

6th SINSeB-SINut-J medical International Congress

Women's Universe: Training, Nutrition, Health and Disease

**November
24th-25th-26th
2023**

**Bologna
Savoia Regency Hotel**

**Asynchronous online learning available
for all Congress attendees**



6th SINSeB-SINut-J medical International Congress Women's Universe: Training, Nutrition, Health and Disease

WITH THE PATRONAGE OF



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA
DIPARTIMENTO DI
SCIENZE MEDICHE E CHIRURGICHE



UNIVERSITÀ
di CAMERINO



ADI E.T.S. già ONLUS
Associazione Italiana
di Dietetica e Nutrizione Clinica



AFEN
Associazione
Farmacisti Esperti in Nutrizione



Associazione
Scientifica
Alimentazione
Nutrizione
e Dietetica



Ente Nazionale di
Previdenza e Assistenza
a favore dei Biologi



Federazione
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MENOPAUSEBOOST.
rivoluzione menopausa



SIFNUT
Società Italiana
Formulatori in Nutraceutica



SIPPS
SOCIETÀ ITALIANA DI PEDIATRIA
PREVENTIVA E SOCIALE

Friday, November 24th

9.00 A.M. Participant Registration

9.30 A.M. Introduction
Fabrizio Angelini, Arrigo F.G. Cicero, Luca Stefanini

FIRST SESSION

Sport Nutrition: Nutrition and training for endurance and strength

Chairmen: *Luca Gatteschi, Pierluigi Pompei*

10.00 A.M. Water turnover and hydration status in active populations
Analiza Monica Silva

10.20 A.M. Training of Female Triathlete for 4 Olympic games
Iñigo Mujika

10.40 A.M. An update on carbohydrate intake recommendations during exercise for women
Asker Jeukendrup

11.00 A.M. Creatine supplementation to enhance strength and endurance performance in women
Scott Forbes

11.20 A.M. DISCUSSION

Chairmen: *Luca Semperboni, Nikos Tzouroudis*

11.40 A.M. The role of running for women's physical and mental health
Daniele Vecchioni

12.00 P.M. Women's energy cost in marathon running
Stefano Righetti

12.20 P.M. Women's health and sport at different stages of life
Franco Vicariotto

12.40 P.M. DISCUSSION

1.00 P.M. *LUNCH*

Friday, November 24th

SECOND SESSION

Gender sport medicine

Chairmen: *Marco Freschi, Massimo Massarini*

- 2.10 P.M. Blood pressure and heart rate self-monitoring: how important is the device?
Giovanni Benedetti
- 2.30 P.M. Body Composition, Energy Expenditure and Weight Regulation
Luis Sardinha
- 2.50 P.M. Bioimpedance Analysis during the menstrual cycle, pregnancy and female sports activity
Jacopo Talluri
- 3.10 P.M. Menstrual cycle and Performance
Chiara Vignati
- 3.30 P.M. Optimising glycaemic control in athletes
Giorgio Severgnini
- 3.50 P.M. Pregnancy: nutrition and sport
Eva Ferrer
- 4.10 P.M. Effects of creatine supplementation on Muscle, Bone and Fat Mass in Post menopausal Women
Darren Candow
- 4.40 P.M. DISCUSSION
- 4.50 P.M. *COFFEE BREAK*

THIRD SESSION

Injury management for female athletes

Chairmen: *Andrea Marchini, Luca Stefanini*

- 5.10 P.M. Lectio Magistralis: Nutrition for injured female athletes
Fabrizio Angelini
- 5.40 P.M. Doping in women's sport: new frontiers
Alberto Ghidella
- 6.00 P.M. Injuries: differences between men's and women's football
Nicola Sasso
- 6.20 P.M. Anterior cruciate ligament injury in women's football
Alessandro Buttà
- 6.40 P.M. DISCUSSION
- 7.00 P.M. 1st Day Conclusions

Saturday, November 25th

FOURTH SESSION

Paediatrics

Chairmen: *Luca Belli, Domenico Meleleo*

- 9.00 A.M. Gender-related differences of clinical presentations in coeliac disease
Michele Di Stefano
- 9.20 A.M. Paediatric obesity
Andrea Vania
- 9.40 A.M. The young sportsman
Domenico Meleleo
- 10.00 A.M. Eating disorders in adolescence
Loriana Murciano
- 10.20 A.M. DISCUSSION
- 10.30 A.M. *COFFEE BREAK*

FIFTH SESSION

ADI-SINSeB Joint session - Clinical nutrition

Chairmen: *Fabrizio Angelini, Barbara Paolini*

- 11.00 A.M. Clinical dietetics for women: updates on low glycaemic index nutrition
Annalisa Maghetti
- 11.30 A.M. The value of gender difference in health and care
Maria Grazia Carbonelli
- 11.50 A.M. Lights and shadows of dieting in women's oncological diseases
Concetta Finocchiaro
- 12.10 P.M. Sport and the gut: how to make them get along
Carlo Casamassima
- 12.30 P.M. DISCUSSION
- 1.00 P.M. *LUNCH*

Saturday, November 25th

SIXTH SESSION

Nutraceuticals and Women's Health

Chairmen: *Arrigo F.G. Cicero, Alberto Vincenzi*

- 2.20 P.M. Lectio Magistralis: Lipids, Nutraceuticals and Cardio-cerebrovascular Risk in Women from Childbearing Age to Menopause
Arrigo F.G. Cicero
- 2.50 P.M. Nutraceuticals in Symptomatic Menopause
Federica Fogacci
- 3.10 P.M. Nutraceuticals for osteopenia, osteoporosis and osteoarticular diseases
Alessandro Colletti
- 3.30 P.M. Gender pharmacokinetics: why women respond more (or less) to some nutraceuticals
Andrea Fratter
- 3.50 P.M. Vegetarian and vegan diet
Luca Belli
- 4.10 P.M. DISCUSSION

SEVENTH SESSION

Primary and Secondary obesity

Chairmen: *Annalisa Maghetti, Massimo Magistrali*

- 4.20 P.M. Lectio Magistralis: Female Hormone Health Odyssey
Nicky Keay
- 4.50 P.M. Ketogenic diet and PCOS
Luigi Barrea
- 5.10 P.M. Lipedema and the ketogenic diet
Marco Marchetti
- 5.30 P.M. Ketogenic diet and contraindications
Mikiko Watanabe
- 5.50 P.M. Ketogenic diet in post-menopausal women
Massimiliano Caprio
- 6.10 P.M. Lectio Magistralis: Pharmacological Therapy of Obesity in Women at Different Stages of Life
Fabrizio Muratori
- 6.40 P.M. DISCUSSION
- 7.00 P.M. 2nd Day Conclusions

Sunday, November 26th

EIGHTH SESSION

Menopause, Obesity and Sarcopenia: Nutrition and Physical Activity

Chairmen: *Fabrizio Angelini, Arrigo F.G. Cicero*

- 9.00 A.M. Lectio Magistralis: Menopause
Marco Gambacciani
- 9.30 A.M. Body assessment in obesity and post-menopausal women
Alessandro Bonuccelli
- 9.50 A.M. Management of the patient with sarcopenia, assessment
and physical exercise
Paolo Cigni, Matteo Gallo
- 10.10 A.M. Integrated management of sarcopenic women
Maria Letizia Petroni
- 10.30 A.M. Physical Activity and Cardiovascular Prevention
Anna Vittoria Mattioli
- 10.50 A.M. DISCUSSION
- 11.00 A.M. Presentation of the Menopause Association
- 11.05 A.M. *COFFEE BREAK*

NINTH SESSION

ASAND-SINSeB Joint session - Dietetics applied to sport

Chairmen: *Alessandro Bonuccelli, Marta Molin*

- 11.20 A.M. Nutraceutics and PCOS
Maurizio Fadda
- 11.40 A.M. Nutrition and rhythmic gymnastics
Marco Buccianti
- 12.00 P.M. Assessment of nutritional needs for women in cycling
Erica Lombardi
- 12.20 P.M. Nutritional management of female athletes in relation to
hormonal trends and menstrual cycles
Cinzia Ferraris
- 12.40 P.M. DISCUSSION
- 1.00 P.M. Congress Conclusions

CHAIR CONGRESS

Fabrizio Angelini

SCIENTIFIC DIRECTORS

Fabrizio Angelini
Arrigo F. G. Cicero
Luca Stefanini

SCIENTIFIC SECRETARIAT

Luca Belli

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Società Italiana di Nutraceutica

FACULTY MEMBERS

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Luigi Barrea

Luca Belli

Lorenzo Bergami

Alessandro Bonuccelli

Marco Bucciatti

Louise Burke

Alessandro Buttà

Darren Candow

Massimiliano Caprio

Maria Grazia Carbonelli

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Giovanni Benedetti

Barbara De Conno

Michele Di Stefano

Maurizio Fadda

Cinzia Ferraris

Eva Ferrer

Concetta Finocchiaro

Federica Fogacci

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Marco Freschi

Livia Galletti

Matteo Gallo

Marco Gambacciani

Luca Gatteschi

Alberto Ghidella

Asker Jeukendrup

Nicky Keay

Lara Lanuzza

Erica Lombardi

Annalisa Maghetti

Massimo Magistrali

Marco Marchetti

Andrea Marchini

Massimo Massarini

Anna Vittoria Mattioli

Domenico Meleleo

Marta Molin

Iñigo Mujika

Fabrizio Muratori

Loriana Murciano

Carmine Orlandi

Barbara Paolini

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Pierluigi Pompei

Micol Purrotti

Camillo Ricordi

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Nicola Sasso

Barry Sears

Luca Semperboni

Giorgio Severgnini

Analiza Monica Silva

Luca Stefanini

Jacopo Talluri

Maurizio Tommasini

Nikos Tzouroudis

Andrea Vania

Daniele Vecchioni

Emanuele Veronese

Franco Vicariotto

Chiara Vignati

Alberto Vincenzi

Mikiko Watanabe

Tim Ziegenfuss

MAIN TOPICS

Sport Nutrition and training for Women

Sport Medicine for Women

Obesity: from childhood to menopause

Nutraceuticals training and Female Health

PCOS Obesity Lipedema and Ketogenic Diet

Body Composition in Sport, in Pregnancy and in Menopause

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GENERAL INFORMATION

Congress Venue

Savoia Hotel Regency

Via del Pilastro, 2
40127 Bologna IT

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
- The Sydney Hotel, Bologna
- Savhotel Bologna Fiera

You can contact them by referring to the SINSeB Congress and you will receive a quotation with a dedicated rate.

Organizing Secretariat

Mediabout S.r.L.

Continuing Medical Education (CME)

EVE-LAB s.r.l.s. is a CME provider - identification code no. 5306

Language

The official language will be Italian. Simultaneous translation service is planned in Plenary Room (ITA/EN - EN/ITA).



Online learning

Asynchronous online learning will be available for all Congress attendees who attended all days of the Congress, on CME Provider website (fad.eve-lab.com)

OFFICIAL CONGRESS WEBSITE:

www.mediabout.it/6thSSj_Congress

REGISTRATION FEES

Fees until August 31st

Promotional offer for members up-to-date with membership before April 30 th	€ 60,00
Promotional offer for participants of the masterclasses in Turin and Rome	€ 85,00
SINSeB members up-to-date with their membership after April 30 th	€ 120,00
Fee for affiliated societies (ADI, ASAND, AFEN, SINut, ENPAB)	€ 160,00
Standard	€ 220,00

(22% VAT included)

Fees from September 1st

SINSeB members up-to-date with their registration fee	€ 145,00
Fee for affiliated societies (ADI, ASAND, AFEN, SINut, ENPAB)	€ 220,00
Standard	€ 300,00

(22% VAT included)

Student fee and daily entrance

Student fee (all three days)	€ 120,00
No CME fee (daily entrance) - <i>online learning not included</i>	€ 60,00

(22% VAT included)

Registration

To register to the event, please go to:

www.mediabout.it/en/6th-sinseb-sinut-j-medical-international-congress-en
and complete the registration form. Once the registration process is completed, a confirmation email will be sent.

Alternatively, you can send an email to 6thSSJ_congress@mediabout.it (object: registration request), specifying your Name and Surname.

For any further information please contact the Organizing Secretariat at:

6thSSJ_congress@mediabout.it

Phone +39 02 83547230

Bank transfer description:

6thSSJ - [Name/Surname] - [Type of registration]

IBAN: IT 32 J 05034 33550 0000 0000 4583

SWIFT: BAPPIT21R20



Organizing Committee



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CME Provider



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OFFICIAL CONGRESS WEBSITE:

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