

**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	Registration	
09:00-09:30	Opening Speech	
09:30-10:15	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 ATES BULUT
09:50-10:10	A Silent Pathology in Advanced Age: Definition, Epidemiology, and Bone Formation-Resorption Processes of Osteoporosis	Mehmet Selman ONTAN
10:10-10:15	Discussion	
10:15-10:25	Coffee Break	
10:25 – 12:00	Session 2: To See What is Invisible: Management of Osteoporosis and Sarcopenia	Session Chairs: Selim NALBANT, Ahmet Turan ISIK
10:25 – 10:45	Male Osteoporosis: Underestimated Clinical Reality	Firat BAYRAKTAR
10:45 – 11:05	Gold Standards and New Horizons in Osteoporosis Screening Strategies	Ozge DOKUZLAR
11:05 – 11:25	Diagnosis of Sarcopenia: EWGSOP-2 and Beyond	Alfonso CRUZ-JENTOFT (virtually) 
11:25 – 11:30	Question & Answer (Q&A)	
11:30 – 11:50	Management of Bone Health in the Oldest Old	Nicholas HARVEY (virtually) 
11:50 – 12:00	Question & Answer (Q&A)	
12:00 – 13:00	Lunch	
13:00 - 13:30	Satellite Symposium AMGEN®	Session Chairs: Ahmet Turan ISIK
13:30 – 14:55	Session 3: Preventive Approaches and Treatment in Osteoporosis and Sarcopenia	Session Chairs: Meltem Gulhan HALIL, Fatma Sena DOST ONTAN
13:30 – 13:50	The Role of Malnutrition in Sarcopenia and Targeted Nutritional Strategies	Meltem Gulhan HALIL
13:50 – 14:10	Prevention and Management of Osteoporosis: The Role of Macro and Micronutrients	Volkan ATMIS
14:10 – 14:30	Fracture Risk Assessment in Older Adults / Anabolic and Antiresorptive Agents in Osteoporosis Treatment: Patient Selection, Timing, and Clinical Decision-Making	Fatma Sena DOST ONTAN
14:30 – 14:50	Use of Anabolic Anti-osteoporotic Agents in Patients with High Cerebro-Cardiovascular Risk	Derya KAYA
14:50 – 14:55	Discussion	
14:55 – 15:10	Coffee Break	
15:10 – 16:40	Session 4: Bone and Muscle Health in Systemic Diseases	Session Chairs: Mehmet Refik MAS, Bilgin COMERT
15:10 – 15:30	From Neurodegeneration to Muscle and Bone Loss	Ahmet Turan ISIK
15:30 – 15:50	Bidirectional Relationship Between Cardiovascular Diseases and Sarcopenia: Clinical and Metabolic Interactions	Ebru OZPELIT
15:50 – 16:10	Bone Metabolism in Chronic Kidney Disease: Pathophysiology and Clinical Management	Cihan HEYBELI
16:10 – 16:30	Diabetes, Sarcopenia, and Osteoporosis: Effects of Metabolic Dysfunction on Bone and Muscle Health	Ali Ekrem AYDIN
16:30 – 16:40	Discussion	
16:40 – 16:50	Coffee Break	
16:50 – 17:35	Session 5: Oral Presentations	Session Chairs: Esra Ates BULUT, Açelya GOKDENİZ YILDIRIM
JUNE 05, 2026 DAY 2		
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 KOCYIGIT
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: Ozlem 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.	