

37th
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

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 37th 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!

Marilia Cravo
Lurdes Tavares
Jorge da Fonseca
Sónia Velho

LOCAL ORGANISING COMMITTEE

Marilia 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
Luís Matos
Luísa Trindade
Paulo Martins
Pedro Marques Vidal

CENTRAL EXECUTIVE COMMITTEE

André van Gossum, Chairperson
Marilia 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.

IMPORTANT DATES AND DEADLINES

► 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

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 Belém historical quarter.

The address is:

Praça das Indústrias,

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:

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

WWW.ESPEN.ORG