

# REPORT ON SUMMER SCHOOL ON MEDITERRANEAN DIET 2<sup>ND</sup> EDITION

TERNI (ITALY) 9-15 SEPTEMBER 2018



## AN ITALIAN, POLISH AND JAPANESE SUMMER SCHOOL PROJECT

ORGANIZED BY

IO • net   
italian obesity network

PROMOTED BY



**ADI** ONLUS  
Associazione Italiana  
di Dietetica e Nutrizione Clinica



UNDER THE PATRONAGE OF



**www.fondazioneadi.com**

## 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 Manfro**

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

## 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)*

**SIMÕES** 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 10<sup>TH</sup> 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 Manfroï, 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 11<sup>TH</sup> SEPTEMBER

### MORNING SESSION CHAIRMEN:

*Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroï, Michał Woźniak*

- 8.30 **Metabolic Surgery** - *Amilcare Parisi*
- 9.00 **Nutrigenetics and diet** - *Elisabetta Manfroï*
- 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 CoQ<sub>10</sub> 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 12<sup>TH</sup> SEPTEMBER

### MORNING SESSION CHAIRMEN:

*Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroï, 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 (VO<sub>2</sub><sup>+</sup>) 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 Manfroï, Michał Woźniak*

- 13.45 **Celiac disease and genetics** - *Elisabetta Manfroï*

### 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 13<sup>TH</sup> 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 acaoloric 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 Collazzoni  
on the sax



The Jazz Dinner  
at The Paris Restaurant



## FRIDAY 14<sup>TH</sup> SEPTEMBER

### MORNING SESSION CHAIRMEN:

*Jedrzej Antosiewicz, Enrico Bertoli, Elisabetta Manfroï, Michał Woźniak*

- 9.00 **Inhibition of mitochondrial biogenesis as a novel anticancer approach**  
*Magdalena Górski-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 Erolì" - 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



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