

**13TH NATIONAL AND 4TH INTERNATIONAL  
ANNUAL SYMPOSIUM OF GERIATRICS DAYS  
FRAGILE BALANCE IN GERIATRICS: OSTEOPOROSIS, SARCOPENIA, AND CHRONIC DISEASES**

**JUNE 04, 2026 | DAY 1**

08:30-09:00	<b>Registration</b>	
09:00-09:30	<b>Opening Speech</b>	
09:30-10:35	Session 1: Bone and Muscle Ageing: From Cellular Mechanisms to Clinics	Session Chairs: Ayfer KARADOKOVAN, Sukran KOSE
09:30-09:50	Sarcopenia: From Molecular Disorders to Clinical Presentation	Esra ATEŞ BULUT
09:50-10:10	A Silent Pathology in Advanced Age: Definition, Epidemiology, and Bone Formation-Resorption Processes of Osteoporosis	Mehmet Selman ONTAN
10:10-10:30	The Role of Biomarkers in Osteoporosis: Diagnostic and Therapeutic Perspectives	Radmila Matjević (virtually) 
10:30-10:35	Discussion	
10:35-10:45	Coffee Break	
10:45-12:25	Session 2: To See What is Invisible: Management of Osteoporosis and Sarcopenia	Session Chairs: Selim NALBANT, Ahmet Turan ISIK
10:45-11:05	Male Osteoporosis: Underestimated Clinical Reality for Geriatric Practice	Fırat BAYRAKTAR
11:05-11:25	Gold Standards and New Horizons in Osteoporosis Screening Strategies	Ozge DOKUZLAR
11:25-11:45	Diagnosis of Sarcopenia: EWGSP-2 and Beyond	Alfonso CRUZ-JENTOFT (virtually) 
11:45-11:50	Question & Answer (Q&A)	
11:50-12:10	Management of Bone Health in the Oldest Old	Nicholas HARVEY (virtually) 
12:10-12:15	Question & Answer (Q&A)	
12:15-12:20	Discussion	
12:20-13:15	Lunch	
13:15-13:45	Satellite Symposium AMGEN®	Session Chairs: Ahmet Turan ISIK
13:45-13:55	Coffee Break	
13:55-15:20	Session 3: Preventive Approaches and Treatment in Osteoporosis and Sarcopenia	Session Chairs: Meltem Gulhan HALIL, Fatma Sena DOST ONTAN
13:55-14:15	Prevention and Management of Osteoporosis: The Role of Macro and Micronutrients	Volkan ATMIS
14:15-14:35	The Role of Malnutrition in Sarcopenia and Targeted Nutritional Strategies	Meltem Gulhan HALIL
14:35-14:55	Fracture Risk Assessment in Older Adults / Anabolic and Antiresorptive Agents in Osteoporosis Treatment: Patient Selection, Timing, and Clinical Decision-Making	Fatma Sena DOST ONTAN
14:55-15:15	Use of Anabolic Anti-osteoporotic Agents in Patients with High Cerebro-Cardiovascular Risk	Derya KAYA
15:15-15:20	Discussion	
15:20-15:30	Coffee Break	
15:30-16:55	Session 4: Bone and Muscle Health in Systemic Diseases	Session Chairs: Mehmet Refik MAS, Bilgin COMERT
15:30-15:50	From Neurodegeneration to Muscle and Bone Loss	Ahmet Turan ISIK
15:50-16:10	Bidirectional Relationship Between Cardiovascular Diseases and Sarcopenia: Clinical and Metabolic Interactions	Ebru OZPELIT
16:10-16:30	Bone Metabolism in Chronic Kidney Disease: Pathophysiology and Clinical Management	Cihan HEYBELI
16:30-16:50	Diabetes, Sarcopenia, and Osteoporosis: Effects of Metabolic Dysfunction on Bone and Muscle Health	Ali Ekrem AYDIN
16:50-16:55	Discussion	
16:55-17:00	Coffee Break	
17:00-17:50	Session 5: Oral Presentations	Session Chairs: Esra Ates BULUT, Apelya GOKDENİZ YILDIRIM
<b>JUNE 05, 2026   DAY 2</b>		
08:15-09:00	Session 1: Oral Presentations	Session Chairs: Feyza MUTLAY, Merve Aliye AKYOL
09:00-09:10	Coffee Break	
09:10-10:20	Session 2: Special Conditions and Clinical Implications in Sarcopenia	Session Chairs: Derya KAYA, Ozge DOKUZLAR
09:10-09:30	Sarcopenic Dysphagia: Oropharyngeal Functional Loss and Clinical Implications of Oral Frailty	Suleyman Emre KOÇYIGIT
09:30-09:50	Acute Sarcopenia: Effects of Hospitalization and Immobilization on Muscle and Functional Loss	Bilal KATIPOGLU
09:50-10:10	Sarcopenic Obesity	Lorenzo DONINI (virtually) 
10:10-10:20	Question & Answer (Q&A)	
10:20-10:30	Coffee Break	
10:30-11:55	Session 3: Osteoarthritis: A Clinical Journey from Diagnosis to Treatment	Session Chairs: Özlem KUÇUKGUÇLU, Suleyman Emre KOÇYIGIT
10:30-10:50	Osteoarthritis Just a Joint Disease?	Alev Çam MAHSER
10:50-11:10	Pain Management in Osteoarthritis: From Clinical Evaluation to Individualized Treatment	Pelin UNSAL
11:10-11:30	Interventional Approaches in Osteoarthritis Care: Treatment Options and Patient Selection	Derya GUNER
11:30-11:50	Physiotherapy-Based Approaches in Bone, Muscle, and Joint Health: Evidence-Based Rehabilitation	Baris GURPINAR
11:50-11:55	Discussion	
12:00	Closing	
13:00-15:30	Muscle-Joint Sonography Course: This course will be conducted both theoretically and with practical training on patients. Detailed information regarding the course content will be coming soon.	