



12th Cyprus Dietetic & Nutrition Association Conference and Expo with International Participation

EXCELLENCE IN NUTRITION & DIETETIC RESEARCH AND PRACTICE

01 - 03.12.2023 | Hilton Nicosia | Cyprus

PROGRAMME

ORGANIZED BY:



CyDNA is a member of



UNDER THE AUSPICES OF:



Cyprus Registration Board
for Food Technologists,
Food Scientists and Dietitians



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH



MINISTRY OF EDUCATION
SPORT AND YOUTH



ANALYTICAL PROGRAMME

FRIDAY, 1 DECEMBER 2023

ROOM: AMATHUSIA

10:30 – 11:00

Registrations for LLL Course Participants (LEDRA FOYER)

11:00 – 13:00

LLL Course: Nutritional Support in Pancreatic Disease

11:00 – 11:45

LLL Modules:

- Module 14.1: Nutrition in Acute Pancreatitis
Chrystalla Kountouri

11:45 – 12:15

- Module 14.2: Chronic Pancreatitis
Dr Haris Constantinou

12:15 – 13:00

- Case and Test

Course Director: Chrystalla Kountouri

Presenters: Chrystalla Kountouri, Dr Haris Constantinou

With Cooperation of CySPEN



CPE level:II

CPE credit:2

12:30 – 13:00

Registrations - Welcome coffee and cookies (LEDRA FOYER)

ROOM: LEDRA A

13:00 – 14:00

Panel: Microbiomes, Microbiota and Nutrition

- Maternal microbiome and brain development
Prof Edna Yamasaki Patrikiou
- Can our epigenome store metabolites?
Dr Evelina Charidemou
- Eating for Two: How Our Diet's microRNAs Influence Our Microbiome
Dr Myrtani Pieri

Chairs: Eleni Andreou, Nicoletta Ntorzi, Kyriakos Felekkis

CPE level:I

CPE credit:1



14:00 – 15:00

Panel: Sports Performance - Discussion

- Practical Training - Testimonial
Nectarios Alexandrou
- Sports Performance from Nutrition Perspective
Nicoletta Michaelidou
- Marathon training needs and performance
Dr George Loucaides
- Sports Performance from Sports Medicine Perspective
Dr Michalis Michaelides

Chairs: Nikolaos Ntaflos, Constantinos Zisimou

*In Collaboration with National Center of Sports Medicine
Research in Cyprus*

CPE level: II CPE credit: 1

15:00 – 16:00

Panel: Nutrition Behaviour and Dietetic Practice for Life Cycle Nutrition

- Results of Army Study in Cyprus for Weight and Eating Behaviour of soldiers
Nicoletta Ntorzi
- Entrepreneurship in Dietetics
Alini Calmon - Spanou
- Guiding New Parents to Prevent Food Allergies in Infancy
Dr Emilia Vassilopoulou
- Nutritional Policies from Ministry of Health
Eliza Markidou

Chairs: Eleni Andreou, Yiota Tsokkou

CPE level: II CPE credit: 1

16:00 – 16:30

**Coffee Break and Nutritious Snacks (Exhibition Area)
Poster Session (LEDRA A)**

16:30 – 17:30

Panel: Atherosclerosis Matters

- Adherence to the Mediterranean diet and atherosclerotic cardiovascular events: Follow-up data from a Cypriot cohort
Dr Andrie Panayiotou
- Folic acid deficiency, homocysteine blood levels and atherosclerotic cardiovascular events: a 19-year follow-up study in an initially asymptomatic Cypriot cohort
Prof Andrew Nicolaidis, MD
- Factors Influencing the Production of Nitric Oxide
Prof Dan Benardot

Chairs: Christiana Philippou, Olga Efthymiou

In Collaboration with Cyprus Atherosclerosis Society

CPE level: I CPE credit: 1



17:30 – 18:30

Panel: All about Weight Management

- Chrononutrition: Is eating according to circadian rhythm the right choice?
Prof Dimitrios Papandreou
- Mindset and weight management
Dr Anastasios Papalazarou
- Patient- centered communication in obesity management setting
Prof Marwan El Ghoch

Chairs: Elina Angastinioti, Angela Angelidou, Christos Petrou

CPE level:II CPE credit: 1

18:30 – 19:30

Opening Ceremony

18:30 – 19:00

- Keynote Presentation: ‘One Health’: The challenges are ahead
Prof Antonis Zampelas, President of Hellenic Food Authority (EFET)

19:00 – 19:30

Addresses by:

- **Prof Eleni P. Andreou**
President of Cyprus Dietetic and Nutrition Association
- **Mrs Panayiota Theophilou**
V. President of Cyprus Registration Board for Food Scientists, Technologists and Dietitians
- **Mrs Fani Preventi**
President of the Hellenic Dietetic and Nutrition Association
- **Ministry of Education, Sports and Youth Representative**
- **Dr Christina Yiannaki**
Director General, Ministry of Health

Honor of Dr Iosif Kasios, MD
Past President of the National Committee of Diabetes

Performance by Tenor Ioannis Livanos

Chairs: Nicoletta Ntorzi, Anna Pahita

CPE level:III CPE credit: 1

19:30

Official Opening of Exhibition and Cocktail



SATURDAY, 2 DECEMBER 2023

ROOM: AMATHUSIA

08:00 – 12:00

LLL Course: Nutritional Support in Paediatric Patients

LLL Modules:

08:00 – 08:45

- Module 4.1: Food Allergy: Prevention and Treatment of Cow's Milk Allergy
Dr Giagkos Lavranos, MD

08:45 – 09:30

- Module 4.2: Nutrition and Dietary Therapy in Paediatric Inflammatory Bowel Disease
Dr Giagkos Lavranos, MD

09:30 – 10:15

- Module 4.3: Nutrition Treatment in Children with Intestinal Failure with a Special Emphasis on Short Bowel Syndrome
Prof Dimitris Papandreou

10:15 – 10:30

Coffee Break (Exhibition Area)

10:30 – 11:15

- Module 4.4: Principles of Feeding the Preterm Infant
Prof Dimitris Papandreou

11:15 – 12:00

- Case and Test

Course Director: Chrystalla Kountouri, Dr Giagkos Lavranos
Presenters: Dr Giagkos Lavranos, Prof Dimitrios Papandreou

With Cooperation of CySPEN



CPE level:II CPE credit:4

ROOM: LEDRA A

08:30 – 09:30

Panel: Nutrition Care Plan - Workshop

- Nutrition Assessment and Process of Nutrition and Dietetic Practice, Case Study/ Discussion
Prof Eleni Andreou & Anna Pahita
- What you told us! (for introduction of solid food – research based)
Dr Dona Hileti

Chairs: George Loukaides, Yiota Tsokkou

CPE level:II CPE credit: 1

09:30 – 10:30

Workshop: Contemporary and Motivating Issues in Dietetics

- Managing the fear of uncertainty
Dr Elie Wakil

Chairs: Eleni Andreou, Constantinos Zisimou

CPE level:II CPE credit: 1

10:30 – 11:00	Coffee Break (Exhibition Area) Poster Session (LEDRA A)
11:00 – 12:00	<p>Panel: Neurodegenerative Disorders, Cognition and Nutrition</p> <ul style="list-style-type: none"> • MIND DIET- Excellence in Nutrition Practice for Dementia, Alzheimer's, Parkinson, Aging Elina Angastinioti • Modifiable and unmodifiable risk factors affecting cognitive health and quality of life in adulthood: Evidence from the Neurocognitive Study on Aging (NEUROAGE) Prof Fofi Constantinidou • Pomegranate seed oil (Granagard), a natural antioxidant to target neurodegeneration in Multiple Sclerosis Dr Panagiota Petrou, MD <p>Chairs: George Loukaides, Eleni Andreou</p> <p>CPE level: I CPE credit: 1</p>
12:00 – 13:00	<p>Panel: Workshop-Practical Tools for Eating Disorders</p> <ul style="list-style-type: none"> • The role of a dietitian in the treatment of anorexia nervosa Bethany Francois • MINDFUL EATING- when a psychologist and dietitian work together to implement MINDFUL EATING Persa Korfiati • Train the Trainer: Educate the dietitians/nutritionist show to guide their consultees with disordered eating (Testimonial) Poly Gregora • 5' presentation by ZOPIΑΣ <p>Chairs: Eleni Andreou, Olga Efthimiou</p> <p><i>In Collaboration with MAZI</i></p> <p>CPE level: I CPE credit: 1.5</p> <div style="text-align: right;">  MAZI <small>ΜΑΡΙΑΣ & ΑΝΔΡΕΑ ΖΟΡΠΙΑ ΙΔΡΥΜΑ (ΙΔΡΥΜΑ ΔΙΑΤΡΟΦΙΚΩΝ ΔΙΑΤΑΡΑΧΩΝ)</small> </div>
13:00 – 14:00	Lunch Break (Exhibition Area)
14:00 – 15:00	<p>Food Demonstration: Culinary Nutrition SPA for Health/Institute – Preparing Food for the Hospital</p> <p>By Chef George Erotokritou</p> <p>Chairs: Andreas Savva, Angela Angelidou</p> <p><i>In Collaboration with Charalambides Christis</i></p> <p>CPE level: III CPE credit: 1</p> <div style="text-align: right;">  </div>



15:00 – 16:00

Panel: Policies of Nutrition and Dietetics

- Nutrition Policies, Procedures and Programmes in the Cyprus Ministry of Education, Sports and Youth
Dr Christiana Philippou
- GeSY: A Challenging Era
Chrystalla Kountouri
- Medical Nutrition Therapy Guidelines for the Treatment of Obesity: A Paneuropean Approach
Dr Antonis Vlassopoulos
- Policy priorities and advocacy for the profession of Dietitians - Nutritionists in Europe by EFAD
Dr Grigoris Risvas

Chairs: Eleni Andreou, Nikolaos Ntaflos, Ioannis Karis

CPE level: I CPE credit: 1

16:00 – 17:00

Panel: New practices with Diabetes and Metabolic Syndrome

- Gene-diet interactions and their potential role in type 2 diabetes prevention
Dr Alexandros Heraclides
- CGMs pumps and the role of the clinical dietitians as a diabetes educator
Dr Charilaos Dimosthenopoulos
- Developments in the diagnosis and management of metabolic syndrome from a pharmacist perspective
Dr Eleftheria Galatou

Chairs: Dimitris Papamichael, Elina Angastinioti

CPE level: I CPE credit: 1

17:00 – 17:30

Coffee Break (Exhibition Area)

17:30 – 18:30

**Satellite Symposium
by M.S. Jacovides & Co Ltd**

- The phytotherapy and its uses for a healthy liver
Dr Marco Gianfrancesco (Ortis Scientific Affairs Lead)
- 5' Presentation by MSJ Group

Chairs: Christiana Philippou, Procopis Kalli

CPE level: I CPE credit: 1



18:30 – 19:30	<p>Panel: Kidney Diseases</p> <ul style="list-style-type: none"> • Testimony from the Cyprus Patients Kidney Association Emily Groutidou • Nutritional Guidelines from stage1 to ESKD Dr Kalliopi Anna Poulia • Exercise in chronic kidney disease Dr Christoforos Giannaki • The role of the Nurse in the care of people with Kidney failure Dr Evangelos Latzourakis <p>Chairs: Anna Michael, Eleni Andreou, Anastasios Theodorou</p> <p style="text-align: right; font-size: small;">CPE level: I CPE credit: 1.5</p>
21:30	Gala Dinner

SUNDAY, 3 DECEMBER 2023

ROOM: LEDRA A

09:00 – 10:00	<p>Oral/Poster Presentations</p> <p>Chairs: George Loukaides, Procopis Kalli</p> <p style="text-align: right; font-size: small;">CPE level: III CPE credit: 1</p>
10:00 – 11:00	<p>Panel: Dietetic Science and Practice</p> <ul style="list-style-type: none"> • Intermittent Fasting: A Novel Approach or Just Another FAD Diet? Fani Preventi • GLP1 agonists – Are they the solution for weight loss? Dr Yiannis Sarigiannis • Nutritional Pathways to Sleep Optimization: Bridging Dietetics and Sleep Science Dr Angelos Vlahoyiannis <p>Chair: Anna Michael, Anna Pahita</p> <p style="text-align: right; font-size: small;">CPE level: II CPE credit: 1</p>
11:00 – 11:15	Coffee Break (Exhibition Area)



11:15 – 12:15	<p>Panel: Critical Care in Nutrition</p> <ul style="list-style-type: none">• Functional Food and Prevention of Chronic Diseases Dr Aimilia Papakonstantinou• The New Guidelines for Enteral Nutrition Dr Dimitrios Karagiannis• The Diagnosis of Malnutrition According to the GLIM for Cancer patients Sophia Brown <p>Chairs: Nicoletta Ntorzi, Eleni Andreou</p> <p>CPE level:II CPE credit: 1</p>
12:15 – 13:00	<p>Satellite Symposium by Fagron Hellas</p>  <ul style="list-style-type: none">• Nutrigenetics tool for health professionals. How to implement Fagron NutriGen™ into your clinical practice Mrs Niki Androulaki <p>Chairs: Christiana Philippou, Nikolaos Ntaflos</p> <p>CPE level:I CPE credit: 1</p>
13:00 – 14:00	<p>Debate: The role of artificial sweeteners and light products in the promotion of weight loss and diabetes management</p> <ul style="list-style-type: none">• Dr Anastasios Papalazarou (Con)• Dr Charilaos Dimosthenopoulos (Pro) <p>Chair: Dimitris Papamichael, Yiota Tsokkou</p> <p>CPE level:III CPE credit: 1</p>
14:00 – 14:30	<p>Closing Ceremony and Awards for</p> <ul style="list-style-type: none">• Best Rated Oral/Poster Presentation for Student Dietitians• Announcement of Children's Book Contest Winner <p>Supported by: Ministry of Health, Ministry of Education, Sport and Youth</p> <p>Prof Eleni Andreou Chairs: Christiana Philippou, Nicoletta Ntorzi</p> <p>CPE level:III CPE credit: 1</p>

The Scientific Programme applied for approval for 30 CPE (22 Conference, 1 Poster/Oral, 1 Exhibition, 6 LLL)

Conference Room: Ledra A | Exhibition Room: Ledra B
LLL- 4 Room: Dionysos | LLL- 14 Room: Ledra A

Available Translation for Conference: Greek - English
LLL's will be in English (Greek explanations by Greek speaking speakers)