoming Publications of our ACD RIS members (Please send your new and imminent citations to 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)

Bargut TC, Ferreira TP, **Daleprane JB**, Martins MA, Silva PM, Aguila MB. Fish oil has beneficial effects on allergen-induced airway inflammation and hyperreactivity in mice. *PLoS One*. 2013 Sep 6; 8(9):e75059. PMID: 24040386; doi: 10.1371/journal.pone.0075059.

Beavers KM, Beavers DP, **Houston DK**, Harris TB, Hue TF, Koster A, Newman AB, Simonsick EM, Studenski SA, Nicklas BJ, et al. Associations between body composition and gait-speed decline: results from the Health, Aging, and Body Composition study. *Am J Clin Nutr* 2013; 97: 552-60. <http://dx.doi.org/10.3945/ajcn.112.047860>

Beavers KM, Hsu FC, **Houston DK**, Beavers DP, Harris TB, Hue TF, Kim LJ, Koster A, Penninx BW, Simonsick EM, et al. The role of metabolic syndrome, adiposity, and inflammation in physical performance in the Health ABC Study. *J Gerontol A Biol Sci Med Sci* 2013; 68: 617-23. 57, USA. <http://dx.doi.org/10.1093/gerona/gls213>

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Daleprane JB, Abdalla DS. Emerging roles of propolis: antioxidant, cardioprotective, and antiangiogenic actions. *Evid Based Complement Alternat Med*. 2013; 2013: 175135. PMID: 23662115; doi: 10.1155/2013/175135.

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Kerstetter JE, Insogna KL. Adequate dietary protein is associated with better physical performance among post-menopausal women 60-90 years. *J Nutr Health Aging*. 2013 Oct; doi 10.1007/s12603-013-0391-2.

Houston DK, Neiberg RH, Tooze JA, Hausman DB, Johnson MA, Cauley JA, Bauer DC, Shea MK, Schwartz GG, Williamson JD, et al. Low 25-hydroxyvitamin D predicts the onset of mobility limitation and disability in community-dwelling older adults: the Health ABC Study. *J Gerontol A Biol Sci Med Sci* 2013; 68: 181-7. <http://dx.doi.org/10.1093/gerona/gls136>

Levitan EB, Lewis CE, Tinker LF, Eaton CB, Ahmed A, Manson JE, Snetelaar LG, Martin LW, Trevisan M, Howard BV, Shikany JM. Mediterranean and DASH Diet Scores and Mortality in Women with Heart Failure: The Women's Health Initiative. *Circ Heart Fail*. 2013 Oct 9. PMID: 24107587.

Mangano KM, Kerstetter JE, Kenny AM, Insogna KL, Walsh SJ. An investigation of the association between omega 3 FA and bone mineral density among older adults: results from the National Health and Nutrition Examination Survey years 2005-2008. *Osteoporos Int*. 2013 Oct 10. PMID: 24121998; doi: 10.1007/s00198-013-2501-8.

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Parkinson's Dis. 2013 Sep 30. [Epub ahead of print] PMC in process

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Upcoming Events (Nov 2013 and forward)

December 5-7, 2013.

Advances and Controversies in Clinical Nutrition.

Capital Hilton, Washington DC

<http://www.nutrition.org/meetings/advances-and-controversies-in-clinical-nutrition-2013/>

December 5-6, 2013

Fertility & Antioxidants 2013

Paris, France

<http://www.fertility-site.com/>

January 30- Feb 1, 2014

The 2nd International Conference on Nutrition and Growth

Barcelona, Spain

<http://www2.kenes.com/nutrition-growth2014/Pages/Home.aspx>

April 26-30, 2014

Experimental Biology 2014, San Diego, CA.

For information contact: eb@faseb.org

