

# Scientific Programme/Analytical Programme

2010 Theme: Life Cycle Nutrition

## Sessions of the Conference:

### 1. Pregnancy and breastfeeding

Panel 1: Nutrition with regards to pregnancy

### 2. Infancy and toddlers

Panel 2: Infant and toddler nutrition

Panel 3: Food allergy prevention and support

### 3. Childhood and adolescence (3-12 years)

Panel 4: Food "stuff" for children

Panel 5: National and International Policies for life cycle nutrition

Panel 6: Endocrinological problems and obesity

### 4. Adults and mature adults

Panel 7: Important facts in Food

Panel 8: 3<sup>rd</sup> age and Nutrition

Thursday, 23 September 2010

18:00 - 18:30

## Registrations

18:30 - 19:30

## Panel open for the public

sponsored by:  **pro-actiV**

Κρυμμένο αλάτι στην διατροφή μας, εφαρμογές στην καθημερινότητα  
(Hidden salt in our diet, applications in the everyday routine), *Antonis Zambelas*

Η στεφανιαία νόσος και η πρόληψη της,  
(Coronary heart disease and prevention), *Pampis Nikolaidis*

Εργασιακό στρες και καρδιοπάθειες,  
(Work stress and heart disease), *Charis Fessas*

Coordinator: *Eleni Andreou*

CPE level: I

CPE credit: 1

Friday, 24 September 2010

## SESSION 1: PREGNANCY AND BREASTFEEDING

07:15 - 08:00

## Registrations

08:00 - 09:00

**Keynote speaker:** The role of nutrition in the developmental origin of reproductive failures and ageing disease, *Regine P.M. Steegers-Theunissen*

Coordinator: *Nikoletta Ntorzi*

CPE level: I

CPE credit: 1

09:00 - 10:30

## Workshop: Eating Disorders and the Nutrition Intervention

(under the auspices of "MAZI")



Assessment - using the UK national dietetic assessment tool in Eating Disorders and formulating a treatment plan, *Ursula Philpot*

Coordinator: *Eleni Andreou*

CPE level: II

CPE credit: 1.5

10:30 - 11:00

## Linea Break

sponsored by:  

11:00 - 12:00

## Opening Ceremony

Addresses by

President of Cyprus Dietetic and Nutrition Association, *Eleni P. Andreou*

President of Cyprus Registration Board for Food Scientists Food Technologists and Dietitians,

*Phroso Hadjilouca*

Representative of American Overseas Dietetic Association, *Elena Paravantes*

President of Hellenic Dietetic Association, *Elpida Papadopoulou*

President of European Federation of the Associations of Dietitians, *Karin Hadell*

Minister of Health, *Christos Patsalides*

Coordinator: *Nikoletta Ntorzi*

CPE credit: 1

12:00 - 13:00

EU political issues which affect Nutrition, Diet and dietitians with emphasis in Labelling and health claims, *Doriane Fuchs*

Coordinator: *Emilia Vasilopoulou*

CPE level: I

CPE credit: 1

13:00 - 14:30

## Lunch

sponsored by:   ΠΑΠΑΕΛΛΗΝΑΣ

14:30 - 16:00

**Panel 1: Nutrition with regards to pregnancy**

Life starts in (-15): Infertility, pre-conception and conception nutrition, *Philip Barlow*

The Mediterranean dietary pattern affects fertility outcome parameters, *Regine P.M. Steegers-Theunissen*

Maternal ingestion of alcohol and the effects of ethanol on the developing fetal brain,  
*Edna Yamasaki Patrikiou*

Coordinator: *Nikoletta Ntorzi*

CPE level: *II*

CPE credit: *1.5*

**SESSION 2: INFANCY AND TODDLERS**

16:00 - 17:00

**Panel 2: Infant and Toddler Nutrition**

Breast-feeding vs. formula: What is right and when for which baby?,  
*Adamos Hadjipanayi*

Infant and toddler nutrition: age specific information on feeding children for the first two years,  
*Dona Hileti*

Coordinator: *Xenia Averkiou*

CPE level: *III*

CPE credit: *1*

17:00 - 18:00

Nutritional Concerns in Infants & Children, *Carla Vantarian*

Coordinator: *Thalia Avraam*

CPE level: *II*

CPE credit: *1*

18:00 - 18:30

**Coffee Break**

18:30 - 19:30

**Panel 3: Food allergy prevention and support**

IgE & Non IgE mediated food allergies in children, *Stavroula Giavi*

Nutritional support in food allergy and intolerance, *Emilia Vassilopoulou*

Coordinator: *Vasiliki Piki*

CPE level: *II*

CPE credit: *1*

19:30 - 20:30

When and why is a baby failing to thrive? What to do?, *Georgia Chappa*

Coordinator: *Katia Kyriakou*

CPE level: *II*

CPE credit: *1*

21:00

**Cyprus Night: Is igia - “εις υγεία” - To your health!**

**Saturday, 25 September 2010**

**SESSION 3: CHILDHOOD AND ADOLESCENCE (3-12 years)**

07:40 - 08:00

**Registrations**

08:00 - 08:30

Poster Session/Announcements

Coordinator: *Polly Michaelidou*

CPE level: *II*

CPE credit: *0.5*

08:30 - 09:00

Fatty acids in Cypriot children's and teenager's diets. The role of fatty acids in atherosclerosis and cancer,  
*Michalis Tornaritis*

Coordinator: *Christiana Philippou*

CPE level: *I*

09:00 - 10:00

Body composition & hormonal changes, *Dan Benardot*

Coordinator: *Christiana Philippou*

CPE level: *II*

CPE credit: *1*

10:00 - 11:00

**Panel 4: Food “stuff” for children**

The use of synthetic colors (E102, E104, E110, E122, E124, E129) and of the preservative sodium benzoate in food and drinks consumed by children in Cyprus, *Eleni Ioannou-Kakouri*

Creative ways to convince children and adolescents to eat healthily, *Nikoletta Ntorzi*

Food demonstration for children, *George Kyprianou*

Coordinator: *Polly Michaelidou*

CPE level: *II*

CPE credit: *1*

11:00 - 11:30

**Coffee Break**

11:30 - 12:30

**Panel 5: National and International Policies for Life Cycle Nutrition**

Interrelationships of food, health and education - The EFAD priorities, *Karin Hadell*

Is malnutrition declining? An analysis of changes in malnutrition for the general populations,  
*Elpida Papadopoulou*

Chronic disease prevention: A life-cycle approach which takes account of the environmental impact and opportunities of food, nutrition and public health policies, *Eleni P. Andreou*

*Coordinator: Georgia Chappa* CPE level: II CPE credit: 1

12:30 - 13:00


Child Obesity and nutrition intervention, *Brigitte Kochavi*

*Coordinator: Georgia Chappa* CPE level: II

13:00 - 14:00

### Lunch

14:00 - 15:00

Satellite Symposium: Fast, Easy & Healthy Cooking with Thermomix: recommended by nutritionists and used by millions of families & chefs worldwide, *Maria Evans* sponsored by Eminentia Trading Ltd:  Thermomix

**Participants can enter the draw to win a Thermomix at the end of the Symposium**

*Coordinator: Anna Pahita* CPE level: I CPE credit: 1

15:00 - 16:00

### Panel 6: Endocrinological problems and obesity

Endocrinological problems and obesity in adulthood, *Stelia Kadi*

Type 2 diabetes and children (Insulin Resistance), *Despina Varakla*

News in Childhood Obesity, *Yiannis Ioannou*

*Coordinator: Xenia Averkiou* CPE level: II CPE credit: 1

16:00 - 16:30

### Coffee Break

16:30 - 17:30

Nutrition issues in adolescence athletes, *Dan Benardot*

*Coordinator: Christiana Philippou* CPE level: II CPE credit: 1

17:30 - 18:30

Time Management for health professional, *Nicos Peristianis*

*Coordinator: Eleni Andreou* CPE level: II CPE credit: 1

18:30 - 19:30

Are dietitians really competent to support weight loss strategies?, *Anne de Looy & Tracey Parkin*

*Coordinator: Georgia Chappa* CPE level: III CPE credit: 1

20:30

### Gala Dinner

Sunday, 26 September 2010

## SESSION 4: ADULTS AND MATURE ADULTS

08:15 - 08:30

### Registrations

08:30 - 09:30

Fad diets - An analytical Approach, *Maria Hassapidou*

*Coordinator: Maria Alexiadou* CPE level: III CPE credit: 1

09:30 - 10:30

Passing the message to the public: from theory to practice (low salt, high fiber, low fat, high calcium etc), *Tatyana Elkour*

*Coordinator: Prokopis Kallis* CPE level: III CPE credit: 1

10:30 - 11:00

### Coffee Break

11:00 - 12:00

### Panel 7: Important facts in Food

Truths and myths in nutrition: dietary fat, phytosterols and childhood obesity, *Antonis Zambelas*

Safety and benefits of using low-calorie sweeteners in weight management and glycemic control. Is there enough evidence?, *Aimilia Papakonstantinou*

*Coordinator: Mary Economou* CPE level: II CPE credit: 1

12:00 - 13:00

### Panel 8: 3<sup>rd</sup> age Nutrition

Nutrition in the elderly with special emphasis to the physiological and degenerative changes: malnutrition sarcopenia and use of nutritional supplements, *Polly Michaelidou*

Assessment of Dysphagia in Adults, *Mary Constantinou*

*Coordinator: Thalia Avraam* CPE level: II CPE credit: 1

13:00

**Closing ceremony**

Post - conference Session (Certification will be offered)

13:30 - 16:30

Workshop: Tobacco use and dependence in medical nutrition therapy, *Tatyana Elkour*

*Coordinator: Eleni Andreou*

*CPE level: I*

*CPE credit: 3*

**Exhibition CPE credit: 1**

**Total CPE: 27.5**