

5th INTERNATIONAL SINSeB-SINut-J medical CONGRESS

Nutrition and Exercise for
Performance, Health
and Disease

BOLOGNA

June 17th - 19th 2022

Savoia Hotel Regency

Via del Pilastro, 2



5thINTERNATIONAL SINSeB-SINut-J medical CONGRESS

Nutrition and Exercise for
Performance, Health
and Disease

REQUESTED SPONSORSHIP

Università degli Studi di Bologna
Università degli Studi di Camerino
ONB - Ordine Nazionale dei Biologi
ENPAB - Ente Nazionale di Previdenza e Assistenza a favore dei Biologi
SINut - Società Italiana di Nutraceutica
SIFNut - Società Italiana Formulatori in Nutraceutica
ANSISA - Associazione Nazionale Specialisti in Scienza dell'Alimentazione
Associazione Eupraxia

CHAIR CONGRESS

Fabrizio Angelini

SCIENTIFIC DIRECTOR

Arrigo F. G. Cicero

SCIENTIFIC SECRETARIAT

Luca Belli
Alessandro Colletti

SCIENTIFIC COMMITTEE

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Massimiliano Caprio
Alessandro Colletti
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Federica Fogacci
Luca Gatteschi
Hadeel Ali Ghazzawi
Iñigo Mujika
Luca Semperboni
Analiza Mónica Silva
Luca Stefanini
Nikos Tzouroudis
Tim Ziegenfuss

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FACULTY MEMBERS

Fabrizio Angelini
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Alessandro Bonuccelli
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Darren Candow
Roberto Cannataro
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Fortunato Loprete
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Marco Marchetti
Massimo Massarini

Fulvio Massini
Iñigo Mujika
Carmine Orlandi
Laura Pandolfi
Antonio Parri
Maria Letizia Petroni
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Gustavo Savino
Giovanni Scapagnini
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Mariarosaria Valente
Alberto Vincenzi
Daniele Vecchioni
Mikiko Watanabe
Tim Ziegenfuss



PROGRAM AND GENERAL INFORMATION



Friday, June 17th

09.00 am Participants Registration

10.00 am

10.20 am Opening Session

F. Angelini, L. Stefanini, A. F. G. Cicero

10.40 am 1st Session

Chairmen: F. Angelini, N. Tzouroudis

10.40 am Another View on Body Composition Models and Methods in Humans

L. Sardinha

11.00 am Body Composition and Energy Balance Regulation

A. M. Silva

11.20 am LCHF vs. HCHO Availability for Endurance Performance

A. Burke

11.50 am Contemporary Periodization of Altitude Training for Elite Endurance Athletes

I. Mujika

12.20 am Eating disorders in Sport

A. Maghetti

12.40 am Discussion

01.00 pm Lunch

01.45 pm Focus On: 4 rooms with 1 speaker per room 30' Discussion

03.20 pm 2nd Session

Chairmen: S. Hrelia, L. Semperboni

03.20 pm Evidence Based Supplements for Strength Sport

T. Ziegenfuss

03.40 pm Nootropics in Sport: A Focus on Creatine

S. Forbes

BOLOGNA

June 17th - 19th 2022

- 04.00 pm** Effects of Creatine Supplementation on Aging Musculoskeletal Form and Function
D. Candow
- 04.20 pm** Muscle Strength Testing in Injured Athletes
P. Cigni
- 04.40 pm** From Periodic Testing to Constant Monitoring. A New Approach to Training
M. Massarini
- 05.00 pm** Reaching the Zone for Improved Athletic Performance: A Dietary Road Map
B. Sears
- 05.30 pm** Discussion
- 05.40 pm** Round table
06.40 pm F. Angelini, I. Mujika, H. A. Ghazzawi, L. Sardinha, A. M. Silva

Saturday, June 18th

- 09.00 am** **3rd Session / Nutrition and Physical Exercise in Obesity and Sarcopenia**
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Chairmen: C. Orlandi, A. Parri

- 09.00 am** The escalating pandemics of obesity and sedentary lifestyle
L. Belli
- 09.20 am** Physical Exercise as a Drug Treatment
P. Di Prampero
- 09.40 am** Obesity and Sarcopenia: What's New
M. Caprio
- 10.00 am** Body Composition in Obesity and Sarcopenia
A. Bonuccelli
- 10.20 am** miRNA and sarcopenia: role of nutrition and exercise
R. Cannataro
- 10.40 am** Discussion
- 11.00 am** Coffee Break

11.20 am **4th Session / Nutrition and Physical Exercise in Obesity and Sarcopenia**

Chairmen: F. Angelini, M. L. Petroni

11.20 am **Microbiota in Obesity: Myths and Facts**
M. Di Stefano

11.40 am **Exercise in Diabetes, Cancer and Youth Obesity**
M. Lanza

12.00 am **Running to Lose Weight**
F. Massini

12.20 am **Running and exercise: the perfect medicines for the human being**
D. Vecchioni

12.40 am **Discussion**

01.10 pm **Lunch**

02.00 pm **Focus On: 4 rooms with 1 speaker per room 30'**
Discussion

03.00 pm **5th Session / Nutraceuticals SINSeB/SINuT**

Chairman: A. Colletti

03.00 pm **Caffeine: Evidence and Misunderstandings**
F. Angelini

03.30 pm **Nutraceuticals approach to chronic osteoarthritis:
From molecular research to clinical evidence**
A. F. G. Cicero

04.00 pm **Nutraceuticals and Sleep in Athletes**
A. Colletti

04.20 pm **From Rhodiola to Cordyceps: nutraceuticals as adaptogens
on physical performances**
F. Fogacci

04.40 pm **Nutraceuticals for Pain Management: Focus on
Palmitoylethanolamide and Gamma-Aminobutyrric Acid**
A. Fratter

05.00 pm **Discussion**

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June 17th - 19th 2022

05.20 pm 6th Session / Nutraceuticals SINSeB/SINuT

Chairmen: A. F. G. Cicero, L. Stefanini

05.20 pm Flavonoids and Exercise Performance

G. Scapagnini

05.40 pm Hydration and Supplements: Myths and Reality

L. Gatteschi

06.00 pm Omega 3 in Sport

S. Righetti

06.20 pm Cartilage Injury. The Interplay between Nutrition, Viscosupplementation and Cartilage Health

F. Pegreffi

06.40 pm Discussion

End of second day

Sunday, June 19th

09.00 am 7th Session / Ketogenic Diet

Chairmen: G. Spera, F. Angelini

09.00 am Ketogenic diet: an old therapy with novel indications

M. Caprio

09.20 am Ketogenic Diet in Women

L. Barrea

09.40 am Vlkd Doping in Sport with Weight Categories

M. Marchetti

10.00 am Ketogenic Diet and Exercise

E. Camajani

10.20 am Discussion

10.40 am Coffee break

11.00 pm 8th Session

Chairmen: A. G. F Cicero, G. Spera

- 11.00 am **Ketogenic Diet in Neurology: Evidence and Disagreements**
M. Valente
- 11.20 am **Supplements in Support of the Ketogenic Diet**
M. Fadda
- 11.40 am **Doping and Sport**
G. Savino
- 12.00 am **Indications, Contraindications, and Safety of the Ketogenic Diet**
M. Watanabe
- 12.20 am **Discussion**
- 12.40 pm **Awarding of Master Diplomas**
F. Angelini
- 01.10 pm **Conclusion**
- 01.30 pm **ECM questionnaire**

BOLOGNA workshop

01.45 pm Friday, June 17th
02.45 pm

PLEANARY ROOM

Using Cordyceps and Reishi in sports performance

F. Loprete

supported by

nutriva[®]

ROOM A

Gut health and salivary pro-inflammatory cytokines:
what's new

L. Pandolfi

supported by

IMBIO
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ROOM B

Nutrition and its role in modulating inflammation

L. Galletti

supported by

SINSeB
NUTRIZIONE SPORT BENESSERE

BOLOGNA workshop

01.30 pm **Saturday, June 18th**
02.30 pm

PLEANARY ROOM

The principles of the Zone Diet

S. Righetti

supported by



ROOM A

Personalized ketogenic diet by analyzing the body composition

L. Barrea

supported by



ROOM B

Plant vs animal proteins: science or pseudoscience?

A. Vincenzi

supported by



Sports nutrition for teenagers

S. Beschi

supported by



General Information

Congress Venue

Savoia Hotel Regency

Via del Pilastro, 2
40127 Bologna

How to reach the Congress Venue

From the Airport: Marconi Express to the central station, then bus n. 35

From the city center: bus n. 14/35/20

From the railway station: bus n. 35

By car: exit n. 9 from the ring road (tangenziale), direction to Granarolo dell'Emilia

We have activated a discounted rate for the participants of the Congress with the following Hotels:

- Hotel Michelino Bologna Fiera
- Novotel Bologna Fiera

You can contact them by referring to the SINSeB Congress and you will receive a quotation with a dedicated tariff.

Registration

In order to register to the event please go to: <https://eve-lab.com/iscrizioni/evento/nutrition-and-exercise-for-performance-health-and-disease/>

Once completed the registration process, a confirmation email will be sent to the address indicated. For any question or problem, please contact Cristina Unitulli: cristina.unitulli@eve-lab.it

Registration Fees (22% VAT included)

SUBSCRIPTION FEE	With CME credits (ECM)	NO CME credits (no ECM)
SINSeB and SINUT Member Regular 23/05/2022	€ 170,00	€ 130,00
Standard Fee	€ 250,00	€ 200,00
ANSISA, ENPAB, ONB, AFEN	€ 190,00	€ 160,00
STUDENTS (without VAT)		€ 100,00

Continuing Medical Education (CME)

EVE-LAB s.r.l.s. is a CME provider - identification code no. 5306

Credits: 12,6

Please be aware that for the acquisition of credits it is mandatory to have attended the 90% of the whole duration of the Congress and selected at least the 75% of correct answers of the CME questionnaire.

Language

The official language will be Italian. Simultaneous translation service is planned in Plenary Room. (ITA/EN - EN/ITA)

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Organizing Committee



**Società Italiana di Nutrizione
dello Sport e del Benessere**

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SCAN ME

