



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) 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 Sophocleous</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>Panayiota Theofilou</i> • Importance of Certification in Food Safety and Quality, <i>Kyros Demetriades</i> (In collaboration with Cyprus Association of Food Scientist / Food Technologists) • Milk and the Myths, evidence based, <i>Antonis Zampelas</i> (In collaboration with University of Nicosia) <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: Eleni Andreou/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> 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</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. Loucaides</i> <p>Chairs: Christiana Philippou/ Rafaella Savva</p> <p style="text-align: right;"><i>CPE level:2 CPE credit:1</i></p>



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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 <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	<p>Coffee Break/Poster Presentation (Independent Reviewers will evaluate the presentations and an award will be granted on Sunday)</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>
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>



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		<i>CPE level:1 CPE credit:1</i>
18:40	19:40	<p>Poster Session / Announcements/ 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! / Cocktail
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: 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: Christiana Philippou/Rafaella Savva</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> • 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>



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		<i>CPE level: 2 CPE credit:1 ½</i>
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: Andreas Savva/ Nikolaos Ntaflos</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> 1. 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>
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



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		<p>Adulthood, <i>Lambros Melistas</i></p> <ul style="list-style-type: none"> 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	18:00	<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>
18:00	18:30	Coffee Break
18:30	19:30	<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>
19:30	20:30	<p>Panel: GI/Allergies</p> <ul style="list-style-type: none"> The differential diagnosis between food allergy and food intolerance, <i>Vasiliki Vourga</i> Dietary and psychological interventions for ensuring a better QoL for the food allergic patient , <i>Emilia Vassilopoulou</i>



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		<ul style="list-style-type: none"> 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>
21:00		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</i></p> <p style="text-align: right;"><i>CPE level:1 CPE credit:4</i></p>
10:00	12:00	<p>Informative Discussion/Συζήτηση</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</i> <i>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>
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>



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13:00	13:30	Closing Ceremony and Awards for the Best Rated Oral/Poster Presentation
13:30	17:30	LLL-Topic 15: Nutritional Support in Renal Disease:
Coffee Break	15:30- 16:00	<u>Case studies:</u> Coordinator: <i>Elina Ioannou</i> Presenters: Stalo Kountouri, <i>Giangos Lavranos</i> , <i>Elina Ioannou</i> <i>CPE level: 1 CPE credit:4</i>

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 (Oral presentation based to time availability); Poster

The Scientific Programme applied for approval for CPE 31 ½ (29 ½ Conference, 1 Poster/Oral, 1 Exhibition)

Committees & Organisation

Conference Committee

Chair of Organizing Committee

Andreou Eleni

Members of Organizing Committee

Angelidou Angela
Hadjilucas Ellie
Ioannou Elina
Kakouri Stella
Kalli Procopis
Kountouri Stalo
Loucaides N. George
Ntaflos Nikolaos
Ntorzi Nicoletta
Papamichael Dimitris
Pahita Anna
Philippou Christiana
Piki Vasiliki
Savva Andreas
Savva Rafaella
Tsokkou Panayiota

Scientific Committee

Andreou Eleni
Angelidou Angela
Hadjilucas Ellie
Ioannou Elina
Ntaflos Nikolaos
Kalli Procopis
Kountouri Stalo
Loucaides N. George
Ntorzi Nicoletta
Pahita Anna
Philippou Christiana
Savva Rafaella
Tsokkou Panayiota

