

Healthy Aging: The role of diet and physical activities

Let food and physical activity be our medicine

November 10th, 2018

Auditorium, Hellenic Pasteur Institute

**Pre-congress Seminar -
EuGMS AΘHNA 2020**



ΟΜΙΛΟΣ ΦΙΛΩΝ
ΕΛΛΗΝΙΚΟΥ
ΙΝΣΤΙΤΟΥΤΟΥ ΠΑΣΤΕΡ

with the participation of:



Hellenic Consortium
for Geriatric Medicine



Professional Congress Organiser:

SIGNUS

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9:00- 12:45

Morning session (12')

Introduction:

I. Ellul, President of the Hellenic Consortium for Geriatric Medicine (HCGM)

J. Topouchian, General Secretary of the International Society for Vascular Health and Aging (ISVH), Member of international executive board of Hypertension, Infarction & Stroke Prevention Association (H.I.S.P.A)

A. Benetos, President Elect of the European Geriatric Medicine Society (EuGMS)

Lecture 1: (25')

The challenge of the Mediterranean Diet and Healthy Aging.

Antonia Trichopoulos (GR)

Lecture 2: (20')

Ο ρόλος της διατροφής στη γήρανση / The role of nutrition in aging.

Δρ. Ελένη Π. Ανδρέου (CY)

Satellite Lecture



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Round table 1: Specific nutritional aspects for older adults:

Coordinators: Irini Tzanetakou and Costas Chrysanthopoulos

- Proteins, renal function & skeletomuscular health in the older: What is the optimal quality and quantity? Liana Poulia (12')
- Nutrition and oral health. Anastasia Kossioni (12')
- How to prepare food. Does cooking method and food processing play a role in the aging process? George Soulis (12')
- Personalized geriatric diets– Nutrigenomics /Nutrigenetics. George Dedousis (12')
- Intestinal health in the older– probiotics + prebiotics. Giagkos M. Lavranos (12')
- Geriatrics Nutrition Depression and Public health. Katerina Tzanetakou (12')

Discussion: All (45')

Στρογγυλή Τράπεζα 1 – Round Table 1: Ειδικά θέματα διατροφής του ηλικιωμένου πληθυσμού

Προεδρεία : Ειρήνη Τζανετάκου και Κώστας Χρυσανθόπουλος

Σύντομες Παρουσιάσεις (12')

- Πρωτεΐνες, Νεφρική Λειτουργία και μυοσκελετική υγεία στο ηλικιωμένο άτομο: Ποια είναι η ιδανική ποιότητα και ποσότητα; Λιάνα Πούλια
- Στοματική υγεία και Διατροφή. Αναστασία Κοσιώνη
- Με ποιον τρόπο ετοιμάζουμε γεύματα; Επηρεάζει την διαδικασία γήρανσης η παρασκευή τροφίμων; Γιώργος Σούλης
- Εξατομικευμένες δίαιτες ηλικιωμένων ατόμων – Nutrigenomics / Nutrigenetics. Γιώργος Δεδούσης
- Εντερική υγεία – Προβιοτικά + Πρεβιοτικά. Γιάγκος Μ. Λαβράνος
- Γηριατρική διατροφή, κατάθλιψη και δημόσια υγεία. Κατερίνα Τζανετάκου

Ανοικτή Συζήτηση - Open Discussion (45')

11:20

Coffee Break (20')

11:40

Chairs: I. Karaitianos and R. Asmar

Lecture 3: (20')

Mediterranean diet and inflammaging.
Stefania Maggi (IT)

Lecture 4: (20')

Diet and physical activities for better cardiovascular health: The HISPA experience.
Jirar Topouchian (FR)

Lecture 5: (20')

Nutritional patterns to postpone frailty.
Eirini Kelaiditi (UK)

Discussion: All

13:00

End of the morning session; Free time for lunch

14:20- 18:00

Afternoon session

Chairs: D. Sialvera and I. Georgiopoulos

Lecture 6: (20')

Natural antibodies: An innovative treatment option for Alzheimer's disease?
Peggy Lymberi (GR)

Lecture 7: (20')

Effects of diets and physical activities on cognitive decline and dementia.
Mirko Petrovic (BE)

Lecture 8: (20')

Diets and physical activity for the management of older patients with cancer.
Ioannis Gioulbasanis (GR)

16:00

Coffee Break (20')

16:20 - Round table 2: Which is the best physical exercise for a healthy aging

Coordinators: Xanthi Michail and Georgia Petta

- Resistance vs. aerobic exercise. Ioannis Panagiotopoulos (12')
- Dance for longevity. Marina Kotsani (12')
- Tai Chi and Healthy Aging. Evangelos Mytilinaios (12')
- Defining intensity and duration of physical activity in older adults. George Panayiotou (12')

Discussion (all): How feasible is to propose physical activity programs in the very old (30')

Στρογγυλή Τράπεζα 2 – Round Table 2

Ποια είναι η καλύτερη σωματική άσκηση για μια υγιή γήρανση;

Προεδρείο: Ξανθή Μιχαήλ, Γεωργία Πέττα

Σύντομες Παρουσιάσεις (12 λεπτά)

- Ασκήσεις αντίστασης vs. Αεροβική άσκηση. Ιωάννης Παναγιωτόπουλος
- Χορός και μακροζωία. Μαρίνα Κοτσάνη
- Tai Chi και υγιής γήρανση. Ευάγγελος Μυτιληναίος
- Καθορισμός έντασης και διάρκειας της σωματικής δραστηριότητας στους ηλικιωμένους. Γιώργος Παναγιώτου

Ανοικτή Συζήτηση – Open Discussion (30 λεπτά)

Θέμα : Πόσο εφικτή είναι η εφαρμογή προγραμμάτων σωματικής άσκησης σε υπερήλικες;

Lecture 8: (20')

Combined effects of physical activities and diets on quality of life and self-rated health in older adults. Christina Bamia (GR)

18:00

Conclusions - Συμπεράσματα: Αναστασία Κοσιώνη, M. Petrovic

18:20

End of Workshop - Λήξη σεμιναρίου



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