

Promoted by
**March 30th
» April 1st
2017**
OSTUNI (BR)
I T A L Y

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

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
Patrizia Brigidi

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, Mario Mancini*

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 European perspective

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

Chairperson: *Gaetano Crepaldi, Stefania Maggi*

13.00 Research and policy agenda

Antonio Caretto, Antonio Logrieco

13.30 Take home message and closing

13.40 LUNCH BUFFET 

general and scientific information

CONFERENCE VENUES

MARCH 30th
Comune di Ostuni • Sala Consiliare
Piazza della Libertà
72017 Ostuni • Italy

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, 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

ABSTRACTS

The Scientific Committee welcomes the submission of abstracts of original contributions to the Conference.

Abstracts will be reviewed by the Scientific Committee and may be selected for poster presentation.

Abstracts should be submitted in English and sent to the Scientific Secretariat - within **February 28th, 2017**.

Notification of acceptance or rejection by the Scientific Committee will be mailed to the presenting Author.

Detailed information, guidelines and recommendations for oral or poster presentation, as well as time allotment, date, hour and venue will be sent by e-mail to registered presenting Author within March 10th, 2017.

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