

5<sup>th</sup> INTERNATIONAL CONGRESS

Fondazione Paolo Sorbini

*per la scienza nell'alimentazione*



HEALTHY  
LIFESPAN

Positive nutrition, antiinflammation diet,  
physical activity and sport

PROGRAMMA

4-5 October 2024

Palazzo Mezzanotte - Piazza degli Affari, 6 - Milan



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## RAZIONALE

L'aumento dell'aspettativa di vita rappresenta un indubbio progresso per l'umanità, ma non sempre una vita più duratura si traduce in una vita sana e di qualità. Molte persone vivono più a lungo ma subiscono un declino delle condizioni di salute: l'invecchiamento precoce, le malattie croniche e la fragilità fisica e mentale sono ancora frequenti e ostacolano il benessere individuale e collettivo. La ricerca scientifica di questi ultimi anni si è dunque focalizzata nello studiare e identificare i fattori che contribuiscono all'invecchiamento e allo sviluppo di patologie infiammatorie, croniche, metaboliche e neurodegenerative, per identificare soluzioni volte a migliorare la qualità di vita delle persone e ad aumentare gli anni di vita in salute.

Il 5° Congresso Internazionale "HEALTHY LIFESPAN - *Positive nutrition, antiinflammation diet, physical activity and sport*" si pone l'obiettivo di riunire i maggiori esperti nazionali e internazionali per discutere sugli ultimi aggiornamenti scientifici in merito ai temi chiave dell'Healthy Lifespan: nutrizione, integrazione, dieta, prevenzione patologie croniche, controllo dell'infiammazione e attività fisica.

Ampio spazio sarà dedicato a momenti di discussione tra gli esperti della faculty e interazioni dirette con la platea, per favorire il dibattito e lo scambio di conoscenze.

[www.healthylifespan.it](http://www.healthylifespan.it)

# PROGRAM

Congress President - Giovanni Scapagnini (Italy)

12:30 - 13:45

Registrazione partecipanti

## FRIDAY, OCTOBER 4<sup>th</sup>, 2024

13:45 - 14:00

Welcome - *Authorities and President of Fondazione Paolo Sorbini*

14:00 - 18:15

### 1<sup>^</sup> SESSION

## LONGEVITY AND HEALTHY LIFESPAN

Chairman - *Camillo Ricordi*

14:00 - 14:35

Healthspan Pillars and Prevention of Risk Factors Associated with Accelerated Aging and Disease Progression

*Camillo Ricordi*

14:35 - 15:10

Lifestyle and Prevention of Neurodegenerative Diseases

*Alberto Albanese*

15:10 - 15:45

Polyphenols Adaptation

*Giovanni Scapagnini*

15:45 - 16:15

Coffee Break

16:15 - 16:50

Innate Immunity and Inflammation as a Metanarrative of Medicine

*Alberto Mantovani*

16:50 - 17:25

Resolvins Stimulate Resolution of Inflammation, Reduce Pain and Protect Organs

*Charles N. Serhan*

17:25 - 18:00

Extending Healthspan Using Metabolic Engineering

*Barry Sears*

18:00 - 18:15

Q&A

18:15 - 18:45

Coffee Break

18:45 - 20:15

Round Table "HEALTHY LONGEVITY"

Moderatore: *Mario Calabresi, giornalista e scrittore, CEO di Chora Media*

20:15 - 22:00

Light Dinner

*Each speech includes 5 minutes of Q&A*

## SATURDAY, OCTOBER 5<sup>th</sup>, 2024

08:55 - 13:10

### 2<sup>^</sup> SESSION

## PHYSICAL ACTIVITY AND EXERCISE FOR HEALTHY LONGEVITY

Chairman - *Giovanni Scapagnini*



- 08:55 - 09:30 **Carbohydrate Mixtures During Endurance Sport**  
*Asker Jeukendrup*
- 09:30 - 10:05 **Creatine in Sport Performance Health and Disease**  
*Fabrizio Angelini*
- 10:05 - 10:40 **Omega-3 Fatty Acids in Training and Sports Performance: Where Are We Today?**  
*Luca Mondazzi*
- 10:40 - 11:10 **Coffee Break**
- 11:10 - 11:45 **Physical Activity Prescription, Exercise as a Medicine**  
*Silvano Zanuso*
- 11:45 - 12:20 **Inflammation Management in Endurance Exercises**  
*Stefano Righetti*
- 12:20 - 12:55 **The Exercise Prescription in 2024: Effective Strategies Towards Implementation and Adherence**  
*Jordan D. Metz*
- 12:55 - 13:10 **Q&A**
- 13:10 - 14:45 **Buffet Lunch**
- 14:45 - 18:40 **3<sup>^</sup> SESSION**
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- WEIGHT MANAGEMENT FOR SUCCESSFUL AGEING**  
*Chairman - Hellas Cena*
- 14:45 - 15:20 **Food Intake and Metabolic Health: It's About Time**  
*Dorothy D. Sears*
- 15:20 - 15:55 **Functional and Precision Nutrition, Investing in Health and Healthy Longevity**  
*Sara Farnetti*
- 15:55 - 16:30 **Physical Exercise for Successful Weight Management**  
*Elena Casiraghi*
- 16:30 - 17:00 **Coffee Break**
- 17:00 - 17:35 **Medical Nutrition Approach to Obesity and Weight Management**  
*Hellas Cena*
- 17:35 - 18:10 **The Microbiome - a Mediator between Diet and Health**  
*Karin Michels*
- 18:10 - 18:40 **Q&A and conclusions**

*Each speech includes 5 minutes of Q&A*

# SCIENTIFIC COMMITTEE

**Giovanni Scapagnini (President)**

**Hellas Cena, Luca Mondazzi, Riccardo Pina, Camillo Ricordi, Barry Sears**

## FACULTY

**Alberto Albanese**, Director, Department of Neurology, Humanitas Research Hospital, Emeritus Professor of Neurology at Catholic University of Milan - IT

**Fabrizio Angelini**, President of SINSeB, SINUT Referent for Sports Nutrition and Supplementation, Head of Sports Nutrition and Integration Service for Juventus F.C., Head of Sports Nutrition and Integration Service for Vr46Riders Academy

**Elena Casiraghi**, PhD, Sport Nutrition Expert, contract Professor at University of Pavia - IT

**Hellas Cena**, Pro-Rector for Third Mission, MD, Post graduate Degree in Dietetics and Clinical Nutrition, Human Nutrition Researcher, Professor of Dietetics and Clinical Nutrition, Academic Director of the Dietetics and Clinical Nutrition Master's Degree program (MDCN), Head of the Clinical Nutrition Laboratory, Department of Public Health, Experimental and Forensic Medicine, Head of the Clinical Nutrition and Dietetics Service, Unit of Internal Medicine and Endocrinology, ICS Maugeri IRCCS, University of Pavia - IT, Vice President of ANSiSA

**Sara Farnetti**, Specialist in Internal Medicine, PhD in Physiopathology of Metabolism and Nutrition, PhD in HC in Chemical Sciences and Pharmaceutical and Nutraceutical Technologies

**Asker Jeukendrup**, Director of Mysportscience and Professor at Loughborough University - UK

**Alberto Mantovani**, Emeritus Professor of Pathology at the Humanitas University, Milan - IT, Scientific Director of the Humanitas Clinical Institute

**Jordan D. Metz MD**, Sports Medicine Physician, Hospital for Special Surgery, Founder – IronStrength Community Fitness Program, Author – *The Exercise Cure*, *The Workout Prescription*, New York, USA

**Karin Michels**, Emeritus Professor at the Department of Epidemiology of UCLA Fielding School of Public Health, Los Angeles - USA, Professor and Director of the Institute for Prevention and Cancer Epidemiology, University of Freiburg - DE

**Luca Mondazzi**, Sport Service Mapei, Sports Nutrition Service, contract Professor at the School of Specialization in Food Science of the University of Milan - IT

**Camillo Ricordi**, ISMETT Board Chairman, QBRI Board Chairman, Qatar Foundation, Novo Nordisk Board Chairman, Vertex Pharma Board Chairman, President of AION Healthspan, Chief Scientist iTolerance, MD, FNAI Professor of Surgery and Chief, Division of Cellular Transplantation, Distinguished Professor of Medicine, Professor of Biomedical Engineering, Microbiology and Immunology, Director, Cell Transplant Center and Director Emeritus, Diabetes Research Institute, University of Miami Miller School of Medicine in Fellow, National Academy of Inventors - USA

**Stefano Righetti**, Cardiologist at the S. Gerardo Hospital, Monza, FIDAL Italian Athletics Federation, FISJ National Cross-Country Ski Team

**Giovanni Scapagnini (President)**, Full Professor of Clinical Nutrition at University of Molise - IT, Vice President of the Italian Nutraceutical Society (SINUT)

**Barry Sears**, President of the Inflammation Research Foundation, Peabody, Massachusetts

**Dorothy D. Sears**, Professor of Nutrition, Co-Lead, Cancer Prevention & Control Translational Team, Executive Director, Clinical & Community Translational Science Center, Arizona State University - USA

**Charles N. Serhan, Ph.D., DSc**, Director Center for Experimental Therapeutics and Reperfusion Injury, Department of Anesthesiology, Perioperative and Pain Medicine, Brigham and Women's Hospital, Harvard Medical School, Boston, Massachusetts

**Silvano Zanuso**, Associate Professor at Edith Cowan University, Perth - AU

Con il patrocinio di



Sponsor



**Il congresso si rivolge prevalentemente alle seguenti categorie:** biologo, dietista, farmacista, fisioterapista, medico chirurgo, studenti e laureati in scienze motorie, specializzandi in medicina.

**Specializzazioni (solo per medico chirurgo):** allergologia ed immunologia clinica, cardiologia, endocrinologia, gastroenterologia, ginecologia e ostetricia, malattie metaboliche e diabetologia, medicina dello sport, medicina fisica e riabilitazione, medicina generale (medici di famiglia), ortopedia e traumatologia, pediatri e pediatri di libera scelta, reumatologia, scienza dell'alimentazione e dietetica, medici internisti.

## SEGRETERIA ORGANIZZATIVA

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