

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



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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

CHAIR CONGRESS

Fabrizio Angelini

SCIENTIFIC DIRECTOR

Arrigo F. G. Cicero

SCIENTIFIC SECRETARIAT

Luca Belli
Alessandro Colletti

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Darren Candow
Massimiliano Caprio
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Luca Semperboni
Analiza Mónica Silva
Luca Stefanini
Nikos Tzouroudis
Tim Ziegenfuss

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June 17th - 19th 2022

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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 Session 1st

Chairmen: F. Angelini, L. Stefanini

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 Session 2nd

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

Saturday, June 18th

09.00 am Session 3rd / Nutrition and Physical Exercise in Obesity and Sarcopenia

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 **Session 4th / 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 **Eating Disorders and Obesity: the Dark Side**
D. Ballardini

12.40 am **Discussion**

01.00 pm **Lunch**

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

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

Chairmen: M. Pellizzato, 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**

BOLOGNA

June 17th - 19th 2022

05.20 pm **Session 6th / Nutraceuticals SINSeB/SINuT**

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

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, Viscous-supplementation and Cartilage Health**

F. Pegreffi

06.40 pm **Doping and Sport**

G. Savino

07.00 pm **Discussion**

End of second day

Sunday, June 19th

09.00 am **Session 7th / 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 **Session 8th**

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 Ketogenic Diet in Diabetic Athletes

S. Ferrero

12.00 am Indications, Contraindications, and Safety of the Ketogenic Diet

M. Watanabe

12.20 am Pratical Approach to Ketogenic Diet

D. Bongiovanni

12.40 am Discussion

01.00 pm Awarding of Master Diplomas

F. Angelini

01.30 pm Conclusion

01.45 pm ECM questionnaire

BOLOGNA

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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 15/05/2022	€ 170,00	€ 130,00
SINSeB and SINUT Member Regular after 15/05/2022	€ 250,00	€ 200,00
ANSISA, ENPAB and SINUT	€ 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

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)

Main Sponsor



Sponsor



A STEP AHEAD
IN BODY COMPOSITION



Organizing Committee



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

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