

7th Middle East Congress on Clinical Nutrition
11 – 13 May 2018
Wyndham Hotel, Athens, Greece

PROGRAM AGENDA
(As of November 12th)

Friday, May 11, 2018		
TIME	EVENT	FACULTY
11:00 am – 6:00 pm	REGISTRATION	
2:00 – 3:30 pm	Pre-Conference Workshop - A Lifestyle Community based program Speaker: <i>Jaakko Tuomilehto , Finland</i>	Pre-Conference Workshop - B Obesity and CVD Speaker: <i>Stefano Genovese , Italy</i>
4:00 – 6:00 PM	EXHIBIT HALL OPENING	
4:30 – 6:30 PM	Opening Session: Keynote Lectures	
4:10 PM	Welcome remarks	<i>Maria Theodorakopoulou, Charilaos Dimosthenopoulos, Mahmoud Ibrahim</i>
4:30 – 5:00 PM	Opening Keynote: Mediterranean Diet: What Is and What Is Not the Mediterranean Diet	<i>Antonia Trichopoulou , Greece</i> <i>President of the Hellenic Health Foundation</i>
5:00 – 5:30 PM	2017 National Standards for Diabetes Self Management Education and Support	<i>Amy Fischl, USA</i>
5:30 - 6:00 PM	Nutrition in Children , Combating the Childhood Obesity	<i>Jason Baker, USA</i>
6:00 – 6:30 PM	Diet and CVD	<i>Robert Eckel, USA</i>
7:00 – 8:00 PM	WELCOME RECEPTION	
Saturday, May 12, 2018		
TIME	EVENT	FACULTY
7:30 – 11:00 AM	REGISTRATION	
8:00 – 9:00 AM	Workshop : Egyptian Nutrition and Health Coaching Association (ENHCA) Behavioral Weight Loss Interventions <i>Nilly Shams , Egypt</i>	

9:30 – 11:00 AM	Symposium 1 : Diet Types and Components	
9:30 AM	Baltic Diet <i>Peter Gaede, Denmark</i>	
9:50 AM	Protein in Clinical Nutrition <i>Militsa Bitzani, Greece</i>	
10:10 AM	Carbohydrates <i>Bjorn Richlesen, Denmark</i>	
10:30 AM	Coffee , Chocolate and more , the Role of Antioxidants <i>Jaakko Tuomilehto, Finland</i>	
10:50 AM	Discussion	
11:00 – 11:30 AM	BREAK – VISIT EXHIBIT HALL	
11:30 – 12:00 PM	State of the Art Lecture Pre-Diabetes , the role of Lifestyle and Medications <i>Guillermo Umpierrez , USA</i>	
12:00 – 1:30 PM	Symposium 2: Issues in Clinical Nutrition I	
12:00 PM	Metabolic and Re feeding syndromes: two sides of the same coin <i>Omar Obeid , Lebanon</i>	
12:20 PM	Pre and Post Pregnancy Nutrition, body weight and diabetes <i>Charilaos Dimosthenopoulos , Greece</i>	
12:40 PM	Diet and Kidney <i>Anna Solini, Italy</i>	
1:00 PM	The morbidly obese patient in the ICU <i>Maria Theodorakopoulou, Greece</i>	
1:20 PM	Discussion	
1:30 – 2:30 PM	LUNCH BREAK , Visit the Posters and Exhibit	
2:30 – 4:00 PM	Workshop: Nutrition Education , the use of the Conversation Maps <i>Amy Fischl, USA</i>	

Sunday, May 13, 2018

TIME	EVENT	FACULTY
8:15 am – 9:15 am	DEBATE SESSION Diet or Exercise , which comes first ? • Diet <i>Amy Fischl, USA</i> • Exercise <i>Mahmoud Ibrahim, USA</i>	
9:30 – 11:00 AM	Symposium 3: Issues in Clinical Nutrition II	
9:30 AM	Personalized Nutrition based on Genetic Testing <i>Doaa Zakaria, Egypt</i>	
9:50 AM	OMEGA-3 Controversy <i>Manoon Khazrai , Italy</i>	
10:10 AM	Weight management: from weight loss to weight loss maintenance <i>Mary Yannakoulia, Greece</i>	
10:30 AM	Trace Elements and Body Weight <i>Lara Nasreddine, Lebanon</i>	
10:50 AM	Discussion	
11:00 AM – 11.30	BREAK – VISIT EXHIBIT HALL	
11:30 – 12:30 PM	Workshop: Healthy Cooking Cooking Instructions , The use of Olive oil , Spices and food additives ,Macronutrients and Mappi Diets <i>Manoon Khazrai , Italy</i>	
12:40 AM – 1:00 PM	Lecture , Bioinformatics and parenteral nutrition <i>Panos Papandreou , Greece</i>	
1:00 – 2:00 PM	LUNCH	
2:00 – 4:10 PM	Symposium 4: Nutrition and the Aging (Hellenic Society of Enteral , Parenteral Nutrition and Metabolism) Chair : Antonia Koutsoukou , Greece , Militsa Bitzani , Greece	
2:00 PM	Epidemiology and malnutrition in the elderly <i>Frantzeska Frantzeskaki , Greece</i>	
2:20 PM	Factors contributing to malnutrition in the elderly <i>Eirini Mavrou , Greece</i>	
2: 40 PM	Sarcopenia and the importance of protein in the aging <i>Evaggelos Kaimakamis ., Greece</i>	

3:10 PM	Nutrition and other Interventions in the care pathway of the elderly <i>Maria Theodorakopoulou , Greece</i>
3:40 PM	Closing Lecture : Main Pillars in Nutrition Education <i>Bjorn Richlesen, Denmark, Denmark</i>
4:10 PM	Adjourn

