

# ACFS 2023

9<sup>th</sup> ASIAN CONFERENCE FOR FRAILTY AND SARCOPENIA  
26<sup>th</sup> to 28<sup>th</sup> October | Singapore

**Theme: Building Resilience in the Post Pandemic Era**

The Asian Conference for Frailty and Sarcopenia (ACFS) is an international scientific event, which is organized every year, and welcomes a wide number of participants from all over the world, involved in the fields of sarcopenia, frailty and cachexia. This annual meeting explores these fields in topics ranging from their evolution to definition, from basic research to the latest therapeutic interventions for management and prevention. The topics discussed at ACFS have been successful in growing knowledge in Frailty and Sarcopenia with efforts culminating in the consensus for Sarcopenia by the Asian Working Group for Sarcopenia (AWGS).

**REGISTER HERE**

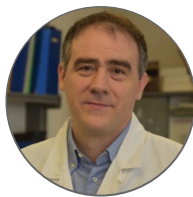
For more information,  
visit <https://sgms.org.sg/registration/>  
or Scan the QR code



## FEATURED SPEAKERS



**Hidenori ARAI**  
Japan



**Matteo CESARI**  
Italy



**Liang-Kung CHEN**  
Taiwan



**Avan SAYER**  
United Kingdom



**Maria Fiatarone SINGH**  
Australia



**Chang-Won WON**  
Korea



**Jean WOO**  
Hong Kong

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Organised by:



# SCIENTIFIC PROGRAMME

26 October: Pre-conference workshops (Optional/Standalone)  
27-28 October: Main Conference

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## 26 October, Thursday

[REGISTER HERE](#)

12.30pm – 1.00pm	<b>Registration</b>		
1.00pm – 3.00pm	<b>Workshop (A)</b> Multi-component Inter-disciplinary Interventions of Frailty and Sarcopenia	<b>Workshop (C)</b> CGA & Osteosarcopenia, Bone and Muscle Health (Part 1)	<b>Workshop (D)</b> Assessment of Sarcopenia and Muscle Health (Part 1)
3.00pm – 3.30pm	<b>Refreshment Break</b>		
3.30pm – 5.30pm	<b>Workshop (B)</b> Assessment and Management of Oral Frailty	<b>Workshop (C)</b> CGA & Osteosarcopenia, Bone and Muscle Health (Part 2)	<b>Workshop (D)</b> Assessment of Sarcopenia and Muscle Health (Part 2)

## 27 October, Friday

8.30am – 9.00am	<b>Opening Ceremony</b> <b>Launch of Singapore Clinical Practice Guidelines for Sarcopenia</b>	
9.00am – 10.00am	<b>Plenary 1: Addressing Frailty and Resilience in a Super-aging Society</b> - <i>Hidenori ARAI, Japan</i> <b>Plenary 2: Sarcopenia Definition, Diagnosis and Treatment: Where are we in 2023?</b> - <i>Avan SAYER, UK</i>	
10.00am – 10.30am	<b>Tea Break</b>	
10.30am – 12.00pm	<b>Symposium (1)</b> Advances in Muscle Health/Sarcopenia	<b>Symposium (2)</b> Frailty-Resilient:Trends in Multi-dimensonal Frailty
12.00pm – 2.00pm	<b>Lunch, Exhibition and Poster Session</b>	
2.00pm – 3.30pm	<b>Oral Presentation (1)</b>	<b>Oral Presentation (2)</b>
3.30pm – 4.00pm	<b>Tea Break</b>	
4.00pm – 5.00pm	<b>Plenary 3: Healthy Aging and ICOPE- From Concept to Implementation</b> - <i>Matteo CESARI, Italy</i> <b>Plenary 4: Forging a Frailty Resilient Health System- The Singapore Journey</b> - <i>Wee Shiong LIM, Singapore</i>	

## 28 October, Saturday

8.00am – 9.00am	<b>Special Interest Groups (SIGs): Publishing in High-impact Asian journals - Insights from the inside</b>	
9.00am – 10.00am	<b>Plenary 5: Celebrating 10 years of AWGS - What have we learnt?</b> - <i>Liang-Kung CHEN, Taiwan</i> <b>Plenary 6: Exercise in Older Persons across the Frailty Spectrum: What works, What doesn't, What next?</b> - <i>Maria Fiatarone SINGH, Australia</i>	
10.00am – 10.30am	<b>Tea Break</b>	
10.30am – 12.00pm	<b>Symposium (3)</b> Frailty-Resilient: Trends in Management	<b>Symposium (4)</b> Advances in Peri-Operative Care
12.00pm – 1.30pm	<b>Exhibition and Poster Session</b> <b>Exclusive Lunch Symposium for Chapter of Geriatricians and Geriatric Medicine trainees</b>	<b>Sponsored Lunch Symposium</b>
1.30pm – 2.00pm	<b>Panel Discussion:</b> <b>The Asia-Pacific Clinical Practice Guidelines in Frailty Management (2017) Revisited</b>	
2.00pm – 2.30pm	<b>Plenary 7: Frailty, Intrinsic Capacity, Resilience and Successful Aging: A Cross-disciplinary Discourse in the Post-pandemic Era</b> - <i>Jean WOO, Hong Kong</i>	
2.30pm – 3.00pm	<b>Tea Break</b>	
3.00pm – 4.30 pm	<b>Symposium (5)</b> Innovations in Care: Healthcare Settings	<b>Symposium (6)</b> Innovations in Care: Community
4.30pm – 5.00pm	<b>Award Presentation Ceremony and Closing Address</b>	

\*Programme is subject to change without prior notice