

Admission
free

PROTEIN NUTRITION AND EXERCISE

Top care = Top sports

Symposium on the occasion of the inaugural lecture by Prof.dr.ir. Peter J.M. Weijs at Amsterdam UMC, location VUmc, De Boelelaan 1117, 1081 HV Amsterdam



09:00 Coffee in **FOYER** and morning program in **AMSTELZAAL**

09:25 Introduction of chair by Prof. Wilma Scholte op Reimer, Dean Faculties Sports & Nutrition and Health, Amsterdam University of Applied Sciences (AUAS), Professor Complex Care at Amsterdam UMC

09:30 Introduction to program by chair Prof.dr.ir. Peter Weijs, Professor Nutrition and Exercise with special reference to Protein at Amsterdam UMC, Professor Weight Management at AUAS

09:35 Opening by Prof. Hans Romijn, Chair Board Amsterdam UMC, location AMC



09:45 Nutrition and Exercise and Ageing Muscle Protein Metabolism by Prof. Bob Wolfe, Professor Center for Translational Research in Aging & Longevity, Reynolds Institute on Aging, Little Rock, USA



10:25 Protein Nutrition and Inactivity interactions in Disease by Prof. Gianni Biolo, Professor and Chair Dept. Internal Medicine, University of Trieste, Italy



11:05 Protein/Energy ratio in critically ill patients by Prof. Heleen Oudemans, Emeritus Professor Intensive Care Adults, Amsterdam UMC

11:45 lunch in **FOYER** and afternoon program in **MAASZAAL**



12:45 Sarcopenic Obesity and Treatment Options by Prof. Yves Boirie, Chair Service de Nutrition Clinique, Hôpital Gabriel Montpied, Clermont-Ferrand, France



13:15 TOP CARE = TOP SPORTS Interactive session with triathlete Miriam van Reijen and internist-endocrinologist dr. Maarten Soeters, chair 'Zorg op het Bord', Amsterdam UMC



13:45 Elderly Care: Don't Take Nutrition and Exercise for Granted by Prof. Bianca Buurman, Professor Transmural Elderly Care at AUAS and Professor Acute Elderly Care at Amsterdam UMC



14:15 HAPPY FEET, the continuum by Prof. Raoul Engelbert, Professor Fysiotherapy at AUAS and Amsterdam UMC

14:45 Closing Statement by Prof. Martin den Heijer, (former) chair Internal Medicine, and Liesbeth Schuijs, head of Dept. Nutrition & Dietetics, Amsterdam UMC, location VUmc & AMC

See you at Inaugural lecture in VU main building, **AULA** (10 min walk; be seated before 15:45)

15:45 Opening by chair Prof. Chris Polman, Chair Board Amsterdam UMC, location VUmc

15:50 Inaugural lecture by Prof.dr.ir. Peter J.M. Weijs

16:30 Closing session and 16:45-18:15 Reception



Professor Robert R. Wolfe, who joined the faculty of the University of Arkansas for Medical Sciences in August 2006, is a world leader in the fields of human metabolism and stable isotope tracer methodology with more than 600 publications, five books and nine patents to his credit. According to Google Scholar his papers have been cited more than 63,000 times (h factor =133). He has been funded by the NIH throughout his 35-year career and has been among the top 2 percent of career NIH-funded investigators. His annual course in tracer methodology, co-sponsored by the NIH Mouse Metabolic Phenotyping Center, has had more than 1,500 attendees from 19 countries. He is a member of several government and industry committees responsible for determining dietary protein requirements.

Prof. Gianni Biolo is head of Internal Medicine at the University of Trieste. He specialized in clinical nutrition and endocrinology. His research focuses on issues concerning metabolism and clinical nutrition in diabetes, critical ill patient, chronic renal failure, liver cirrhosis, metabolic syndrome, exercise and physical inactivity. He is well known for his work with stable isotope methodology to measure metabolic fluxes of e.g. amino acids as well as e.g. bedrest studies.



Professor Heleen Oudemans-van Straaten is emeritus professor intensive care medicine at the UMC Amsterdam, location VUmc. Up to 2013, she has been working in the OLVG Oost hospital in Amsterdam. Her special interests comprise acute nephrology, nutrition and metabolism of the critically ill patients. She is still active in several research projects including the monitoring of body composition, especially muscle mass, the role of protein and energy in nutrition, and the role of high dose vitamin C in critically ill patients with overwhelming oxidative stress, as occurring in severe sepsis or after cardiac arrest.

Professor Yves Boirie is full Professor in Human Nutrition at the University of Clermont Auvergne. He is the head of the Clinical Nutrition department at the University Hospital of Clermont-Ferrand and he is leading a research team entitled "Diet and skeletal muscle health" within the Unit of Human Nutrition, one of the larger research units in the Human Nutrition Research Center of Auvergne (CRNH). His main research topic is the mechanisms of muscle loss in human disease, especially the regulation of muscle protein metabolism in various pathophysiological conditions.



Miriam van Reijen (1983) studied Development Economics in Wageningen and Movement Sciences at the Free University in Amsterdam where she obtained her PhD in 2019. After her studies, she shifted her focus to athletics (marathon, PB 2h41) and duathlon / triathlon with the best performances being a gold medal at the NK duathlon (2017), a silver medal at the World Championships duathlon (2017) and an 8 place at the World Championships duathlon (2017) EC Triathlon. In addition to sports, Van Reijen has her own company, with which she provides presentations on nutrition, running and training and writes articles for Runnersworld, Bicycling and Transition. Her Runner Cookbook was published in 2013.

Prof.dr. Bianca Buurman is full professor of Acute Geriatric Care at the University of Amsterdam and AUAS, leading a group of interdisciplinary researchers that study acute care needs of older persons, the impact of acute hospitalizations and system interventions to optimize this care with all stakeholders also involved in this proposal. In the past years she has set up new innovative care models such as the WijkKliniek, Transitional care bridge and proactive care models in the primary care, integrating financing and education. Implementation research and knowledge utilization are core principles that guide the research. She is the chair of the Ben Sajat Centre's program on acute care for older persons and serves in the Health Council of the Netherlands.



Prof. dr. Raoul Engelbert is director of Research of the Faculty of Health of the University of Applied Sciences in Amsterdam. A strong collaboration exists with the Faculty Sports and Nutrition. He is also appointed as senior staff member of the Department of Rehabilitation of the University Hospital AMC. He is full professor in Physiotherapy at the Amsterdam UMC (University of Amsterdam) and his focus of research is on transition of health care in complex patients. In complex patients also children with collagen diseases are studied, especially Hypermobility Spectrum disorders, Ehlers Danlos and Marfan Syndrome. He combines interdisciplinary patient care with research and education.