

1st Announcement

6th Cyprus Dietetic and Nutrition Association Conference with International Participation

“Life Cycle Nutrition”

23 - 26 September 2010, Hilton Cyprus, Nicosia - Cyprus
(23 September open for the public)

www.cydadiet.org



Organized by:



Under the auspices of:



Ministry of Health



European
Federation of
the Associations
of Dietitians



American Dietetic Association



Cyprus Registration Board for
Food Technologists, Food Scientists
and Dietitians

- **AODA Regional Conference 2010**
- Hosting EFAD General Meeting 23-25/9/2010
- CyDNA Food and Nutrition Conference and Exhibition

The scientific programme of the Conference will be reviewed for CPE & CME approval



Welcome note

Dear friends and colleagues,

It is with pleasure and pride that the Cyprus Dietetic and Nutrition Association invites you to the Educational Event: 6th Cyprus Dietetic and Nutrition Association Conference with International Participation with the Theme: *"Life Cycle Nutrition"* which will be held between 23rd-26th of September 2010 at the Hilton hotel in Nicosia.

CyDNA and the organizing committee of the 6th CyDNA conference are much honored to host the EFAD 21st General Meeting from 23rd to 25th September 2010 which will be held concurrently with the CyDNA conference. Moreover, we are privileged that this conference is considered an American Overseas Dietetic Association (AODA) Regional Conference for 2010. Our common goals are education, professional networking and fun time for all the delegates. Also, the conference committee is happy to present the innovation of one day (23rd of September) open for the public event which aims to offer nutrition awareness to the public.

This year's conference theme is Nutrition through the Life Cycle.

The life cycle approach to nutrition provides an opportunity to look at the individual as she/he passes through the various life stages, as well as enabling the professional dealing with nutrition to look at the entire population distributed at any given time throughout the various stages in the life cycle.

Thus, a life cycle approach can help us to assess risks at various life stages, recognize important environmental influences that may be inimical to good nutrition and health, and identify key interventions at the various stages in the life cycle to prevent or deal with these external factors. An understanding of the importance of the life cycle approach implies that we recognize that ensuring good nutrition and healthy lifestyles is a life-long process.

Existing information in nutrition and its basic sciences foundations reflects our hastily shifting world, including changing food supply, a growing population, and an expanding scientific knowledge. Nutrition is rapidly emerging as a vital component in personal health care and in national and international health policies to meet human needs.

Primary means of promoting health and preventing diseases rest on a wholesome food supply, the sound nutrition it provides and the health benefits received from the nutrients and non-nutrient substances in food.

The organizing and scientific committee of the conference scheduled the scientific program so as to offer variety and diversity of subjects in order to emphasize the role of the dietitian in the whole spectrum of health and community and the necessity to be considered an indispensable member of the health care team and the health care providers.

The three day conference covers subjects by an international and local faculty of experts. The subjects have been selected to give a broad and in depth overview of a number of contemporary and traditional topics in dietetics. The conference is addressed not only to dietetic/nutrition professionals but also to physicians, trainees, nurses, and other health professionals. The conference will offer CME/CPE hours.



It is our privilege that the Ministry of Health, as well as the European Federation of the Association of Dietitians, the American Overseas Dietetic Association and the Cyprus Registration Board for Food Scientists, Food Technologists and Dietitians have placed this conference under their auspices. Many thanks to all the International Dietetic Associations for their support.

Finally, on behalf of the organizing committee, I would like to express our gratitude to all of our sponsors for making possible this conference and the concurrent food & products exhibition.

Looking forward to seeing you at the conference and find it educational, stimulating, with a great opportunity to network with other health professionals.

On behalf of Organizing and Scientific Committee

A handwritten signature in blue ink that reads "Eleni P. Andreou". The signature is fluid and cursive.

Eleni P Andreou, RD, LD, DProf Can.
President CyDNA
Chair

Conference Committee

Eleni P. Andreou	CyDNA Chair, AODA Regional Conference Chair
Christiana Philippou	Treasurer
Maria Alexiadou	
Georgia Chappa	
Mary Economou	
Prokopis Kallis	
Katia Kyriakou	
Nikoletta Michaelidou	
Polly Michaelidou	
Nikoletta Ntorzi	
Anna Pahita	
Vasiliki Piki	
Emilia Vassilopoulou	

Scientific Committee

Georgia Chappa	CYDNA Chair
Eleni P. Andreou	Co-Chair
Xenia Averkiou	
Thalia Avraam	
Nikoletta Michaelidou	
Nikoletta Ntorzi	
Christiana Philippou	
Emilia Vassilopoulou	
Naomi Trostler	AODA Scientific Committee Chair
Mary Easaw	AODA CPE Chair

CyDA Board

Eleni P. Andreou	President
Christiana Philippou	Vice President
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Procopis Kalli	Treasurer
Elena Philippou	Assistant Secretary
Kyriacos Georgiou	Member
Panayiota Tsokkou	Member

- **CyDNA is a member of EFAD and ICDA**

2010 Theme: Life Cycle Nutrition

Sessions of the Conference:

1. Pregnancy and breastfeeding

Panel 1: Nutrition with regards to pregnancy

2. Infancy and toddlers

Panel 2: Infant and toddler nutrition

Panel 3: Food allergy prevention and support

3. Childhood and adolescence (3-12 years)

Panel 4: Food "stuff" for children

Panel 5: National and International Policies for life cycle nutrition

Panel 6: Endocrinological problems and obesity

4. Adults and mature adults

Panel 7: Important facts in Food

Panel 8: 3rd age and Nutrition

Thursday, 23 September 2010

18:00 - 18:30

Registrations

18:30 - 19:30

Lecture open for the public

Κρυμμένο αλάτι στην διατροφή μας, εφαρμογές στην καθημερινότητα (Hidden salt in our diet, applications in the everyday routine), *Antonis Zambelas*

Friday, 24 September 2010

SESSION 1: PREGNANCY AND BREASTFEEDING:

07:15 - 08:00

Registrations

08:00 - 09:00

Keynote speaker: Nutritional Aspects of: Folate Facts, vitamin E, β -carotene, lutein, fat, riboflavin and nicotinamide and BMI, *Regine P.M. Steegers-Theunissen*

09:00 - 10:30

Workshop: Eating Disorders and the Nutrition Intervention
(under the auspices of "MAZI")

Assessment - using the UK national Dietetic assessment tool in Eating Disorders and formulating a treatment plan, *Ursula Philpot*

10:30 - 11:00

Coffee Break

11:00 - 12:00

Opening Ceremony:

Addresses by

President of Cyprus Dietetic and Nutrition Association, *Eleni P. Andreou*

President of Hellenic Dietetic Association, *Elpida Papadopoulou*

President of Cyprus Registration Board for Food Scientists Food Technologists and Dietitians, *Phroso Hadjilouca*

President of European Federation of the Associations of Dietitians, *Karin Hadell*

Minister of Health, Christos Patsalides

12:00 - 13:00

EU political issues which affect Nutrition, Diet and dietitians with emphasis in Labelling and health claims, *Doriane Fuchs*

13:00 - 14:30

Lunch

14:30 - 16:00

Panel 1: Nutrition with regards to pregnancy

Life starts in (-15): Infertility, pre-conception and conception nutrition, *Philip Barlow*

Mediterranean diet increases fertility, *Regine P.M. Steegers-Theunissen*

Maternal ingestion of alcohol and the effects of ethanol on the developing fetal brain, *Edna Yamasaki Patrikiou*

SESSION 2: INFANCY AND TODDLERS:

16:00 - 17:00

Panel 2: Infant and Toddler Nutrition

Breast-feeding vs. formula: What is right and when for which baby?, *Adamos Hadjipanayi*

Infant and toddler nutrition: age specific information on feeding children for the first two years, *Dona Hileti*

17:00 - 18:00

Nutritional Concerns in Infants & Children, *Carla Vantarian*

18:00 - 18:30

Coffee Break

18:30 - 19:30

Panel 3: Food allergy prevention and support

IgE & Non IgE mediated food allergies in children, *Nicolaos G Papadopoulos*

Nutritional support in food allergy and intolerance, *Emilia Vassilopoulou*

19:30 - 20:30

When and why is a baby failing to thrive? What to do?, *Georgia Chappa*

21:00

Cyprus Night: Is igia - "εις υγεία" - To your health!

Saturday, 25 September 2010

SESSION 3: CHILDHOOD AND ADOLESCENCE (3-12 years):

08:00 - 08:30

Registrations

08:30 - 09:00

Fatty acids in Cypriot children's and teenager's diets. The role of fatty acids in atherosclerosis and cancer, *Michalis Tornaritis*

09:00 - 10:00

Body composition & hormonal changes, *Dan Bernardot*

10:00 - 11:00

Panel 4: Food "stuff" for children

Food neophobia. How to deal with it? *Olga Kounary*

Creative ways to convince children and adolescents to eat healthily, *Nikoletta Ntorzi*

Food demonstration for children, *George Kyprianou*

11:00 - 11:30

Coffee Break

11:30 - 12:30

Panel 5: National and International Policies for Life Cycle Nutrition

Interrelationships of food, health and education - The EFAD priorities, *Karin Hadell*

Is malnutrition declining? An analysis of changes in malnutrition for the general populations, *Elpida Papadopolou*

Chronic disease prevention: A life-cycle approach which takes account of the environmental impact and opportunities of food, nutrition and public health policies, *Eleni P. Andreou*

12:30 - 13:00

Poster Session/Announcements

13:00 - 14:00

Lunch

14:00 - 15:00

Satellite Symposium: Fast, Easy & Healthy Cooking with Thermomix: recommended by nutritionists and used by millions of families & chefs worldwide, Eminentia Trading Ltd, *Maria Evans*
Participants can enter the draw to win a Thermomix at the end of the Symposium

15:00 - 16:00

Panel 6: Endocrinological problems and obesity

News on childhood obesity, *Savvas Savva*

Type 2 diabetes and children (Insulin Resistance), *Despina Varakla*

Endocrinological problems and obesity in children and adolescents, *Yiannis Ioannou*

16:00 - 16:30

Coffee Break

16:30 - 17:30

Nutrition issues in adolescence athletes, *Dan Benardot*

17:30 - 18:30

Time Management for health professionals, *Nicos Peristianis*

18:30 - 19:30

Are dietitians really competent to support weight loss strategies?, *Anne de Looy*

20:30

Gala Dinner

Sunday, 26 September 2010

SESSION 4: ADULTS AND MATURE ADULTS:

08:15 - 08:30

Registrations

08:30 - 09:30

Fad diets - An analytical Approach, *Maria Chasapidou*

09:30 - 10:30

Passing the message to the public: from theory to practice (low salt, high fiber, low fat, high calcium etc), *Tatyana Elkour*

10:30 - 11:00

Coffee Break

11:00 - 12:00

Panel 7: Important facts in Food

Truths and myths in nutrition: dietary fat, phytosterols and childhood obesity, *Antonis Zambelas*

Safety and benefits of using low-calorie sweeteners in weight management and glycemc control. Is there enough evidence?, *Aimilia Papakonstantinou*

12:00 - 13:00

Panel 8: 3rd age Nutrition

Nutrition in 3rd age with special emphasis in the natural changes and degenerations: taste, difficulty in swallowing, mobility problems and emotional status, *Polly Michaelidou*

Assessment for dysphagia, *Mary Constantinou*

13:00

Closing ceremony

Post - conference Session (Certification will be offered)

13:30 - 16:30

Workshop: Tobacco use and dependence in medical nutrition therapy, *Tatyana Elkour*

Call for Papers

Deadline for Abstract Submission:

Date July 1st, 2010

Guidelines:

- Abstracts must be written in English
- Type the abstracts in small letters (Times 12)
- Abstracts must be submitted as MS Word (.doc) file
- Maximum number of words used: 500 words
- Type the title of the abstract in CAPITAL BOLD LETTERS
- Write the name/s of author/s with initials preceding the last name, institution/s, city and country
- Underline the name of the **presenting author** only.
- Use double-space between the heading and the text of the abstract
- Type the text in single-spaces
- Avoid the use of graphs and pictures
- Specify your preference for ORAL or POSTER presentation
- Any abstracts received after the deadline will not be published
- In order to present (oral or poster) the presenting author needs to be registered, with their own expenses, at the conference (this is applied only for the announcements).

Method of Submission:

Forward your abstract by e-mail as an MS Word attachment to the Conference Secretariat: synedrio@topkinisis.com. Following the review of abstracts by the scientific committee, submitting authors will be notified of the acceptance of their papers by July 15, 2010.

Important Dates

Dates of Conference:	23 - 26 September 2010
Deadline for Abstracts Submission:	1 July 2010
Notification of Acceptance of Abstracts:	15 July 2010
Deadline for Reduced Registration Fee:	12 August 2010

General Information

Duration:

The scientific program of the conference will commence on Friday morning, the 24th of September and will end on Sunday noon, 26th of September, 2010. The registration and information desk will be open throughout the duration of the meeting. and facilities capable of accommodating a large number of delegates.



Registration:

An online registration form is available on the conference web site: www.cydadiet.org. The registration form is also printable for participants who would like to submit their registration form by fax to the Conference Secretariat. You may also use the enclosed registration form. Please submit your full completed registration form by the 12th of August for early registration to the Conference Secretariat.

Language:

The official language of the conference is English. Simultaneous translation to Greek will be offered.

Venue:

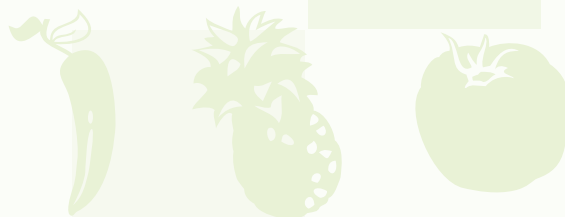
The conference will be held at the Hilton Cyprus Hotel, only 5 minute drive from the city centre and 50 minute from Larnaca International Airport. Conveniently located close to museums and entertainment areas, it features a variety of meeting rooms and facilities capable of accommodating a large number of delegates.

Accommodation:

Special rates have been granted by the conference hotel for the participants of the conference. Rooms will be reserved on a 'first come first served' basis. Please refer to the enclosed registration form or the conference web site for rates and further information.

Exhibition:

The exhibition will be running throughout the duration of the conference. The exhibition is open to the pharmaceutical, dietetic and nutrition industries. For opportunities of attendance and further inquiries please contact the conference secretariat.





The scientific programme of the Conference will be reviewed for CPE & CME approval

The conference is addressed to Dietitians,
Food Scientists, Food Technologists, Health Professionals,
Medical Specialities



CONFERENCE SECRETARIAT

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