

1st NUTRIAGING SUMMER SCHOOL 2021, 29 September 2021 - ONLINE

Title: "NUTRIAGING – The potential of diet and physical activity on the progress of aging"

Draft Agenda

	<p>Program NUTRIAGING Summer School No.1</p> <p>29. September, Online (ZOOM)</p> <p>https://univiennea.zoom.us/j/96910598602?pwd=NGN5SHB2VXpKZXVDbGl5Y1AxeEFtdz09</p>
09.00 - 09.45	<p>Welcome, and introduction into the program, introduction of participants</p> <p>Background of the Nutriaging project, Importance of Nutrition and Physical Activity for the Aging progress, which nutrients are related to Aging</p> <p><i>Teams in Bratislava and Vienna</i></p>
09.45 – 12.00	<p>Impact of Protein on Aging</p> <ul style="list-style-type: none"> • Introduction and study protocols from Vienna and Bratislava <ul style="list-style-type: none"> ➤ Introduction and study protocol of the 1st animal experiment (<i>J. Muchová</i>) and the human study (<i>B. Franzke</i>) • Impact of increased intake of protein and its combination with physical activity on: <ul style="list-style-type: none"> ➤ the muscle function and biochemical parameters (<i>J. Muchová</i>) ➤ the muscle quality, body composition, functional parameters (<i>S. Unterberger</i>) ➤ the molecular mechanisms of sarcopenia (<i>L. Gajdošová</i>) ➤ mitochondrial function and antioxidant content in skeletal muscle and liver (<i>Z. Sumbálová</i>) ➤ oxidative stress and DNA damage (<i>A. Draxler, L. Bragagna, J. Cortolezis</i>) ➤ markers of oxidative stress and antioxidant defense (<i>Z. Paduchová</i>) ➤ inflammatory markers (<i>M. Horváthová</i>) ➤ the microbiota (<i>P. Zöhrer</i>) ➤ on behavioral parameters evaluating learning, anxiety and exploration (<i>A. Černáčková</i>) ➤ Proteomics (<i>B. Franzke</i>) ➤ Metabolomics (<i>t.b.d.</i>) • Discussions, Q&A
12.00 - 12.45	<p><i>Lunch Break</i></p>
12.45 - 13.45	<p>Impact of Fatty acids (Omega-3 and 6) on Aging</p> <ul style="list-style-type: none"> • Introduction and study protocol of the 3rd animal experiment and human study with omega-3 fatty acids supplementation (<i>I. Žitňanová</i>) <ul style="list-style-type: none"> ➤ Effect of DHA and EPA on cell senescence (<i>M. Janubová</i>) • Discussions, Q&A

13.45 – 16.00	<p>Impact of Vitamin D on Aging</p> <ul style="list-style-type: none"> • Introduction and study protocols from Vienna and Bratislava <ul style="list-style-type: none"> ➤ Introduction and study protocol of the 2nd animal experiment (<i>Z. Országhová</i>) and the human study (<i>K-H. Wagner</i>) • Impact of increased intake of vitamin D and its combination with physical activity on: <ul style="list-style-type: none"> ➤ the muscle quality, body composition, functional parameters (<i>S. Unterberger</i>) ➤ physical performance (<i>R. Aschauer</i>) ➤ chromosomal damage (<i>A. Draxler</i>) ➤ oxidative stress and DNA damage (<i>A. Draxler, L. Bragagna, J. Cortolezis</i>) ➤ the microbiota (<i>P. Zöhrer</i>) ➤ Effect of vitamin D and hyperglycemic conditions on senescent cells (<i>K. Koňariková</i>) • Discussions, Q&A
16.00 - 16.30	Biomarkers of Aging (<i>K-H. Wagner</i>)
16.30 - 17.00	Discussions, Q&A
17.00 - 17.30	<p>Outlook, Summary, Closing</p> <p><i>Speakers:</i></p> <p><i>Bernhard “Billy” Franzke, Patrick Zöhrer, Agnes Draxler, Sandra Unterberger, Rudi Aschauer, Laura Bragagna, Johannes Cortolezis, Sabine Trettenbahn, Nadine Sedtka, Karl-Heinz Wagner</i></p> <p><i>Mária Janubová, Katarína Koňariková, Lívia Gajdošová, Martina Horváthová, Alena Černáčková, Zuzana Paduchová, Zuzana Országhová, Zuzana Sumbalová, Jana Muchová, Ingrid Žitňanová, Zdeňka Ďuračková</i></p>

Target groups: Master students, PhD students, Participants of the Nutriaging study, Cooperation partner