

6th SINSeB-SINut-J medical International Congress

Women's Universe: Training, Nutrition, Health and Disease

**November
24th-25th-26th
2023**

**Bologna
Savoia Regency Hotel**

**Asynchronous online learning available
for all Congress attendees**



6th SINSeB-SINut-J medical International Congress Women's Universe: Training, Nutrition, Health and Disease

WITH THE PATRONAGE OF



REQUESTED PATRONAGE

- ANSISA - Associazione Nazionale Specialisti in Scienza dell'Alimentazione
- AOGOI - Associazione dei Ginecologi Italiani
- FNOB - Federazione Nazionale degli Ordini dei Biologi
- SIC - Società Italiana di Cardiologia
- SIGO - Società Italiana di Ginecologia e Ostetricia

Friday, November 24th

9.00 A.M. Participant Registration

9.30 A.M. Introduction
Fabrizio Angelini, Arrigo F.G. Cicero, Luca Stefanini

FIRST SESSION

Sport Nutrition: Nutrition and training in endurance and strength sports

Chairmen: *Luca Gatteschi, Pierluigi Pompei*

10.00 A.M. Water turnover and hydration status in active populations
Analiza Monica Silva

10.20 A.M. Training of Female Triathlete for 4 Olympics Game
Iñigo Mujika

10.40 A.M. Otherwise an update on carbohydrate intake recommendations during exercise in women
Asker Jeukendrup

11.00 A.M. Creatine supplementation to enhance strength and endurance performance in women
Scott Forbes

11.20 A.M. DISCUSSION

Chairmen: *Luca Semperboni, Nikos Tzouroudis*

11.40 A.M. The role of running for women's physical and mental health
Daniele Vecchioni

12.00 P.M. Women's energy cost in marathon running
Stefano Righetti

12.20 P.M. Women's health and sport in different life stages
Franco Vicariotto

12.40 P.M. DISCUSSION

1.00 P.M. **LUNCH**

Friday, November 24th

SECOND SESSION

Gender sport medicine

Chairmen: *Marco Freschi, Massimo Massarini*

- 2.30 P.M. Body Composition Energy Expenditure and Weight Regulation
Luis Sardinha
- 2.50 P.M. Bioimpedance Analysis during the menstrual cycle, pregnancy
and female sports activity
Jacopo Talluri
- 3.10 P.M. Menstrual cycle and Performance
Chiara Vignati
- 3.30 P.M. Optimising glycaemic control in athletes
Giorgio Severgnini
- 3.50 P.M. Pregnancy: nutrition and sport
Eva Ferrer
- 4.10 P.M. Effects of creatine supplementation on Muscle, Bone and Fat
Mass in Post menopausal Women
Darren Candow
- 4.40 P.M. DISCUSSION
- 4.50 P.M. *COFFEE BREAK*

THIRD SESSION

Injury management in female athletes

Chairmen: *Andrea Marchini, Luca Stefanini*

- 5.10 P.M. Lectio Magistralis: Nutrition in the injured female athletes
Fabrizio Angelini
- 5.40 P.M. Doping in women's sport new frontiers
Alberto Ghidella
- 6.00 P.M. Injuries: differences between men's and women's football
Nicola Sasso
- 6.20 P.M. Anterior cruciate ligament injury in women's football
Alessandro Buttà
- 6.40 P.M. DISCUSSION
- 7.00 P.M. 1st Day Conclusions

Saturday, November 25th

FOURTH SESSION

Paediatrics

Chairmen: *Luca Belli, Domenico Meleleo*

- 9.00 A.M. Gender-related difference of clinical presentation in celiac disease
Michele Di Stefano
- 9.20 A.M. Paediatric obesity
Andrea Vania
- 9.40 A.M. The agonistic adolescent
Domenico Meleleo
- 10.00 A.M. Eating disorders in adolescence
Loriana Murciano
- 10.20 A.M. DISCUSSION
- 10.30 A.M. *COFFEE BREAK*

FIFTH SESSION

ADI-SINSeB Joint session - Clinical nutrition

Chairmen: *Fabrizio Angelini, Barbara Paolini*

- 11.00 A.M. Clinical dietetics for women: updates on low glycaemic index nutrition
Annalisa Maghetti
- 11.30 A.M. The value of gender difference in health and care
Maria Grazia Carbonelli
- 11.50 A.M. Lights and shadows of diet in female oncological diseases
Concetta Finocchiaro
- 12.10 P.M. Sport and the gut: how to make them get along
Carlo Casamassima
- 12.30 P.M. DISCUSSION
- 1.00 P.M. *LUNCH*

Saturday, November 25th

SIXTH SESSION

Nutraceuticals and Women's Health

Chairmen: *Arrigo F.G. Cicero, Alberto Vincenzi*

2.20 P.M. Lectio Magistralis: Lipids, Nutraceuticals and Cardio-cerebrovascular Risk in Women from Childbearing Age to Menopause
Arrigo F.G. Cicero

2.50 P.M. Nutraceuticals in Symptomatic Menopause
Federica Fogacci

3.10 P.M. Nutraceuticals for osteopenia, osteoporosis and osteoarticular diseases
Alessandro Colletti

3.30 P.M. Gender pharmacokinetics: why women respond more (or less) to some nutraceuticals
Andrea Fratter

3.50 P.M. Vegetarian and vegan eating
Luca Belli

4.10 P.M. DISCUSSION

SEVENTH SESSION

Primary and Secondary obesity

Chairmen: *Annalisa Maghetti, Massimo Magistrali*

4.20 P.M. Lectio Magistralis: Female Hormone Health Odyssey
Nicky Keay

4.50 P.M. Ketogenic diet and PCOS
Luigi Barrea

5.10 P.M. Lipedema and the ketogenic diet
Marco Marchetti

5.30 P.M. Ketogenic diet and contraindications
Mikiko Watanabe

5.50 P.M. Ketogenic diet in post-menopausal women
Massimiliano Caprio

6.10 P.M. Lectio Magistralis: Pharmacological Therapy of Obesity in Women at Different Life Stages
Fabrizio Muratori

6.40 P.M. DISCUSSION

7.00 P.M. 2nd Day Conclusions

Sunday, November 26th

EIGHTH SESSION

Menopause, Obesity and Sarcopenia: Nutrition and Physical Activity

Chairmen: *Fabrizio Angelini, Arrigo F.G. Cicero*

- 9.00 A.M. Lectio Magistralis: Menopause
Marco Gambacciani
- 9.30 A.M. Body assessment in obesity and post-menopausal women
Alessandro Bonuccelli
- 9.50 A.M. Management of the patient with sarcopenia, assessment
and physical exercise
Paolo Cigni, Matteo Gallo
- 10.10 A.M. Integrated management of sarcopenic women
Maria Letizia Petroni
- 10.30 A.M. Physical Activity and Cardiovascular Prevention
Anna Vittoria Mattioli
- 10.50 A.M. DISCUSSION
- 11.00 A.M. Presentation of the Menopause Association
- 11.05 A.M. *COFFEE BREAK*

NINTH SESSION

ASAND-SINSeB Joint session - Dietetics applied to sport

Chairmen: *Alessandro Bonuccelli, Marta Molin*

- 11.20 A.M. Nutraceutics and PCOS
Maurizio Fadda
- 11.40 A.M. Nutrition and rhythmic gymnastics
Marco Buccianti
- 12.00 P.M. Assessment of nutritional needs in women's cycling
Erica Lombardi
- 12.20 P.M. Nutritional management of female athletes in relation to
hormonal trends and menstrual cycles
Cinzia Ferraris
- 12.40 P.M. DISCUSSION
- 1.00 P.M. Congress Conclusions

Asynchronous online learning

Preliminary Programme

- **Gender sports nutrition**
Louise Burke
- **The Role of Metabolic Engineering for Improved Sports Performance**
Barry Sears
- **Dietary Supplements for women straight athletes across the lifespan**
Tim Ziegenfuss
- **Strategies to prolong healthy longevity in women: impact of insulin resistance, diabetes and menopause**
Camillo Ricordi
- **Hydration in Triathlon**
Lorenzo Bergami
- **All about protein in women**
Alberto Vincenzi
- **Nutritional management of a women's football team**
Micol Purrotti
- **Women and sleep. Lifestyle and physical activity**
Livia Galletti
- **Nutrition and supplementation in women's rugby**
Carmine Orlandi
- **Nutrition and supplementation in Women's combat sports**
Barbara De Conno
- **Women's nutrition during lactation**
Lara Lanuzza
- **Magnesium: from physical activity to performance in women**
Luca Gatteschi
- **Statistical survey on the main food supplements and nutraceuticals sold in pharmacies for women's problems**
Emanuele Veronese
- **Ketogenic diet in women and microbiota**
Maurizio Tommasini
- **Flavonoid approach in CVI in sportspeople**
Arrigo F.G. Cicero

CHAIR CONGRESS

Fabrizio Angelini

SCIENTIFIC DIRECTORS

Fabrizio Angelini
Arrigo F. G. Cicero
Luca Stefanini

SCIENTIFIC SECRETARIAT

Luca Belli

J | **medical**

SINut

Società Italiana di Nutraceutica

FACULTY MEMBERS

Fabrizio Angelini
Luigi Barrea
Luca Belli
Lorenzo Bergami
Alessandro Bonuccelli
Marco Bucciatti
Louise Burke
Alessandro Buttà
Darren Candow
Massimiliano Caprio
Maria Grazia Carbonelli
Carlo Casamassima
Arrigo F.G. Cicero
Paolo Cigni
Alessandro Colletti
Barbara De Conno
Michele Di Stefano
Maurizio Fadda
Cinzia Ferraris
Eva Ferrer
Concetta Finocchiaro
Federica Fogacci
Scott Forbes
Andrea Fratter
Marco Freschi
Livia Galletti
Matteo Gallo
Marco Gambacciani
Luca Gatteschi
Alberto Ghidella
Asker Jeukendrup
Nicky Keay
Lara Lanuzza
Erica Lombardi
Annalisa Maghetti
Massimo Magistrali
Marco Marchetti
Andrea Marchini
Massimo Massarini
Anna Vittoria Mattioli
Domenico Meleleo
Marta Molin
Iñigo Mujika
Fabrizio Muratori
Loriana Murciano
Carmine Orlandi
Barbara Paolini
Maria Letizia Petroni
Pierluigi Pompei
Micol Purrotti
Camillo Ricordi
Stefano Righetti
Luis Sardinha
Nicola Sasso
Barry Sears
Luca Semperboni
Giorgio Severgnini
Analiza Monica Silva
Luca Stefanini
Jacopo Talluri
Maurizio Tommasini
Nikos Tzouroudis
Andrea Vania
Daniele Vecchioni
Emanuele Veronese
Franco Vicariotto
Chiara Vignati
Alberto Vincenzi
Mikiko Watanabe
Tim Ziegenfuss

MAIN TOPICS

Sport Nutrition and training for Women

Sport Medicine for Women

Obesity: from childhood to menopause

Nutraceuticals training and Female Health

PCOS Obesity Lipedema and Ketogenic Diet

Body Composition in Sport, in Pregnancy and in Menopause

J | **medical**

SINut
Società Italiana di Nutraceutica

GENERAL INFORMATION

Congress Venue

Savoia Hotel Regency

Via del Pilastro, 2
40127 Bologna IT

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 rate.

Organizing Secretariat

Mediabout S.r.L.

Continuing Medical Education (CME)

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

Language

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



Online learning

Asynchronous online learning will be available for all Congress attendees who attended all days of the Congress, on CME Provider website (fad.eve-lab.com)

OFFICIAL CONGRESS WEBSITE:

www.mediabout.it/6thSSj_Congress

REGISTRATION FEES

Fees until August 31st

Promotional offer for members up-to-date with their sum on April 30 th	€ 60,00
Promotional offer for participants of the masterclasses in Turin and Rome	€ 85,00
SINSeB members up-to-date with their registration fee after April 30 th	€ 120,00
Fee for affiliated societies (ADI, ASAND, AFEN, SINut, ENPAB)	€ 160,00
Standard	€ 220,00

(22% VAT included)

Fees from September 1st

SINSeB members up-to-date with their registration fee	€ 145,00
Fee for affiliated societies (ADI, ASAND, AFEN, SINut, ENPAB)	€ 220,00
Standard	€ 300,00

(22% VAT included)

Student fee and daily entrance

Student fee (all three days)	€ 120,00
No CME fee (daily entrance) - <i>online learning not included</i>	€ 60,00

(22% VAT included)

Registration

To register to the event, please go to:

www.mediabout.it/en/6th-sinseb-sinut-j-medical-international-congress-en
and complete the registration form. Once the registration process is completed, a confirmation email will be sent.

Alternatively, you can send an email to 6thSSJ_congress@mediabout.it (object: registration request), specifying your Name and Surname.

For any further information please contact the Organizing Secretariat at:
6thSSJ_congress@mediabout.it
Phone +39 02 83547230

Bank transfer description:

6thSSJ - [Name/Surname] - [Type of registration]

IBAN: IT 32 J 05034 33550 0000 0000 4583

SWIFT: BAPPIT21R20



Organizing Committee



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

Istituto Ricerche Cliniche Ecomedica
Via Cherubini, 1
50053 Empoli (FI) IT
info@sinseb.it - www.sinseb.it

Organizing Secretariat

mediAbout

Mediabout S.r.L.

Via Morimondo, 26 Milan IT

Tel. 02 83547230

6thSSJ_congress@mediabout.it

www.mediabout.it

CME Provider



EVE-LAB s.r.l.s.

Viale dei Mille, 137 Florence IT

Tel. 055 0671000

www.eve-lab.com

OFFICIAL CONGRESS WEBSITE:

www.mediabout.it/6thSSj_Congress