



Webinar: Nutrition and ageing 29 May 2023, 14 - 17

“Let Food be your Medicine and Medicine be your Food”

This webinar offers an overview on the main nutritional factors that could promote healthy ageing.

Programme

14:00 - 14:10 Welcome and introduction

14:10 - 15:05 Key notes

Moderator: Davide Liborio Vetrano, MD, PhD, Assistant Professor in geriatric medicine, Karolinska Institutet

- 14:15 – 14:40: Enrica Favaro, MD, PhD, specializing in Clinical Nutrition, University of Turin and Ezio Ghigo, University of Turin:
“Clinical nutrition of elderly people: basic rules”
- 14:40 – 15:05: Tommy Cederholm, MD, PhD, Professor of Clinical Nutrition, Department of Public Health and Caring Sciences/Clinical Nutrition and Metabolism, Uppsala University:
“Sarcopenia and malnutrition – catabolic conditions contributing to frailty”

15:05 - 15:20 Discussion of questionnaire on Mediterranean Diet

15:20 - 15:40 Small group mingling

Break out rooms, participants present their research in small groups.

15:40 - 15:45 Break

15:45 - 16:45 Oral presentations

Moderator: Salvatore di Somma, MD, PhD, Professor of Internal Medicine, Cardiologist and Internist at Faculty of Medicine and Psychology, Sapienza University of Rome

- Jessica Samuelsson, RH, PhD, University of Gothenburg: “Dietary patterns among older adults – with focus on dementia and related biomarkers”
- Federica Prinelli, PhD, Institute of Biomedical Technologies-CNR: “Exploring the complex relationship between Nutrition, gUT microbiota and BRain AgINg: preliminary findings from the NutBrain Study”
- Maurizio Balestrina, Researcher at Department of Neuroscience, University of Genova: “Creatine in the sarcopenia of the elderly”
- Mikaela Willmer, registered dietitian, PhD, Associate professor of caring sciences, University of Gävle: “Eating disorders among older people – a forgotten problem”?

16:45 – 17:00 Wrap up

Register here: <https://link.gu.se/Events/6525/Apply>