

**2020 PaduaMuscleDays, March 19-21, Montegrotto and Padova, Italy**

MOBILITY MEDICINE

30 YEARS OF TRANSLATIONAL RESEARCH

Euganei Hills, Padova (Italy), March 19 - 21, 2020**Hotel Augustus, Montegrotto, Euganei Hills (Padova), Italy & University of Padova Archivio Antico, Padova, Italy**Phone +39 049 793 200 - Fax +39 049 793518 - http://www.hotelaugustus.com/english/pages/hotel_augustus.php - E-mail: info@hotelaugustus.comOrganizers: **Ugo Carraro, Helmut Kern, Christiaan Leeuwenburgh, Marco Narici, Feliciano Protasi, Marco Sandri**

2020PMD - ABSTRACT TEMPLATE & JOIN US

Dead Line: December 10, 2019 - Submit to: ugo.carraro@unipd.it

Master World Records show minor gender differences of performance decline with aging

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Aging behaviors are significantly different in females and males, e.g., the former have a longer life expectancy, but consistently a weaker muscle force. Our purpose is to analyze possible gender-differential declines of skeletal muscle performance. The method to find out the decline of performances with aging is based on a parametric analysis of the World Records of Master athletes in different Track and Field events. The analysis is a transformation (normalization) of sports results into dimensionless parameters ranging from the maximum value of 1 (for the absolute world record) to decreasing values with decreasing performances. Master athletes compete in age groups of 5 years till the age of 100 years, thus their World Records are lists of up to 16 data. Results of the normalization procedure are trend-lines indicating that the decline starts not later than the age of thirty years for both women and men. The decline with aging of the muscle performances indicates only minor gender differences in the aging process and all trend-lines tend to zero at about the age of 110 years. The approach, making use of a homogeneous cohort of testers, gets rid of the main confounding factors biasing other kind of studies of the muscle performance decline with aging, in particular clinical studies. Comparing normalized female and male World Records of Master athletes, a surprise emerged: aging decline is very similar, if not identical, the unique exception to the general rule of gender differences in sports activities. The substantial identity of decline trends among females and males suggests that neuro-hormonal differences among genders poorly influence the aging decline, being conceivably related to fundamental cell bioregulators, such as those of cellular energy metabolism and/or their epigenetic regulatory mechanisms.

Key Words: Masters World Records, aging performance decay, gender differences.**References**

1. Gava P, Kern H, Carraro U. Age-associated power decline from running, jumping, and throwing male Masters World Records. *Exp Aging Res* 2015;41:115-35. doi: 10.1080/0361073X.2015.1001648.
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How to join us in EUGANEI HILLS/Montegrotto (Padova), Italy

Hotel Augustus - Conference Hall

Viale Stazione 150 - 35136 Montegrotto (Padova), Italy Tel +39 049 793 200 - Fax +39 049 793518 E-mail: info@hotelaugustus.com
http://www.hotelaugustus.com/english/pages/hotel_augustus.php

The HOTEL AUGUSTUS stands on a low hill at walking distance (100 m) from the Rail Station: "Euganee Hills" in Montegrotto.

We suggest that you arrive in Montegrotto (Padua, Italy) the late afternoon of **Thursday March 18, 2020** to the Hotel AUGUSTUS for Registration and late afternoon Get Together, spending three nights in the Hotel.

Please notice that the **Dinner of March 18, 2019** is included in the **"Registration & 3-Days Full-Board Package"**

Join us to attend also in the Afternoon of March 19, 2020 at the Department of Biomedical Sciences, Padua University:
14.00 Commitment to reproducibility in targeting mitochondrial respiratory control: basic and advanced applications of the O2k-FluoRespirometer, a practical course, Erich Gnaiger, Oroboros Instruments

Join us by Airplane

Fly to Venice/MarcoPolo Airport (by low cost or main International Carriers) or to Venice/Treviso Airport (Ryanair, from several European Cities). It is possible to get directly to **Montegrotto (Padova)** from the airports of Venice, Treviso, Verona, Bologna. Ask to us to arrange your direct Airport Transfer to/from **Montegrotto (Padova)**.

The **Venice/MarcoPolo** airport is 40 km away from **Montegrotto**: <http://www.veniceairport.it>

The airport of **Venice/Treviso** is also 40 km away from **Montegrotto**: <http://www.trevisoairport.it/>

Join us by Train <http://www.trenitalia.com/>

The **Montegrotto/Euganei Hills** train station is 12 km away from Padova along the line Padova-Bologna, but only Regional Trains stop at there, if you use EUROSTARS, commute to REGIONAL TRAIN in BOLOGNA or PADUA.

From Hotel Augustus, Montegrotto, by train you will be in Venice "Piazza S. Marco" In less than one hour.

Join us by Bus from Padua Train station: http://www.apsholding.it/mobilita/pdf/linee_colli.pdf

The APS Bus **M** goes to Montegrotto, Euganei Hills, departing every 20 minutes in front of the Padua and the Euganei Hills Rail Stations, respectively.

Join us by Car:

Driving along the **A13** motorway (Padova-Bologna) exit at EUGANEI HILLS. Then follow the national road 250 and the signs for Montegrotto and Hotel Augustus. Driving the **A4** motorway (Milan-Padova) exit at Padova Ovest and follow signs for TERME EUGANEE. Drive along the national road 250 and follow the signs for Montegrotto

Call for Abstracts (up to 250 words)

Dead Line: December 10, 2019

Submit to: ugo.carraro@unipd.it

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(up-to 1500 words + 100-word summary, 3-5 key words +

2 Figures/Tables + 10-20 key full references)

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