

THE INTERNATIONAL 21ST PUIJO SYMPOSIUM:

“PHYSICAL EXERCISE, AGEING
AND DISABILITY
– CURRENT EVIDENCE”

KUOPIO, FINLAND
JUNE 29 – JULY 2, 2011

Organized by:

Kuopio Research Institute of Exercise Medicine,
Foundation for Research in Health Exercise and Nutrition

in collaboration with

Department of Clinical Physiology and Nuclear Medicine,
Kuopio University Hospital
University of Eastern Finland

Preliminary Scientific Program

WEDNESDAY, June 29

08:00 Registration
08:15 Opening ceremonies

SETTING THE SCENE FOR AGING

09:00 Population ageing – a growing socio-medical and economical challenge, Jean-Pierre Michel, Switzerland
09:30 Exercise recommendations for senior citizens – summary of scientific basis, William L. Haskell, USA
10:00 Strategies in searching for evidence, Willem van Mechelen, The Netherlands

Break, posters

OVERVIEW OF EXERCISE PHYSIOLOGY IN AGEING

10:45 Regulation of muscle energy production at rest and during exercise Kai Savonen, Finland
11:15 Essential of aerobic exercise training in health and disease Michael Joyner, USA
11:45 Essentials of resistance exercise training in health and disease Barry Franklin, USA

12:15 Lunch, posters

PATHOPHYSIOLOGICAL MECHANISMS OF AGEING RELATED DISEASES

14:00 Sarcopenia, cachexia and pre-cachexia, Tommy Cederholm, Sweden
14:30 Bone health in the aged, Harri Suominen, Finland
15:00 Cardiac performance and functional capacity in the aged Arthur S. Leon
Refreshment break
16:00 Metabolic health in the aged, Sreekumaran Nair, USA
16:30 Brain function in the aged, Hilkka Soininen, Finland

17:00 Exercise and neuromuscular coordination, Marten Munneke, The Netherlands

17:45 Reception of the University of Eastern Finland

THURSDAY, June 30

EXERCISE, FUNCTIONAL CAPACITY AND AGEING : MECHANISMS OF ACTION AND CURRENT EVIDENCE

08:30 Exercise, sarcopenia and muscular strength, Michael Kjaer, Denmark
09:00 Exercise, effects on articular cartilage and bone, Ilkka Kiviranta, Finland
09:30 Exercise and functional capacity among high risk groups Sarianna Sipilä, Finland
10:00 Exercise vs. pharmacological approach in musculoskeletal problems, Ilkka Vuori, Finland

Break, posters

11:00 Martti J. Karvonen Young Investigator Award
3 Finalists

12:00 Awarding ceremonies

12:30 Lunch, posters

EXERCISE, CARDIOMETABOLIC HEALTH AND AGEING : MECHANISMS OF ACTION AND CURRENT EVIDENCE

14:30 Exercise, heart and cardiorespiratory fitness, TBN Paul Thompson, USA
15:00 Exercise and metabolic control, John Hawley, Australia
15:30 Vascular health and ageing, Julio Panza, USA
16:00 Exercise and vascular health, Douglas R Seals, USA
18:30 Reception of the City of Kuopio

FRIDAY, July 1

07:30 **Special morning opening; Taiji & Qigong**
presentation and interactive demonstration
Yang Yang, USA

EXERCISE, COGNITIVE FUNCTION AND AGEING – MECHANISMS OF ACTION AND CURRENT EVIDENCE

08:30 Exercise training, brain plasticity and cognition, Arthur Kramer, USA

09:00 Exercise vs pharmacotherapy for cognitive problems,
Miia Kivipelto, Sweden

09:30 Exercise, Fitness and Cognition: The DR's EXTRA Study,
Pirjo Komulainen, Finland

Refreshment break

EXERCISE IN BROADER PERSPECTIVES

10:30 Exercise, Fitness and Quality of Life: The DR's EXTRA Study
Maija Hassinen, Finland

11:00 Exercise therapy and health economics in chronic diseases – facts or
fiction?, Hannu Valtonen, Finland

11:30 **Heikki Pekkarinen Memorial Award**
Recipient's presentation

12:15 **Lunch**

13:15 **Ralph S. Paffenbarger Jr. Poster Competition Presentations**
Chairperson: Katriina Kukkonen-Harjula, Finland

17:00 **Departure for the Banquet at Haminalahti Hunting Club**

21:00 **Midnight cruise from Haminalahti to Kuopio Harbour**

SATURDAY, July 2

FROM THEORY TO CLINICAL PRACTICE: CRITICAL EVALUATION OF THE RCTs ON EXERCISE IN THE AGED

08:30 Physical exercise as cardiometabolic therapy: guidelines for
clinicians, Mai-Lis Hellenius, Sweden

09:00 Physical exercise and musculoskeletal problems, guidelines for
clinicians, Dr Urho Kujala, Finland

09:30 Physical exercise and cognitive function: potential biomarkers,
Neill Graff- Radford, USA

Break

10:30 The Toronto Charter for Physical Activity – Evidence behind and
relevance for old adults, Steven N. Blair, USA

Break

11:45 **Puijo Symposium Honorary Lecture:**
Marja-Riitta Taskinen

12:15 **What new did we learn during 21st Puijo Symposium?**
Rainer Rauramaa, Finland

12:30 **Closing of the Symposium**
Mai-Lis Hellenius, Sweden

For information and registration on-line:

www.puijosymposium.org

E-mail: puijo.symposium@uku.fi

PUIJO SYMPOSIUM SECRETARIAT

**Foundation for Research in
Health Exercise and Nutrition,
Kuopio Research Institute of Exercise Medicine
Haapaniementie 16, FIN-70100 KUOPIO, Finland
Fax: +358 17 288 4488**

ABSTRACT SUBMISSION

Please submit your previously unpublished abstract by e-mail to puijo.symposium@uef.fi by April 15. Abstracts will be selected on the basis of scientific merit and allocated to either oral or poster presentations. All abstracts will take part in The Ralph S. Paffenbarger Jr. Poster Award unless the author inform his/hers unwillingness. Notification of the acceptance will be made by May, 16. If you have any further questions, please contact Puijo Symposium Secretariat by contact form or email. Please note abstracts will be processed further after receiving the registration fee.

Instructions for the preparation of abstracts and advice for posters from website www.puijosymposium.org

CONGRESS VENUE

Puijo Symposium will be held at the Technopolis Center near Kuopio University. Technopolis is situated near good transportation services in the science park of Kuopio and provides easily modified and functional premises. A comfortable atmosphere for the meetings is guaranteed by varied restaurant services.

There will be a bus connection between hotels and Technopolis. Schedules will be found from the hotel and congress venue.

ACCOMMODATION

Hotel Puijonsarvi and Hotel Scandic are the official hotels of the symposium.

HOTEL PUIJONSARVI

Minna Canthin katu 16,
70100 Kuopio, Finland
Tel. +358 (0)17 1922 000
Fax +358 (0)17 1922 001
sales.kuopio@sokoshotels.fi
www.sokoshotels.fi/en/hotels/kuopio/

SCANDIC HOTEL KUOPIO

Satamakatu 1,
70100 Kuopio, Finland
Tel: +358 (0)17 195 111
Fax: +358 (0)17 195 2211
kuopio@scandichotels.com
www.scandichotels.com/en/Hotels/Countries/Finland/Kuopio

WELCOME TO THE KUOPIO REGION

The Kuopio region is situated in central Finland, in the verdant province of North Savo, which is interspersed with thousands of lakes.

The backdrop for the summer atmosphere in the Kuopio region is provided by lakes and islands, great to explore on boat cruises, as well as by the landscape of forest-covered hills. Boating, hiking and other forms of outdoor recreation are really spoilt for choice here. The region also boasts a wide variety of cultural activities and events. The lakes, which abound with fish, guarantee good catches throughout the year. Leisure spas with their bubbling pools and baths offer relaxation and invigoration whenever you feel the need.

How to reach Kuopio

By flight: connections are excellent as there are 5-10 daily flight from capital Helsinki.
www.finnair.com
www.blue1.com
www.fc.com

By train: There are several trains daily from Helsinki to Kuopio and the journey only takes a few hours.
www.vr.fi/eng

By car: Kuopio is situated by one of the arterial roads of the country, highway 5 leading from Helsinki to Lapland. The Kuopio region can also be reached by bus.