



10th Cyprus Dietetic & Nutrition Association Conference with International Participation

22–25.11.2018, Cyprus

EMPOWERMENT OF
NUTRITION SCIENCE &
DIETETICS PROFESSION
IN A CHALLENGING WORLD



TIME		PROGRAMME
THURSDAY 22 November 2018		
18:00	18:30	Registrations
18:30	20:30	<p>Panel open for the public (session in Greek) Attribute to the Dietetic Profession</p> <ul style="list-style-type: none"> • Eat Well, Living Well: when you can't diet anymore/Φάτε καλά, Ζήστε καλά όταν πλέον δεν μπορείτε να κάνετε δίαιτα, <i>Emilia Vassilopoulou</i> • Είμαι έτοιμος να κάνω δίαιτα?/Am I ready to follow a diet, <i>Persa Korfiati</i> • Επίδραση των τηλεοπτικών διαφημίσεων τροφίμων στην διατροφική συμπεριφορά των παιδιών/ The impact of television food advertising on children's eating behaviour in Cyprus <i>Xanthi Sofokleous</i> <p>Chairs/Συντονιστές: Eleni Andreou/Stella Kakouri</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit: 2</i></p>
TIME		PROGRAMME
FRIDAY 23 November 2018		
07:30	08:30	Registrations
08:30	09:30	<p>Panel: Food Science and Nutrition</p> <ul style="list-style-type: none"> • Probiotics: applications and challenges in food science, <i>(In collaboration with Cyprus Association of Food Scientist / Food Technologists) Panayiota Theofilou</i> • Importance of Certification in Food Safety and Quality, <i>Kyros Demetriades</i> <i>(In collaboration with Cyprus Association of Food Scientist / Food Technologists)</i> • Milk and the Myths, evidence based, <i>Antonis Zampelas</i> <i>(In collaboration with University of Nicosia)</i> <p>Chairs: Phroso Hadjiluca/Nikolaos Ntaflou</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit: 1</i></p>



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09:30	10:30	<p>Panel: Medical Nutrition Therapy for Cancer Prevention, Treatment and Survivorship</p> <ul style="list-style-type: none"> The Clinical Dietitian's Role in Promoting Best Treatment Outcomes in Medical Oncology (Chemotherapy, Targeted Therapy, Oral Chemotherapy), <i>Robin Benardot</i> Cancer relation to beef, evidenced based, <i>Kyriacos Felekkis</i> Fasting-mimicking diet and markers/risk factors for aging, diabetes, cancer, and cardiovascular disease, <i>Alessandro Laviano</i> <p>Chairs: Rafaella Savva/Stalo Kountouri</p> <p style="text-align: right;"><i>CPE level:2 CPE credit:1</i></p>
10:30	11:30	<p>Opening Ceremony / Opening of the exhibition</p> <p>Addresses by</p> <ul style="list-style-type: none"> President of Cyprus Dietetic and Nutrition Association & CySPEN, <i>Dr Eleni P. Andreou</i> President of Cyprus Registration Board for Food Scientists, Food Technologists and Dietitians, <i>Dr Phroso Hadjiluca</i> Vice President of Cyprus Society of Parenteral and Enteral Nutrition, <i>Prof. Edna Yamasaki Patrikiou</i> <i>President of the International Affiliate of the Academy of Nutrition and Dietetics, Dr Esther Myers</i> Immediate past Hon President of European Federation of the Associations of Dietitians, <i>Prof Anne E de Looy</i> Minister of Health of the Republic of Cyprus, <i>Mr Constantinos Ioannou / Director of Medical and Public Health Services of Cyprus Ministry of Health, Dr Elisavet Constantinou</i> <p>Chairs: Nicoletta Ntorzi/ Angela Angelidou</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1</i></p>
11:30	12:00	Coffee Break
12:00	13:00	<p>Panel: Sports Nutrition</p> <ul style="list-style-type: none"> Cognition and exercise, <i>Christoforos Giannaki</i> Nutritional Strategies for Specific Energy Systems, <i>Dimitrios Papandreou</i> Rehydration and endurance sport performance, <i>George C.</i>



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		<p><i>Loucaides</i></p> <p>Chairs: Nikolas Ntaflos/ Rafaella Savva</p> <p style="text-align: right;"><i>CPE level:2 CPE credit:1</i></p>
13:00	14:00	Break
14:00	15:00	<p>Workshop: Weight Management: Disordered Eating and Obesity Treatment Using Behavioral Theories</p> <ul style="list-style-type: none"> • Education and Counselling: Behavioural Change in weight management and disordered eating, <i>Persa Korfiati</i> • Behavioural Change in weight management from a dietitian's perspective, <i>Anastasios Papalazarou</i> <p>Chairs: Anna Pahita/Emilia Vassilopoulou</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1</i></p>
15:00	16:00	<p>Workshop: Nutrition in Eating Disorders</p> <p><i>Ursula Philpot</i> (In collaboration with MAZI- Cyprus Foundation for Eating Disorders and Obesity)</p> <p>Chairs: Eleni Andreou/Panayiota Tsokkou</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1</i></p>
16:00	16:30	Coffee Break
16:00	17:00	<p>Poster Presentation (Independent Reviewers will evaluate the presentations and an award will be granted on Sunday)</p> <p>Chairs: Christiana Philippou/Nikoletta Ntorzi (concurrent session with Poster Session)</p> <p style="text-align: right;"><i>CPE level: 1 CPE credit:1/2</i></p>
16:30	17:40	<p>Panel: Diabetes Care</p> <ul style="list-style-type: none"> • Advanced Carbohydrate Counting and Insulin Pump, <i>Melina S. Karipidou</i> • Insulin Pump calculations, corrections for better management of Diabetes Care, <i>Nicos Skordis</i> • The voice of the person who has insulin pump and is a health professional at the same time, <i>Christina Andreou Neoptolemou</i> <p>Chairs: George N. Loucaides /Anna Pahita</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1</i></p>



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17:40	18:40	<p>Keynote Speakers</p> <ul style="list-style-type: none"> • Nutrition Care Plan – Essential for Dietetic Intervention, <i>Esther Myers</i> • The evolution of Nutrition Strategies for creating a champion, <i>Dan Benardot</i> <p>Chair : Eleni Andreou/ Christiana Philippou</p> <p style="text-align: right;"><i>CPE level:1 CPE credit:1</i></p>
18:40	19:40	<p>Oral Presentation (Independent Reviewers will evaluate the presentations and an award will be granted on Sunday)</p> <p>Chairs : Procopis Kalli/ Vasiliki Piki</p> <p style="text-align: right;"><i>CPE level:1 CPE credit:1</i></p>
20:30		Cyprus Night: Is igia- “εις υγεία” - To your health!
TIME		PROGRAMME
SATURDAY 24 November 2018		
08:00		Registrations
08:00	08:40	<p>Panel: Breastfeeding and Infant Feeding</p> <ul style="list-style-type: none"> • Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect, <i>Ourania Kolokotroni</i> • The nutritional aspect of Breastfeeding, <i>Nicoletta Ntorzi</i>
08:40	09:10	<ul style="list-style-type: none"> • Innovative talk: Developmental origins of health and disease; where are we now?, <i>Atul Singhal</i> <p>Chairs: Nicoletta Ntorzi /Georgia Chappa/Dona Hileti</p> <p style="text-align: right;"><i>CPE level:2 CPE credit:1</i></p>
9:10	10:00	<p>Presentation by Companies</p> <p>Chair: Eleni Andreou/Christiana Philippou</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1</i></p>
10:00	10:30	Coffee Break
10:30	12:00	<p>Panel: Innovations in Nutrition and Dietetics</p> <ul style="list-style-type: none"> • Parkinson and Nutritional Prevention and Intervention, <i>George N. Loucaides</i> • Cognitive function: Dietary approaches for the ageing brain, <i>Elena Philippou</i> • Newer dietary recommendations for patients with obstructive sleep apnea, <i>Stavri Chrysostomou</i>



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		<ul style="list-style-type: none"> The Clinical Dietitian Oncology Specialist in Hepatobiliary Surgery- Developing Advanced Skills in Functional GI , <i>Robin Benardot</i> <p>Chairs: Panayiota Tsokkou/Dimitris Papamichael</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1 ½</i></p>
12:00	13:00	<p>Panel: The role of a dietetic and nutrition association plays to help advance our profession and organization</p> <ul style="list-style-type: none"> The role of a dietetic and nutrition association plays to help advance our profession and organization, <i>Prof Anne E de Looy</i>, Immediate past Hon President of EFAD Investigation of the best techniques for overcoming the fraud in dietetics, <i>Dr Dorina Sialvera</i> , President of HAD Survey of who people trust for the dietetic/nutrition opinion, <i>Dr Eleni Andreou</i> , President of CyDNA <p>Chairs: Nicoletta Ntorzi/ Angela Angelidou</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1</i></p>
13:00	14:00	Lunch
14:00	15:00	<p>Food Demonstration: Innovative food to treat hyperlipidemia, <i>George Georgiou</i></p> <p>Chair: Nikolaos Ntaflos/ Andreas Savva</p> <p style="text-align: right;"><i>CPE level:2 CPE credit:1</i></p>
15:00	16:00	<p>Panel: Micronutrients and Impact to Health & New Studies of Nutrition</p> <ul style="list-style-type: none"> The Role of Vitamin D in Diabetes, Cardiovascular and thyroid Disease, <i>Dimitrios Papandreou</i> The effect of K2-dependent proteins in cardiovascular and bone health, <i>Konstantinos Xenos</i> Prediabetes: Why we are worried? What is the magnitude of the problem?, <i>Doros G. Loizou</i> <p>Chairs: Procopis Kalli/ Ellie Hadjilucas</p> <p style="text-align: right;"><i>CPE level:3 CPE credit:1</i></p>



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16:00	17:00	<p>Panel: Epigenetic / Nutrigenetics & Nutrigenomics /Metabolomics</p> <ul style="list-style-type: none"> • Linking epigenetics to diet and longevity, <i>Antonis Kirmizis</i> • Impact of Maternal Diet on the Epigenome during <i>In Utero</i> Life and the Developmental Programming of Diseases in Childhood and Adulthood, <i>Labros Melistas</i> • High Protein Feeding increases de novo lipogenesis triglycerides in healthy adults, <i>Evelina Charidemou</i> <p>Chairs: Nicoletta Ntorzi / George N. Loucaides</p> <p style="text-align: right;"><i>CPE level: 1 CPE credit:1</i></p>
17:00	17:15	Coffee Break
17:15	18:15	<p>Panel: Chronic Conditions and the link to Nutrition</p> <ul style="list-style-type: none"> • Management of the complications of enteral nutrition, <i>Osman Abbasoglu</i> (<i>In Collaboration with CySPEN</i>) • Nephropathies, pathophysiology and the link to Nutrition, <i>Kyriakos Ioannou</i> • Results from Hellenic National Nutrition and Health Survey (HNNHS), <i>Antonis Zampelas</i> (<i>In Collaboration with University of Nicosia</i>) <p>Chairs: Eleni Andreou/Elina Ioannou</p> <p style="text-align: right;"><i>CPE level: 2 CPE credit:1</i></p>
18:15	19:15	<p>Panel: Weight Management Techniques</p> <ul style="list-style-type: none"> • Dietary Patterns in weight loss maintenance, <i>Yiannis Koutras</i> • The importance of nutrition at the workplace, its role on overall productivity and wellbeing and the mindful eating approach for weight management, <i>Anna Christina Koni</i> • Weight regaining: From statistics and Behaviours to physiology and metabolism, <i>Mary Yiannakoulia</i> (<i>In Collaboration with European University, Cyprus</i>) <p>Chairs: Christiana Philippou/ Ellie Hadjilucas</p> <p style="text-align: right;"><i>CPE level:2 CPE credit:1</i></p>
19:15	20:15	<p>Panel: GI/Allergies</p> <ul style="list-style-type: none"> • The differential diagnosis between food allergy and food



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		<p>intolerance, <i>Vasiliki Vourga</i></p> <ul style="list-style-type: none"> Dietary and psychological interventions for ensuring a better QoL for the food allergic patient, <i>Emilia Vassilopoulou</i> The nutritional management of chronic Intestinal Failure, <i>Stéphane Michel Schneider</i> <p>Chairs: Eleni Andreou/ Dimitris Papamichael</p> <p style="text-align: right;"><i>CPE level: 3 CPE credit:1</i></p>
21:30	ish!	Gala Dinner

TIME		PROGRAMME
SUNDAY 25 November 2018		
07:45	08:00	Registrations
08:00	12:00	<p>LLL-Topic 25:- Nutritional Support in Neurological Diseases:</p> <p><u>Case studies:</u></p> <p>Coordinator: Elina Ioannou Presenters: <i>Stalo Kountouri, Giangos Lavranos, Stéphane Michel Schneider (room Elia)</i> Chairs: <i>Elina Ioannou/ Stalo Kountouri</i></p> <p style="text-align: right;"><i>CPE level:1 CPE credit:4</i></p>
10:00	12:00	<p>Informative Discussion/Συζήτηση/General Meeting for CyDNA members</p> <ul style="list-style-type: none"> General Data Protection Regulation (GDPR) and how it affects the dietetics/nutrition profession, Νομοθεσία για τα Προσωπικά Δεδομένα (GDPR) και πως επηρεάζει το επάγγελμα του διαιτολόγου/διατροφολόγου <p><i>Irene Loizidou Nicolaidou Constandinos Andronicou</i></p> <p>Chairs: Eleni Andreou/ Elena Nicolaidou (Concurrent session with LLL-25)</p> <p style="text-align: right;"><i>CPE level: 1 CPE credit:2</i></p>



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12:00	13:00	<p>Debate</p> <ul style="list-style-type: none"> • Best treatment of obesity is matter of low carb and high protein diet: Pros and Cons • In favour or against? <p>In Favour – <i>Anastasios Papalazarou</i> Against – <i>Dorina Sialvera</i></p> <p>Chairs: Anna Pahita/ Vasiliki Piki</p> <p style="text-align: right;"><i>CPE level:2 CPE credit:1</i></p>
13:00	13:30	<p>Closing Ceremony and Awards for the Best Rated Oral/Poster Presentation</p> <p>Chairs: Nicoletta Ntorzi/ Angela Angelidou</p>
13:30	17:30	<p>LLL-Topic 15: Nutritional Support in Renal Disease:</p> <p>Coffee Break 15:30-16:00</p> <p><u>Case studies:</u></p> <p>Coordinator: <i>Elina Ioannou</i> Presenters: <i>Stalo Kountouri, Giangos Lavranos, Elina Ioannou</i> (Room: <i>Zenon Kiteus</i>) Chairs: <i>Elina Ioannou/ Stalo Kountouri</i></p> <p style="text-align: right;"><i>CPE level: 1 CPE credit:4</i></p>

Conference Room: Zenon Kiteus; LLL-25: Elia; LLL-15: Zenon Kiteus; Exhibition Room: Zenon Kiteus

Simultaneous Translation Greek-English will be offered

LLL's will be in English (Greek explanations by Greek speaking speakers)

Session for the sponsors – 5 minutes presentation; Book Presentations/Oral Presentations-5 minutes; Poster; **Lunches/ Coffee Breaks courtesy of CyDNA and conference**

The Scientific Programme applied for approval for CPE 34, 2 Poster/Oral, 1 Exhibition



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Andreou Eleni

Members of Organizing Committee

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Hadjilucas Ellie
Ioannou Elina
Kakouri Stella
Kalli Procopis
Kountouri Stalo
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