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FONDAZIONE
INTERNAZIONALE
MENARINI

March 30th
» April 1st

2017

OSTUNI (BR)
I T A L Y

**INTERNATIONAL
CONFERENCE
ON MEDITERRANEAN
DIET AND HEALTH:**

a lifelong approach

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ITALY

**INTERNATIONAL
CONFERENCE**
ON MEDITERRANEAN
DIET AND HEALTH:
a lifelong approach

conference chairs



FONDAZIONE
DIETA
MEDITERRANEA

Gaetano Crepaldi

President of the Mediterranean Diet Foundation

Stefania Maggi

General Director of the Mediterranean Diet Foundation

scientific secretariat

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american federation
for aging research

consorzio di ricerca

luigi amaducci



The European
Nutrition for Health Alliance

EUGMS

European Union
Geriatric Medicine Society

Fostering geriatric medicine across Europe



International Association
of Gerontology and Geriatrics,
European Region



invecchiamento
innovazioni tecnologiche e
molecolari per un miglioramento
della salute dell'anziano



SOCIETÀ ITALIANA
DI GERONTOLOGIA
E GERIATRIA

SINuC

SOCIETÀ ITALIANA
DI NUTRIZIONE CLINICA E METABOLISMO

thursday, march 30th

Venue: Sala Consiliare del Comune di Ostuni

OPENING CEREMONY

- 16.30 **Welcome**
Alessandro Casini, Gaetano Crepaldi
- 17.00 **Opening Lecture**
Luigi Ferrucci
- 18.30 **WELCOME COCKTAIL** 
Guided Tasting of Extra Virgin Olive Oil
Massimiliano Magli, Stefano Predieri

friday, march 31st

Venue: Hotel Monte Sarago

- 09.00 **LECTURE:**
History and definition of Mediterranean diet
Antonio Capurso

BIOLOGICAL BASIS OF MEDITERRANEAN DIET

SESSION 1

MEDITERRANEAN DIET MAIN COMPONENTS

Chairpersons: *Mario Barbagallo, Timo Strandberg*

- 09.40 **Extra virgin olive oil components and bioactivity in the frame of the Mediterranean diet health effects**
Egeria Scoditti
- 10.10 **Vegetables, fruits, legumes**
Ligia Dominguez
- 10.40 **Wine: pros & cons**
Attilio Giacosa

11.10 **COFFEE BREAK**



BIOLOGICAL BASIS OF MEDITERRANEAN DIET

SESSION 2

OMICS TO REVEAL MOLECULAR MECHANISMS

Chairpersons: *Athanasios Benetos, Lorenzo Maria Donini*

- 11.30 **Genetics and epigenetics**
Claudio Franceschi
- 12.00 **Input of metabolomics in integrated approaches for the understanding of nutrition and health relationships**
Blandine Comte
- 12.30 **Gut microbiota**
Elena Biagi

13.00 **General discussion**

13.30 **LUNCH BUFFET**



CLINICAL IMPACT OF MEDITERRANEAN DIET

SESSION 3

PREVENTING DISEASES

Chairpersons: *Maurizio Muscaritoli, Antonia Trichopoulou*

- 14.30 **Mediterranean diet and cardiovascular disease**
Estefania Toledo
- 15.00 **Does a mediterranean-type diet reduce cancer risk?**
Lukas Schwingshackl
- 15.30 **Metabolic disorders**
Francesco Sofi

CLINICAL IMPACT OF MEDITERRANEAN DIET

SESSION 4

PHYSICAL AND MENTAL FUNCTIONS

Chairpersons: *Richard Besdine, Maddalena Illario*

- 16.00 **Sarcopenia and frailty – two sides of the same coin?**
Tommy Cederholm
- 16.30 **Fermented Dairy Diet and bones**
Rene Rizzoli
- 17.00 **Mediterranean diet for prevention of neurodegenerative disease**
Claire McEvoy
- 17.30 **The impact of MedDiet on body composition and inflammation**
Aurelia Santoro
- 18.00 **General discussion**
- 18.30 **Closing**

saturday, april 1st

Venue: Hotel Monte Sarago

HEALTH POLICY & BEHAVIOURAL ASPECTS

SESSION 5

POLICY

Chairpersons: *Saša Missoni, Cornel Sieber*

- 09.00 **The European Health Programme – Projects for the promotion of healthy diets and physical activity in European regions**
Dirk Meusel
- 09.30 **Report on Food & Nutrition & Frailty**
Regina Roller-Wirnsberger
- 10.00 **Adherence to the Mediterranean Diet at a time of economic crisis**
Marialaura Bonaccio
- 10.30 **Sostenibility**
Mauro Gamboni

11.00 **COFFEE BREAK**



HEALTH POLICY & BEHAVIOURAL ASPECTS

SESSION 6

EDUCATION & COMMUNICATION

Chairpersons: *Terrie Fox Wetle, Jean Woo*

- 11.30 **Behaviour change**
Jayne Woodside
- 12.00 **Interpreting the Mediterranean Diet within different food cultures**
Anne de Looy, Meropi Kontogianni
- 12.30 **Optimal nutritional care for all: implementing bioscience outcomes for better patient care**
Frank de Man

RESEARCH AND POLICY AGENDA

SESSION 7

Chairpersons: *Gaetano Crepaldi, Stefania Maggi*

- 13.00 **Research and policy agenda**
Antonio Caretto, Antonio Logrieco
- 13.30 **Take home message and closing**
Students of Liceo Scientifico "Istituto Epifania Ferdinando", Mesagne - BR (Italy)
- 13.40 **LUNCH BUFFET**



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faculty

Barbagallo Mario	Internal Medicine and Geriatrics University of Palermo	Palermo, Italy	De Gaetano Giovanni	IRCCS Neurological Mediterranean Institute - Neuromed	Pozzilli (IS), Italy
Benetos Athanasios	Internal Medicine and Geriatrics University of Nancy	Nancy, France	De Looy Anne	Nutrition and Dietetics Plymouth University	Plymouth, UK
Besdine Richard	Division of Geriatrics and Palliative Medicine Brown University	Providence, USA	Dominguez Rodriguez Ligia Juliana	DI.BI.MIS Department University of Palermo	Palermo, Italy
Caretto Antonio	Endocrinology and Metabolic Disease Department Perrino Hospital	Brindisi, Italy	Donini Lorenzo Maria	Experimental Medicine Department Sapienza, University of Rome	Rome, Italy
Casini Alessandro	Menarini Foundation	Milan, Italy	Franceschi Claudio	Department of Clinical and Experimental Medicine Policlinico S. Orsola-Malpighi	Bologna, Italy
Crepaldi Gaetano	CNR, Neuroscience Institute - Aging Branch, Department of Medicine	Padua, Italy	Gamboni Mauro	CNR, Department of Biology, Agriculture and Food Sciences (DiSBA)	Rome, Italy
Capurso Antonio	Geriatric Unit 1 University of Bari	Bari, Italy	Giacosa Attilio	Gastroenterology Department University of Monza	Monza, Italy
Bonaccio Marialaura	IRCCS Neurological Mediterranean Institute - Neuromed	Pozzilli (IS), Italy	Illario Maddalena	Department of Translational Medical Science University of Naples Federico II	Naples, Italy
Biagi Elena	Department of Pharmacology and Biotechnologies University of Bologna	Bologna, Italy	Lo Grieco Antonio	Cnr, Science of Food Production Institute	Bari, Italy
Cederholm Tommy	Clinical Nutrition Uppsala University	Uppsala, Sweden	Maggi Stefania	CNR, Neuroscience Institute - Aging Branch, Department of Medicine	Padua, Italy
Comte Blandine	French National Institute for Agricultural Research University of Auvergne	Clermont-Ferrand, France	Meusel Dirk	European Commission Consumers, Health, Agriculture and Food Executive Agency (Chafea)	Luxemburg
De Man Frank	European Nutrition for Health Alliance EATRIS	London, UK			

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Missoni Sasa	<i>Institute for Anthropological Research University of Osijek</i>	<i>Zagreb, Croatia</i>
Muscaritoli Maurizio	<i>Clinical Medicine Department Sapienza, University of Rome</i>	<i>Rome, Italy</i>
MCEvoy Claire	<i>School of Medicine, Dentistry and Biomedical Sciences Queen's University</i>	<i>Belfast, UK</i>
Rizzoli Renè	<i>Departments of Internal Medicine Specialties and of General Internal Medicine, Rehabilitation and Geriatrics University Hospitals of Geneva</i>	<i>Geneva, Switzerland</i>
Roller-Wirnsberger Regina	<i>Department of Internal Medicine University of Graz</i>	<i>Graz, Austria</i>
Santoro Aurelia	<i>Experimental, Diagnostic and Specialty Medicine Department University of Bologna</i>	<i>Bologna, Italy</i>
Schwingshackl Lukas	<i>Department of Epidemiology German Institute of Human Nutrition</i>	<i>Nuthetal, Germany</i>
Scoditti Egeria	<i>CNR, Clinical Physiology Institute - Lecce Branch, Vascular Biology and Nutrigenomics Laboratory</i>	<i>Lecce, Italy</i>
Sieber Cornel	<i>Internal Medicine and Geriatrics Friederich-Alexander – Erlangen – Nuernberg University</i>	<i>Nuernberg, Germany</i>
Sofi Francesco	<i>Department of Clinical and Experimental Medicine University of Florence</i>	<i>Florence, Italy</i>

Strandberg Timo	<i>Geriatric Medicine Department University of Helsinki</i>	<i>Helsinki, Finland</i>
Toledo Estefania	<i>Public Health, Nutrition and Dietetics, Epidemiology University of Navarra, Pamplona</i>	<i>Pamplona, Spain</i>
Trichopoulou Antonia	<i>Department of Hygiene and Epidemiology, School of Medicine, University of Athens</i>	<i>Athens, Greece</i>
Wetle Terrie Fox	<i>Department of Health Services, Policy and Practice Brown University</i>	<i>Providence, USA</i>
Woo Jean	<i>Centre for Gerontology and Geriatrics Centre for Nutritional Studies University of Hong Kong</i>	<i>Hong Kong, China</i>
Woodside Jane	<i>Centre for Public Health Institute for Global Food Security Queens University</i>	<i>Belfast, UK</i>

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general and scientific information

CONFERENCE VENUES

MARCH 30th

Comune di Ostuni ■ Sala Consiliare
Piazza della Libertà
72017 Ostuni ■ Italy

MARCH 31st » APRIL 1st

Hotel Monte Sarago
Corso Giuseppe Mazzini, 233
72017 Ostuni ■ Italy

REGISTRATION DESK

The Registration Desk will be open during the following hours:

Friday, March 31st: 08.30/19.00

Saturday, April 1st: 08.30/14.00

OFFICIAL LANGUAGE

The official language is English. Simultaneous translation will be provided.

UEMS CREDITS

The Conference is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists.

The EACCME is an institution of the European Union of Medical Specialists (UEMS), www.uems.net

The Conference is designated for a maximum of 12 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually

spent in the educational activity. Through an agreement between the European Union of Medical Specialists and the American Medical Association, physicians may convert EACCME credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME credit to AMA credit can be found at www.ama-assn.org/go/internationalcme

Live educational activities, occurring outside of Canada, recognized by the UEMS-EACCME for ECMEC credits are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada.

C.M.E. CONTINUING MEDICAL EDUCATION - (for Italian Physicians only)

Aristea Education (Provider n. 500) has included the Conference in the Educational Plan 2017.

The Conference will be suited for Physicians (Nephrologists, Cardiologists, Internal Medicine Physicians, General Practitioners, Diabetologists, Endocrinologists, Geriatricians, Gynaecologists, Obstetricians, Biologists) Dietist, Nurses, Biomedical Laboratory Technicians and provides 8,3 C.M.E. credits. In order to obtain C.M.E. credits, participants must attend the 100% of the Conference and submit the filled in evaluation questionnaire and C.M.E.: Verification Form.

The certificate of attendance with the number of C.M.E. assigned credits can be downloaded after 60 days from the date of the Conference directly through the website www.aristeaeducation.it

TRAINING OBJECTIVES

Guidelines and Procedures.

TECHNICAL FACILITIES

A Slide Center with PCs (Windows and Macintosh operating systems) will be available for Speakers to preview and finalize their presentations.

Speakers are kindly requested to submit their presentations on USB flash drive, CD or DVD to the Slide Center technicians at least one hour before their talks.

SLIDE CENTRE OPENING HOURS

Thursday, March 30th: 17.30/18.30

Friday, March 31st: 08.30/19.00

Saturday, April 1st: 08.30/14.00

LUNCHEES AND COFFEE BREAKS

Lunches and coffee breaks will be provided.

ATTENDANCE CERTIFICATE

The attendance certificate will be issued at the registration desk at the end of the Meeting.

Fondazione Internazionale Menarini Symposia: 325

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