

“Dietary habits for postponing progression of aging in old age”

(simultaneous interpretation between Japanese and English)

May 15th (Fri), 2015 12:30-13:30
Room 301 Pacifico Yokohama

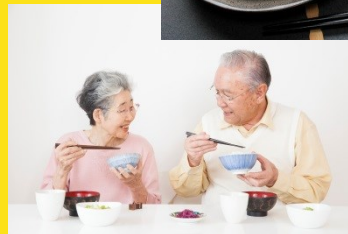


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Summary:

The goal of nutritional intervention for elderly people is to maintain high-level functional capacity and productivity. Our previous studies have shown that low serum albumin concentrations in functionally-competent elderly people, even above the clinical cut-off point (38 g/L), are positively associated with a decline in skeletal muscle mass and maximum walking speed later in life. These findings suggest that a lower nutritional status, even in the clinically normal range, may be a risk factor for accelerating the aging process. Therefore, strategies should be implemented to help enhance the nutritional status of elderly people as much as possible. This seminar presents our dietary guidelines that have been proven to be effective for functionally competent, community-living, senior citizens.