

# Functional and cognitive decline in older adults:

The role of clinical nutrition in maintaining autonomy

19<sup>th</sup> September 2020

Central European Time: 12:15-13:45

12:15 - 12:25



## Introduction

Chair: Prof. Tommy Cederholm, MD. PhD

Department of Public Health and Caring Sciences, Uppsala University, Uppsala, Sweden  
Theme Ageing, Karolinska University Hospital, Stockholm, Sweden

12:25 - 12:45



## Functional and cognitive impairments as a main risk factors for loss of independence in ageing population

Prof. Cornel Sieber, MD. PhD

Director Department of Internal Medicine, Kantonsspital Winterthur, Switzerland  
Chair Internal Medicine- Geriatrics, University Erlangen-Nürnberg

12:45 - 13:05



## Key nutrients for maintaining and potentially improving muscle functionality in malnourished patients

Prof. Alberto Mijan, MD. PhD

Chief of Section of Clinical Nutrition Unit, Department of Internal Medicine, Hospital  
Universitario de Burgos, Burgos, Spain

13:05 - 13:25



## When an Oral Nutritional Supplement improves cognitive outcomes in Mild Cognitive Impairment

Prof. Stephen Cunnane, PhD

Research Center on Aging and Department of Medicine. Université de Sherbrooke.  
Sherbrooke, Québec, Canada

13:25 - 13:45

## Q&A interactive

Chair: Prof Tommy Cederholm, MD. PhD