



Padua University - Department of Biomedical Sciences; Department of Neuroscience; School of Medicine



Physiko&Rheumatherapie, Inst. f. Phys. Med., St. Pölten & Ambulante Reha, Amstetten, Austria

Easy Aging  
F.C. 9228971028484



A&C M-C Foundation for Translational Myology  
F.C. 92286420283

2021 Padua Days on Myology & Mobility Medicine, May 26-29, Euganean Hills, Padova, Italy

## TRANSLATIONAL RESEARCH ON MYOLOGY & MOBILITY MEDICINE

### Call for Oral and Poster Presentations - Deadline: January 31, 2021

### Abstract Template

Euganean Hills, Padova (Italy), May 22-29, 2021

Hotel Petrarca, Montegrotto, Piazza Roma 23, Montegrotto Terme, Euganean Hills, (Padova), 35122 Italy

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Organizers: Ugo Carraro, Raffaele De Caro, Helmut Kern, Christiaan Leeuwenburgh, Marco Narici, Marco Sandri, Zipora Yablonka-Reuveni



## 2021 PDM<sub>3</sub> - ABSTRACT TEMPLATE

Dead Line: January 31, 2021 - Submit to: [ugo.carraro@unipd.it](mailto:ugo.carraro@unipd.it)

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

Paolo Gava (1), Barbara Ravara (1,2)\*

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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. 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

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## TRANSLATIONAL RESEARCH ON MYOLOGY & MOBILITY MEDICINE

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### How to Join Us

Euganean Hills, Padova (Italy), May 26-29, 2021

Hotel Petrarca, Montegrotto, Piazza Roma 23, Montegrotto Terme, Euganean Hills, (Padova), 35122 Italy

Phone +39 049 891 1744 - Email: [petrarca@hotelpetrarca.it](mailto:petrarca@hotelpetrarca.it) - <https://www.hotelpetrarca.it/>

Organizers: Ugo Carraro, Raffaele De Caro, Helmut Kern, Christiaan Leeuwenburgh, Marco Narici, Marco Sandri, Zipora Yablonka-Reuveni



### Hotel PETRARCA - Conference Hall

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

The HOTEL PETRARCA is at walking distance (1000 m) from the Rail Station: "Euganean Hills" in Montegrotto Terme.

We suggest that you arrive in Montegrotto (Padua, Italy) the late afternoon of **Tuesday May 25, 2021** to the Hotel PETRARCA for Registration and late afternoon Get Together, spending three nights in the Hotel.Please notice that the **Dinner of May 25, 2021** is included in "**Registration & 3-Days Full-Board Package**"

#### 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, and 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/Euganean 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](http://www.apsholding.it/mobilita/pdf/linee_colli.pdf)

The APS Bus **M** goes to Montegrotto, Euganean Hills, departing every 20 minutes in front of the Padua and the Euganean 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 Terme.When you will be in Piazza Roma, in front of the pedestrian entrance of the Hotel PETRARCA, continue, please, up to Via Castello, n 2 where there is entrance to the private (free, guarded) PARKING of the HOTEL PETRARCA. Explain to the guard that you are a Participant of the 2021PDM<sub>3</sub>-Semi-Virtual Meeting June 2 - 5, 2021.

### Translational Research on Myology & Mobility Medicine

Call for EJTM COMMUNICATIONS - EJTM 31 (2), 2021 – **Deadline March 31, 2021**

(2500 words, 150-word Abstract, 5 key words, 4 Figures/Tables, 30 Refs).

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2021 (Semi-Virtual) PDM<sub>3</sub> – HOW TO JOIN US

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**JOIN US VIRTUALLY BY ZOOM**

**INSTRUCTIONS WILL BE  
DISPATCHED  
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***Translational Research on Myology & Mobility Medicine***

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## REGISTRATION

Last Name ..... First Name .....

Department .....

Address .....

..... ZIP..... City .....

Province/State ..... Country .....

Phone ..... E-mail .....

Regular € 150.00 – One Day € 80.00 (EIGHTY/00) – Students and Very Young Researchers are Exempted.

## ACCOMMODATION

Arrival Date: ..... Departure: ..... (mm/dd/yyyy) Number of nights.....

### Hotel Petrarca (Four stars Hotel)

Piazza Roma, 23, 35036 Montegrotto Terme PD, Italy

Phone: +39 049 891 1744 - E-mail: [petrarca@hotelpetrarca.it](mailto:petrarca@hotelpetrarca.it)

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Sharing room with .....

Date: ..... Signature: .....

Please fill the FORM for REGISTRATION & ACCOMMODATION and Email to Ugo Carraro

Email: [ugo.carraro@unipd.it](mailto:ugo.carraro@unipd.it)

A&C M-C Foundation for Translational Myology

Galleria Duomo 5, 35141 Padova, Italy





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### PAYMENT

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Please print this FORM, fill it and, together with the Bank Transaction Document, send to:

**Ugo Carraro**

**A&C M-C Foundation for Translational Myology**

**Galleria Duomo 5, 35141 Padova, Italy - Email: [ugo.carraro@unipd.it](mailto:ugo.carraro@unipd.it)**

## Translational Research on Myology & Mobility Medicine

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