

5th International Conference  
of the Cyprus Dietetic Association

28 – 30 November 2008  
Hilton Park Hotel, Nicosia – Cyprus

**Final Programme &  
Book of Abstract**

Organised by:



Supported by:



Under the auspices of:



[www.cydadiet.org](http://www.cydadiet.org)



The scientific programme of the Conference has been accredited with 25 CPE & 19 CME points

07:15 - 08:00

**Registrations**

08:00 - 09:00

Opening Ceremony

Addresses by

**Eleni Andreou**, President of Cyprus Dietetic Association, CyDA

**Eberhard Standl**, Chair of the International Diabetes Federation European Region, IDF

**Karen Hadell**, Honorary President of European Federation of the Associations of Dietitians, EFAD

**Antroulla Vasiliou**, European Commissioner for Health and Consumer Protection

**Elpida Papadopoulou**, President of Hellenic Association of Dietitians and Nutritionists

**Sotiris Yiagkou**, President of Cyprus Diabetic Association

**Christos Patsalides**, Minister of Health

*CPE Credit:1*

09:00 - 10:00

Nutrition, Exercise and Brain Function – Relevance to Eating Disorders

**Elliot Berry** – Keynote speaker (Internal Medicine)

*Coordinator: Nikoletta Ntorzi*

*CPE level: 2 CPE credit:1*

10:00 - 10:30

**Coffee Break**

**Session 1: Mediterranean Diet and Health**

10:30 - 11:45

**Panel 1: Anorexia: An Increasing Epidemic in the Mediterranean**

1. Anorexia Nervosa and Nutrition Intervention

**Ursula Philpot** (Clinical Dietitian)

2. The Physicians Perspective

**Christos Christofi** (Pediatrician)

3. Behavior Modification of an Anorexic

**Ester Nicolaidou** (Psychologist)

*Coordinator: Vanessa Xenopoulou*

*CPE level: 2 CPE credit:1*

11:45 - 12:45

Mediterranean Diet – History and Progression

Professor **Antonis Kafatos**

*Coordinator: Eleni Andreou*

*CPE level: 2 CPE credit:1*

12:45 - 14:15

Lunch

14:15 - 15:35

**Panel 2: Professional Worth, Responsibilities, Rights for Dietitians and Nutritionists**

1. European Dietetic Competencies and their Performance Indicators to be attained at the point of qualification and entry to the profession of Dietetics - Thematic Network Dietitians Improving Education and Training Standards in Europe (DIETS)

**Karen Hadell** (President, EFAD)

2. The role of the dietitian for consumer protection and HAD'S action plan for consumers protection.

**Elpida Papadopoulou** (President, Hellenic Association of Dietitians and Nutritionists)

3. Job Market for Dietitians

**Manolis Manolarakis** (President, The Hellenic Association of Dietitians-Technologists of Nutrition)

4. Leadership and Code of Ethics for Dietetic Profession and its enforcement in Cyprus

**Eleni Andreou** (President, CyDA)

*Coordinator: Christiana Philippou*

*CPE level: 2 CPE credit: 2*

15:35 - 16:50

**Panel 3: Cardiovascular Diseases : the Leading Disease in the Mediterranean**

1. The role of functional foods in CVD prevention: past, present and future  
**Vasiliki Pyrogianni** (Clinical Dietitian)
2. Factors leading to cardiovascular diseases  
**George Georgiou** (Cardiologist)
3. Exercise and Cardiovascular Diseases  
**Costas Andreou** (Exercise Physiologist)  
*Coordinator: Nikoletta Michaelidou* CPE level: 2 CPE credit: 1

16:50 - 17:20

**Coffee Break**

17:20 - 18:20

- Dietitian in the website  
**Paraskevas Papachristos** (Dietitian)  
*Coordinator: Polly Michaelidou* CPE level: 2 CPE credit: 1

18:20 - 19:20

**Panel 4: Cancer and Mediterranean Diet**

1. Individual Lifestyle Choices and Cancer  
**Stella Kyriakidou** (Psychologist)
2. Cancer and Mediterranean Diet- Nutritional Intervention for Prevention and Treatment  
**Georgia Chappa** (Clinical Dietitian)  
*Coordinator: Thalia Avraam* CPE level: 2 CPE credit: 1

20:30

Cyprus Night: Is igia- "εις υγεία" - To your health!

**Saturday, 29 November 2008**

**Session 2: Mediterranean Diet and Diabetes**

08:00 - 8:30

**Registrations**

08:30 - 09:45

**Panel 5: The latest on Diabetes**

1. Latest News on Diabetes and Nutrition  
**Carla Vartanian** (Clinical Dietitian)
2. Diabetes, pre-diabetes and endothelium – the latest research outcomes  
**Panayiotis Economides** (Endocrinologist)
3. Diabetes and Obesity  
**Professor Michael Hopp**  
*Coordinator: Georgia Chappa* CPE level: 2 CPE credit: 1

09:45 - 10:30

- Non-alcoholic fatty liver disease in children - Are dietary nutrients playing a role?  
**Demetris Papandreou** (Clinical Dietitian, Exercise Physiologist)  
*Coordinator: Eleni Andreou* CPE level: 2 CPE credit: 1

10:30 - 11:00

**Coffee Break**

11:00 - 12:15

**Panel 6: Metabolic Syndrome**

1. Metabolic Syndrome in Adolescence  
**Savvas Savva** (Pediatrician)
2. Metabolic Syndrome in Adults  
**Doros Loizou** (Specialist Internal Medicine and Diabetes)
3. Metabolic Syndrome and Nutrition Implementation  
**Aimilia Papaconstandinou** (Clinical Dietitian)  
*Coordinator: Katia Kyriakou* CPE level: 2 CPE credit: 1



12:15 - 13:15

**Panel 7: Diabetes Management through Nutrition and Exercise**

1. Type 1 Diabetes - the relation between nutrition and exercise  
**Christiana Philippou** (Clinical and Sports Dietitian)
2. Type 2 Diabetes – the relation between nutrition and exercise  
**Nikoleta Michaelidou** (Clinical and Sports Dietitian)  
*Coordinator: Costas Schizas* *CPE level: 2 CPE credit: 1*

13:15 - 14:30

**Lunch**

14:30 - 15:30

**Panel 8: Counseling children with diabetes**

1. Particularities of the type 1 & 2 Diabetes for children and adolescences  
**Christina Kanaka** (Endocrinologist specialist in Pediatrics)
2. Nutritional approach for children with diabetes  
**Carla Vartanian** (Clinical Dietitian)  
*Coordinator: Georgia Chappa* *CPE level: 2 CPE credit: 1*

15:30 - 16:30

- Diabetes Cooking-Food Demonstration  
**Andreas Ionas** (Culinary Art and Nutrition, MAT)  
*Coordinator: Prokopis Kallis* *CPE level: 2 CPE credit: 1*

16:30 - 17:30

- Satellite Symposium by Nestlé**  
Whole Grain and Weight Management: An overview of the Evidence  
**Janice I. Harland** (Nutritionist)  
*Coordinator: Nikoletta Ntorzi* *CPE level: 2 CPE credit: 1*



17:30 - 17:45

**Coffee Break**

17:45 - 19:00

**Panel 9: Diabetes Complications**

1. Diabetes Complications  
**Michalis Picoles** (Endocrinologist)
2. Diabetic Nephropathy and Nutrition Intervention  
**Anna Liana Poulia** (Clinical Dietitian)
3. Diabetes Education to prevent diabetes complications  
**Savoula Ghobrial** (Registered Nurse)  
*Coordinator: Xenia Averkiou* *CPE level: 2 CPE credit: 1*

19:00 - 19:30

**Panel 10: Aspartame and other intense sweeteners, their role in diet and nutrition**

- Ellie Hadjilucas** (Public Health Nutritionist)  
*Coordinator: Xenia Averkiou* *CPE level: 2 CPE credit: 1*

20:00

**Gala Dinner**

**Sunday, 30 November 2008**

**Session 3: Mediterranean Diet and Lifestyle**

08:15 - 08:30

**Registrations**

08:30 - 09:15

- Poster Session/ Announcements**  
*Coordinator: Christiana Philippou* *CPE credit: 1*

09:15 - 10:15

- Pediatric Asthma and Obesity: Is there a relationship?  
**Constantina Papoutsakis** (Clinical Dietitian)  
*Coordinator: Nikoletta Michaelidou* *CPE level: 2 CPE credit: 1*

10:15 - 11:15

- The Positive Deviance Approach to Obesity treatment and Lifestyle Promotion  
**Elliot Berry** (Internal Medicine)  
*Coordinator: Nikoletta Ntorzi* *CPE level: 2 CPE credit: 1*



11:15 - 11:45

**Coffee break**

11:45 - 12:30

Principles for Quality Control and Food Safety. Past, Present and Future: The Greek Experience

**Antonis Zampelas** (Vice president of Hellenic Food Authority)

*Coordinator: Eleni Andreou*

*CPE level: 2 CPE credit: 1*

12:30 - 13:30

Inspiration Workshop

**Linda Pentakis** (Psychologist)

*Coordinator: Vanessa Xenopoulou*

*CPE level: 2 CPE credit: 1*

13:30 - 13:45

**Closing ceremony**

*Exhibition*

*CPE credit: 1*

