

Newsletter 2
November 2018



Aiming to connect and inspire young and future geriatricians and shape geriatric medicine in Switzerland.

This newsletter can also be downloaded from our website.

www.sfgg.ch/de/ueber-uns/netzwerk-junge-geriater

EuGMS Congress Berlin

Advancing Geriatric Medicine in a Modern World. This was the title of the 14th EuGMS, that took place in Berlin 10th- 12th October 2018.

The Highlight surely was the new EWGSOP **Consensus on Sarcopenia**, presented by Alfonso J. Cruz Jentoft (see Picture).

Hot Topic:

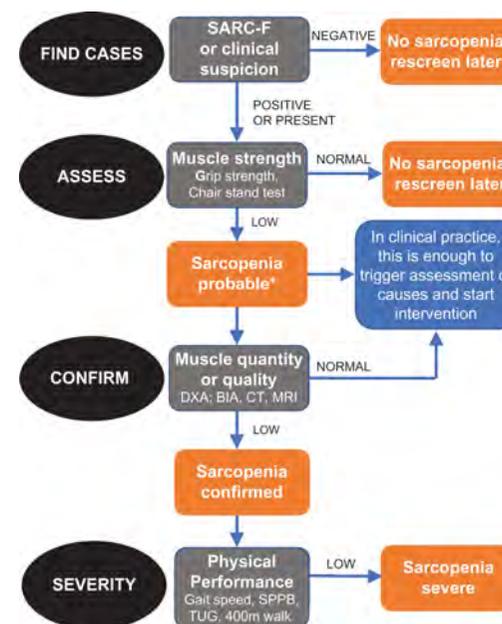
Congress News



The European Working Group on Sarcopenia in Older People (EWGSOP) first published Guidelines in 2010. These were now revised.

In this updated consensus paper, there are three important points: 1) the Focus lies on low muscle strength as a key characteristic of sarcopenia. It uses the detection of low muscle quantity and quality to confirm the sarcopenia diagnosis and identifies poor physical performance as indicative of severe sarcopenia. 2) The paper updates the clinical algorithm that can be used for sarcopenia case-finding, diagnosis and confirmation and severity determination and 3) it provides clear cut-off points for measurements of variables that identify and characterise sarcopenia.

New Pathway for clinical practices and research studies:



The consensus paper will be published in the next edition of Age and Ageing.

It can already be downloaded via the following link:

<https://academic.oup.com/ageing/advance-article/doi/10.1093/ageing/afy169/5126243>



Annette Ciurea

Editors of this Newsletter: Annette Ciurea and Jane Morgillo

Other Meetings

2. Symposium Multifaceted dementia

Aarau 30th August 2018

Facettenreiche Demenz

This was an interesting day organized by Dr. Irene Bopp from the Waid Spital and Dr. Dan Georgescu from the Ambulante Psychiatrische Dienste Aarau. An interdisciplinary and engaged audience listened to varied talks that prompted a lively discussion. My favorites:

Aromatherapy use in patients with dementia (by Karen Schwab, Waid Spital):

There is not much classical evidence for the use of aromatherapy, after all it is quite impossible to do double blind studies... But it seems logical for some aromas to contribute to wellbeing (who doesn't love the smell of fresh bread?). There is some limited evidence for the use of lavender and rose for relaxation and grapefruit for activation. Seems to me it's worth a try, as there are practically no adverse effects.

Sexuality and dementia (well done Annette Ciurea!): A neglected subject, where the stress particularly to the carers is all the more as they can hardly confide in anyone (except hopefully their doctor). So be sensitive to signs and hints; it can be difficult to address the subject that is so private for all of us (how would you react if someone randomly inquired after your sexual life?). An open question or a box to tick in a questionnaire could be possible solutions.

Dignity and dementia (by Irene Bopp): This seems very central to me. This lovely talk in every sense encouraged us to consider how we contribute to the dignity of our patients living with dementia.



Jane Morgillo

1st Swiss Orthogeriatrics Day 31st Oct 2018

Bern

The first Swiss orthogeriatric day, organized by PD Dr Johannes Bastian, orthopaedic surgeon, and Prof. Andreas Stuck, geriatrician, gave the participants an overview of the current standards and controversies by different professionals. There was also an update about geronto-anaesthesia. It was interesting to hear, that there isn't just one specific model for geronto-traumatologic management, but several different ones depending amongst other things on the individual hospital structure.



Gaudenz Tschurr

London, 14th-16th November 2018

British Geriatric Society Autumn Meeting

"Improving Health Care for older people"

Simon Conroy presented a project called HoW CGA (Hospital Wide Comprehensive Geriatric Assessment) to help non-geriatricians improve their care of the elderly. A great way to sensitize people to geriatric principles.

https://www.bgs.org.uk/sites/default/files/content/resources/files/2018-09-12/HoWCGA_full%20kit.pdf

9 Things to know about Dementia with Lewy Bodies (DLB) and Parkinson's Disease with Dementia (PDD):

1. PDD and DLB have more in common than they differ
2. They are more common than you think
3. Diagnostic criteria are changing
4. We are starting to understand visual hallucinations
5. REM sleep disorder is an important symptom before and during DLB
6. The type of dementia in DLB is different from Alzheimer's
7. Imaging can support diagnosis
8. It's not just about the Lewy Body
9. New treatments for visual hallucinations are looking promising



Annette and Bettina having fun with Claudine Geeser in London ☺



European Geriatric Medicine Society

Do you know you can become a member of EUGMS for free??

If you are a member of SFGG/SPSG you can easily become also a member of EUGMS:

Go visit the homepage: www.eugms.org and **register for free!**

You get free access to the European Geriatric Medicine Journal, can get Newsletters, access to congress presentations and access to exclusive Geriatric resources

News from us

Cindi Smith, Hôpital intercantonal de la Broye

Building up new geriatric wards

Cindi Smith has been working in the Hôpital intercantonal de la Broye since April 2018 and was recruited especially to build up and implement good geriatric practises in the two hospital sites of this clinic. She will be recruiting new and aspiring geriatricians from next year. We look forward to hearing more about her experiences.

Planing our first symposium

We want to meet up with you!

Our first Young Geriatricians Symposium will take place in April in Geneva. Our aim is to address current geriatric topics relevant to Switzerland and aid networking amongst young and aspiring geriatricians.

More information to follow. We look forward to seeing you there.

Did you know?

Switzerland has a frailty network.

<http://www.alterundmobilitaet.usz.ch/forschung/klinische-studien/Seiten/Swiss-Frailty-Network-Repository.aspx>

Coming up

Symposiums, congresses and other

International Congresses

Wien, 25nd-27nd April 2019

Österreichisch- Deutscher Geriatriekongress

“Die Erfindung des Alters”

Gothenborg, 23rd – 25th May 2019

IAGG-ER (International Association of Gerontology and Geriatrics European Region Congress)

“Towards Capability in Ageing – from cell to society”

Frankfurt, 5th – 7th September 2019

DGG (Deutscher Geriatriekongress)

Geriatric: Jung und Grenzenlos

Participation of the Network of young Geriatricians Switzerland!!

Krakow, 25nd – 27nd September 2019

EuGMS (European Geriatric Medicine Society)

“Evidence Based Medicine in Geriatrics”

Switzerland

1. Symposium Young Swiss Geriatricians

Geneva, ca April 2019

SGAIM Frühjahres-Kongress, Basel 5th-7th June 2019

„Innovation“

Participation of the Network of young Geriatricians Switzerland!!

Geriatricforum 27th September 2019

Waid Hospital, Zürich

Journee annuelle française Nov 2019

Abstracts from current geriatric and general medicine journals

Sarcopenia: Diagnosis and Prevention

By Dr. med. Sophie Schaller, Hôpital Fribourgeois, Site de Riaz

From *der informierte @rzt Vol.8_Ausgabe 09.Sept. 18* (www.medinfo-verlag.ch)

En français: *la gazette médicale 8-9/2018*

A very good overview of the subject.

Feeling invisible: how agism is affecting older women

By Abby Ellin

From *the New York Times, 10th Nov 2018*

Intelligent and educated women feeling invisible? This is what 70 year-old Susan Good heard listening to her friends: they felt that over a certain age they just weren't seen anymore.

This article in the NY-Times highlights projects undertaken by different people to change this and to bring women together across the generation gap.

https://www.nytimes.com/2018/11/10/style/intergenerational-womens-groups.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=7&pgtype=collection



Aline Mendes

Fracture Prevention with Zoledronate in Older Women with Osteopenia

By Ian Reid et al, New Zealand

NEJM October 1, 2018, Doi: 10.1056/NEJMoa1808082

This study conducted over 6 years with women over 65 with osteopenia in the DEXA. The women that received a dose of zoledronate **every 18 months** had a significantly lower risk of nonvertebral and vertebral fractures. Important: the study was funded by the Health Research Council of New Zealand, NOT by a pharmaceutical company.

Have you read this yet?

Sombdy I used to know

By Wendy Mitchell

Wendy Mitchell was diagnosed with dementia at the age of fifty-eight. Soon she was no longer able to work in her demanding NHS job, had to give up driving and was no longer able to cook. She soon realised, that people with dementia are often unheard, so she started writing a blog (<https://whichmeamitoday.wordpress.com>), wrote this book and started to speak on numerous occasions about what it's like living with dementia, so as to raise awareness and understanding about dementia.

I found it a very insightful, easy and useful read.



Jane Morgillo