



EAS



Advanced Course

Scientific Program

EAS

Advanced Course

Nutrition

April 20 - 21, 2018

Hotel Golden Age, Athens

Course Director: Steering Committee:

Antonis Zampelas

Antonis Zampelas, Bruce Griffin, Liana Poulia

EAS ADVANCED COURSE

NUTRITION

Thursday April 19, 2018

20.30 WELCOME DINNER AT RESTAURANT STROFI

Friday April 20, 2018

08.00 - 08.30 ARRIVALS AND REGISTRATION

08.30 - 09.00 WELCOME ADDRESS

The course director: **Antonis Zampelas**

The president of the Hellenic Society of Lipidology Atherosclerosis and Vascular Diseases

Yiannis Lekakis

Member of the European Atherosclerosis Society Executive Committee

Alexandros Tselepis

09.00 - 09.30 The ESC Guidelines - Nutrition Perspective

Antonis Zampelas

09.30 - 10.00 What is new on the development of atherosclerosis

Petri Kovanen

10.00 - 10.30 Coffee Break

10.30 - 13.00 **Macronutrients**

10.30 - 11.00 Cholesterol Confusion: Dietary cholesterol intake and risk

Bruce Griffin

11.00 - 11.30 Fatty acids: It's not the quantity, it's the quality

Julie Lovegrove

11.30 - 12.00 Carbohydrates and dietary fibre

Emilia Papakonstantinou

12.00 - 12.30 Protein intake: Total, plant, animal

Panagiotis Halvatsiotis

12.30 - 13.00 Food Security and Food Sustainability in Periods of Economic Crisis

Maria Kapsokefalou

13.00 - 14.00 **Lunch**

14.00 - 16.00 **Micronutrients**

14.00 - 14.30 Electrolytes and minerals (Sodium and Potassium, Calcium and Phosphate)

Haralampos Milionis

14.30 - 15.00 Vitamin D: the new drug?

Constantine Tsigos

15.00 - 15.30 Polyphenols

Julie Lovegrove

Friday April 20, 2018

- 15.30 - 16.00 **Antioxidants: Foods vs Supplements**
Emilio Ros
- 16.00 - 16.30 **Coffee Break**
- 16.30 - 18.00 **Dietary Patterns**
- 16.30 - 17.00 **Early Origins: Fetal and child nutrition and risk in adulthood**
Emmanouella Magriplis
- 17.00 - 17.30 **Prevent and Reverse: Is there an optimal dietary pattern?**
Emilio Ros
- 17.30 - 18.00 **Personalized diet**
Bruce Griffin
- 18.00 - 19.30 **Evaluating the needs of the patient**
- 18.00 - 18.30 **Lab tests: novel dietary biomarkers and precise risk factors**
Charalambos Vlahopoulos
- 18.30 - 19.00 **Risk prediction scores in clinical practise**
Emmanouella Magriplis
- 19.00 - 19.30 **Physical activity as a parameter of well being and rehabilitation**
Nikos Geladas
- 20.30 **Dinner at Restaurant Bayy-Eip**

Saturday April 21, 2018

- 08.30 - 10.00 **Towards Treatment**
- 08.30 - 09.00 **Microbiota and CVD risk**
Alexandros Tselepis
- 09.00 - 09.30 **Sterols and Stanols**
Petri Kovanen
- 09.30 - 10.00 **Behavioural change**
Evaggelia Fappa
- 10.00 - 12.40 **CLINICAL WORKSHOP: CASE PRESENTATIONS**
Liana Poulia
- 10.00 - 10.30 **Dyslipidemia**
- 10.30 - 11.00 **Myocardial Infraction**
- 11.00 - 11.30 **Stroke**
- 11.30 - 12.00 **Heart Failure**
- 12.00 - 12.40 **CLOSING REMARKS**
Bruce Griffin

FACULTY

Evaggelia Fappa

Dietetics Programme Director, Aegean Omiros College, Athens, Greece

Nikos Geladas

Professor of Ergophysiology, School of Physical Education and Sport Science, Department of Physical Education and Sport Science, Division of Sport Medicine & Biology of Physical Activity, University of Athens

Bruce Griffin

Professor in Nutritional Metabolism, University of Surrey, Surrey, UK

Panagiotis Halvatsiotis

Assistant Professor of Internal Medicine 2nd Department of Internal Medicine Propaedeutic, Medical School of National and Kapodistrian University of Athens, University General Hospital "Attikon", Athens, Greece

Maria Kapsokefalou

Professor of Human Nutrition, Department of Food Science and Human Nutrition, Agricultural University of Athens, Athens, Greece

Petri Kovanen

Director Emeritus, and Head of the Atherosclerosis Research Laboratory, Wihuri Research Institute Helsinki, Finland

Yiannis Lekakis

Professor of Cardiology, Medical School of National and Kapodistrian University of Athens, Athens, Greece

Julie Lovegrove

Professor of Human Nutrition, University of Reading, Reading, UK

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Research Associate of Nutritional Epidemiology, Department of Food Science and Human Nutrition, Agricultural University of Athens, Athens, Greece

Haralampos Milonis

Professor of Internal Medicine, School of Health Sciences, Faculty of Medicine, University of Ioannina, Ioannina, Greece

Demosthenes Panagiotakos

Professor in Biostatistics, Research Methods and Epidemiology Department of Nutrition and Dietetics, Harokopio University, Athens, Greece

Aimilia Papakonstantinou

Lecturer of Nutritional Metabolism, Department of Food Science and Human Nutrition, Agricultural University of Athens, Athens, Greece

Kaliopi-Anna Poulia

Clinical Dietitian, "Laiko" General Hospital, Athens, Greece

Emilio Ros

Former Director, Lipid Clinic, Endocrinology & Nutrition Service, Hospital Clínic, University of Barcelona, Barcelona, Spain

Alexandros Tselepis

Professor of Biochemistry-Clinical Chemistry, University of Ioannina, Ioannina, Greece & Member of the European Atherosclerosis Society Executive Committee

Costantine Tsigos

Professor of Nutrition and Metabolism, Department of Nutrition and Dietetics Harokopio University, Athens, Greece

FACULTY

Kostas Tsioufis

Associate Professor of Cardiology, 1st Department of Cardiology, Medical School of National and Kapodistrian University of Athens, University General Hospital "Ippokration", Athens, Greece

Charalambos Vlahopoulos

Associate Professor of Cardiology, 1st Department of Cardiology, Medical School of National and Kapodistrian University of Athens, University General Hospital "Ippokration", Athens, Greece

Antonis Zampelas

Professor of Human Nutrition, Department of Food Science and Human Nutrition, Agricultural University of Athens, Athens, Greece

Learning Objectives

- Describe the effects of nutrients and dietary patterns on risk factors and end-points of cardiovascular diseases and
- Give proposals for the prevention and/or treatment of cardiovascular diseases through dietary modifications based on the most recent scientific knowledge

Targeted Audience

Health professionals at a senior PhD level, young researchers and/or academics with a PhD with nutrition background

Source(s) of Commercial Funding of the Course

None

The European Society organizes Advanced Courses for young scientist, highlighting different aspects of basic science and research or clinical prevention, diagnosis and treatment in the field of atherosclerotic vascular disease and its complications. The Advanced Courses is part of the Society's core educational activities for advancing and exchanging knowledge.