PROGRAM

18 Oct 2023

18 Oct 2023
19:00 – 21:00

Official welcome at Toledo City Hall

SPANISH WINES AND TAPAS

19 Oct 2023

19 Oct 2023
09:00 – 10:00

Registration and welcome coffee

19 Oct 2023
10:00

OFFICIAL OPENING

19 Oct 2023
10:30

OPENING CONFERENCE

Alcohol and the Global Burden of Disease: An Update for Health Professionals

Ken Mukamal - Harvard Medical School, Boston, Massachusetts - USA

19 Oct 2023
11:00 – 13:00

SESSION 1: CARDIOVASCULAR HEALTH

CHAIR: TEDD GOLDFINGER, JOSEP MASIP

Wine consumption and mortality: No safe level of consumption or J curve
Curtis Ellison - Professor Emeritus, Boston Section of Preventive Medicine & Epidemiology, Boston University School of Medicine, Boston, MA - USA

Pharmacological basis of J-shaped curve for biological effects of wine
Mladen Boban - Department of Basic and Clinical Pharmacology, University of Split School of Medicine, Split - Croatia

New evidence of moderate wine consumption on the primary and secondary prevention of cardiovascular disease
Giovanni de Gaetano - Department of Epidemiology and Prevention, IRCCS NEUROMED, Pozzilli (IS) - Italy

Cardiovascular disease, wine and thrombosis
Francesco Violi - Department of Clinical Internal, Anaesthesiological and Cardiovascular Sciences, Sapienza University of Rome, Rome - Italy

19 Oct 2023
13.00 - 13:30

KEYNOTE LECTURE: KEY FACTORS OF THE HEALTHY LIFESTYLES.

CHAIR: RAMON ESTRUCH

Importance and challenges of social aspects related to the healthy Mediterranean lifestyle
Gregorio Varelas-Moreiras - Professor of Nutrition and Food Science, Director, CEU Institute for Food and Society, Faculty of Pharmacy, San Pablo-CEU University,

CEU Universities, Madrid. - Spain

19 Oct 2023
13:30 - 15:00

Lunch and poster session

19 Oct 2023
15:00 – 17:30

SESSION 2: HEALTH IMPLICATIONS OF LIFESTYLE CHOICES

CHAIR: DOMINIQUE LANZMANN-PETITHORY, CURTIS ELLISON

Lifestyle choices to prevent cognitive decline and dementia
Emilio Ros - Lipid Clinic, Department of Endocrinology and Nutrition, Institut d'Investigacions Biomèdiques August Pi Sunyer (IDIBAPS), Hospital Clínic, Barcelona - Spain

Physical exercise as an important lifestyle factor
Alejandro Lucia - Universidad Europea de Madrid, Faculty of Sport Sciences, Madrid - Spain

Sleep and Diet: Important pillars of a healthy lifestyle
David Thivel - Clermont Auvergne University, Laboratory of the Metabolic Adaptations to Exercise under Physiological and Pathological Conditions (AME2P), CRNH Auvergne, Clermont-Ferrand - France

Diabetes and obesity: The role of the microbiota
Isabel Moreno - Biomedical Research Network in Physiopathology of Obesity and Nutrition (CIBEROBN). Carlos III Health Institute, Madrid, Spain Department of Endocrinology and Nutrition, Virgen de la Victoria University Hospital, Málaga, España. - España

Alcohol and cancer
Justus Apffelstaedt - Apffelstaedt, Hoosain and Associates Breast and Thyroid Health Centre, Panorama - South Africa

2023 Serge Renaud Memorial lecture: Drinking Patterns, dietary habits, and cancer

Ramon Estruch - Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, Madrid, Spain; Institut d'Investigacions Biomèdiques August Pi Sunyer (IDIBAPS), Barcelona - Spain

19 Oct 2023
17:30 - 18:00

Coffee break

19 Oct 2023
18:00 – 19:30

ROUND TABLE: GASTRONOMY. THE MARRIAGE OF EATING AND WINE

CHAIR: PIERRE-LOUIS TEISSEDRE, URSULA FRADERA

Synergistic effects of foods: Importance of dietary pattern
Rosa Lamuela Raventos - Centro de Investigación Biomédica en Red Fisiopatologia de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, Madrid, Spain; Department of Nutrition, Food Science and Gastronomy, School of Pharmacy and Food Science, INSA-University of Barcelona, Barcelona - Spain

The Mediterranean Diet through a Global Lens: The potential to harmonize nutrition, culinary and cultural insights
Greg Drescher - The Culinary Institute of America, Hyde Park, NY - USA

Meat and meat product as essential compounds of our meals. Functional and healthy meat products.
Francisco J. Sánchez-Muniz - AFUSAN group, Nutrition and Food Science Department. Pharmacy School. Complutense University. Sanitary Research Institute of the San Carlos Clinical Hospital (IdISSC), Madrid - Spain

19 Oct 2023
19:30

Scientific poster award ceremony

19 Oct 2023
20:30

Official congress dinner

20 Oct 2023

20 Oct 2023
9:00

PLENARY CONFERENCE

Personalized Nutrition and Health: The Future starts Now
Dolores Corella - Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, Madrid; Department of Preventive Medicine, University of Valencia, Valencia - Spain

20 Oct 2023
09:30 - 11:00

SESSION 3: IMPORTANCE OF CONTEXT: LIFESTYLE, WELLNESS AND HEALTH

CHAIR: NICOLAI WORM, MLADEN BOBAN

Estimates of Effect for Diet & Lifestyle Interventions: Minimal Important Difference and Certainty of Evidence
Bradley Johnston - Departments of Nutrition, Epidemiology and Biostatistics, Texas A&M University, College Station, Texas - USA

International alcohol drinking guidelines – in perspective
Creina Stockley - University of Adelaide, Glen Osmond - Australia

Effects of well-being, happiness and hope on longevity
Michael Musalek - Sigmund Freud University. Vienna - Austria

20 Oct 2023
11:00 - 11:30

Coffee break

20 Oct 2023
11:30 - 13:00

SESSION 4: THE KEYS TO EXTENT LONGEVITY

CHAIR: ROSA LAMUELA RAVENTOS, JEAN-CLAUDE RUF

Keys to improving and maintaining cardiovascular health
Randi Foraker - Institute for Public Health, Washington University in St. Louis School of Medicine, St. Louis, Missouri - USA

The hallmarks of a healthy aging
David Vauzour - Norwich Medical School, University of East Anglia, Norwich - UK

Polyphenols as senolytic agents to treat aging
María D. Mayán Santos - Department of Research, Institute for Biomedical Research of A Coruña (INIBIC), University of A Coruña (UDC), A Coruña - Spain

20 Oct 2023
13:00 – 14:00

ROUND TABLE: TRANSLATION OF SCIENCE TO SOCIETY

CHAIR: MARJANA MARTINIC

Communication – from science to public
Matt Kramer - Author and Journalist, Portland - USA

Drinking, eating patterns and lifestyle habits – From scientific evidence to public acceptance
Licia Iacoviello - Department of Epidemiology and Prevention, IRCCS NEUROMED, Pozzilli, Italy; EPIMED Research Center, Department of Medicine and Surgery, University of Insubria, Varese - Italy

Miscommunication - facts vs. fake news
Kristian Rett - German Obesity Foundation, Munich - Munich, Germany

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14:00

CONCLUSIONS AND FINAL REMARKS

URSULA FRADERA, RAMON ESTRUCH, NICOLAI WORM, JOSEP MASIP, TEDD GOLDFINGER

20 Oct 2023
14:15

Lunch