



FONDAZIONE  
INTERNAZIONALE  
MENARINI

International Congress

# FOOD: A DRUG BETWEEN THE DRUGS

Turin (Italy), July 10<sup>th</sup> - 12<sup>th</sup>, 2014

Organized by

DIPARTIMENTO DI SCIENZA E TECNOLOGIA DEL FARMACO  
UNIVERSITY OF TURIN (ITALY)

and

FONDAZIONE INTERNAZIONALE MENARINI

**FINAL PROGRAM**

Aula Magna del Rettorato Universitario (Via Giuseppe Verdi, 8)  
Centro Congressi Torino Incontra (Via Nino Costa, 8)



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***“Let food be the medicine and medicine be your food”***

*(Hippocrates of Cos "Ancient Medicine",  
ca 460 BC - 377 BC terminus ante quem)*

*Since time immemorial, food, as well as food, are considered active substances that may cause harm or benefit depending on how they are associated with or utilized.*

*The interaction between the food and drugs is, however, still an aspect of clinical little considered and sometimes misunderstood, identifying, erroneously, mostly the symptomatology that comes as a secondary effect resulting only from the active principle of the drug, although the relationship between drug administration and power is well codified and strictly recommended in all sheets, indirectly confirming the close relationship between the two active ingredients.*

*The intake of food and beverages can affect the action of drugs, not only by changing the absorption but also by interfering directly with the biochemical mechanisms of activation and degradation, reducing their effectiveness or increasing its toxicity. The same mechanism of interference can occur between different foods if they are taken simultaneously, to confirmation of what the food cleaved with digestion in the first substances is actually a real operational workshop.*

*In confirmation of what is increasingly the emerging importance of the interference drugs - the same food Food and Drug Administration (FDA) has published a guide on the possible interactions (1). Increasingly emerge recommendations on a punctual control of the labels of food and drinks not only to check the quality but also the content of active substances, such as caffeine.*

*Great strides have been made in recent years mainly due to the evaluation of the side effects associated with new oral anticancer drugs and biologics, identifying the most significant interactions involving the cytochrome p450 family and in particular of a reversible inhibitor of CYP3A4 and CYP2E1.*

*The new concept of the presence of components of "nutraceuticals", in the normal consumption of foods that can become a way to achieve physical and mental wellbeing, or even prevent / combat various diseases through nutrition. Identifying the mechanisms underlying the protective / preventive and analysis of these components benefit / risk is one of the main challenges for the future of research in biochemistry and toxicology.*

*The purpose of this conference is to analyze some general concepts of pharmacology deepening drug - food interaction and its implications on the absorption distribution transformation bioavailability and thus the efficacy and toxicity of drugs.*

*Dr. Fulvia Pedani  
Scientific Director of the Meeting*

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**President of the Meeting**

**Giancarlo Cravotto**

Dipartimento di Scienza e Tecnologia del Farmaco  
Department Director  
University of Turin (Italy)

**Scientific Director**

**Fulvia Pedani**

G.S.U. Coordinamento Ambulatorio S.C. Oncologia Medica 2  
Azienda Ospedaliera Universitaria Città della Salute e  
della Scienza di Torino  
Coordinatore Nazionale ANDOS onlus  
Presidente ANDOS onlus Comitato di Torino  
Coordinatore Commissione Igiene e Sanità  
DISTRETTO NORD-OVEST F.I.D.A.P.A. - B.P.W. (Italy)

**Scientific Committee**

**Luigi Cattel, Paolo Cavallo Perin, Andrea Pezzana, Riccardo Torta**

**Promoted by**

**Fondazione Internazionale Menarini**

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**Provider and Organizing Secretariat**

**Contatto & Archimedita**

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Thursday, July 10<sup>th</sup>, 2014 – Afternoon  
Aula Magna del Rettorato Universitario

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**Welcome Ceremony**

15.00 - 16.00 Registration

**Welcome coffee**

16.00 Press Conference Hall of the Rectorate

17.00 Authority greetings

Welcome of President **Prof. Giancarlo Cravotto**

Welcome of Scientific Chair **Dr. Fulvia Pedani**

Welcome of President Scientific Committee:

**Prof. Luigi Cattel**

**Prof. Paolo Cavallo Perin**

**Prof. Andrea Pezzana**

**Prof. Riccardo Torta**

Welcome of the President of  
Fondazione Menarini **Dr. Alessandro Casini**

18.00 **Torsten Bohn** (Belvaux, L)

*Lecture on:*

**“We are what we eat - is that true?”**

**The interrelation between diet, disease and well-being”**

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Friday, July 11<sup>th</sup>, 2014 – Morning

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08.45 - 09.00 **Opening and welcome of the President of the Meeting**

09.00 - 09.20 **Physician from “Centro Spaziale Europeo”**

*Lecture on “Food, that other thing”*

*Also present, the first female Italian Astronaut who will be taking part in the next space mission*

**Session I MECHANISMS OF INTERACTION BETWEEN FOOD AND DRUGS**

09.20 - 09.30 Presentation sessions and Chairmen

**Fulvia Pedani** (Turin, I)

Chairman: **Andrea Pezzana** (Turin, I)

09.30 - 09.50 **Francesco Bonomi** (Milan, I)

Food proteins as bioactives

09.50 - 10.10 **Luigi Cattel** (Turin, I)

Food and interference on the hepatic microsomal CYP3A4

10.10 - 10.30 **Joseph M. Custodio** (San Francisco, USA)

Correlation between the change in the pH of the gastrointestinal fluids, food and drug intake, and the absorption of oral drugs

10.30 - 10.50 **Armando Genazzani** (Novara, I)

Pharmacological synergy between food and drugs and Food-related drug toxicity.  
Formulation and optimal relationship with the meal

10.50 - 11.10 Discussion

11.10 - 11.30 *Coffee break*

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Friday, July 11<sup>th</sup>, 2014 – Morning

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**Session II      FOOD: A DRUG**

11.30 - 11.40    Presentation sessions and Chairmen  
**Fulvia Pedani** (Turin, I)

Chairman:      **Pier Luigi Canonico** (Novara, I)

11.40 - 12.00    **Janne T. Backman** (Helsinki, F)  
Interaction of fruit juices with drugs

12.00 - 12.20    **Cesare Sirtori** (Milan, I)  
Clinical development of a nutraceutical:  
not only a food supplement

12.20 - 12.40    **Marco Macchia** (Pisa, I)  
The "health claims" in the nutraceutical

12.40 - 13.00    Discussion

13.00 - 14.00    Light Lunch

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Friday, July 11<sup>th</sup>, 2014 – Afternoon

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Chairmen:      **Pier Luigi Canonico** (Novara, I)  
**Andrea Pezzana** (Turin, I)

14.10 - 14.30    **Michela Zanardi** (Turin, I)  
Nutraceuticals synergistically to food in the metabolic  
sequelae of cancer patients

14.30 - 14.50    **Beatrice Travalca** (Genoa, I)  
Artificial nutrition including food and medicine

14.50 - 15.10    **Andrea Pezzana** (Turin, I)  
Anti-inflammatory diet: an alternative to medication?

15.10 - 15.30    Discussion

15.30 - 16.00    *Coffee break*

16.00 - 16.20    **Concetta Finocchiaro** (Turin, I)  
Antibiotic therapy and Food: intestinal microbiome and  
metabolism

16.20 - 16.40    **Riccardo Torta** (Turin, I)  
Food as an inhibitor of MAO: antidepressant action and  
interference on therapy of psychiatric disorders

16.40 - 17.00    Discussion

17.00 - 17.10    Closing remarks

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Saturday, July 12<sup>th</sup>, 2014 – Morning

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<b>Session III</b>	<b>DISEASES AND FOOD INTERFERENCE</b>
08.45 - 09.00	Presentation sessions and Chairmen <b>Fulvia Pedani</b> (Turin, I)
Chairman:	<b>Roberto Fantozzi</b> (Turin, I)
09.00 - 09.20	<b>Sebastiano Marra</b> (Turin, I) Cardiovascular diseases and food interference
09.20 - 09.40	<b>Alberto Bruno</b> (Turin, I) Dyslipidemia and diabetes: interference and optimization of the diet
09.40 - 10.00	<b>Paolo Grieco</b> (Naples, I) Food and anticancer drugs: food as a modulator of PGP and resistance to anticancer drugs
10.00 - 10.20	<b>Maria Luisa Amerio</b> (Asti, I) Sarcopenia in the elderly
10.20 - 10.50	Discussion
10.50 - 11.20	<i>Coffee break</i>
11.20 - 11.40	<b>Marcello Giovannini, Giuseppe Banderali</b> (Milan, I) Children themselves to a case: which food strategy in the child
11.40 - 12.00	<b>Maurizio Fadda</b> (Turin, I) Il counselling dietistico
12.00 - 12.20	<b>Marco Strambi</b> (Milan, I) What information
12.20 - 12.40	<b>Davide Zenoni</b> (Bergamo, I) The role of the pharmacist
12.40 - 13.20	Discussion
13.20 - 13.30	<b>Closing of the Congress by the President and the Scientific Director</b>
13.30 - 13.40	Questionario ECM
13.40	Light lunch

## GENERAL INFORMATION

### Meeting venues

The venues for the Meeting will be:

- July 10<sup>th</sup>: Aula Magna del Rettorato Universitario  
(Via Giuseppe Verdi, 8 – Turin, Italy)

- July 11<sup>th</sup> – 12<sup>th</sup>: Centro Congressi Torino Incontra  
(Via Nino Costa, 8 – Turin, Italy)

### Secretariat during the Meeting

The Secretariat will be open at the following times:

Thursday, July 10<sup>th</sup>, from 03.00 p.m. to 07.00 p.m.

Friday, July 11<sup>th</sup>, from 8.00 a.m. to 05.30 p.m.

Saturday, July 12<sup>th</sup>, from 8.15 a.m. to 01.40 p.m.

### Official languages

The official languages of the Meeting will be English and Italian.

Simultaneous translation will be provided.

### Registration

The Meeting is free to attend.

### CME Credits

The application for CME accreditation has been submitted with **15 credits for Italian Physicians** (*Multidisciplinary event*) and **Pharmacists**.

The CME credits will be awarded only after full attendance of all sessions.

Completion of the Registration Form, the Learning & Assessment questionnaires are compulsory.

### Technical facilities

Facilities will be available for computer presentations and overhead projections. A business center with PC (Powerpoint for Windows) will be available for check and preview of presentations. It is essential that speakers take their presentation to the business center at least one hour before the session starts.

The center will be open at the following times:

Thursday, July 10<sup>th</sup>, from 03.00 p.m. to 07.00 p.m.

Friday, July 11<sup>th</sup>, from 8.00 a.m. to 05.30 p.m.

Saturday, July 12<sup>th</sup>, from 8.15 a.m. to 01.40 p.m.

### Lunches and coffee breaks

Lunches and coffee breaks will be served in the Meeting area.

### Abstracts book

Participants will receive the Abstract book at the Meeting.

### Certificate of attendance

The certificate of attendance will be available on request at the end of the Meeting at the Secretariat.

**LIST OF SPEAKERS, CHAIRMEN, MEMBER OF THE  
SCIENTIFIC COMMITTEE, PRESIDENT OF THE MEETING  
AND SCIENTIFIC DIRECTOR**

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**Maria Luisa AMERIO**

Direttore SOC Dietetica e Nutrizione Clinica  
Ospedale Cardinal Massaia Asti  
Asti (Italy)

**Janne T. BACKMAN**

Clinical Pharmacology and Individual Medicine  
Department of Clinical Pharmacology  
University of Helsinki  
Helsinki (Finland)

**Torsten BOHN**

Centre de Recherche Public Gabriel Lippmann  
Belvaux (Luxembourg)

**Francesco BONOMI**

Department of Food, Environmental and Nutritional Sciences (DeFENS)  
University of Milan  
Milan (Italy)

**Alberto BRUNO**

Centro Unificato di Diabetologia  
Gestione delle Complicanze del Diabete  
AO Città della Salute e della Scienza di Torino  
Turin (Italy)

**Pier Luigi CANONICO**

Dipartimento di Scienze del Farmaco  
Università degli Studi del Piemonte Orientale “A. Avogadro”  
Novara (Italy)

**Luigi CATTEL**

Dipartimento di Scienza e Tecnologia del Farmaco  
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**Joseph M. CUSTODIO**

Gilead Sciences  
University of California  
San Francisco (California, USA)

**Maurizio FADDA**

S.C. Dietetica e Nutrizione Clinica  
Città della Salute e della Scienza di Torino  
Turin (Italy)

**Roberto FANTOZZI**

Dipartimento di Scienze e Tecnologie del Farmaco  
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**Concetta FINOCCHIARO**

Department of Clinical Nutrition  
Molinette Hospital  
Turin (Italy)

**Armando GENAZZANI**

Dipartimento di Scienze del Farmaco  
Università del Piemonte Orientale  
Drug & Food. Biotechnology Center  
Novara (Italy)

**Marcello GIOVANNINI**

Clinica Pediatrica  
Università degli Studi di Milano  
Ospedale San Paolo  
Milan (Italy)



**Paolo GRIECO**

Peptides and Medicinal Chemistry  
Department of Pharmacy  
University of Naples Federico II  
Naples (Italy)

**Marco MACCHIA**

Ordinario di Chimica Farmaceutica  
Dipartimento di Farmacia  
Università di Pisa  
Pisa (Italy)

**Sebastiano MARRA**

Dipartimento Cardiovascolare e Toracico  
AO Città della Salute e della Scienza di Torino  
Turin (Italy)

**Fulvia PEDANI**

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SoSD Dietetica e Nutrizione Clinica  
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Turin (Italy)

**Cesare SIRTORI**

Center for Dyslipidemias  
Niguarda Ca' Granda Hospital  
Milan (Italy)

**Marco STRAMBI**

Giornalista e Produttore di Clip Salute  
Ibis Comunicazione  
Milan (Italy)

**Riccardo TORTA**

Struttura Complessa Universitaria  
Psiconcologia Clinica e Oncologica  
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