

Dansk Selskab for Klinisk Ernæring inviterer til initiativmøde om

## **Ernæring, fysisk aktivitet og muskler**

Tirsdag d. 13. december 2016 kl. 16.30 – 19.00

Palle Juul-Jensen auditorium, bygning 10,

Århus Universitets hospital, Nørrebrogade 44, DK 8000 Århus C

### **Program**

16.30 Velkommen

16.35 *Dietary protein and muscle conditioning*

**Luc van Loon**, Professor of Physiology of Exercise, Maastricht University Medical Centre, the Netherlands. <http://www.m3-research.nl/staff/10-staff/14-luc-van-loon>

*Skeletal muscle protein is constantly being synthesized and broken down, with a turnover rate of about 1-2% per day. The rate of muscle protein synthesis is regulated by two anabolic stimuli, food intake and physical activity. Food intake directly elevates muscle protein synthesis rates. The dietary protein derived essential amino acids act as signaling molecules activating anabolic pathways in muscle tissue and provide precursors for de novo muscle protein synthesis. Ingestion of a meal-like amount of dietary protein (~20 g) elevates muscle protein synthesis rates for several hours, with ~10% of the protein derived amino acids being used as precursors for de novo muscle protein throughout a 5 h post-prandial period. The latter clearly shows that 'you are what you just ate'. When food is ingested after a bout of physical activity the post-prandial muscle protein synthetic response is increased, with higher muscle protein synthesis rates sustained over a more prolonged period of time. In other words, when you ingest protein following a bout of physical activity 'you become even more of what you just ate'. These concepts are of key importance to understand the skeletal muscle adaptive response to prolonged exercise training and help us to understand and combat the loss of muscle mass observed during disuse, disease, and with aging.*

17.35 Pause

17.50 *National Klinisk Retningslinje "Ernærings- og træningsindsatser til ældre med geriatriske problemstillinger"*

**Aino Leegaard Andersen**, forskningsassistent, Optimed (Optimized Senior Patient Program), Hvidovre Hospital

<https://sundhedsstyrelsen.dk/da/nkr/igangvaerende/ernaerings-og-traeningsmaessig-rehabilitering-af-aeldre-efter-indlaeggelse>

18.30 *PEPOP – Proteinberiget, mælkebaseret supplement til modvirkning af sarkopeni hos akut syge geriatriske patienter, der tilbydes styrketræning under og efter indlæggelsen – et dobbeltblindet, randomiseret, kontrolleret studie*

**Josephine Gade Bang-Petersen**, Ph.d.-studerende, Herlev og Gentofte Hospital

<https://www.herlevhospital.dk/afdelinger-og-klinikker/det-nordiske-koekken/forskning/Sider/PEPOP-.aspx>

18.50 Opsamling og afslutning

**Deltagelse er gratis, og tilmelding er ikke nødvendig.  
Første del af programmet vil foregå på engelsk.**