

## GENERAL INFORMATION

### Registration

Registration is free of charge and can be made through the website [www.meeting-planner.it](http://www.meeting-planner.it) (select the congress in the section "Calendario eventi" - FAD).

### Continuing Medical Education (CME) - event n. 324797

The webinar has been assigned n. 3 credits.

This training event is for 200 attendees. Medical specialists in the following areas:

Endocrinology, Gastroenterology, Medical genetics, Geriatrics, Diabetology and Metabolic Diseases, Internal Medicine, Oncology, Rheumatology, Clinical Biochemistry, Clinical Pharmacology and Toxicology, General Medicine.

Other healthcare professionals: Biologists and Dieticians.

CME credits can be claimed and your CME certificate issued only if you:

- have attended the entire training event
- have passed the CME assessment survey (a score of 75% or higher must be attained)

There can be no exceptions to these mandatory steps. Attendants are also required not to exceed acquiring over 1/3 of their credits for the three-year period (2020-2022) by recruitment invitation.

### Aims of the training process:

Epidemiology - prevention and health promotion - diagnostics - toxicology with technical and professional insights (10)

### Language

The official language is English.

### CME Provider and Organizing Secretariat



MEETING PLANNER

National CME Provider for Italy, registered as no. 2516  
Via Divisione Paracadutisti Folgore, 5 - 70125 BARI (Italy)  
TEL. +39 080.9905360 • FAX +39 080.9905359 • +39 080.2140203  
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## Silver Wellbeing Scientific Conference

# Med Diet and Metabolic Syndrome: Road to Longevity

Scientific Coordinator: Prof. Antonio Moschetta



June 22, 2021  
Webinar

"Project co-funded by European Union,  
European Regional Development Funds (E.R.D.F.)  
and by National Funds of Greece and Italy"



## FACULTY

### **Sofia Bellou**

Laboratory of Biological Chemistry, School of Medicine, Faculty of Health Sciences, University of Ioannina, Greece and Biomedical Research Division, Institute of Molecular Biology and Biotechnology, Foundation of Research and Technology, Ioannina, Greece

### **Emmanouil Iakovidis**

University of Ioannina-Department of Biological Applications and Technologies Ph.D. Candidate & Foundation for Research and Technology-Institute of Molecular Biology and Biotechnology-Division of Biomedical Research (FORTH-IMBB/BR)

### **Christina Kostara**

Laboratory of Clinical Chemistry, School of Health Sciences, Faculty of Medicine, University of Ioannina, Greece

### **Antonio Moschetta**

Professor of Medicine, Department of Interdisciplinary Medicine, University of Bari "Aldo Moro", Italy

### **Elena Piccinin**

Researcher in Biochemistry, Department of Basic Medical Sciences, Neurosciences and Sense Organs, University of Bari "A. Moro", Italy

### **Francesco Sofi**

Associate Professor of Food Science and Clinical Nutrition, Department of Experimental and Clinical Medicine, School of Human Health Sciences, University of Florence, Italy

## PROGRAM

- h 16.00 Institutional Greetings
- h 16.30 Introduction: **Antonio Moschetta**  
Moderator: **Antonio Moschetta**
- h 16.40 Assessment of adherence to Mediterranean diet  
**Francesco Sofi**
- h 17.00 Nutrients and genes: metabolic syndrome and prevention of cardiovascular and oncological disease  
**Antonio Moschetta**
- h 17.20 Nutrients and Microbiota  
**Elena Piccinin**
- h 17.40 Protective effect of Extra-Virgin Olive Oil on Cancer: Towards developing a certification approach  
**Sofia Bellou, Emmanouil Iakovidis**
- h 18.00 The Mediterranean Diet as a Transversal CBC asset  
**Christina Kostara**
- h 18.20 Discussion and Q&A
- h 18.40 Wrap up and CME questionnaire

