

37<sup>th</sup>  
ESPEN  
Congress



THE EUROPEAN  
SOCIETY FOR  
CLINICAL  
NUTRITION AND  
METABOLISM

ESPEN CONGRESS  
ON CLINICAL NUTRITION & METABOLISM

# HEALTHY LIFE THROUGH NUTRITION

LISBON – PORTUGAL  
5–8 SEPTEMBER 2015



[WWW.ESPEN.ORG](http://WWW.ESPEN.ORG)

# WELCOME MESSAGE

Dear colleagues

On behalf of the Local Organising Committee and the Portuguese Society for Enteral and Parenteral Nutrition (APNEP), we would like to invite you to the 37<sup>th</sup> ESPEN Congress 2015 which will be held in Lisbon, Portugal, for the second time.

The venue will be at the international Congress Centre of Lisbon (CCL) along the Tagus River, between the Jeronimos Monastery and the Belem Tower, both considered world heritage monuments. From the Congress Centre you may take the yellow tram which will drive you to the old part of town with its narrow and steeply streets. The City is just 20 minutes from the Airport and 10 minutes from downtown. Lisbon is a charming city with historic traces of the Roman and Moorish periods, with very old and typical neighbourhoods, but it's also a modern, peaceful and safe city, where you can walk around at any time of the day. Discover an excellent cuisine (and wine!), a beautiful light in a friendly atmosphere.

Together with the ESPEN Committees Members, the local organisers have constructed an attractive and innovative programme and assure you that the meeting will be an important landmark in ESPEN's continuing contribution to the improvement of Nutritional Care and Education.

We hope that ESPEN 2015 will be a great opportunity for physicians, dietitians, pharmacists, scientists and nurses dedicated to the field of nutrition and metabolism, to meet and discuss the most recent data in an informal atmosphere, strengthening old and new collaborations.

We choose the motto "healthy life through nutrition" with the aim of exploring how a good nutrition from early in life to later stages may contribute to a healthier society.

We hope to see you in Lisbon in 2015!

**Marília Cravo**  
**Lurdes Tavares**  
**Jorge da Fonseca**  
**Sónia Velho**

## LOCAL ORGANISING COMMITTEE

**Marília Cravo**, President  
**Jorge Fonseca**, Scientific Committee  
**Sónia Velho**, Educational Committee  
**Lurdes Tavares**  
**Paula Moura Santos**

## LOCAL SCIENTIFIC COMMITTEE

**Jorge Fonseca**, Chairperson  
**Andreia Neves**  
**Aníbal Marinho**  
**Beatriz Costa**  
**Carla Santos**  
**Catarina Guerreiro**  
**Conceição Calhau**  
**Diana Mendes**  
**Lurdes Tavares**  
**Marta Correia**  
**Nuno Borges**  
**Nuno Carvalho**  
**Paula Guera**  
**Rosa Mendes**  
**Teresa Amaral**

## LOCAL EDUCATIONAL AND CLINICAL PRACTICE COMMITTEE

**Sónia Velho**, Chairperson  
**Ana Gomes**  
**Ana Lopes**  
**Isalda Rebelo**  
**José Camolas**  
**Lino Mendes**  
**Luis Matos**  
**Luísa Trindade**  
**Paulo Martins**  
**Pedro Marques Vidal**

## CENTRAL EXECUTIVE COMMITTEE

**André van Gossum**, Chairperson  
**Marília Cravo**, President Lisbon 2015  
**Rocco Barazzoni**, General Secretary  
**Tommy Cederholm**, Treasurer

## CENTRAL ESPEN SCIENTIFIC COMMITTEE

**Philip Calder**, Chairperson  
**Nathalie Delzenne**  
**Raanan Shamir**  
**Ronon Thibault**  
**Nicolaas E.P. Deutz**  
**Jorge Fonseca**, Rotating Member

## CENTRAL EDUCATIONAL AND CLINICAL PRACTICE COMMITTEE

**Stephane Schneider**, Chairperson  
**Cornel Sieber**, Physician  
**Paula Ravasco**, Physician  
**Peter Austin**, Pharmacist  
**Kurt Boykens**, Nurse  
**Liana Poulia**, Dietitian  
**Sónia Velho**, Rotating Member

## ASSOCIATED MEMBERS

**Michael Chourdakis**, IT  
**Nicolaas E.P. Deutz**, Editor Clinical Nutrition  
**Miguel León Sanz**, LLL Director  
**Regina Komsa and Rémy Meier**, LLL Co-Directors  
**Stephan C. Bischoff**  
**and Pierre Singer**, ESPEN Guidelines



## MAIN TOPICS OF THE PROGRAMME

### SCIENTIFIC SESSIONS BASIC SCIENCE AND CLINICAL NUTRITION

- Nutrition and pathways to cancer
- Metabolic therapy for cancer
- Nutrition and age related cognitive decline
- New perspectives on gluten toxicity
- Living happily with the gut microbiota
- Fatty liver disease – is it all about food?
- Specific substrates in ICU
- Nutritional researches in ICU – from trials to clinical practice
- Towards personalised nutrition
- Food, mood and adiposity
- Adipose tissue as a dynamic organ
- 1000 days nutrition and lifetime consequences
- Optimising post-surgical recovery
- Nutrition and Atherosclerosis
- Sugar intake: pro and con
- Protein across the life course

### EDUCATIONAL AND CLINICAL PRACTICE SESSIONS

- LLL Courses: 15 LLL courses and 1 TLLL course
- LLL – Nutrition and prevention of non-communicable diseases
- LLL – Sport and nutrition
- LLL – Nutrition in the perioperative period
- LLL – Nutrition and geriatrics
- Case discussion – Intestinal obstruction by malignancy
- Case discussion – Frail ICU patient
- Putting on diet a large planet: opportunities and challenges
- Nutrition for obese adult in-patients
- Keep fit for life – nutritional and functional enhancement of older adults
- Nutritional issues in Crohn's disease
- The role of nutrition in wound and stoma care
- How to make parenteral nutrition safer?
- Nutritional support of stroke patients
- Nutritional challenges in the community
- ESPEN Guidelines
- Malnutrition in hospital patients with insights from nutritionDay results

## LISBON

Sprawling along the right bank of the Tagus estuary, Lisbon stands looking proudly towards the Atlantic Ocean and was the muse that inspired the great maritime discoveries. Likely founded by Phoenicians, the city was built during a millennium of colourful history waiting to be discovered by visitors. Lisbon witnessed Muslim domination, a Christian conquest, a golden age of discoveries, destruction by an earthquake and followed by an enlightened reconstruction process and on going renewal.

Lisbon is a patchwork of distinct and colourful quarters, like Baixa, Chiado, Alfama, Bairro Alto: accept the challenge of discovering Lisbon on foot or taking the famous old yellow tram!

To be found close by, are a series of excellent golf courses, the romantic town of Sintra, a paradise that has been magnificently set in the most beautiful landscape and has rightly been classified as world heritage. There is no better way to see the exuberant trees and vegetation than to take a horse-drawn carriage ride and pass by ancient mansions before reaching the Palácio da Pena at the top of the hill.

Other places of interest are the cosmopolitan seaside resort of Cascais, the Arrábida hills and their nature reserve, Sesimbra and the medieval walled village of Óbidos.

## TRANSPORTATION

The airport is situated 5 km away from the city Centre.

Taxis are available at the airport. The fare to Lisbon's city centre is approximately EURO 25/30 and the journey takes about 20 minutes.

There is also a regular bus service – the Aerobus – connecting the airport to the city centre and to Cais do Sodré train station that runs every 20 minutes from 7.00 a.m. to 9.00 p.m.

## CONGRESS CENTRE

### LISBON (CCL)

The ESPEN 2015 Congress will be held at the Congress Centre Lisbon (CCL) built in 1989 which is located in Junqueira, a prestigious area of the city the Belem historical quarter.

The address is:

**Praça das Industrias,  
1300-307 Lisboa  
Tel. +351 21 360 14 00  
Fax +351 21 363 94 50**

The Congress Centre Lisbon, an international meeting place, is approximately 20 minutes away from the International airport and 10 minutes from the main hotels.

The large entrance hall is the heart of the congress venue where you will find the registration desk. Various restaurants and coffee bars are available at the Congress Centre.

### ORGANISING SECRETARIAT

MCI has been selected by Central ESPEN as the official Congress Organiser to process registrations, abstracts submission, hotel reservations, and excursions. Information on the commercial exhibition as well as organisation and sponsorship of special events may also be obtained from the Organizing Secretariat.

### All correspondence should be sent to:

ESPEN 2015  
c/o MCI Suisse  
Rue de Lyon 75  
CH-1211 Geneva 13  
Switzerland  
Tel. +41 22 33 99 580  
Fax +41 22 33 99 631  
espen2015@mci-group.com

Information regarding the programme, the registration fees and the list of hotels will be available on the ESPEN website: [www.espen.org](http://www.espen.org) from February 2015.

**[WWW.ESPEN.ORG](http://WWW.ESPEN.ORG)**

## IMPORTANT DATES AND DEADLINES

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|---|--------------|
| ▶ REGISTRATION OPENS                                  | 2 FEB. 2015  |
| ▶ OPENING OF ABSTRACTS SUBMISSION                     | 12 JAN. 2015 |
| ▶ CLOSING OF ABSTRACT SUBMISSION                      | 7 APRIL 2015 |
| ▶ OPENING OF LATE BREAKING ABSTRACT SUBMISSION        | 15 MAY 2015  |
| ▶ DEADLINE FOR LATE BREAKING ABSTRACTS (POSTERS ONLY) | 19 JUNE 2015 |
| ▶ NO REFUNDS FOR HOTEL CANCELLATION AFTER             | 22 JULY 2015 |