Dear Colleagues,

On behalf of the European Society for Clinical Nutrition and Metabolism (ESPEN), we are very pleased to announce the 3rd ESPEN Workshop entitled “Carbohydrates and Insulin Resistance – From Basics to Clinical Nutrition” in Venice, Italy, November 8-9, 2015.

In the recent but strong tradition of the ESPEN Workshops, we aim at providing a focused, complete overview on the important topic of carbohydrates in clinical nutrition. Learning objectives from state-of-the-art sessions and lectures will include an updated pathophysiological background, indications and appropriate therapeutic choices for carbohydrate administration in nutritional support, glucose control and approaches to monitor and manage hyperglycemia in artificial nutrition. To optimize exchange of ideas and knowledge, and to provide clear take-home messages, interactions between faculty and attendees will be a key priority.

The magical setting of the historic Scuola di San Giovanni, in the heart of Venice, will contribute to make this Workshop an unforgettable experience. We warmly invite you to take this unique opportunity and be part of this innovative event. We look forward to welcoming you in Venice!

Prof. Rocco Barazzoni
ESPEN Workshop Chairman

Prof. Philip Calder
ESPEN Workshop Scientific Committee Chairman
Sunday - November 8th, 2015

9:00-13:00 **Pre-Workshop Session**  
*LLL: Nutrition in Metabolic Syndrome*  
Speakers: C. Cuerda (Sp), M. Leon-Sanz (Sp), R. Barazzoni (It)

› Diagnostic criteria for Metabolic Syndrome

› Insulin resistance: from pathophysiology to clinical assessment

› Lifestyle interventions for Metabolic Syndrome

› Drug therapy beyond lifestyle - is it cost effective for Metabolic Syndrome?

13:00 **Welcome cocktail**

14:00-15:00 **Welcome address**  
R. Barazzoni (It), A. Van Gossum (Be)

14:15-15:45 **Session 1 - CHO and metabolic regulation**  
Chair: A. Avogaro (It), Y. Boirie (Fr)

› Brain glucose sensing and metabolism  
*B. Thorens* (Ch)

› Glucose and skeletal muscle: not too little, not too much  
*R. Barazzoni* (It)

› Glucose metabolism, mitochondria and insulin action in adipose tissue  
*R. Vettor* (It)

16:00 **Coffee Break**
Sunday - November 8th, 2015

16:15-17:15 Session 2 - The gut-liver axis
Chair: L. Tappy (Ch), T. Cederholm (Swe)

› Carbohydrates and the microbiota
N. Delzenne (Be)

› From carbohydrates to fatty liver – and beyond
S. Bischoff (Ger)

17:45-18:45 Session 3 - Carbohydrates are not equal opportunity macronutrients
Chair: M. Leon-Sanz (Sp), P. Sbraccia (it)

› Glycemic load and fiber
C. Cuerda (Sp)

› Fructose metabolism and functionality
L. Tappy (Ch)
Monday - November 9th, 2015

9:00-10:30  Session 4 - Carbohydrates and nutritional support: quality and quantity
Chair: A. Van Gossum (Be), M. Muscaritoli (It)

› Carbohydrates as a source of energy: what are the options?
  J. C. Preiser (Be)

› Carbohydrates in artificial nutrition of the obese and diabetic patient
  M. Leon-Sanz (Sp)

› Monitoring insulin therapy in nutritional support
  G. Biolo (It)

10:30  Coffee Break
Monday - November 9th, 2015

11:00-12:30  **Session 5 - Carbohydrates in surgical and ICU patients**  
Chair: M. Deutz (USA), C. Pichard (Ch)

› Carbohydrates and insulin resistance in ERAS  
  O. Ljungqvist (Swe)

› Feeding the critically ill: beyond lipids and protein  
  P. Singer (Il)

› Glucose control and nutrition: optimizing the outcome in the ICU  
  G. Van der Berghe (Be)

12:30-13:00  **Closing lecture**  
Chair: P. Calder (UK)

Nutritional state and pharmacological control of hyperglycemia  
S. del Prato (It)
**Venue**

*Scuola San Giovanni Evangelista*
San Polo 2454 - 30125 Venezia

**Registration Fees for LLL Course:**

€ 45,00 + Vat 22% *

The Course is reserved to a minimum number of 15 participants. Fee includes a coffee break.

* Only for Italian participants.

**Registration Fees:**

- **ESPEN Members**  € 130,00 + Vat 22% *
- **Non Members**  € 180,00 + Vat 22% *
- **Nurses/Dietitian**  € 80,00 + Vat 22% *
- **Resident Trainees**  € 50,00 + Vat 22% *

* Only for Italian participants.

**The fee includes:**

- Coffee break during the Congress
- Welcome cocktail
Payment procedures
Payment of the Registration Fee must be made in Euro to the Organizing Secretariat, New OMNIA Meeting & Congressi Srl, in the following forms:
- Wire Transfer
- Credit Card
VISA/Mastercard and are accepted. Please complete the bottom of the Registration Form. The organization will charge your card and will send regular invoice.

Refunds
No refunds for cancellation received after 15 October, 2015.

ECM - For the Italian participants
The Course will be submitted for the Continuing Medical Education.

Official language
English
Organizing Secretariat

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