The incidence of dementia increases exponentially with age but knowledge on possibly modifiable risk factors is still limited. So, the question “if we live long enough, will we all be demented?” is becoming a gravely recurrent one. Prevention appears to be particularly prominent among anti-dementia strategies not only—negatively seen—due to the lack of a cure for dementia, but mainly—constructively approached—because it can be carried out within a multidimensional approach, with the highest chances of success if adopted in the early adulthood.

There is growing evidence for possible dietary protective factors in the development of age-associated cognitive decline and nutrition represents also a fundamental aspect in the multimodal therapeutic approach in subjects at risk for dementia or already affected by this disorder.

This meeting, that involves basic and clinical research, aims at increasing the knowledge on the complex relation among nutrition, cognitive decline and dementia in the elderly and at providing the scientific basis of preventive and therapeutic strategies.
September 30
Sala dei Notari, Palazzo dei Priori

15.30 President’s Welcome
M. Trabucchi, AIP President (Brescia, Italy)

Opening Ceremony and Authorities’ Speech

16.00-16.15 HOT TOPICS IN DEMENTIA AND TREATMENT
Chair: A. Kooi (Perugia, Italy), S. Vannini (Perugia, Italy)

16.00-16.30 Is amyloid the main cause of Alzheimer’s disease?
M. Di Luca (Milano, Italy)

16.30-17.00 Is DLB the second cause of dementia in the elderly?
A. Padovani (Brescia, Italy)

17.00-17.30 Is multimodal MRI the only imaging approach to diagnose the aging associated cognitive impairment?
G. Spalletta (Roma, Italy)

17.30-18.00 Dementia. Actual diagnostic support and new radioligands for amyloid imaging
S. Sestini (Prato, Italy)

18.00 Opening Lecture
Chair: S. Sestini (Perugia, Italy)

Micronutrients: the triage hypothesis
B. Ames (Berkeley, USA)

ConCert by Coro di Santo Spirito

October 1
Palazzo Murena, University of Perugia

9.00-11.00 SESSION 1
NUTRITION AND HEALTHY AGING: EPIDEMIOLOGY
Chair: M. Mecocci (Milano, Italy), M. Lusardi (Bologna, Italy)

9.00-9.30 Healthy aging: myth or reality?
L. Stigbrand (Stockholm, Sweden)

9.30-10.00 Nutrition in the elderly: problems and perspectives
B. Vellas (Toulouse, France)

10.00-10.30 Oral health problems in relation to nutrition in older people
C. de Baat (Nijmegen, The Netherlands)

10.30-11.00 Swallowing problems in the elderly
D. Tufarelli (Roma, Italy)

11.00-11.30 Coffee Break

11.30-13.00 SESSION 2
NUTRITION AND RISK OF COGNITIVE DECLINE
Chair: C. Caltagirone (Roma, Italy), E. Pirfo (Torino, Italy)

11.30-12.00 Cholesterol and dementia: framing the controversies
M. Kivipelto (Stockholm, Sweden)

12.00-12.30 Diabetes and cognitive deficits
G. Paolisso (Napoli, Italy)

12.30-13.00 From risk factors to prevention in Alzheimer’s disease
P. Sestini (Prato, Italy)

13.00-14.30 Lunch

14.30-16.30 SESSION 3
NUTRITION AND DEMENTIA
Chair: B. Scarpini (Ancona, Italy), P. Barbieri (Bologna, Italy)

14.30-15.00 Molecular and chemical aspects of nutritional alteration in AD model system
P. Kowalski (Krakow, Poland)

15.00-15.30 Cognition, mitochondria and vitamin E
P. Mecocci (Perugia, Italy)

15.30-16.00 Fingerprints of oxidative stress: a role for cognitive health?
G. Spalletta (Roma, Italy)

16.00-16.30 Mediterranean diet and dementia
P. Berchtler-Guillery (Barcelona, France)

16.30-17.20 Coffee Break

17.00-18.30 SESSION 4
NUTRITION AS A TREATMENT
Chair: A. Bianchetti (Brescia, Italy), V. Canonico (Napoli, Italy)

17.00-17.30 Malnutrition in care homes: how a yearly national audit of malnutrition may contribute to optimizing nutritional care in care homes.
J. Schols (Maastricht, The Netherlands)

17.30-18.00 Macro and micronutrients: intake and supplementation as therapy
Speaker to be defined

18.00-18.30 Nutrition and management of multimorbidity in patients with dementia
M. Trabucchi (Brescia, Italy)

18.30-19.00 Closing remarks
M. Trabucchi, AIP President (Brescia, Italy)

NUTRITION AND COGNITION in healthy aging, cognitive impairment and dementia

3RD ANNUAL MEETING ON BRAIN AGING AND DEMENTIA
Perugia, September 30 - October 1, 2010
September 30
Sala dei Notari, Palazzo dei Priori

15.30 President’s Welcome
M. Trabucchi, AIP President (Brescia, Italy)
Opening Ceremony and Authorities’ Speech
Introductory remarks
P. Mecocci (Perugia, Italy)

16.00-18.00 HOT TOPICS IN DEMENTIA AND TREATMENT
Chair: A. Rossi (Perugia, Italy), R. Quartesan (Perugia, Italy)

16.00-16.30 Is amyloid the main cause of Alzheimer’s disease?
M. Di Luca (Milano, Italy)

16.30-17.00 Is DLB the second cause of dementia in the elderly?
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17.30-18.00 Dementia. Actual diagnostic support and new radioligands for amyloid imaging
S. Sestini (Prato, Italy)

18.00 Opening Lecture
Chair: A. Rossi (Perugia, Italy)
Micronutrients: the triage hypothesis
B. Ames (Berkeley, USA)
Concert by Coro di Santo Spirito

October 1
Palazzo Murena, University of Perugia

16.30-18.30 SESSION 3
NUTRITION AND DEMENTIA
Chair: D. Scarpia (Ancona, Italy), P. Putzu (Cagliari, Italy)

16.30-16.50 Molecular and chemical aspects of nutritional alteration in AD model system
M. Di Luca (Milano, Italy)

16.50-17.30 Cognition, mitochondria and vitamin E
P. Mecocci (Perugia, Italy)

17.30-18.10 Fingerprints of oxidative stress: a role for cognitive health?
Y. Miljanich (Bordeaux, France)

18.10-18.30 Session 4
NUTRITION AS A TREATMENT
Chair: A. Bianchetti (Brescia, Italy), V. Canonico (Napoli, Italy)

17.00-17.30 Malnutrition in care homes: how a yearly national audit of malnutrition may contribute to optimizing nutritional care in care homes.
J. Schols (Maastricht, The Netherlands)

17.30-18.00 Macros and micronutrients: intake and supplementation as therapy
S. Sestini (Prato, Italy)

18.00-18.30 Nutrition and management of multiruridity in patients with dementia
M. Trabucchi (Brescia, Italy)

18.30-19.00 Closing remarks
M. Trabucchi, AIP President (Brescia, Italy)

NUTRITION AND COGNITION in healthy aging, cognitive impairment and dementia
7TH ANNUAL MEETING ON BRAIN AGING AND DEMENTIA
Perugia, September 30 – October 1, 2010

SESSION 1
NUTRITION AND HEALTHY AGING: EPIDEMIOLOGY
Chair: M. Musicco (Milano, Italy), M.L. Lunardelli (Bologna, Italy)

9.00-9.30 Healthy aging: myth or reality?
S. Zocchi (Stockholm, Sweden)

9.30-9.50 Nutrition in the elderly: problems and perspectives
G. Spalletta (Roma, Italy)

10.00-10.30 Oral health problems in relation to nutrition in older people
C. de Baat (Nijmegen, The Netherlands)

10.30-11.00 Swallowing problems in the elderly
D. Tufarelli (Roma, Italy)

11.00-11.30 Coffee Break

SESSION 2
NUTRITION AND RISK OF COGNITIVE DECLINE
Chair: C. Caltagirone (Roma, Italy), E. Pirfo (Torino, Italy)

11.30-12.00 Cholesterol and dementia: framing the controversies
M. Kivipelto (Stockholm, Sweden)

12.00-12.30 Diabetes and cognitive deficits
G. Paritsis (Paris, Italy)

12.30-13.00 From risk factors to prevention in Alzheimer’s disease
S. Sestini (Prato, Italy)

13.00-14.30 Lunch

SESSION 4
NUTRITION AS A TREATMENT
Chair: A. Bianchetti (Brescia, Italy), V. Canonico (Napoli, Italy)

16.30-16.50 Molecular and chemical aspects of nutritional alteration in AD model system
M. Di Luca (Milano, Italy)

16.50-17.30 Cognition, mitochondria and vitamin E
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M. Trabucchi (Brescia, Italy)

18.30-19.00 Closing remarks
M. Trabucchi, AIP President (Brescia, Italy)
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<td>HOT TOPICS IN DEMENTIA AND TREATMENT</td>
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**NUTRITION AND COGNITION**

**in healthy aging, cognitive impairment and dementia**

**7TH ANNUAL MEETING ON BRAIN AGING AND DEMENTIA**

**Perugia, September 30 - October 1, 2010**
The incidence of dementia increases exponentially with age but knowledge on possibly modifiable risk factors is still limited. So, the question “if we live long enough, will we all be demented?” is becoming a gravely recurrent one. Prevention appears to be particularly prominent among anti-dementia strategies not only – negatively seen – due to the lack of a cure for dementia, but mainly – constructively approached – because it can be carried out within a multidimensional approach, with the highest chances of success if adopted in the early adulthood.

There is growing evidence for possible dietary protective factors in the development of age-associated cognitive decline and nutrition represents also a fundamental aspect in the multimodal therapeutic approach in subjects at risk for dementia or already affected by this disorder.

This meeting, that involves basic and clinical research, aims at increasing the knowledge on the complex relation among nutrition, cognitive decline and dementia in the elderly and at providing the scientific basis of preventive and the therapeutic strategies.

DATE
September 30 – October 1, 2010

VENUE
• September 30
Sala dei Notari
Palazzo dei Priori
Perugia

• October 1
Palazzo Murena
Piazza dell’Università, 1
Perugia

Registration fees for participants include:
• Participation in meeting sessions
• All meeting materials
• Lunch and Coffee Breaks

CME
Credits for Physicians and Psychologists have been requested to the Italian Ministry of Health.

OFFICIAL LANGUAGE
Italian and English are the official languages. Simultaneous translation will be available.

THANKS TO THE FOLLOWING MAJOR SPONSORS:
Lundbeck Bracco Novartis Pfizer

MANY THANKS ALSO TO:
Sorin Group General Electrics Healthcare
Iangen/Merck Pfizer Novartis Ingelec UCB
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