

REPORT ON SUMMER SCHOOL ON MEDITERRANEAN DIET

2ND EDITION

TERNI (ITALY) 9-15 SEPTEMBER 2018



AN ITALIAN, POLISH AND JAPANESE SUMMER SCHOOL PROJECT

ORGANIZED BY

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italian obesity network

PROMOTED BY



UNDER THE PATRONAGE OF



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SUMMER SCHOOL DIRECTOR

Giuseppe Fatati

President of ADI Foundation and Italian Obesity Network, Italy

SUMMER SCHOOL SCIENTIFIC DIRECTOR

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Scientific Director of ADI Foundation, Italy

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

Michinari Hamaguchi

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

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Santa Maria Hospital - Terni, Italy

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Medical University of Gdańsk, Poland

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CME PROVIDER



Santa Maria Hospital - Terni, Italy
Training Office

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.

For this reason, the Foundation of the Italian Association of Dietetics and Clinical Nutrition established an Italian Polish Japanese Summer School on Mediterranean Diet for physicians, nutrition experts and students; the school aims to promote cultural exchanges, knowledge of international food trends and healthy nutrition. The first edition was held last year in Poland in Gdansk. The main goal of this second edition held in Terni (Italy) was to increase participants' basic knowledge about healthy and sustainable nutrition in order to prevent obesity, diabetes, cardiovascular diseases and cancer.

Giuseppe Fatati

PRESIDENT OF ADI FOUNDATION
PRESIDENT OF ITALIAN OBESITY NETWORK

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)*

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 ON "PANPEPATO TERNANO"

18.30 CONCLUSION

20.00 DINNER - "La Lumière" Restaurant

THE OPENING CEREMONY - TERNI MUNICIPALITY BUILDING



Dr. Leonardo Latini
Mayor of Terni (Italy)

Dr. Maurizio Dal Maso
General Director
of Santa Maria Hospital - Terni (Italy)



Dr. Giuseppe Fatati
Summer School Director Terni (Italy)

Prof. Michał Woźniak
Medical University
of Gdańsk (Poland)





Fetonte Historic Hall
Terni Municipality Building

Prof. Jędrzej Antosiewicz
Medical University of Gdańsk (Poland)



Dr. Giuseppe Donzelli, President of
Terni Doctors' Association and
Prof. Adolfo Puxeddu - Past President of
the Medical School, Perugia University (Italy)



Prof. Franco Rustichelli
Polytechnic University
of Marche (Italy)



Fetonte Historic Hall
Terni Municipality Building



THE PASTRY WORKSHOP

The "Panpepato Ternano" or "Spicy Bread" is a traditional cake of Terni. The University of Flavors based in Terni hosted the Summer School participants in order to teach them how to prepare it.



THE WELCOME DINNER



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

- 14.30 **Departure for the Marmore Falls**
- 15.00 **Guided Visit to Marmore falls** - *Luca Tomio*
- 17.30 **Return to Terni**

20.00 DINNER - "La Lumière" Restaurant

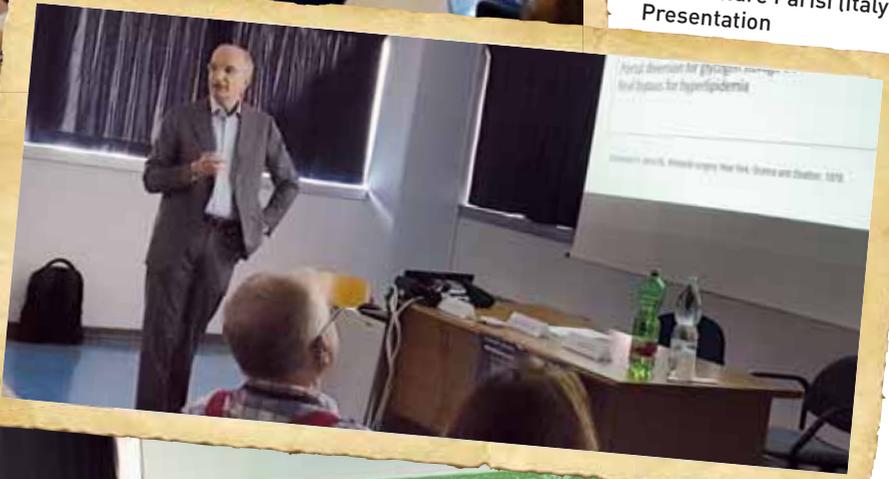
After Dinner Session

The Futuristic Dinner - How to combine smell and taste
A challenging combination between "Acqua delle Marmore"
Perfume and tasting of a lemon cake

TUESDAY 11 SEPTEMBER - THE SCIENTIFIC SESSION



Dr. Amilcare Parisi (Italy)
Presentation



Luisa Paolini (Italy)
Presentation



On the way to
MARMORE FALLS



Dr. Giuseppe Fatati and
Dr. Elisabetta Manfroi (Italy)



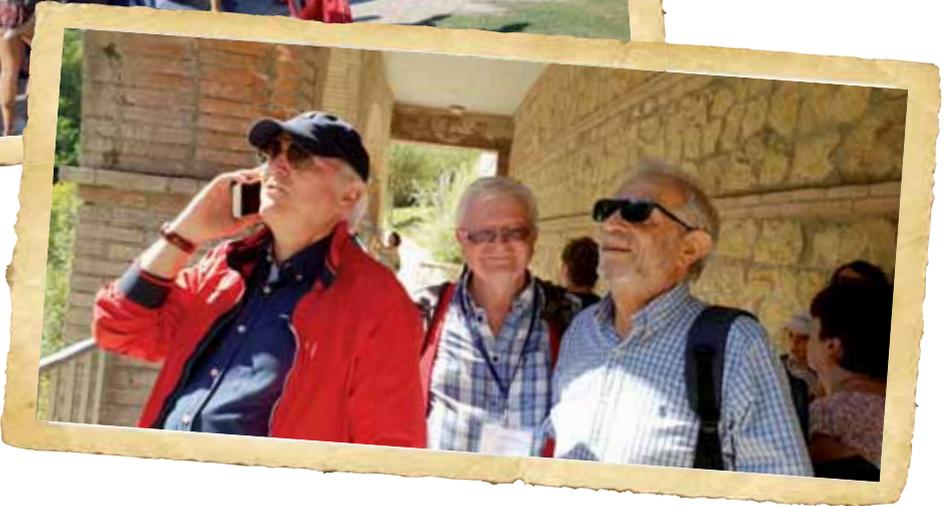
Arrival at Marmore Park



Trekking at
Marmore Park



The Scientific Tutors
at Marmore Park



Marmore Falls



Marmore Falls - The rainbow effect



Members of the Polish Delegation



The Futuristic Dinner
How to combine
smell and taste
A challenging combination
between "Acqua delle Marmore"
Perfume and tasting
of a lemon cake



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*
- 12.15 **DISCUSSION**

12.30-13.30 LUNCH

AFTERNOON SESSION CHAIRMEN:

Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

- 13.45 **Celiac 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 Górską-Ponikowska, Szymon Kowalski, Michał Woźniak*
- 15.15 **Placental mitochondrial cytochrome P450SCC and vitamin D3 - new players in preclampsia** - *Karolina Niska, Magdalena Górską-Ponikowska, Adam Figarski, Paulina Przychodzeń, Michał Woźniak, Michał Żmijewski*

- 15.45 **Chemical reactivity of peracetic acid as ultimate metabolite of ethanol intake as micro or macronutrient** - *Zbigniew Sledzinski, Jędrzej 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**

WEDNESDAY 12 SEPTEMBER - THE SCIENTIFIC SESSION



(from left to right)
Prof. Michał Woźniak,
Gdańsk (Poland)
Prof. Kazuyo Tsushita,
Aichi (Japan)
Dr. Giuseppe Fatati,
Santa Maria Hospital, Terni (Italy),
Prof. Enrico Bertoli, Ancona (Italy)



Students and Teachers



Prof. Michał Woźniak
Presentation (Poland)



Prof. Riccardo Calafiore (Italy)
Presentation

Dr. Elisabetta Manfroi (Italy)
Presentation



PRACTICAL SESSION

The Cold Effect on Nutrition:
the home-made Ice Cream
as Clinical Therapy
Dr. Martino Liuzzi, Ancona (Italy)



The Ice Cream Preparation



The Ice Cream Tasting



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 Ciondolo*
- 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

THURSDAY 13 SEPTEMBER

Prof. Enrico Bertoli (Italy)
Presentation



PRACTICAL ACTIVITY
at "Piscine dello Stadio Gym"



WORKOUT SESSION
of the
Summer School Participants



Workout Session of the
Summer School Participants



AWARDING CEREMONY OF THE BEST YOUNG RESEARCHERS' PRESENTATIONS



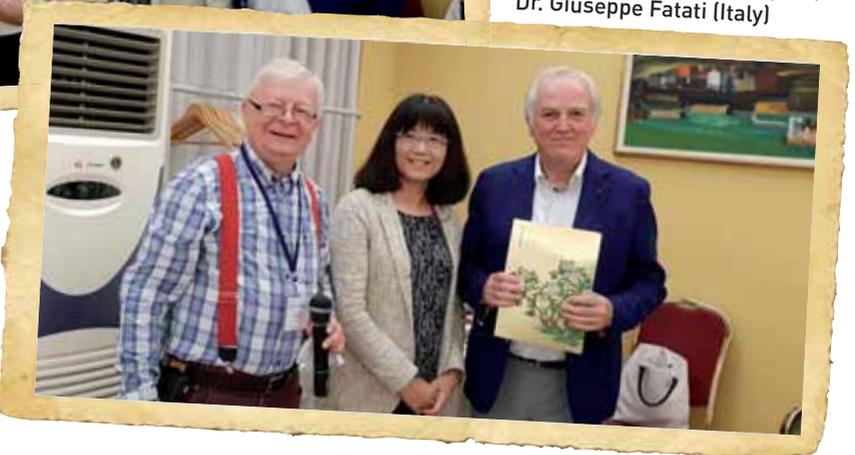
Awarding Ceremony of the Best Young Researchers' Presentations



Awarding Ceremony of the Best Young Researchers' Presentations



Awarding Ceremony of the Best Young Researchers' Presentation Prof. Michal Wozniak (Poland), Prof. Kazuyo Tsushita (Japan), Dr. Giuseppe Fatati (Italy)



Awarding Ceremony of the Best Young Researchers' Presentations



Awarding Ceremony of the Best Young Researchers' Presentations



THE JAZZ DINNER

at The Paris Restaurant
Prof. Marco Collazoni
on the sax



The Jazz Dinner
at The Paris Restaurant



FRIDAY 14TH SEPTEMBER

MORNING SESSION CHAIRMEN:

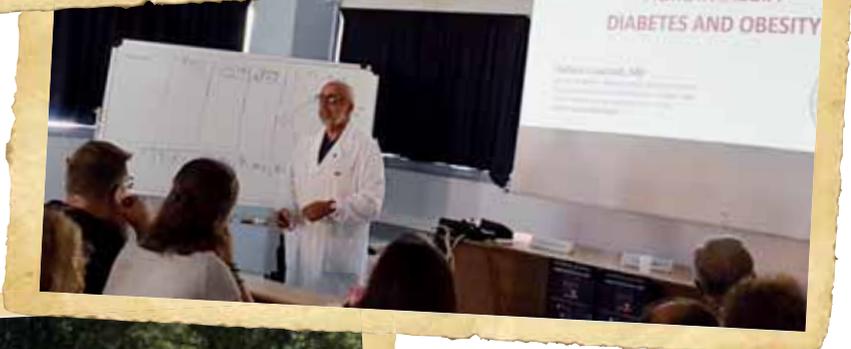
Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroi, Michał Woźniak

- 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 to Terni**
- 20.00 **FAREWELL DINNER** - "Molino Erolì"

FRIDAY 14 SEPTEMBER - THE SCIENTIFIC SESSION



Prof. Stefano Coaccioli (Italy)
Presentation

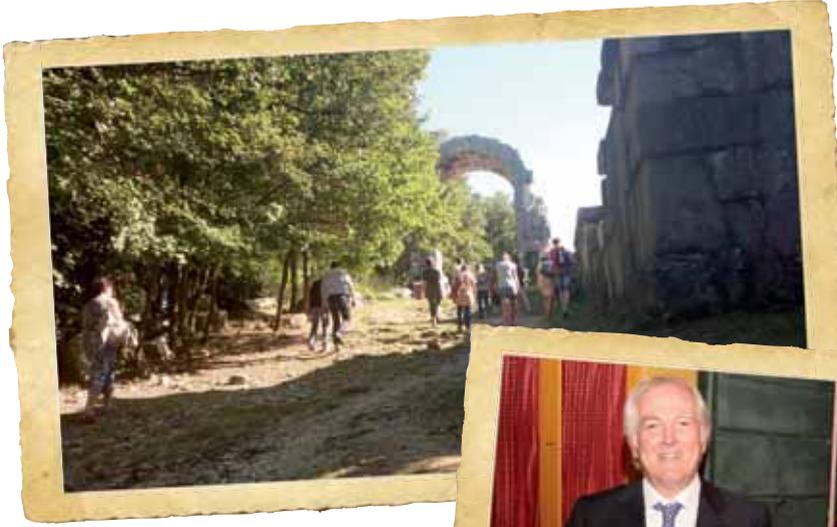


GUIDED VISIT TO
CARSULAE
ARCHAEOLOGICAL SITE



Guided Visit to
Carsulae archaeological site





Guided Visit to
Carsulae archaeological site

FAREWELL DINNER
at "Molino Eroli" - Narni
Dr. Giuseppe Fatati and his wife



Prof. Jedrezej Antosiewicz, (Poland)



Dr. Giuseppe Fatati Staff





Dinner Participants



Dinner Participants

The after dinner speech



Dancing time at the Farewell Dinner





Dr. Fatati with Vivavoce Staff

**SEE YOU NEXT YEAR!
MAYBE IN JAPAN!**





**ORGANIZING
SECRETARIAT**



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