



# Royal College of Physicians

## **Professor Avan Sayer Biography**

Professor Sayer is the Director of the NIHR Newcastle Biomedical Research Centre, an NIHR Senior Investigator, and Professor of Geriatric Medicine at Newcastle University. She is also an Honorary Consultant in Geriatric Medicine at the Newcastle upon Tyne Hospitals NHS Foundation Trust.

She leads an internationally recognised research programme on sarcopenia and frailty with particular focus on how to translate understanding about mechanisms into improved diagnosis, treatment and prevention across the life course. She is at the forefront of the field of Geriatrics and Gerontology internationally for her work on ageing, sarcopenia and frailty. She was previously an MRC Principal Investigator, Programme Leader and Professor of Geriatric Medicine at the MRC Lifecourse Epidemiology Unit, University of Southampton, where she now holds a Visiting Professor position.

Other roles include Secretary to the UK Association of Academic Geriatric Medicine, Member of the Academic Board of the European Union Geriatric Medicine Society and Associate Editor at Age and Ageing. She was previously Raine Visiting Professor, University of Western Australia. She serves on a number of UK and international advisory committees and expert panels.

## **Presentation Summary**

This talk will provide an update in terms of current approaches to the definition and diagnosis of frailty and sarcopenia and explore how they are related. It will also include an overview of the consequences and causes of these conditions across the life course together with focus on established and new treatments with particular relevance to clinical practice.