

Healthy Aging Week 2023

Across and Beyond Disciplines

Alba
Fondazione Ferrero
November 6-11



TIMETABLE

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New models
of territorial health care

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Effects of Anti-Aging Redox
Medicine on Health and Lifespan

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NEAR – New Possibilities
for the Aging Research in Europe

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Nutrition and longevity
Diabetes in the elderly

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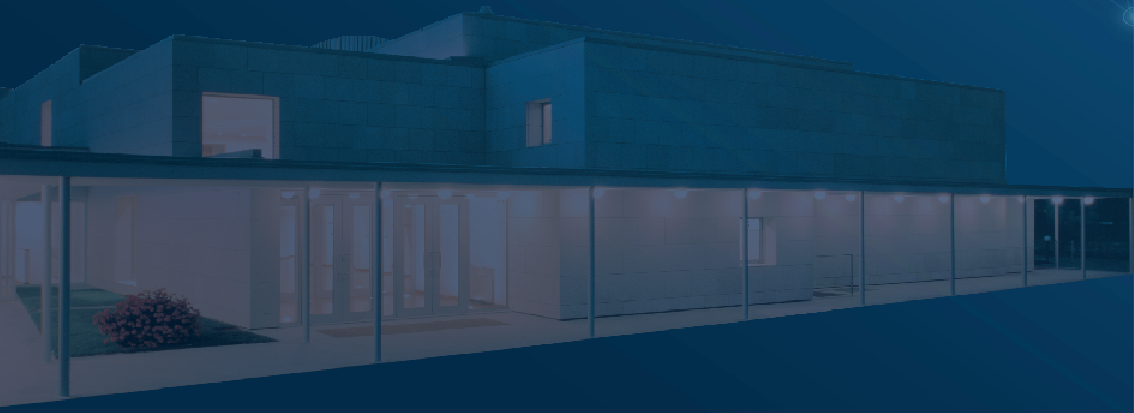
NOV

The surgical elderly
The demographic transition

11

NOV

My longevity experiment
Looking into the biological,
existential, spiritual future



Healthy Aging Week 2023

Across and Beyond Disciplines

Organised by

Fondazione Piera Pietro e Giovanni Ferrero

In collaboration with

Accademia di Medicina di Torino

Karolinska Institutet of Stockholm

Università Cattolica del Sacro Cuore di Milano

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Karolinska Institutet of Stockholm

Giancarlo Isaia

President Accademia di Medicina di Torino

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Umberto Dianzani

Laura Fratiglioni

Giancarlo Isaia

Alessandra Marengoni

Roberto Menta

Lorenzo Morelli

Giuseppe Poli

Roberto Zoboli

CME COURSE - LANGUAGE: ITALIAN

New models of territorial health care

Organised by Fondazione Ferrero, Accademia di Medicina di Torino and ASL CN2 Alba-Bra

14.00 Registration and welcome coffee

15.00 Institutional greetings

Opening Lecture

Chair: **Giancarlo Isaia**

Marco Inzitari

Intermediate care: supporting primary care in health and social integration for the frail elderly

First Session: The management of the frail elderly

Chairs: **Luigi Maria Pernigotti, Vincenzo Villari**

15.30 **Gianluca Isaia**

The clinical, cognitive and social benefits of home management of the frail elderly

15.50 **Renata Marinello**

The hospital at home: old model for new needs

16.10 **Giulio Fornero**

The document of the Academy of Medicine of Turin

Second Session: The experience of the ASL CN2 Alba-Bra Chronicity Plan

Chairs: **Luciano Bertolusso, Andrea Gonella**

16.30 **Elio Laudani**

The determinants of chronicity

16.50 **Annamaria Gianti**

The local chronicity plan: experience and implementation

17.10 **Paola Geloso**

The General Practitioner and the management of the chronic multi-disease patient

17.30 **Sabrina Contini**

The Community Nurse: competences in taking care of people with chronic diseases

17.50 Conclusions

18.00 CME Questionnaire

18.15 End of course



WORKSHOP - LANGUAGE: ENGLISH

Effects of Anti-Aging Redox Medicine on Health and Lifespan

Organised by the Oxygen Club of California in collaboration with Fondazione Ferrero and Soremartec

9.00 Welcome Address
Opening remarks: **Ettore Bologna, Roberto Menta, Giuseppe Poli, Enrique Cadenas**

9.30
Keynote Lecture
Chair: **Giovanni Mann**

Michael Ristow
Small molecule-mediated geroprotection and promotion of healthspan

Session I: Vitamins

Chairs: **Hüveyda Başağa, Anne Nègre-Salvayre**

10.30 **Maret Traber**
Expanding on vitamin E protection against metabolic dysregulation

11.00 **Lucia Malaguarnera**
Antioxidative effects of vitamin D in muscle dysfunction

11.30 **Tilman Grune**
Vitamins: key players in the redox status of the elderly

Session II: Diet and Health

Chairs: **Josiane Cillard, Gabriella Leonarduzzi**

12.00 **Laura De Gara**
Plant bio-active molecules: from molecular mechanism to health

12.30 **Roberto Menta**
Plant-based food: a perspective on nutritional and technological issues

13.00 **Sebastiano Banni**
Impact of dietary palmitic acid on metabolic flexibility

13.30 Light Lunch

Session III: Geroprotectors and Muscle Function

Chairs: **Fiorella Biasi, Giuseppe Valacchi**

15.00 **Malcolm J. Jackson**
Redox control of signaling responses to contractile activity and ageing in skeletal muscle

15.30 **Victor M. Victor**
Metformin and its redox-related mechanism/s of action in type 2 diabetes

16.00 **Ilaria Bellantuono**
The role of senotherapeutics in the treatment of multimorbidity and frailty

16.30 **Jordi Muntané**
Impact of rapamycin derivatives and their FKBP binding in the mTOR signaling in liver cells

17.00 ROUND TABLE DISCUSSION: *Which role for redox-active compounds in therapeutical protocols for >55 age patients?*
José Viña, Ettore Bologna, Giovanni Mann, Juan Sastre, Giuseppe Valacchi

18.00 Closing remarks: **Giuseppe Poli, Enrique Cadenas**

WORKSHOP - LANGUAGE: ENGLISH

NEAR – New Possibilities for the Aging Research in Europe Organised by Karolinska Institutet of Stockholm in collaboration with Fondazione Ferrero

Morning session I

Chair: **Maria Eriksdotter**

- 9.00 Welcome and Introduction
Maria Eriksdotter
Laura Fratiglioni
- 9.30 **Ingmar Skoog**
70 is the new 50. The changing face of old age
- 10.00 **Amaia Calderón-Larrañaga**
Health in aging: a multidimensional phenomenon
- 10.30 **Tom Bellander**
Environmental risks for the health of older adults
- 11.00 Coffee break

Morning session II

Chair: **Maria Ankarcrona**

- 11.30 **Lars Nyberg**
Cognitive aging: insights from neuroimaging on the brains behind well-preserved memory
- 12.00 **Sara Hägg**
Genetic effects on biological aging
- 12.30 **Linus Jönsson**
The challenge of unsuccessful aging for our healthcare systems
- 13.00 Light Lunch

Afternoon session I

Chair: **Björn Halleröd**

- 14.00 **Robert Thiesmeier**
The challenge of systematic missing data in prospective meta-analysis
- 14.15 **Caterina Gregorio**
The interplay between health and non-health related factors on lifetime cardiovascular risk
- 14.30 **Saana Korkki**
Developing a metric of global brain integrity in multiple Swedish studies: links to cognition and cohort effects
- 14.45 **Jonas Molinder**
Personality traits in relation to biomarkers of Alzheimer's disease in population-based samples of older adults in Sweden
- 15.00 Coffee break

Afternoon session II

Chair: **Davide Liborio Vetrano**

- 15.30 **Scott Hofer**
Introduction from an international perspective
- 16.00 Panel discussion between Italian and Swedish researchers on the topic
Big data in aging research: challenges and future directions
Anne Ekdahl
Maria Eriksdotter
Wilhelmina Hoffman
Alessandra Marengoni
Ingmar Skoog
Andrea Ungar

International Scientific Convention

Health Complexity in Aging



CME COURSES

NOVEMBER 9

Nutrition and longevity - Diabetes in the elderly

NOVEMBER 10

The surgical elderly - The demographic transition

conference

NOVEMBER 11

My longevity experiment

Looking into the biological, existential, spiritual future

CME COURSE - LANGUAGE: ITALIAN AND ENGLISH (SIMULTANEOUS TRANSLATION)

Nutrition and longevity - Diabetes in the elderly

8.00 Registration and welcome coffee

9.00 Institutional greetings

Scientific session: Nutrition and longevity

Chairs: **Enrique Cadenas, Laura Fratiglioni, Roberto Menta**

9.30 **Opening Lecture**
Andrew Prentice
Nutrition and the developmental origins of healthy ageing

10.00 **Raanan Shamir**
Breast feeding: the first step for healthier life

10.45 **Furio Brighenti**
Dietary patterns for living healthier, not just longer

11.30 **Laura De Gara**
From the Mediterranean diet to the functional enhancement of typical foods

12.15 **Ilaria Bellantuono**
Geroprotectors for frailty and multimorbidity: challenges and opportunities

13.00 Conclusions

13.30 Light Lunch

Scientific session: Diabetes in the elderly

Chairs: **Teresa Cammarota, Paolo Cavallo Perin, Umberto Dianzani**

14.30 **Enzo Bonora**
Coronary, cerebral and peripheral macroangiopathy

15.15 **Gabriella Gruden**
The surveillance of retinal and renal complications

16.00 **Giorgio Sesti**
Therapy today: objectives and drugs

16.45 **Giuseppe Paolisso**
Diabetes and cognitive impairment

17.30 Conclusions

17.45 CME verification questionnaire

18.00 End of course

CME COURSE - LANGUAGE: ITALIAN AND ENGLISH (SIMULTANEOUS TRANSLATION)

The surgical elderly - The demographic transition

8.00 Registration and welcome coffee

Scientific session: The surgical elderly

Chairs: **Alessandro Comandone, Patrizia D'Amelio, Alessandra Marengoni**

9.00 **Gabriella Bettelli**

Peri-operative medicine in the elderly: from diagnosis to return home

9.30 **Stefano Berti**

Minimally invasive surgery (MIS): a new paradigm in the protection of the patient and his frailty

10.00 **Marco Schiraldi**

The Orthopedic surgery in the elderly

10.30 **Carmelinda Ruggiero**

Orthogeriatrics: an added value for the person and services

11.00 **Giuseppe Bellelli**

Delirium in the elderly patient with femur fracture

11.30 **Giancarlo Rando**

Complexity in geriatric surgery: opportunities and optimal management

12.00 Conclusions

12.30 Light Lunch

Scientific session: The demographic transition

Chairs: **Giancarlo Isaia, Lorenzo Morelli, Roberto Zoboli**

14.00 **Alessandro Rosina**

Young and old: the difficult demographic transition

14.45 **Claudio Lucifora**

The Challenge for Ageing: What Prospects for a New Welfare

15.30 **Axel Boersch-Supan**

Aging and welfare systems in Europe

16.15 Presentation of the 4 scientific contributions awarded by the Ferrero Foundation

17.15 Conclusions

17.30 CME verification questionnaire

17.45 End of course

CONFERENCE

My longevity experiment
Looking into the biological, existential, spiritual future

9.30 Institutional greetings and introduction

9.45 *The 40-year experience of the Ferrero Foundation*
Ettore Bologna
Marcel Rufo

10.45 Round table
with the participation of
Ezio Giacobini
Vito Mancuso
Antonella Viola

Chair: **Piero Bianucci**

12.30 Conclusions



SCIENTIFIC COMMITTEE, SPEACHERS AND CHAIRS

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Roberto Zoboli

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CALL FOR ABSTRACT

Scientific contributions may be submitted in the form of abstracts.

Editorial rules: the abstract, drafted in Italian or English, must state

Title

First author (name, surname, affiliation, telephone, e-mail)

Other authors (name, surname, affiliation)

A thematic area among the following: nutrition and longevity, diabetes in the elderly, the surgical elderly, demographic transition.

The text must not exceed 5,000 characters including spaces and must be divided into: state of the art, methodological approach, main results, conclusions (do not include images, tables, attachments). Abbreviations are not allowed in the title and if used in the text they must be preceded, the first time they appear, by the full name.

Deadline: Abstracts should be submitted from **June 1** to **September 15 2023**, exclusively via the Abstract Form: **www.fondazioneferrero.it**.

The submitting author will receive an acknowledgement e-mail. After the deadline, the papers will be submitted to the Scientific Committee of the Conference. Each first author will be notified of acceptance by 30 September 2023. Accepted abstracts will be published in the conference proceedings.

Ferrero Foundation Award: Travel Award (travel and accommodation expenses for the entire duration of the conference) for **the first authors of the four best abstracts** who, in the afternoon scientific session on Friday 10 November, will present an oral communication related to the award-winning work.

Programme variations

The Scientific Committee reserves the right to make any changes to the programme deemed necessary for scientific, technical or organisational reasons.

USEFUL INFORMATION

Location: Fondazione Ferrero, Strada di Mezzo 44 Alba (Cuneo)

The participation in the convention is free.

The convention does not receive funds from pharmaceutical companies.

All events will be streamed on the website www.fondazioneferrero.it.

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ONLINE REGISTRATION September 15 - October 15, 2023 - www.fondazioneferrero.it

Enrolment in CME courses entitles the participant to attend the scientific proceedings, conference materials, certificate of attendance, light lunch when provided

HOW TO REACH THE CONFERENCE VENUE

- by car**
- motorway A6 Torino-Savona (exit of Marene, junction with A33 Asti-Cuneo, exit of Cherasco, then Pollenzo, ring road to Alba, exit of Corso Europa)
 - motorway A21 Torino-Piacenza (exit of Asti Est, junction with A33 Asti-Cuneo, ring road to Alba, exit of Corso Europa)
- by train** - Alba railway station (1 km from the conference location)
- by plane**
- Turin Caselle airport (95 km)
 - Genova airport (139 km)
 - Milano Malpensa 2000 airport (162 km)
 - Milano Linate airport (165 km)

