

# Regain mobility in malnourished patients.

## The power of protein and exercise combination in mitigating inactivity and disuse.

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DATE

WEDNESDAY, NOVEMBER 24<sup>th</sup>, 2021  
17:00- 17:45 H (CET)

WEBINAR



**Prof. Stuart Phillips, PhD**

McMaster University, Department of  
Kinesiology and School of Medicine, Canada.

Maintaining skeletal **muscle** and **function** are important core health goals in malnourished **ageing patients**. Numerous guidelines have outlined why older persons need to maintain their skeletal muscle and muscle function, translating into a lower risk of **mobility loss** (Bhasin, Travison et al. 2020). At its most basic level, skeletal muscle protein mass is maintained by the simultaneous and opposing processes of **muscle protein synthesis** (MPS) and **muscle protein breakdown** (MPB).

In this webinar, the mechanisms of **stimulating** of **MPS** and **suppression** of **MPB** by protein and loading (as exercise or physical activity) in older persons will be discussed. The concept of **aggressive intervention** to prevent disuse-induced declines in muscle mass in older persons will also be discussed.

Attendees can learn how **muscle mass** is **regulated** and how MPS and MPB are stimulated with an **optimal protein** and **omega-3** ingestion and loading.

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malnourished patients.**  
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and exercise combination  
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and disuse.

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### **Prof. Stuart Phillips, PhD**

**McMaster University, Department of Kinesiology  
and School of Medicine, Canada.**

#### **SPEAKER BIOGRAPHY**

Stuart Phillips is a full Professor in the Department of Kinesiology and a member of the School of Medicine at McMaster University.

He is Tier 1 Canada Research Chair in Skeletal Muscle Health. He is also the Director of the McMaster University Physical Activity Centre of Excellence. Dr. Phillips has authored more than 220 original research papers and 90 reviews.

He is a 5-time nominee, and a 3-time recipient, of McMaster Student Union's Outstanding Teaching Award. He was the inaugural recipient of the Canadian Society for Exercise Physiology's Mentorship award in 2017.

In 2018-20 he was named to Clarivate's Highly Cited Researchers list as a being in the top 1% of all cited researchers in nutrition and physiology research.

Dr. Phillips is a fellow of the American College of Sports Medicine and the Canadian Academy of Health Sciences. His work and enthusiasm for science are supported by an outstanding group of talented and industrious undergraduate, graduate students and research fellows.