

The times they are a-changin': the Cachexia Conference goes annual

Stephan von Haehling* Stefan D. Anker

Institute of Innovative Clinical Trial, Department of Cardiology and Pneumology, University of Göttingen Medical School, Göttingen, Germany

Received: 28 January 2016; Accepted: 29 January 2016

*Correspondence to: Dr Stephan von Haehling, Institute of Innovative Clinical Trials, Department of Cardiology and Pneumology, University of Göttingen Medical School, Robert-Koch-Strasse 40, D - 37075 Göttingen, Germany; Tel.: +49 551 39 20911; Fax: +49 551 39 20918, Email: stephan.von.haehling@web.de

The field of cachexia and muscle wasting research has started to move, slowly but steadily, and large and small companies alike are increasing their efforts into the development of new drug therapies for cachexia, sarcopenia and frailty. Recent research has focused on novel screening tools¹ and biomarker research to enable an early diagnosis of wasting,^{2,3}

but also on the pathophysiological understanding of the wasting process^{4,5} nutrition,^{6,7} exercise, particularly in cachectic cancer patients,^{8–10} and novel therapeutic approaches.^{11–13} Even though the pathophysiological understanding is making rapid progress – if not by the minute or day, then by the week for sure – recent phase III trials have failed unfortunately to translate gain in muscle mass into gain in muscle function, *i.e.* more exercise capacity or strength or better stair climbing power.

The Cachexia Conference, closely affiliated with this journal and the Society of Sarcopenia, Cachexia and Wasting Disorders (SCWD), until recently held its conferences only every other year in a different location. The Cachexia Conferences closely follow the rapid progress in the field of cachexia research. Therefore, as of this coming December, the conference will be held annually. Indeed, the 9th Cachexia Conference is due to take place on December 10–11, 2016, in Berlin, Germany. Berlin is a city that is changing as quickly as the field of cachexia research. Following the lines of Bob Dylan's song *The Times They Are A-changin'*, we invite researchers to come to Berlin to share their enthusiasm and insight:

'Come senators, congressmen
Please heed the call
Don't stand in the doorway
Don't block up the hall
For he that gets hurt
Will be he who has stalled

There's a battle outside
And it is ragin'.
It'll soon shake your windows
And rattle your walls
For the times they are a-changin'.

Bob Dylan

We would like to make the conference a very hands-on meeting with (likely) no parallel sessions and a programme made by the audience. We hereby call for your session proposals to be sent to Mrs Monika Diek at the SCWD office (conference2016@cachexia.info). Please do so by 15th April, 2016.

As we start to go annual, we will still hold a big Cachexia Conference for 3 full days (as done in Paris) every 2 years, and every other 2 years the meeting is a 2-day affair. As the field gains momentum, we may change this in the future, but for the time being this seems to be prudent.

So please, save the date and come to Berlin on 10/11 December, 2016. And send us your session proposals.

Acknowledgement

The authors of this manuscript certify that they comply with the principles of ethical publishing in the Journal of Cachexia, Sarcopenia, and Muscle 2015.¹⁴

Conflict of interest

None declared.

References

1. Morley JE, Cao L. Rapid screening for sarcopenia. *J Cachexia Sarcopenia Muscle* 2015;**6**:312–314.
2. Drescher C, Konishi M, Ebner N, Springer J. Loss of muscle mass: current developments in cachexia and sarcopenia focused on biomarkers and treatment. *J Cachexia Sarcopenia Muscle* 2015;**6**:303–311.
3. Calvani R, Marini F, Cesari M, Tosato M, Anker SD, von Haehling S, et al. SPRINTT consortium. Biomarkers for physical frailty and sarcopenia: state of the science and future developments. *J Cachexia Sarcopenia Muscle* 2015;**6**:278–286.
4. Ezeoke CC, Morley JE. Pathophysiology of anorexia in the cancer cachexia syndrome. *J Cachexia Sarcopenia Muscle* 2015;**6**:287–302.
5. von Haehling S. The wasting continuum in heart failure: from sarcopenia to cachexia. *Proc Nutr Soc* 2015;**74**:367–377.
6. Gu W, Zhang G, Sun L, Ma Q, Cheng Y, Zhang H, et al. Nutritional screening is strongly associated with overall survival in patients treated with targeted agents for metastatic renal cell carcinoma. *J Cachexia Sarcopenia Muscle* 2015;**6**:222–230.
7. van Dijk DP, van de Poll MC, Moses AG, Preston T, Olde Damink SW, Rensen SS, et al. Effects of oral meal feeding on whole body protein breakdown and protein synthesis in cachectic pancreatic cancer patients. *J Cachexia Sarcopenia Muscle* 2015;**6**:212–221.
8. Grande AJ, Silva V, Maddocks M. Exercise for cancer cachexia in adults: Executive summary of a Cochrane Collaboration systematic review. *J Cachexia Sarcopenia Muscle* 2015;**6**:208–211.
9. Sasso JP, Eves ND, Christensen JF, Koelwyn GJ, Scott J, Jones LW. A framework for prescription in exercise-oncology research. *J Cachexia Sarcopenia Muscle* 2015;**6**:115–124.
10. Jones LW, Douglas PS, Eves ND, Marcom PK, Kraus WE, Herndon JE 2nd, et al. Rationale and design of the Exercise Intensity Trial (EXCITE): A randomized trial comparing the effects of moderate versus moderate to high-intensity aerobic training in women with operable breast cancer. *BMC Cancer* 2010;**10**:531.
11. Garcia JM, Friend J, Allen S. Therapeutic potential of anamorelin, a novel, oral ghrelin mimetic, in patients with cancer-related cachexia: a multicenter, randomized, double-blind, crossover, pilot study. *Support Care Cancer* 2013;**21**:129–137.
12. Fearon K, Argiles JM, Baracos VE, Bernabei R, Coats A, Crawford J, et al. Request for regulatory guidance for cancer cachexia intervention trials. *J Cachexia Sarcopenia Muscle* 2015;**6**:272–274.
13. Leese PT, Trang JM, Blum RA, de Groot E. An open-label clinical trial of the effects of age and gender on the pharmacodynamics, pharmacokinetics and safety of the ghrelin receptor agonist anamorelin. *Clin Pharmacol Drug Dev* 2015;**4**:112–120.
14. von Haehling S, Morley JE, Coats AJ, Anker SD. Ethical guidelines for publishing in the Journal of Cachexia, Sarcopenia and Muscle: update 2015. *J Cachexia Sarcopenia Muscle* 2015;**6**:315–316.