

SUMMER SCHOOL ON MEDITERRANEAN DIET

2ND EDITION

TERNI (ITALY) 9-15 SEPTEMBER 2018



AN ITALIAN, POLISH AND JAPANESE SUMMER SCHOOL

PROMOTED BY



ADI ONLUS
Associazione Italiana
di Dietetica e Nutrizione Clinica



ORGANIZED BY

IO • net 
italian obesity network

UNDER THE
PATRONAGE OF



SUMMER SCHOOL DIRECTOR

Giuseppe Fatati

President of ADI Foundation and Italian Obesity Network, Italy

SUMMER SCHOOL SCIENTIFIC DIRECTOR

Enrico Bertoli

Scientific Director of ADI Foundation, Italy

ADVISORY BOARD

Antonio Caretto

President of ADI - Italian Association of Dietetics and Clinical Nutrition, Italy

Michinari Hamaguchi

President of J.S.T. - Japan Science and Technology Agency, Japan

Elisabetta Manfredi

Santa Maria Hospital - Terni, Italy

Joanna Muszkowska-Penson

Medical University of Gdańsk, Poland

LOCAL ORGANIZING COMMITTEE

Meri Chiarini, Ilenia Grandone, Eva Mirri, Mariangela Palazzi

Diabetology and Nutrition Unit Santa Maria Hospital - Terni, Italy

ORGANIZING SECRETARIAT



Via Angelo da Orvieto, 36 - 05018 Orvieto (TR) Italy

Tel. + 39 0763 391751 - info@viva-voce.it - www.viva-voce.it

CME PROVIDER



Santa Maria Hospital - Terni, Italy
Training Office

www.fondazioneadi.com

MEDICAL EDUCATION: NEW FRONTIERS REMEMBERING MEDITERRANEAN DIET

Nutrition has been dominated by the study of specific nutrients, nutrient deficiencies, and sometimes specific foods or food groups and their impact on health and nutrition. In recent years, a number of initiatives and studies focused more directly on the question of diets and their impacts on human health, the environment, and food systems. The complexity of sustainable diets will require multiple actors and the inclusion of nonlikely stakeholders to move beyond understanding sustainable diets, to measuring them and ultimately promoting them.

The Mediterranean sea can be defined as an inland sea basin of the Atlantic Ocean, surrounded by Europe to the north, Africa to the south and Asia to east. People use to think to be the Mediterranean the most important center in the development of human civilization because all the history of the ancient world evolved and came to an end with its geographic limits: more civilizations rose and succeeded each other on its shores and its islands than in other part of the globe.

The waters of the Mediterranean have been both a place of unity and, unfortunately, even today, of conflict between peoples but the Mediterranean diet is a point of contact and of mutual awareness. For this reason, the Foundation of Italian Association of Dietetics and Clinical Nutrition and Italian Obesity Network have considered to be the time to open up to this area and to the collaboration between the scientific organizations and the experts through the holding of an international collaboration that include the adjective Mediterranean in the title and that deal with nutrition and metabolism

PURPOSE

Summer School for a limited number of physicians, nutrition experts and students, aimed at:

- promote cultural exchanges
- promote knowledge of the international food trends
- promote knowledge of the nutrition for the health

INTRODUCTION

TOPICS

- Mediterranean Diet
- Sustainable Nutrition
- Green Economy
- Functional Diet Food
- Cancer and Functional Diet
- Obesity and Diabetes
- Metabolic and Genetic Diseases

ATTENDANTS

- Italian, Polish and Japanese postgraduate students, aged less than 35 years and undergraduate students
- The learners will also be teachers and must present a nutritional experience

DURATION AND ORGANIZATION

- The school will last a week
- Some frontal readings will be held by international experts
- Lectures will be held in the morning
- Practical exercises are scheduled for the afternoon
- 2 afternoons will be dedicated to excursions aimed at getting to know the territory and local traditions

CERTIFICATE OF ATTENDANCE RELEASED BY FOUR INSTITUTIONS

- ADI Foundation and Italian Obesity Network (Italy)
- Gdańsk University of Physical Education and Sport (Poland)
- University Medical School of Gdańsk (Poland)
- Nagoya University (Japan)

SPEAKERS

ANTOSIEWICZ Jędrzej, *Danzig (Poland)*

BACCHETTI Tiziana, *Ancona (Italy)*

BAZZUCCHI Elisa, *Gualdo Tadino (PG) (Italy)*

BERTOLI Enrico, *Ancona (Italy)*

BUFO Maria Adele, *Terni (Italy)*

CALAFIORE Riccardo, *Terni (Italy)*

CARETTO Antonio, *Brindisi (Italy)*

CICCHINI Paolo, *Terni (Italy)*

COACCIOLI Stefano, *Terni (Italy)*

COLOSIMO Carlo, *Terni (Italy)*

DAL MASO Maurizio, *Terni (Italy)*

DECIAANTIS Roberta, *Terni (Italy)*

DEL CIONDOLO Irene, *Siena (Italy)*

DI NICOLA Alice, *Terni (Italy)*

FATATI Giuseppe, *Terni (Italy)*

FERRETTI Gianna, *Ancona (Italy)*

FIGARSKI Adam, *Danzig (Poland)*

GÓRSKA-PONIKOWSKA Magdalena, *Danzig (Poland)*

GRANDONE Ilenia, *Terni (Italy)*

HERMAN-ANTOSIEWICZ Anna, *Danzig (Poland)*

ISLAM MD Obaidul, *Ancona (Italy)*

KOWALSKI Szymon, *Danzig (Poland)*

LIUZZI Martino, *Ancona (Italy)*

MANFROI Elisabetta, *Terni (Italy)*

MBAMBI Marie Grace, *Roma (Italy)*

MORRESI Camilla, *Ancona (Italy)*

NISKA Karolina, *Danzig (Poland)*

NUSSBERGER Stephan, *Stuttgart (Germany)*

PAOLINI Barbara, *Siena (Italy)*

PAOLINI Luisa, *Fara Sabina (RI) (Italy)*

PARISELLA Roberta, *Roma (Italy)*

PARISI Amilcare, *Terni (Italy)*

PETRELLI Massimiliano, *Ancona (Italy)*

PRZYCHODZEŃ Paulina, *Danzig (Poland)*

RANUCCI Federica, *Terni (Italy)*

RUSSO Elisa, *Civita Castellana (VT) (Italy)*

RUSTICHELLI Franco, *Ancona (Italy)*

SCANCARELLO Marta, *Poggio Mirteto (RI) (Italy)*

SILVESTRI Sonia, *Ancona (Italy)*

SIMOES Ines, *Warsaw (Poland)*

SLEDZINSKI Zbigniew, *Danzig (Poland)*

TOMIO Luca, *Milan (Italy)*

TSUSHITA Kazuyo, *Aichi (Japan)*

URSO Enrica, *Brindisi (Italy)*

WAKABAYASHI Takashi, *Nagoya (Japan)*

WIĘCKOWSKI Mariusz, *Warsaw (Poland)*

WOŹNIAK Michał, *Danzig (Poland)*

ŻMIJEWSKI Michał, *Danzig (Poland)*

SUNDAY 9TH SEPTEMBER

Arrivals of the Polish and Japanese Delegation in Terni

WELCOME DINNER - “La Lumière” Restaurant

MONDAY 10TH SEPTEMBER

OPENING CEREMONY - PALAZZO SPADA

- 8.30 **Registration of the participants**
- 9.00 **Welcome addresses**
Giuseppe Fatati, Summer School Director
Maurizio Dal Maso, General Director of Terni Hospital
Leonardo Latini, Mayor of Terni
Luigi Carlini, President of CARIT Foundation
Giuseppe Donzelli, President of Terni Doctors' Association
Antonio Caretto, President of Italian Association of Dietetics and Clinical Nutrition
- 10.00 **Presentation of the Summer School Topics**
Enrico Bertoli, Giuseppe Fatati
- 10.30 **Opening Lecture**
The man on the way to immortality
Franco Rustichelli
- 11.30 **Flemish painting at Palazzo Spada**
Paolo Cicchini
- 12.00 **DISCUSSION**

12.30-13.30 LUNCH

AFTERNOON SESSION CHAIRMEN:

Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

13.45 Diabetes, Parkinson's Disease and GLP-1 receptors

Carlo Colosimo

PRACTICAL SESSION

BODY COMPOSITION, CALORIC INTAKE AND DAILY ENERGY EXPENDITURE

14.15 Anthropometric measures: the theory

Luisa Paolini

14.30 Anthropometric measures: the practice

Marta Scancarello

14.45 Bioelectrical impedance analysis

Maria Adele Bufo

15.00 Caloric intake and nutritional counseling

Elisa Russo

15.15 Indirect calorimetry: the theory

Alice Di Nicola

15.30 Indirect calorimetry: the practice

Federica Ranucci

15.45 Diet and prevention of bladder cancer. Which role of dietary antioxidants?

Obaidul Islam (Phd)

16.00 DISCUSSION

PRACTICAL SESSION

16.30 PASTRY WORKSHOP

18.30 CONCLUSION

20.00 DINNER - "La Lumière" Restaurant

TUESDAY 11TH SEPTEMBER

MORNING SESSION CHAIRMEN:

Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

- 8.30 **Metabolic Surgery**
Amilcare Parisi
- 9.00 **Nutrigenetics and diet**
Elisabetta Manfroi
- 9.30 **Very low calories diet and type 2 diabetes**
Elisa Russo
- 9.45 **The silent killers in chronic kidney disease**
Alice Di Nicola
- 10.00 **Retarding CKD progression: the nutritional approaches**
Federica Ranucci
- 10.15 **Vegetarian diet and pregnancy**
Luisa Paolini
- 10.30 **Dysphagia: nutritional strategies for a better quality of life**
Marta Scancarello
- 10.45 **Green Asphalathin rich Rooibos Extract Lowers LDL-Cholesterol in Diabetic non Human Primates without affecting Lipoprotein CoQ₁₀ Status**
Sonia Silvestri (Phd)
- 11.00 **Diabetes mellitus, hydration and copeptin**
Massimiliano Petrelli
- 11.30 **Megamitochondria in alcoholic liver disease**
Takashi Wakabayashi
- 12.00 **DISCUSSION**
- 12.30-13.30 LUNCH

PROGRAMME

14.30 Departure for the Marmore Falls

15.00 **Guided Visit to Marmore falls**
Luca Tomio

17.30 Return in Terni

20.00 **DINNER** - "La Lumière" Restaurant

After Dinner Session

Marmore falls: from Leonardo da Vinci to Camille Corot

Luca Tomio

WEDNESDAY 12TH SEPTEMBER

MORNING SESSION CHAIRMEN:

Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

- 8.30 **Medical chemistry of Ligustrum as forgotten Polish oleacea species**
Michał Woźniak
- 9.00 **The prevention of Lifestyle related diseases (NCDs) in Japan - Health Japan 21 and nation-wide intervention program for metabolic syndrome**
Kazuyo Tsushita
- 9.30 **Vitamin D for good health**
Michał Żmijewski
- 10.00 **DISCUSSION**
- 10.15 **Can diet protect from cancer**
Anna Herman-Antosiewicz
- 10.45 **2-methoxyestradiol - a missing link between cancer cell death and neurodegenerations development?**
Paulina Przychodzeń (Phd)
- 11.00 **Role of nitro-oxidative stress in ALS**
Adam Figarski (Phd)
- 11.15 **Molecular mechanism of cytotoxic activity newly synthesized oxidovanadium complexes (VO₂⁺) on pancreatic ductal adenocarcinoma cell lines**
Szymon Kowalski (Phd)
- 11.30 **Alcoholic pancreatitis**
Zbigniew Śledzinski
- 11.45 **Cellular and molecular therapy of Diabetes Mellitus Type 1: state of art and future perspectives**
Riccardo Calafiore
- 12.00 **DISCUSSION**
- 12.30-13.30 **LUNCH**

AFTERNOON SESSION CHAIRMEN:

Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

13.45 Coeliac disease and genetics

Elisabetta Manfroi

SEMINARS

14.15 Flavonoid polyphenol of Japanese green tea epigallocatechin 3-gallate as antioxidant and nutraceutical

Daiki Somiya, Karolina Niska, Adam Figarski, Paulina Przychodzeń, Szymon Kowalski, Michał Woźniak

14.45 Japanese kampo medicine prenylflavonoid: glycyrrhisoflavone as electrophilic inhibitor of protein tyrosine phosphatases

Karolina Niska, Adam Figarski, Paulina Przychodzeń, Magdalena Górńska-Ponikowska, Szymon Kowalski, Michał Woźniak

15.15 Placental mitochondrial cytochrome P450SCC and vitamin D3 - new players in preclampsia

Karolina Niska, Magdalena Górńska-Ponikowska, Adam Figarski, Paulina Przychodzeń, Michał Woźniak, Michał Zmijewski

15.45 Chemical reactivity of peracetic acid as ultimate metabolite of ethanol intake as micro or macronutrient

Zbigniew Sledzinski, Jedrzej Antosiewicz, Karolina Niska, Michał Woźniak

16.15 DISCUSSION

PRACTICAL SESSION

16.30 THE COLD EFFECT ON NUTRITION: THE HOME-MADE ICE-CREAM AS CLINICAL THERAPY

Martino Liuzzi

18.00 CONCLUSION

20.00 FREE DINNER

THURSDAY 13TH SEPTEMBER

MORNING SESSION CHAIRMEN:

Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

- 8.30 **Dietary carotenoids: from farm to table**
Tiziana Bacchetti, Gianna Ferretti
- 9.00 **The Healthy Food: from Art to Mediterranean Diet**
Enrico Bertoli
- 9.30 **Psychology of obesity**
Roberta Deciantis
- 10.00 **Diabetes: the remission among diet and bariatric surgery**
Ilenia Grandone
- 10.30 **DISCUSSION**
- 10.45 **Efficacy of the association between vitamin D and low FODMAPs diet for the treatment of irritable bowel syndrome**
Irene Del Ciandolo
- 11.00 **Knowledge of acaloric sweeteners in a population of patients with type 2 diabetes**
Marie Grace Mbambi
- 11.15 **Yellow Spices: Carthamus tinctorius L. (Safflower), Saffron (Crocus sativus) and their phytochemical properties**
Camilla Morresi
- 11.30 **Diet treatment in Type 2 Diabetes**
Roberta Parisella
- 11.45 **Diabetes 1: which is better carb counting or nutrient counting?**
Enrica Urso
- 12.00 **Short-term effects of VLCDK in obese patients with Binge Eating Disorder**
Elisa Bazzucchi
- 12.15 **Guided discussion on the scientific topics**
Barbara Paolini
- 12.30-13.30 **LUNCH**
- PRACTICAL ACTIVITY**
- 14.30 **WORKOUT SESSION**
- 16.30 **CONCLUSION**
- 20.00 **JAZZ DINNER - "La Lumière" Restaurant**

FRIDAY 14TH SEPTEMBER

MORNING SESSION CHAIRMEN:

Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

- 9.00 **Inhibition of mitochondrial biogenesis as a novel anticancer approach**
Magdalena Górską-Ponikowska
- 9.30 **New aspects of BAX activation**
Stephan Nussberger
- 10.00 **DISCUSSION**
- 10.15 **Western Diet and Non-Alcoholic Fatty Liver Disease**
Mariusz Więckowski
- 10.45 **Iron silent killer**
Jedrzej Antosiewicz
- 11.15 **The role of mitochondria and oxidative stress in the pathogenesis of Non-Alcoholic Fatty Liver Disease**
Ines Simoes (Phd)
- 11.30 **Prevalence of fibromyalgia in diabetes mellitus and obesity**
Stefano Coaccioli
- 12.00 **DISCUSSION**
- 12.30-13.30 **LUNCH**
- 14.00 **Departure for Carsulae and guided visit of the archaeological site**
- 16.30 **Return in Terni**
- 20.00 **FAREWELL DINNER - "Molino Eroli" - on invitation only**

SATURDAY 15TH SEPTEMBER

Departures

OPENING CEREMONY VENUE

Palazzo Spada - Municipality Building
Sala Consiliare
Via Roma - Terni

SUMMER SCHOOL VENUE

Santa Maria Hospital - Terni
Classroom A
Via Tristano di Joannuccio - Terni

CME CREDITS (ONLY FOR ITALIAN PARTICIPANTS)

Event n. 6991-84

CME Credits n. 28,5 (for all Healthcare Professionals)

The Lessons have been accredited according to the Italian Continuous Medical Education System. Only Italian participants should fill in the documents available on site and attend at least 90% of the scheduled lessons.

OFFICIAL LANGUAGE

The Official Language is English.

CERTIFICATE OF ATTENDANCE

The Certificate of Attendance will be delivered to all the participants at the end of the Summer School.

HOTEL ACCOMMODATION

The Organizing Secretariat booked rooms at the following hotels:

MICHELANGELO HOTEL

Viale della Stazione, 63 - Terni
Tel.+39 (0)744 202711
www.michelangelohotelumbria.it

DE PARIS HOTEL

Viale della Stazione, 51 - Terni
Tel+39 (0)744 58047
www.hoteldeparis.it

TRANSFERS

A transfer service by bus from/to the hotels to the Summer School venue will be provided. The detailed timetable will be available on site.

INFORMATION

MEALS

All scheduled lunches will be served at the Hospital Canteen close to the Venue.

DINNERS

Sunday 9th September

20.00 Dinner at "La Lumière" Restaurant
(De Paris Hotel - Viale della Stazione, 52 - Terni)

Monday 10th September

20.00 Dinner at "La Lumière" Restaurant
(De Paris Hotel - Viale della Stazione, 52 - Terni)

Tuesday 11th September

20.00 Dinner at "La Lumière" Restaurant
(De Paris Hotel - Viale della Stazione, 52 - Terni)

Wednesday 12th September

Free Dinner

SUGGESTED RESTAURANT

For your free dinner we suggest you the following restaurants located at walking distance from your hotel

CHEAP RESTAURANTS

- "La Cruda" Restaurant - Via Camillo Benso Cavour, 35 - Terni
- "Crunch" Restaurant - Via Fratini, 34/36 - Terni
- "A Volte Tre" Restaurant - Via Francesco Mancini, 10 - Terni

PIZZERIAS

- "Il Cicalino" Pizzeria - Piazza San Giovanni Decollato, 12/B - Terni
- "Benvenuto al Sud" Pizzeria - Via Camillo Benso Cavour, 19 - Terni

MORE EXPENSIVE RESTAURANT

- "La Piazzetta" Restaurant - Via Camillo Benso Cavour, 9 - Terni

Thursday 13th September

20.00 Jazz dinner at "La Lumière" Restaurant
(De Paris Hotel - Viale della Stazione, 52 - Terni)

Friday 14th September

20.00 Farewell Dinner at "Molino Erolì" - on invitation only
(Strada Funaria, 7 - Narni)

CITY OF TERNI

HISTORY



Terni's origins are very ancient, and the area became an important Roman municipium called "Interamna Nahartium" ("land between two rivers," the Nera and the Serra), as can be seen from the remains of the Fausto Amphitheater. It enjoyed a period of peace and prosperity under the Romans. Christianity was brought to Terni by its bishop and patron saint, Valentine; in the 6th century it was attacked and destroyed by the Goths and the Byzantines, followed by the Lombards, who added Terni to the Duchy of Spoleto. In 1159 it was subjugated and destroyed by Frederick Barbarossa and rebuilt soon after. It came within the orbit of the papacy and the empire several times and in 1420 it became part of the Papal States, under the rule of which it remained (except for the Napoleonic period) until 1860.

ART, CULTURE, ENVIRONMENT

The city's layout and architectural style is mainly modern and dynamic, mostly the result of reconstruction in the 1950s following the heavy bombing it suffered in World War II. Today Terni shows visitors a decidedly modern face, although many traces of the past can still be seen, such as the ruins of the Fausto Amphitheater. Religious buildings of interest include, among others, the Church of San Francesco (13th century), with a fine bell tower by Angelo da Orvieto, Gothic mullioned windows, and the beautiful Paradisi Chapel; the Cathedral, originally erected in the 6th century and rebuilt in the 17th century to a design by Bernini; San Lorenzo, and the Church of San Pietro, with an interesting apse and cloister. Essential stops nearby are Marmore Falls, the highest in Europe, and worthy of a visit is the Carsulae archeological area, site of a Roman municipium along the ancient Flaminian way.

EXCURSIONS

MARMORE WATERFALLS



The **Marmore Waterfalls** situated at only 7 km from Terni are definitely an absolute must for whoever decides to visit Umbria.

The Waterfalls, which are immersed in a natural scenery of incomparable beauty, are not natural in origin but work of the Romans. In fact, at that time, the Velino river was greatly enlarged and a vast zone of unhealthy swamp land had been created. In

order to help the Velino river flow more quickly, the Consul Curius Dentatus had a canal dug which diverted it towards the Marmore cliff.

From here, the river fell as it still does today for **a total of 165 metres**, into the river Nera which flows in the valley below. Since then, the beauty of the Waterfalls has inspired poets and artists, among these: Virgilius, Cicero, G. Byron, and many others. The falls have been used to produce hydroelectric power for about 50 years now.

CARSULAE



Carsulae is an important archaeological site located approximately 4 km north of San Gemini, a small town in the province of Terni.

Most historians date the town to about 300 BC. Carsulae's growth into a major town only took place, however, with the building of the ancient Roman road, the via Flaminia, in 220-219 BC.

In due course, during the age of Emperor Augustus, Carsulae became a Roman *municipium*. During his reign a number of major works were initiated, eventually including the amphitheater, most of the forum, and the marble-clad Arch of Trajan (now called the Arco di San Damiano).

During its "golden age" Carsulae, supported by agricultural activity in the surrounding area, was prosperous and wealthy. Its bucolic setting, its large complex of mineralized thermal baths, theatres, temples and other public amenities, attracted wealthy and even middle class "tourists" from Rome.

HOW TO GET TO TERNI

By plane

Leonardo Da Vinci Fiumicino Airport is situated 130 km away from Terni.

By train

Terni railway station is on the Florence-Rome line.

www.trenitalia.com.

By car

Roma-Firenze A1 Motorway (Orte Exit), continuing along the Terni-Orte ringroad in direction Terni (Terni Ovest Exit).

CLIMATE

Terni has a temperate climate. In September average temperatures normally range from 15 to 25 C. Late summer in Terni should be pleasantly warm and often very sunny.

CLOTHING

Since some practical and workout activities are scheduled during your stay, you are kindly requested to have trainers, sweatsuits and swimwear.

CURRENCY

The local currency is Euro. The exchange rate (end of July): N.1 *Złoty* (PLN) = 0,23 EUR. We recommend that due to high commission rates in Italy for *Złoty* and Yen, participants buy Euro in their country of origin or when possible use credit cards or ATM services.

TAXI RANKS

Taxis can be found in front of the railway station (close to your hotels)

Radio Taxi Tel +39 (0)744 300170 / Tel +39 (0)744 425294.

IN COOPERATION WITH



Gdańsk University
of Physical Education and Sport



Medical University
of Gdańsk



THANKS TO



LIONS CLUB TERNI HOST
DISTRETTO 108 L (ITALY)

ORGANIZING SECRETARIAT



Via Angelo da Orvieto, 36
05018 Orvieto (TR) Italy
Tel. + 39 0763 391751
info@viva-voce.it
www.viva-voce.it