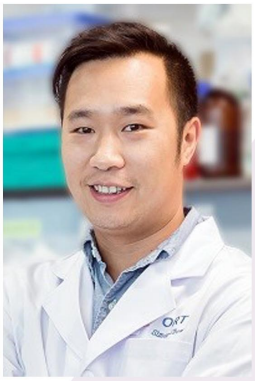
iTERM Lunchtime Seminar Series

Institute for Tissue Engineering and Regenerative Medicine

TITLE

"Exploratory Research for an Interventional Strategy to Tackle Sarcopenia"

Simon Chow, Ph.D., *Research Assistant Professor,*
Department of Orthopaedics and Traumatology, CUHK



Professor Chow is a human biologist by training from the University of Toronto (2002). He joined the Department of Orthopaedics and Traumatology in 2005 and pursued further training in Biomedical Engineering (2009) and obtained his PhD in Orthopaedics and Traumatology (2014).

His research area focuses on tackling musculoskeletal ageing problems including the biology and enhancement of osteoporotic fracture healing and sarcopenia. He is also interested in the application of biomedical engineering methods to solving clinical and surgical difficulties. Professor Chow has published over 15 articles in international peer-reviewed journals, 25 conference abstracts, 3 book chapters and granted over $1.6 million in research funding as of 2015.

ABSTRACT

Sarcopenia as a major risk factor of fragility fracture in the ageing population. The elderly population (with the world's highest life expectancy in both genders in Hong Kong) will increase from 1.10 million people to 2.63 million in 30 years' time. Sarcopenia is the age-related loss of muscle mass and strength. With guidelines suggested by the European Working Group on Sarcopenia in Older People (EWGSOP) in 2010 and 2018, the Asian Working Group for Sarcopenia (AWGS) in 2014, studies have reported prevalence to be at 5 to 13% in people over the age of 65, and rises to as high as 50% in people over 80. In Hong Kong, it affects 12.3% of male and 7.6% of female over the age of 65. Older people with sarcopenia are associated with poor balancing abilities and substantial increase in fall risks that result in increased fragility fracture rate to as much as 1.2 to 4 times. Therefore, early diagnosis of sarcopenia and the identification of interventional strategy are the most effective preventive measure to reduce falls and fragility fractures in an increasing older population.

DATE 31 Jan 2020 (Friday)

TIME 12:30pm - 2pm (please arrive 15 minutes before the scheduled time, light lunch shall be provided)

VENUE G02, Lo Kwee-Seong Integrated Biomedical Sciences Building, Area 39, CUHK

Online Registration: https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=412756

~ All are Welcome ~