



2018 Optimum Life[®] Continuing Education Series



New Concepts in Nutrition: *Sarcopenia and Protein with the Older Adult*

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This program will review the relationship between aging and changes in body composition, specifically as it relates to sarcopenia, the loss of muscle mass and strength due to aging. It will examine recent research and recommendations for protein and other relevant nutrient needs in the older adult and demonstrate how to calculate protein requirements. Lastly, it will provide examples of diet and lifestyle modifications to help prevent and/or slow the progression of sarcopenia.

Following this presentation the participant will be able to:

- Define sarcopenia and sarcopenic obesity and how it relates to nutrition in the older adult
 - Recognize signs, symptoms and consequences of sarcopenia
 - Identify the role of protein and other nutrients in relation to sarcopenia
 - Articulate strategies for modifying diet and/or lifestyle to prevent or slow the progression of sarcopenia
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- The Optimum Life CE series is a pre-recorded webcast.
 - This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
 - Please call (312) 977-3711 for more information about contact hours.
 - This program has been submitted (but not yet approved) for Continuing Education for 1.0 total clock hours from NAB/NCERS.
 - This activity is pending approval from the National Association of Social Workers.
 - This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hour.
 - Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.

