

6th SINSeB-SINut-J medical International Congress

Women's Universe: Training, Nutrition, Health and Disease

**November
24th-25th-26th
2023**

**Bologna
Savoia Regency Hotel**

**Asynchronous online learning available
for all Congress attendees**



6th SINSeB-SINut-J medical International Congress

Women's Universe: Training, Nutrition, Health and Disease

WITH THE PATRONAGE OF



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA
DIPARTIMENTO DI
SCIENZE MEDICHE E CHIRURGICHE



UNIVERSITÀ
DI CAMERINO



ADI ETS già ONLUS
Associazione Italiana
di Dietetica e Nutrizione Clinica



Ente Nazionale di
Previdenza e Assistenza
a favore dei Biologi



MENOPAUSEBOOST.
rivoluzione menopausa



Scientific Rationale

Nutrition and gender-specific supplementation are constantly evolving and today represent an important aspect for both athletic performance in sports and for women's health, throughout various life stages.

Literature review and analysis help us better understand how to optimize nutrition and personalize dietary plans based on different situations.

This Congress aims to discuss the latest knowledge regarding gender-specific nutrition and nutraceuticals; it will address topics such as women's sports nutrition, training programs for strength and endurance sports, gender-specific sports medicine and the management of injured female athletes, with a particular focus on nutritional aspects.

In-depth sessions will cover the issues of childhood obesity and menopause and will examine and discuss the latest developments in nutraceuticals for women of different ages, to prevent, manage and treat common health conditions.

The ultimate goal of this congress is to promote an updated perspective on gender-specific nutrition, training and nutraceuticals.

Friday, November 24th

9.00 A.M. Participant Registration

9.30 A.M. Introduction
Fabrizio Angelini, Arrigo F.G. Cicero, Luca Stefanini

FIRST SESSION

Sport Nutrition: Nutrition and training for endurance and strength

Chairmen: *Luca Gatteschi, Pierluigi Pompei*

10.00 A.M. Water turnover and hydration status in active populations
Analiza Mónica Silva

10.20 A.M. Training of female triathlete for 4 Olympic games
Iñigo Mujika

10.40 A.M. An update on carbohydrate intake recommendations during exercise for women
Asker Jeukendrup

11.00 A.M. Creatine supplementation to enhance strength and endurance performance in women
Scott Forbes

11.20 A.M. DISCUSSION

11.40 A.M. The role of running for women's physical and mental health
Daniele Vecchioni

12.00 P.M. Women's energy cost in marathon running
Stefano Righetti

12.20 P.M. Women's health and sport at different stages of life

12.40 P.M. DISCUSSION

1.00 P.M. **LUNCH**

Friday, November 24th

SECOND SESSION

Gender sport medicine

Chairmen: *Marco Freschi, Massimo Massarini*

- 2.10 P.M. Blood pressure and heart rate self-monitoring: how important is the device?
Giovanni Benedetti
- 2.30 P.M. Body composition, energy expenditure and weight regulation
Luís Bettencourt Sardinha
- 2.50 P.M. Bioimpedance analysis during the menstrual cycle, pregnancy and female sports activity
Jacopo Talluri
- 3.10 P.M. Menstrual cycle and performance
Chiara Vignati
- 3.30 P.M. Optimising glycaemic control in athletes
Giorgio Severgnini
- 3.50 P.M. Pregnancy: nutrition and sport
Eva Ferrer Vidal-Barraquer
- 4.10 P.M. Effects of creatine supplementation on muscle, bone and fat mass in post menopausal women
Darren Candow
- 4.40 P.M. DISCUSSION
- 4.50 P.M. *COFFEE BREAK*

THIRD SESSION

Injury management for female athletes

Chairmen: *Andrea Marchini, Luca Stefanini*

- 5.10 P.M. Lectio Magistralis: Nutrition for injured female athletes
Fabrizio Angelini
- 5.40 P.M. Doping in women's sport: new frontiers
Alberto Ghidella
- 6.00 P.M. Injuries: differences between men's and women's football
Nicola Sasso
- 6.20 P.M. Anterior cruciate ligament injury in women's football
Alessandro Buttà
- 6.40 P.M. DISCUSSION
- 7.00 P.M. 1st Day Conclusions

Saturday, November 25th

FOURTH SESSION

Paediatrics

Chairman: *Luca Belli*

- 9.00 A.M. Gender-related differences of clinical presentations in coeliac disease
Michele Di Stefano
- 9.20 A.M. Paediatric obesity
Andrea Vania
- 9.40 A.M. The young sportsman
- 10.00 A.M. Eating disorders in adolescence
Loriana Murciano
- 10.20 A.M. DISCUSSION
- 10.30 A.M. *COFFEE BREAK*

FIFTH SESSION

ADI-SINSeB Joint session - Clinical nutrition

Chairmen: *Fabrizio Angelini, Barbara Paolini*

- 11.00 A.M. Clinical dietetics for women: updates on low glycaemic index nutrition
Annalisa Maghetti
- 11.30 A.M. The value of gender difference in health and care
Maria Grazia Carbonelli
- 11.50 A.M. Lights and shadows of dieting in women's oncological diseases
Concetta Finocchiaro
- 12.10 P.M. Sport and the gut: how to make them get along
Carlo Casamassima
- 12.30 P.M. DISCUSSION
- 12.45 P.M. In memory of Dr. Sara Bartoli
Fabrizio Angelini
- 1.15 P.M. *LUNCH*

Saturday, November 25th

SIXTH SESSION

Nutraceuticals and Women's Health

Chairmen: *Arrigo F.G. Cicero, Alberto Vincenzi*

- 2.20 P.M. Lectio Magistralis: lipids, nutraceuticals and cardio-cerebrovascular risk in women from childbearing age to menopause
Arrigo F.G. Cicero
- 2.50 P.M. Nutraceuticals in symptomatic menopause
Federica Fogacci
- 3.10 P.M. Nutraceuticals for osteopenia, osteoporosis and osteoarticular diseases
Alessandro Colletti
- 3.30 P.M. New technologies to ensure quality nutraceuticals: examples in sports supplementation
Andrea Fratter
- 3.50 P.M. Vegetarian and vegan diet
Luca Belli
- 4.10 P.M. DISCUSSION

SEVENTH SESSION

Primary and Secondary obesity

Chairmen: *Annalisa Maghetti, Massimo Magistrali*

- 4.20 P.M. Lectio Magistralis: female hormone health odyssey
Nicky Keay
- 4.50 P.M. Ketogenic diet and PCOS
Luigi Barrea
- 5.10 P.M. Lipedema and the ketogenic diet
Marco Marchetti
- 5.30 P.M. Ketogenic diet and contraindications
Mikiko Watanabe
- 5.50 P.M. Ketogenic diet in post-menopausal women
Massimiliano Caprio
- 6.10 P.M. Lectio Magistralis: pharmacological therapy of obesity in women at different stages of life
Fabrizio Muratori
- 6.40 P.M. DISCUSSION
- 7.00 P.M. 2nd Day Conclusions

Sunday, November 26th

EIGHTH SESSION

Menopause, obesity and sarcopenia: nutrition and physical activity

Chairmen: *Fabrizio Angelini, Arrigo F.G. Cicero*

- 9.00 A.M. Lectio Magistralis: Menopause
Marco Gambacciani
- 9.30 A.M. Body assessment in obesity and post-menopausal women
- 9.50 A.M. Management of the patient with sarcopenia, assessment
and physical exercise
Paolo Cigni, Matteo Gallo
- 10.10 A.M. Integrated management of sarcopenic women
Maria Letizia Petroni
- 10.30 A.M. Physical activity and cardiovascular prevention
Anna Vittoria Mattioli
- 10.50 A.M. DISCUSSION
- 11.00 A.M. Presentation of the menopause association
- 11.05 A.M. *COFFEE BREAK*

NINTH SESSION

ASAND-SINSeB Joint session - Dietetics applied to sport

Chairmen: *Marta Molin, Antonio Parri*

- 11.20 A.M. Nutraceuticals and PCOS
Maurizio Fadda
- 11.40 A.M. Nutrition and rhythmic gymnastics
Marco Buccianti
- 12.00 P.M. Assessment of nutritional needs for women in cycling
Erica Lombardi
- 12.20 P.M. Nutritional management of female athletes in relation to
hormonal trends and menstrual cycles
Cinzia Ferraris
- 12.40 P.M. DISCUSSION
- 1.00 P.M. Congress Conclusions



Asynchronous online learning Programme

- Investigating the sports nutrition needs of female athletes
Louise Burke
- The role of metabolic engineering for improved sport performance
Barry Sears
- Dietary Supplements for women strength athletes across their lifespan
Tim Ziegenfuss
- Strategies to prolong healthspan in women: impact of insulin resistance, diabetes and menopause
Camillo Ricordi
- Hydration in triathlon
Lorenzo Bergami
- All about protein for women
Alberto Vincenzi
- Nutritional management of a women's football team
Micol Purrotti
- Women and sleep. Lifestyle and physical activity
Livia Galletti
- Nutrition and supplementation in women's rugby
Carmine Orlandi
- Nutrition and supplementation in women's combat sports
Barbara De Conno
- Women's nutrition during lactation
Lara Lanuzza
- Magnesium: from physical activity to performance in women
Luca Gatteschi
- Statistical survey on the main food supplements and nutraceuticals sold in pharmacies for women's problems
Emanuele Veronese
- Ketogenic diet in women and microbiota
Maurizio Tommasini
- Flavonoid approach in CVI for sportspeople
Arrigo F.G. Cicero
- Swimming nutrition in women from adolescents to master swimmers
Luca Di Tolla

CONGRESS CHAIR

Fabrizio Angelini

SCIENTIFIC DIRECTORS

Fabrizio Angelini
Arrigo F.G. Cicero
Luca Stefanini

SCIENTIFIC SECRETARIAT

Luca Belli

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Società Italiana di Nutraceutica

FACULTY MEMBERS

Fabrizio Angelini
Luigi Barrea
Luca Belli
Giovanni Benedetti
Lorenzo Bergami
Luís Bettencourt Sardinha
Marco Bucciatti
Louise Burke
Alessandro Buttà
Darren Candow
Massimiliano Caprio
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Emanuele Veronese
Chiara Vignati
Alberto Vincenzi
Mikiko Watanabe
Tim Ziegenfuss

MAIN TOPICS

Sport nutrition and training for women

Sport medicine for women

Obesity: from childhood to menopause

Nutraceuticals training and female health

PCOS obesity lipedema and ketogenic diet

Body composition in sport, in pregnancy and in menopause

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Società Italiana di Nutraceutica

GENERAL INFORMATION

Congress Venue

Savoia Hotel Regency

Via del Pilastro, 2
40127 Bologna IT

How to reach the Congress Venue

From the Airport: Marconi Express to central station, then bus n. 35

From the city center: bus n. 14/35/20

From the railway station: bus n. 35

By car: exit n. 9 at the ring road (tangenziale), direction to Granarolo dell'Emilia

We have activated a discounted rate for the Congress participants at the following Hotels:

- Hotel Michelino Bologna Fiera
- The Sydney Hotel, Bologna
- Savhotel Bologna Fiera

You can contact and reference the SINSeB Congress and you will receive a quotation with a dedicated rate.

Organizing Secretariat

Mediabout S.r.L.

Continuing Medical Education (CME)

EVE-LAB s.r.l.s. - CME provider - (identification code no. 5306)

Language

The official language will be Italian. Simultaneous translation service is planned in Plenary Room (ITA/EN - EN/ITA).



Online learning

Asynchronous online learning will be freely available on the official Congress website (www.mediabout.it/6thSSj_Congress) for all Congress attendees who attended all days of the Congress

CME (CONTINUING MEDICAL EDUCATION)

The “6th Sinseb-Sinut-J Medical International Congress Women’s Universe: Training, Nutrition, Health And Disease” is included in the list of Continuing Medical Education (CME) events in the 2023 educational program of the Accredited Provider Eve-Lab (ID 5306). To obtain educational credits, participants must: be specialized exclusively in accredited categories (below); attend 90% of the training activities (attendance verification with signature on the register); pass the learning assessment (tool used: questionnaire); return the “perceived quality” form, and submit the completed documentation to the secretariat in its entirety.

ACCREDITED CATEGORIES:

Medical Doctor - *Disciplines:* Allergology and Clinical Immunology; Pathological Anatomy; Anesthesiology and Intensive Care; Angiology; Audiology and Phoniatrics; Clinical Biochemistry; Cardiothoracic Surgery; Cardiology; General Surgery; Maxillofacial Surgery; Pediatric Surgery; Plastic and Reconstructive Surgery; Thoracic Surgery; Vascular Surgery; Continuous Care; Palliative Care; Dermatology and Venereology; Hospital Medical Management; Hematology; Endocrinology; Epidemiology; Clinical Pharmacology and Toxicology; Gastroenterology; Medical Genetics; Geriatrics; Gynecology and Obstetrics; Food and Nutrition Hygiene; Hygiene, Epidemiology, and Public Health; Medical Genetics Laboratory; Respiratory Diseases; Infectious Diseases; Metabolic Diseases and Diabetology; Aeronautical and Space Medicine; Occupational Medicine and Workplace Safety; Sports Medicine; Community Medicine; Emergency Medicine; Physical and Rehabilitation Medicine; General Medicine (Family Doctors); Internal Medicine; Legal Medicine; Nuclear Medicine; Underwater and Hyperbaric Medicine; Thermal Medicine; Transfusion Medicine; Microbiology and Virology; Nephrology; Neonatology; Neurosurgery; Neuropathology; Neurology; Child and Adolescent Neuropsychiatry; Neuroradiology; Ophthalmology; Oncology; Basic Healthcare Services Organization; Orthopedics and Traumatology; Otorhinolaryngology; Clinical Pathology (Clinical Chemistry and Microbiology Laboratory); Pediatrics; Psychiatry; Psychotherapy; Radiology; Radiotherapy; Rheumatology; Food Science and Dietetics; Urology;

Pharmacist - *Disciplines:* Hospital Pharmacist and Territorial Pharmacist

Biologist

Chemist - *Disciplines:* Analytical Chemistry

Physicist - *Disciplines:* Medical Physics

Physiotherapist

Dentist

Psychologist - *Disciplines:* Psychology, Psychotherapy

EDUCATIONAL OBJECTIVE: Technical-professional (knowledge and skills) contents specific to each profession, specialization, and ultra-specialized activity, including rare diseases and gender medicine.

ASSIGNED CREDITS: 6

TRAINING HOURS: 20

EVENT CODE: 5306-397014

ACCREDITED PARTICIPANTS: 300

Organizing Committee



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dello Sport e del Benessere**

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CME Provider



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