

# PROGRAM

**18 Oct 2023**

18 Oct 2023  
19:00 – 21:00

## **Official welcome at Toledo City Hall**

SPANISH WINES AND TAPAS

**19 Oct 2023**

19 Oct 2023  
09:00 – 10:00

## **Registration and welcome coffee**

19 Oct 2023  
10:00

## **OFFICIAL OPENING**

19 Oct 2023  
10:30

## **OPENING CONFERENCE**

Alcohol and the Global Burden of Disease: An Update for Health Professionals

[Ken Mukamal](#) - Harvard Medical School, Boston, Massachusetts - USA

19 Oct 2023  
11:00 – 13:00

## **SESSION 1: CARDIOVASCULAR HEALTH**

CHAIR: TEDD GOLDFINGER, JOSEP MASIP

Wine consumption and mortality: No safe level of consumption or J curve

[Curtis Ellison](#) - Professor Emeritus, Boston Section of Preventive Medicine & Epidemiology, Boston University School of Medicine, Boston, MA - USA

Pharmacological basis of J-shaped curve for biological effects of wine

[Mladen Boban](#) - Department of Basic and Clinical Pharmacology, University of Split School of Medicine, Split - Croatia

New evidence of moderate wine consumption on the primary and secondary prevention of cardiovascular disease

[Giovanni de Gaetano](#) - Department of Epidemiology and Prevention, IRCCS NEUROMED, Pozzilli (IS) - Italy

Cardiovascular disease, wine and thrombosis

[Francesco Violi](#) - Department of Clinical Internal, Anaesthesiological and Cardiovascular Sciences, Sapienza University of Rome, Rome - Italy

19 Oct 2023  
13.00 - 13:30

## **KEYNOTE LECTURE: KEY FACTORS OF THE HEALTHY LIFESTYLES.**

CHAIR: RAMON ESTRUCH

Importance and challenges of social aspects related to the healthy Mediterranean lifestyle

[Gregorio Varelas-Moreiras](#) - Professor of Nutrition and Food Science, Director, CEU Institute for Food and Society, Faculty of Pharmacy, San Pablo-CEU University,



19 Oct 2023  
13:30 - 15:00

## Lunch and poster session

19 Oct 2023  
15:00 – 17:30

## SESSION 2: HEALTH IMPLICATIONS OF LIFESTYLE CHOICES

CHAIR: DOMINIQUE LANZMANN-PETITHORY, CURTIS ELLISON

Lifestyle choices to prevent cognitive decline and dementia

[Emilio Ros](#) - Lipid Clinic, Department of Endocrinology and Nutrition, Institut d'Investigacions Biomèdiques August Pi Sunyer (IDIBAPS), Hospital Clínic, Barcelona - Spain

Physical exercise as an important lifestyle factor

[Alejandro Lucia](#) - Universidad Europea de Madrid, Faculty of Sport Sciences, Madrid - Spain

Sleep and Diet: Important pillars of a healthy lifestyle

[David Thivel](#) - Clermont Auvergne University, Laboratory of the Metabolic Adaptations to Exercise under Physiological and Pathological Conditions (AME2P), CRNH Auvergne, Clermont-Ferrand - France

Diabetes and obesity: The role of the microbiota

[Isabel Moreno](#) - Biomedical Research Network in Physiopathology of Obesity and Nutrition (CIBEROBN). Carlos III Health Institute, Madrid, Spain Department of Endocrinology and Nutrition, Virgen de la Victoria University Hospital, Málaga, España. - España

Alcohol and cancer

[Justus Apffelstaedt](#) - Apffelstaedt, Hoosain and Associates Breast and Thyroid Health Centre, Panorama - South Africa

2023 Serge Renaud Memorial lecture: Drinking Patterns,  
dietary habits, and cancer

Ramon Estruch - Centro de Investigación Biomédica en  
Red Fisiopatología de la Obesidad y la Nutrición  
(CIBEROBN), Institute of Health Carlos III, Madrid, Spain;  
Institut d'Investigacions Biomèdiques August Pi Sunyer  
(IDIBAPS), Barcelona - Spain

19 Oct 2023  
17:30 - 18:00

## Coffee break

19 Oct 2023  
18:00 – 19:30

## ROUND TABLE: GASTRONOMY. THE MARRIAGE OF EATING AND WINE

CHAIR: PIERRE-LOUIS TEISSEDER, URSULA  
FRADERA

Synergistic effects of foods: Importance of dietary pattern

[Rosa Lamuela Raventos](#) - Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, Madrid, Spain; Department of Nutrition, Food Science and Gastronomy, School of Pharmacy and Food Science, INSA-University of Barcelona, Barcelona - Spain

The Mediterranean Diet through a Global Lens: The potential to harmonize nutrition, culinary and cultural insights

[Greg Drescher](#) - The Culinary Institute of America, Hyde Park, NY - USA

Meat and meat product as essential compounds of our meals. Functional and healthy meat products.

[Francisco J. Sánchez-Muniz](#) - AFUSAN group, Nutrition and Food Science Department. Pharmacy School. Complutense University. Sanitary Research Institute of the San Carlos Clinical Hospital (IdISSC), Madrid - Spain

19 Oct 2023  
19:30

## Scientific poster award ceremony

19 Oct 2023  
20:30

## Official congress dinner

**20 Oct 2023**

20 Oct 2023  
9:00

## PLENARY CONFERENCE

Personalized Nutrition and Health: The Future starts Now  
[Dolores Corella](#) - Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, Madrid; Department of Preventive Medicine, University of Valencia, Valencia - Spain

20 Oct 2023  
09:30 - 11:00

## SESSION 3: IMPORTANCE OF CONTEXT: LIFESTYLE, WELLNESS AND HEALTH

CHAIR: NICOLAI WORM, MLADEN BOBAN

Estimates of Effect for Diet & Lifestyle Interventions: Minimal Important Difference and Certainty of Evidence  
[Bradley Johnston](#) - Departments of Nutrition, Epidemiology and Biostatistics, Texas A&M University, College Station, Texas - USA

International alcohol drinking guidelines – in perspective  
[Creina Stockley](#) - University of Adelaide, Glen Osmond - Australia

Effects of well-being, happiness and hope on longevity  
[Michael Musalek](#) - Sigmund Freud University. Vienna - Austria

20 Oct 2023  
11:00 - 11:30

## Coffee break

20 Oct 2023  
11:30 - 13:00

## SESSION 4: THE KEYS TO EXTENT LONGEVITY

CHAIR: ROSA LAMUELA RAVENTOS, JEAN-CLAUDE RUF

Keys to improving and maintaining cardiovascular health

[Randi Foraker](#) - Institute for Public Health, Washington University in St. Louis School of Medicine, St. Louis, Missouri - USA

The hallmarks of a healthy aging

[David Vauzour](#) - Norwich Medical School, University of East Anglia, Norwich - UK

Polyphenols as senolytic agents to treat aging

[María D. Mayán Santos](#) - Department of Research, Institute for Biomedical Research of A Coruña (INIBIC), University of A Coruña (UDC), A Coruña - Spain



20 Oct 2023  
13:00 – 14:00

## **ROUND TABLE: TRANSLATION OF SCIENCE TO SOCIETY**

CHAIR: MARJANA MARTINIC

Communication – from science to public

[Matt Kramer](#) - Author and Journalist, Portland - USA

Drinking, eating patterns and lifestyle habits – From scientific evidence to public acceptance

[Licia Iacoviello](#) - Department of Epidemiology and Prevention, IRCCS NEUROMED, Pozzilli, Italy; EPIMED Research Center, Department of Medicine and Surgery, University of Insubria, Varese - Italy

Miscommunication - facts vs. fake news

[Kristian Rett](#) - German Obesity Foundation, Munich - Munich, Germany

20 Oct 2023  
14:00

## **CONCLUSIONS AND FINAL REMARKS**

URSULA FRADERA, RAMON ESTRUCH, NICOLAI WORM, JOSEP MASIP, TEDD GOLDFINGER

20 Oct 2023  
14:15

## **Lunch**