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JOURNAL OF METABOLIC SYNDROME



Liang-Kung Chen

Director

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Gerontology**

**Taipei Veterans General Hospital
Taiwan**

**Editor for
Journal of Metabolic Syndrome**

BIOGRAPHY

Prof. Liang-Kung Chen is currently Director of the Center for Geriatrics and Gerontology of Taipei Veterans General Hospital, Professor and Director of Aging and Health Research Center of National Yang Ming University School of Medicine and Chairman of Asia Pacific League of Clinical Gerontology and Geriatrics.

Prof. Chen is the editorial member of several International and local journals, including Geriatrics and Gerontology International, Case Reports in Medicine, Journal of the Korean Geriatrics Society, Journal of Gerontology and Geriatrics Research, Annals of Community Medicine and Practice, Journal of Aging and Gerontology, Korean Journal of Family Medicine, Associate Editor of Journal of Nutrition, Health and Aging, BMC Geriatrics, Journal of Frailty and Aging and Editor-in-Chief of Journal of Clinical Gerontology and Geriatrics and has published more than 180 peer-reviewed articles.

RESEARCH INTERESTS

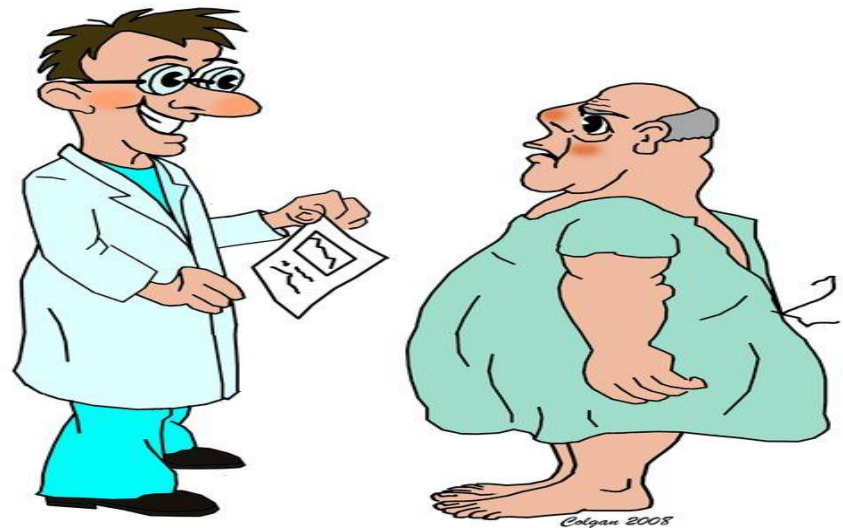
Prof. Chen's research work is focused three domains: (1) frailty and sarcopenia, (2) insulin resistance and cardio-metabolic health of older people, (3) dementia, and (4) age-friendly health service research for older people in Asian societies

RECENT PUBLICATIONS

- **Interrelationship of postoperative delirium and cognitive impairment and their impact on the functional status in older patients undergoing orthopaedic surgery: a prospective cohort study.**
- **Prevalence of and interventions for sarcopenia in ageing adults: a systematic review. Report of the International Sarcopenia Initiative (EWGSOP and IWGS).**
- **Dose-responsive effect of psychotropic drug use and subsequent dementia: a nationwide propensity score matched case-control study in Taiwan.**
- **Predicting all-cause and cause-specific mortality by static and dynamic measurements of allostatic load: a 10-year population-based cohort study in Taiwan.**
- **No adverse impact of depressive symptoms on the effectiveness of postacute care service: a multicenter male-predominant prospective cohort study.**
- **The impact of influenza vaccination on hospitalizations and mortality among frail older people.**
- **Sarcopenia in Asia: consensus report of the Asian Working International for Sarcopenia.**

What is Frailty & Sarcopenia....?

Frailty is a clinical syndrome in which there is an increase in an individual's vulnerability for developing increased dependency due to three or more of the following criteria: unintentional weight loss, self-reported exhaustion, weakness (grip strength), slow walking speed, and low physical activity. It is considered highly prevalent in old age and to confer high risk for falls, onset of disability, hospitalization, cognitive decline and mortality. Furthermore, Sarcopenia is a geriatric syndrome characterized by the progressive loss of muscle mass and strength with a risk of adverse outcomes (mainly mobility disability) for the patients.



"Your choice. Spend half an hour a day exercising or 24 hours a day dead."

Prevalence of Frailty & Sarcopenia

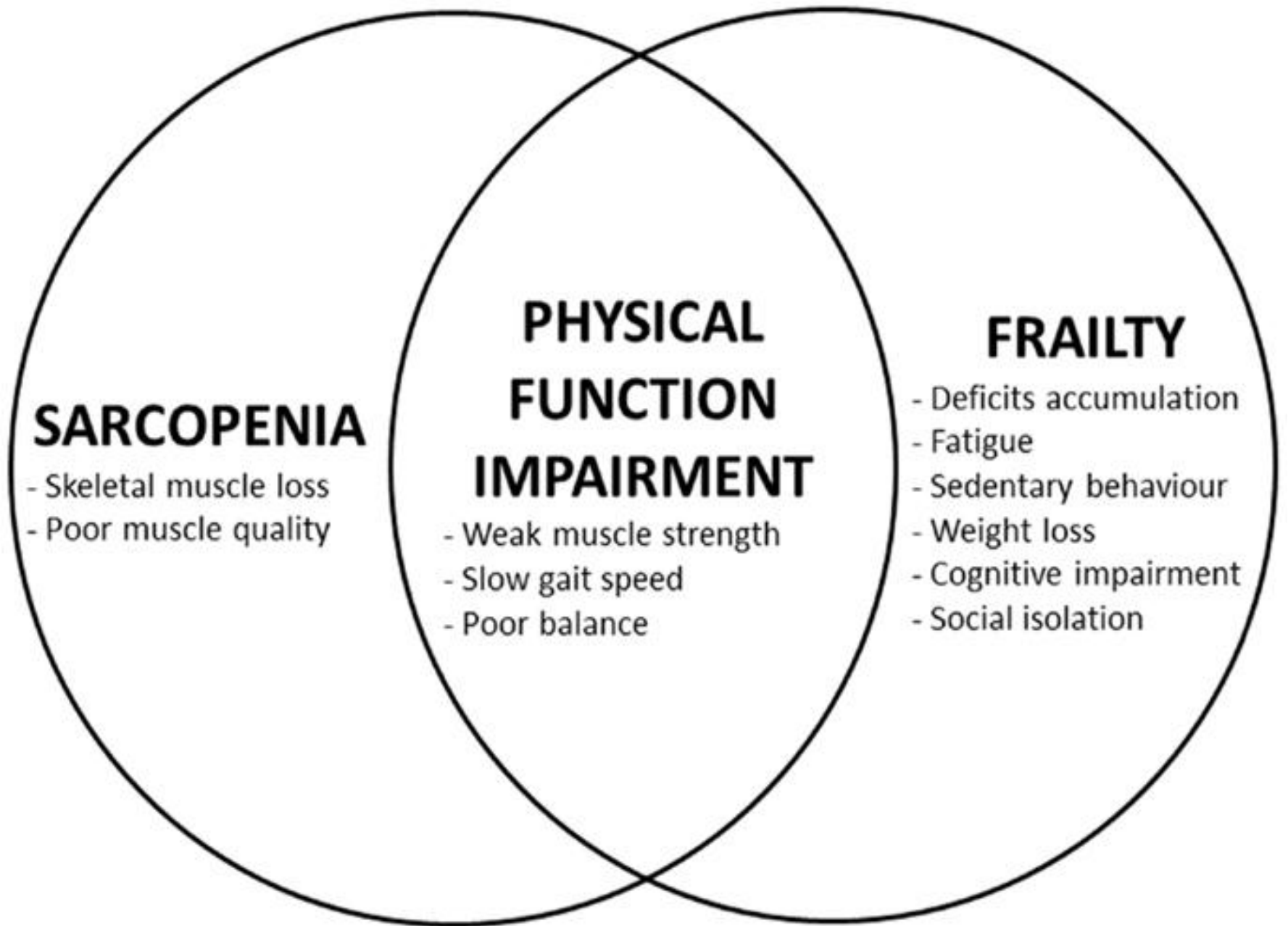
Older adults are classified in three main groups: robust older adults (60%), dependent older adults (10%), and frail older adults (30%). The frail older adults have a high risk of progressing to dependency but with correct intervention (mainly nutritional & physical exercise), frailty can be reversed to a robust state. Prevalence of Sarcopenia (one of the main components of Frailty) is roughly estimated at 15 to 30% in a general population, with a higher prevalence in frail older adults.

The role of nutrition and physical exercise

The two main interventions that have proven to successfully revert Frailty are: nutritional intervention, to obtain satisfactory nutritional status mainly with oral supplementation and physical exercising programs aiming at increasing muscle mass and muscle function. To date, no other intervention has proven to be successful.

The development of new ongoing treatments

The main line of development is in the field of biomarkers, identifying novel imaging techniques to better quantify loss of muscle mass, and in the field of drug development, using myostatin inhibitors.



METABOLIC SYNDROME RELATED JOURNALS

- **Diabetology & Metabolic Syndrome**
- **Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy**
- **Metabolic Syndrome and Related Disorders**
- **Journal of Diabetes & Metabolic Disorders**
- **Global Journal of Obesity, Diabetes and Metabolic Syndrome**

METABOLIC SYNDROME RELATED CONFERENCES

- **2nd International Conference on Endocrinology**
- **5th International Conference on Diabetes & Metabolism**

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Thank You!



Electronic Signature

A handwritten signature in black ink, appearing to read "A. Langley". The signature is written in a cursive style with a prominent vertical stroke on the left side.