



# **Nutrition and Metabolism - Nu.Me.** 2<sup>nd</sup> International Mediterranean Meeting

**Granada (Spain)**  
June 16-19, 2010

*Promoted by*



**Sociedad Andaluza  
de Nutrición Clínica y Dietética**



## Presentation

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 the east. Many consider the Mediterranean to be the most important center in the development of human civilization because the entire history of the ancient world evolved and came to an end within its geographic boundaries: more civilizations rose and succeeded each other on its shores and its islands than in any other part of the globe. The waters of the Mediterranean have been a place of unity and of conflict between peoples, and the Mediterranean diet a point of contact and of mutual awareness.

For this reason the “Associazione Italiana di Dietetica e Nutrizione Clinica (ADI)” has considered it timely to open up to this area and to the collaboration between the scientific organizations and the experts in the countries that border this sea through the holding of an international meeting and the publication of a scientific review that includes the adjective Mediterranean in their title and that deal with nutrition and metabolism.

The first meeting was held in Brindisi, Italy, a logical choice for its geographic position between East and West, and the interest it aroused encourage us to move ahead. The choice of Spain as the setting of the second meeting is motivated by its historical importance in the Mediterranean area and by its great scientific tradition in the fields of nutrition and metabolism.

The topics addressed will be those of diabetes and obesity, with special attention given to the most fragile population groups: children and the undernourished. There is a clear tendency toward an increase in both the incidence and prevalence of obesity and diabetes in all the industrialized countries and in the technologically developing countries. The increased prevalence of type 2 diabetes in the world has lead the WHO to speak of a real “epidemic.” Terms such as globesity and diabetes are now in common use, and the scientific world agrees in recognizing that if immediate action is not taken there could be very serious health problems for millions of

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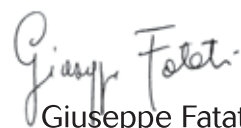
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people in the next few years. Nutrigenomics and nutrigenetics are innovative fields of research which should lead us to understand increasingly better in what way a food or, better, particular eating habits, interfere in the functioning of the body at the molecular metabolic level.

It is a great honor and pleasure for the “Associazione Italiana di Dietetica e Nutrizione Clinica” to be able to share the experience and the project with the prestigious “Sociedad Andaluza de Nutrición Clínica y Dietética” and the “Fondazione Universitaria Iberoamericana”, which will make a substantial contribution to the event’s success.

The choice of Granada, which is called the true cultural capital of Andalusia, was no mere coincidence, as its geographic location has made it a meeting ground and place where the Iberian, Roman and Islamic cultures have coexisted peacefully. We are confident that this meeting will lead to new and stronger collaborations between those who care about the future of nutrition.



Giuseppe Fatati  
ADI PRESIDENT



### Under the patronage of



ADI Associazione Italiana  
di Dietetica e Nutrizione Clinica  
ONLUS - Federata FeSIN



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**E. Bertoli** (Italy)  
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**M. A. Fusco** (Italy)  
**J. A. Irlles Rocamora** (Spain)  
**A. Martinez** (Spain)  
**J. L. Quiles** (Spain)  
**A. Trichopoulou** (Greece)  
**F. Visioli** (France)

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### Organizing Secretariat

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www.viva-voce.it

### Website

[www.viva-voce.it](http://www.viva-voce.it)

## Preliminary Programme

### Wednesday 16 June 2010

15.00/20.30

Opening of the registration desk and attendee accreditation

Opening Ceremony

#### Lectures

**Socio-economic politics in the Mediterranean area**

**Mediterranean diet. Nutrition and prevention**

*Welcome Cocktail*

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### Thursday 17 June 2010

9.00/19.00

#### Lecture

**Mediterranean diet: bridging the generation gap**

#### SESSION 1

**CHILDHOOD OBESITY:  
PREVENTION INTERVENTION IN THE MEDITERRANEAN AREA,  
NUTRITION EDUCATION IN CHILDHOOD**

Introduction

Impact of childhood obesity on adulthood

Childhood obesity worldwide compared to childhood obesity in the Mediterranean area

### *Coffee Break*

Prevention of childhood obesity: the Perseo study

Studies on the use of the Mediterranean diet in childhood obesity and their application

Pediatric nutritional education

Breakfast and health: a consensus statement among a few Italian scientific societies

## Poster Session 1

### *Buffet Lunch*

## SESSION 2

### **OBESITY AND METABOLIC SYNDROME**

Introduction

Metabolic syndrome pathophysiology: recent hypothesis

Role of monoamines in metabolic syndrome

A nutrigenomic approach to glicolipotoxicity in pancreatic  $\beta$ -cell

Taste receptors: clinical evidence

### *Coffee Break*

Visceral obesity therapy

Metabolic changes after bariatric surgery

## Round Table

Metabolic syndrome and periodontitis: is oxidative stress a common link?

Nutrition-linked chronic diseases

Obesity, inflammation and periodontal disease

Discussion

### *Social Dinner*

### Friday 18 June 2010

9.00/18.00

#### Lecture

**Diabetes mellitus and incretins**

#### SESSION 3

##### **DIABETES MELLITUS, DYSLIPIDEMIA AND CARDIOVASCULAR RISK**

Introduction

Therapeutic algorithm of type 2 diabetes.

Role of glycemic self-monitoring

Exposure and variability.

Two dimensions of glycemic self-monitoring

Cardiovascular risk and lifestyle

##### ***Coffee Break***

CoQ10 and cardiovascular risk prediction

HDL-cholesterol and pharmacological treatment

The role of micronutrients in cardiovascular disease prevention

Cardiovascular primary prevention: role of statins

#### Poster Session 2

##### ***Buffet Lunch***

#### SESSION 4

##### **ARTIFICIAL NUTRITION**

Introduction

ADI-AMD recommendations

Enteral nutrition: evidence for

Lipids in parenteral nutrition

Artificial nutrition in developing countries

Glycemic control in artificial nutrition

### *Coffee Break*

News in nutrition and metabolism research

Discussion and future scientific research with and among experts

### *Gala Dinner*

## Saturday 19 June 2010

9.00/12.30

Introduction

Malnutrition in the world: update 2010. World Food Program WFP

### Round Table

Mediterranean diet

### Poster Session 3

#### *Coffee Break*

Scientific Journal "Mediterranean  
Journal of Nutrition and Metabolism"

Working Paper of the scientific societies

Conclusions and closing remarks



### Invited Speakers

Amerio Maria Luisa (Italy)

Arca Marcello (Italy)

Batrina Aranceta Javier (Spain)

Barale Roberto (Italy)

Battino Maurizio (Italy)

Belhasen Rekia (Morocco)

Berner Yitshal N. (Israel)

Bertoli Enrico (Italy)

Bullon Pedro (Spain)

Campos Mercedes Gil (Spain)

Caretto Antonio (Italy)

Chamorro Quiros José (Spain)

Chapple Iain (U.K.)

Delgado Rodríguez Miguel (Spain)

Fatati Giuseppe (Italy)

Fusco Maria Antonia (Italy)

Gerber Mariette (France)

Hernández Ángel Gil (Spain)

Lacirignola Cosimo (Italy)

Leonardi Francesco (Italy)

Leotta Sergio (Italy)

Littarru Gian Paolo (Italy)

Livingstone Barbara (Spain)

Magni Paolo (Italy)

Martinez Alfredo (Spain)

Medina Tito (Spain)

Morillo Juan Manuel (Spain)

Parillo Mario (Italy)

Pischon Nicole (Germany)

Poli Andrea (Italy)

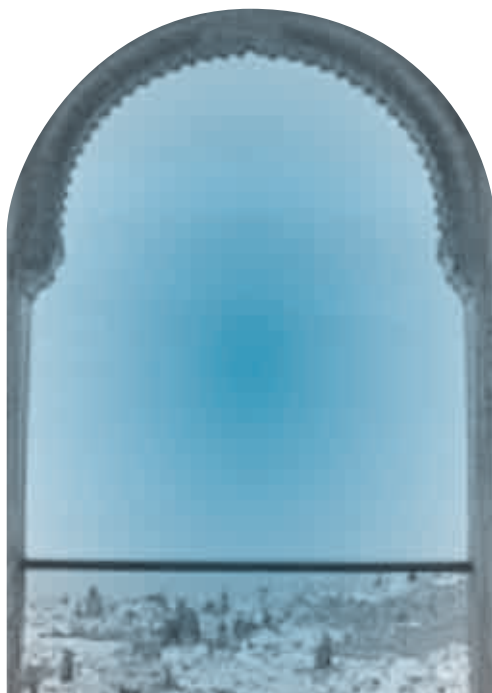
Roche Enrique (Spain)

Serra-Majem Lluís (Spain)

Sukkar Samir Giuseppe (Italy)

Trichopoulou Antonia (Greece)

Visioli Francesco (France)



## Scientific Information

### Poster Submission

Delegates who would like to present a poster are invited to download the abstract form that can be found at [www.viva-voce.it](http://www.viva-voce.it)

The official language is English.

**Submission deadline** April 30 2010

**Notifications to submitters** May 10 2010

Please send the abstract to the Scientific Secretariat

**Maurizio Battino (Italy)** [m.a.battino@univpm.it](mailto:m.a.battino@univpm.it)

**Antonio Caretto (Italy)** [carettoa@tin.it](mailto:carettoa@tin.it)

Abstracts sent by post or by fax will not be accepted.

The Scientific Secretariat will select submitted abstracts. If the abstract will be accepted, the author will be requested to be available for discussion during the corresponding poster sessions scheduled on

**Thursday 17 June from 12.30 am to 13.30 pm**

**Friday 18 June from 12.30 am to 13.30 pm**

The best selected abstracts will be discussed in the Plenary Session on **Saturday 19 June**.

### Publication

All accepted abstracts will be published in the Abstract volume and will be available at the conference venue.

### General Remarks

The author of the abstract selected for presentation must be registered at the conference. The name, address, telephone, fax number and e-mail address of the corresponding author should be given as indicated. Please ensure your abstract does not contain spelling, grammar mistakes, as it will be reproduced exactly as submitted. Linguistic accuracy is your responsibility. No proof reading will be done.

No changes can be made to the abstract after the submission deadline.

Submitting authors will be notified by **10 May 2010** whether their abstract has been accepted, and they will be informed about the date, time of their presentation. All notifications will be sent out to the email address given on the submission form.

### Abstract Volume

All registered attendees will receive the Abstract Volume at the start of the conference.

### Attendance Certificate

All registered attendees will receive an Attendance Certificate at the end of the conference.

### Exhibition

A technical and scientific exhibition will be held at the conference venue.

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### CME Accreditation

Procedures to have the meeting registered with the Department of Continuing Medical Education at the Ministry of Health to enable the assignment of CME credits have been activated. CME credit certificates are given to attendees belonging to one of the accredited professions who must effectively participate in the complete educational programme and pass a knowledge achievement test. The number of credits cannot be reduced or divided.

### EACCME Accreditation

The conference is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS), [www.uems.net](http://www.uems.net)

Credit certificates are given to attendees belonging to one of the accredited professions who must effectively participate in the complete educational programme and pass a knowledge achievement test. The number of credits cannot be reduced or divided.

ACCREDITED SPECIALISTS: Medical Doctors - Biologists - Dieticians

### Organizing Secretariat

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The Organizing Secretariat will be present at the conference venue from 10.00 am Wednesday 16 June to the end of the conference.

### Official Language

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

### Registration fee

To register send the duly completed attached form and corresponding fee to the Organizing Secretariat by the indicated date or register on-line [www.viva-voce.it](http://www.viva-voce.it)

	by 30 April 2010	after 30 April 2010
For all categories	€ 500.00	€ 600.00
Accompanying person	€ 300.00	€ 400.00

(20% VAT not included)

#### The registration fee includes:

- Attendance at the scientific sessions
- Congress Kit
- Abstract Volume
- Attendance Certificate
- Buffet Lunches
- 5 Coffee Breaks
- Welcome Cocktail
- Social Dinner
- Gala Dinner

#### The accompanying person fee includes:

- Guided sightseeing tours of Thursday  
17 June and Friday 18 June
- Museum tickets
- 2 Luncheons
- Welcome Cocktail
- Social Dinner
- Gala Dinner

### Transfer Service

The Organizing Secretariat will organise airport transfers by bus (from/to Malaga airport and the conference venue). A detailed timetable will be provided.

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Transfer supplement	€ 80.00 per person (20% VAT not included)
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### Payment

Attendance fee, hotel accommodation and transfer services can be paid by:

- Bank transfer to Crediumbria  
(ref. NuMe Meeting 2010) IBAN It55 V070 7525 7010 0000 0900 082  
Swift code BIC ICRAITRRTVØ
- Credit Card (Visa - Eurocard - Mastercard)

If payment is made by bank transfer, please attach a copy of bank receipt.

### Cancellation and refund

Cancellation of registrations received by the Organizing Secretariat by **10 May 2010** are fully refunded minus an administrative fee of € 60.00. After this date, no refunds shall be given. Cancellations must be notified in writing to the Organizing Secretariat. Refunds will only be made at the end of the meeting. Registration name changes can be made up to **5 June 2010**.

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## General Information

### Granada

At the foot of Sierra Nevada, lies one of the most interesting cities in **Andalusia**. Because it was the last city reconquered by the **Catholic Monarchs** in 1492, Granada has an unmistakable Arab flavour. Its cuisine, crafts and urban layout are a consequence of the city's glorious history. Fountains, scenic views and Cármenes, the villas surrounded by gardens typical of the city, add to Granada's unforgettable charm. One of its oldest districts, the Albaicín, was declared a **World Heritage Site**, together with the Alhambra and the Generalife. An important cultural centre for centuries, both during Muslim and Christian rule, nowadays the city boasts an enviable **calendar of cultural and leisure events**. Music, cinema and theatre seasons and festivals are listed, along with permanent and temporary exhibitions ranging over all fields of knowledge. Old Renaissance palaces are home to seminars, conferences and debates, while the most **innovative infrastructures** are ready for the bigger events.

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### Conference venue

The scientific sessions will take place at the Hotel Abades Nevada Palace, ([www.abades.com](http://www.abades.com)) a 4-star hotel located in the southern part of the city within 25-30 minutes walking distance to the old Granada town.

### Hotel Accommodation

Rooms have been allocated at the Hotel Abades Nevada Palace (conference venue) at a special rate.

Double room for single occupancy /per night	€ 105.00
Double room per person /per night	€ 58.00

Rates are per night per person, breakfast and taxes included

(10% VAT included)

### How to reach Granada

Granada is located next to the Sierra Nevada mountains in Andalusia in the southeast of Spain. It is about 70 km from the coast. Granada gives the unique opportunity to visit both the highest mountain in continental Spain (above 3400 m) and the sunny beaches of the Costa del Sol.

For more information [www.grnadainfo.com](http://www.grnadainfo.com)

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**By plane:** The Granada airport, at only 25 minutes drive from the Conference Center, serves Madrid and Barcelona with four daily flights. Airlines such companies as Vueling and Ryanair also arrive in Granada from some international airports. The International Airport of the Costa del Sol (Málaga), at 130 km from Granada (1 hour by bus approximately), is connected with most European and American destinations by daily flights.

**By train:** The train station is fairly central. The Spanish National Railway Company (RENFE) has a good website giving full information about trains in Spain.

**By car:** Granada is well connected by freeway with all main Spanish cities. It takes about 90 minutes from Málaga.

Motorways: A-92, connecting the city with Almería and Seville, A-44, linking with A-4 in Bailén, leading to Madrid and, in the near future, with the A-7 in Motril.

### Climate

Climate in Granada is continental Mediterranean. Temperatures in June can reach above 25°C/30°C

### Phoning

Phoning Italy from Granada:  
0039 + number of telephone.  
Land and mobile/cell phones consist of 9 figures.





## Organizing Secretariat



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