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Dipartimento di Medicina Clinica e Sperimentale, Università di Pisa  
Fondazione Internazionale Menarini  
American Association of Clinical Endocrinologists

*Under the Patronage of:*

Provincia di Pisa

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Società Italiana di Emereologia Clinica e Microcircolazione



# TUSCANY ENDOCRINOLOGY AND METABOLISM CONFERENCE

Healthy Lifestyle and Cardiometabolic  
Risk Reduction

April 4-6, 2013

Auditorium, room Rino Ricci  
Camera di Commercio  
P.zza Vittorio Emanuele II, 5  
Pisa

# TUSCANY ENDOCRINOLOGY AND METABOLISM CONFERENCE

Healthy Lifestyle and Cardiometabolic  
Risk Reduction

## Honorary Presidency

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**G. Gasbarrini**, Roma  
**D. Bergman**, New York

## Conference Chairs

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**Angelo Carpi, M.D.**,  
University of Pisa  
[angelo.carpi@med.unipi.it](mailto:angelo.carpi@med.unipi.it)

**Jeffrey I. Mechanick, M.D.**,  
Icahn School of Medicine at Mount Sinai  
New York  
[jeffreymechanick@gmail.com](mailto:jeffreymechanick@gmail.com)

## Local Organizer Committee

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**C. De Rosa, S.M. Cammisuli, C. Terrenzio**, Pisa  
**C. De Gaudio**  
Centro Studi e Ricerche Calabresi "G. Righi"  
Sezione Speciale Istituto Storico Lucchese, Lucca  
**R. Faillace, L. Odoguardi**  
Associazione "Amici del Cuore", Lucca

## Scientific Secretary

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**F. Galetta**, Pisa  
**M. Rossi**, Pisa  
**F. Franzoni**, Pisa

## Collaborating Institutions and Centers

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**Division of Sport Medicine,**  
**University Hospital, Pisa**

**Provincia di Pisa**  
**Camera di Commercio di Pisa**  
**Comune di Lucca**  
**SAT, Aeroporto Galileo Galilei, Pisa**

## CONFERENCE PREFACE

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We are honored to welcome our friends and colleagues to Pisa, Italy. This conference has evolved greatly over the years, primarily through longstanding collaborations and scientific achievements. We are distinctly proud to acknowledge this year, the significant contribution of the American Association of Clinical Endocrinologists (AACE) to our program development.

Our 2013 program focuses on endocrine, metabolic, and nutritional factors that can affect cardiovascular disease risk. The scientific presentations and discussions will be conducted in the context of cultural diversity, medical economic challenges, and technological innovation. Moreover, the scope of these discourses will be global as obesity, diabetes, under-and-over nutrition, and cardiovascular disease are clinical problems worldwide. The translation of molecular mechanisms of these diseases to personalized lifestyle changes in a Tuscan venue adds a unique dimension to this conference. Indeed, Pisa provides not only a distinguished and historical backdrop for science and medicine, but also an artistic, esthetic, and gastronomical richness conducive to healthy living.

As the AACE mission provides for the highest quality of patient care in endocrine and metabolic disorders, we are pleased to present this partnership between AACE and the University of Pisa to co-sponsor this scientific and cultural event. We hope that the potential impact and benefit of this conference to public health Authorities can be realized with respect to designing effective preventive strategies to reduce cardiovascular disease and promote health.

We hope to greet you once again at a future meeting, but for now, enjoy the conference, the city of Pisa, and the warm collegiality of our faculty and attendees. Above all else, enjoy the special balance of intellectual and cultural stimulation.

**Prof Jeffrey I. Mechanick**  
Icahn School of Medicine at Mount Sinai  
New York  
President-Elect, AACE

**Prof Angelo Carpi**  
Professor of Internal Medicine  
University of Pisa



## PRELIMINARY PROGRAM subject to change

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### APRIL 4, 2013

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12.00 *Registration*

15.00 *Opening Ceremony*

15.30 *J. Mechanick (USA)*  
AACE mission

### **CARDIOMETABOLIC MODELING** Chairpersons *D. De Rossi (I), J. Mechanick (USA)*

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15.40 *M.W. Collins (UK)*  
The thermodynamics of metabolism, cardiovascular performance, and exercise, in health and diabetes

16.00 *A. Ahluwalia (I)*  
Quasi-vivo and in-vitro models of diabetes and metabolic disorders

16.20 *F. Recchia (USA, I)*  
Role of energy substrate selection in cardiac oxidative stress

16.40 *T. Simoncini (I)*  
Feto Placental vascular dysfunction as a prenatal determinant of adult cardiovascular disease

16.55 *Discussion*

### **NUTRITION AND HEALTH, 1** Chairperson *D. Bergman (USA)*

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17.05 *J.I. Mechanick (USA)*  
Molecular and transcultural nutrition

17.25 *Discussion*

17.40 *Welcome Party*

### APRIL 5, 2013

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### **NUTRITION AND HEALTH, 2** Chairperson *D. Bergman (USA)*

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9.10 *F. Zangeneh (USA)*  
Vitamin D and the heart

9.30 *Discussion*

### **METABOLIC SYNDROME AND INTEGRATIVE PHYSIOLOGY** Chairpersons *J. Mechanick, P. Palumbo (USA)*

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9.35 *P.J. Palumbo (USA)*  
Type 2 diabetes, metabolic syndrome, and cardiovascular disease

9.55 *R.H. Cobin (USA)*  
Cardiovascular and metabolic risks associated with polycystic ovary syndrome

10.15 *A. Gasbarrini (I)*  
Gut microbiota and metabolic syndrome

10.35 *Panel Discussion*

### **DIABETES, 1** Chairpersons *G. Gasbarrini (I), R. Cobin (USA)*

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10.45 *P. Marchetti (I)*  
Metabolic and cardiovascular effects of beta cell replacement in type-1 diabetes

11.00 *K. Sidthipong (JAPAN)*  
Amelioration of islet transplantation in diabetes by NF-kB inhibitors

11.20 *K. Umezawa (JAPAN)*  
Anti-diabetic and anti-fibrosis effects of plant-derived alkaloid conophylline

11.40 *Panel discussion*

### **EFFECT OF THYROID AND GONADAL HORMONES ON CARDIOVASCULAR RISK** Chairpersons *A. Carpi, A. Gasbarrini (I)*

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11.50 *G. Balercia (I)*  
Testosterone and Cardiovascular risk

12.05 *G. Iervasi (I)*  
Thyroid Hormone and Cardiovascular System: from basic concept to clinical application

12.25 *J. Garber (USA)*  
Subclinical Hypothyroidism and cardiovascular outcomes

12.45 **A. Carpi (I)**  
Subclinical hyperthyroidism and cardiovascular manifestations:  
a reevaluation of the association.

13.00 **Panel discussion**

13.10 **Lunch**

#### **LIFESTYLE AND CARDIOVASCULAR RISK**

**Chairpersons M. Pontieri, M. Russo (I)**

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14.30 **M. Comassi (I)**  
Peculiar pattern of inflammatory molecules expressed  
by perivascular fat tissue of heavy smokers

14.40 **A. Salvati (I)**  
Renal function and cardiovascular risk profiles  
in severely obese individuals: an observational study

14.50 **E. Vitolo (I)**  
Cardiovascular risk profile in a large cohort of post-menopausal women:  
an observational study

15.00 **Panel Discussion**

#### **ENDOTHELIUM AND ANGIOGENESIS Chairpersons J. Garber, F. Zangeneh (USA)**

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15.10 **S. Balzan (I)**  
TSH induces internalization of TSH receptor in the endothelial cells:  
effect on the angiogenesis

15.25 **R. Di Stefano (I)**  
Endothelial progenitor cells, cardiovascular risk factors,  
and lifestyle modifications

15.40 **S. Taddei (I)**  
Endothelial function in arterial hypertension

16.00 **Panel discussion**

19.45 **Social Dinner in Lucca (venue and transportation to be indicated)**

21.00 **Puccini's Best Arias (Teatro San Girolamo, Via San Girolamo, Lucca)**

**APRIL 6, 2013**

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#### **ENDOTHELIUM AND MICROCIRCULATION**

**Chairpersons G. Caimi (I), G. Mann (UK)**

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9.00 **A. Koller (Hungary)**  
Endothelial regulation of coronary microcirculation in health  
and cardiometabolic diseases

9.20 **G.Mann (UK)**  
Endothelial protection by dietary phytoestrogens

9.40 **G. Caimi (I)** Hemorheology and cardiometabolic disease

10.00 **M.Rossi (I)**  
Peripheral microcirculation and vasomotor impairment  
in cardiometabolic disease

10.20 **Discussion**

#### **DIABETES, 2 Chairpersons J. Mechanick (USA), S. Del Prato (I)**

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10.30 **E. Ferrannini (I), A. Antonelli (I)**  
Thyroid hormones and glucose homeostasis

10.50 **S. Del Prato (I)**  
Identifying people at risk of diabetes towards effective prevention

11.10 **Discussion**

#### **PHYSICAL ACTIVITY Chairpersons M. Russo (I), D. Bergman (USA)**

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11.20 **M. Russo (I)**  
Sirtuins. the molecular basis of beneficial effects of physical activity

11.40 **A. Pelliccia (I)**  
Physical activity and the cardiovascular system

12.00 **D. Bergman (USA)**  
The endocrinology of exercise

12.20 **A. Cupisti (I)**  
Physical activity and exercise training: a relevant aspect of the dialysis patient's care

12.35 **F. Galetta (I)**  
Effect of physical activity on heart rate variability  
and carotid intima media thickness in older people

12.45 **Panel discussion**

12.55 **Concluding Remarks by Conference Chairs**



