

ORGANIZER



EUROPEAN LIFESTYLE
MEDICINE ORGANIZATION

5TH

EUROPEAN LIFESTYLE MEDICINE CONGRESS

Life is about water and medicine



NOVEMBER BUDAPEST
10 - 12, 2023 HUNGARY

www.elmocongress.com

*Final
Programme*

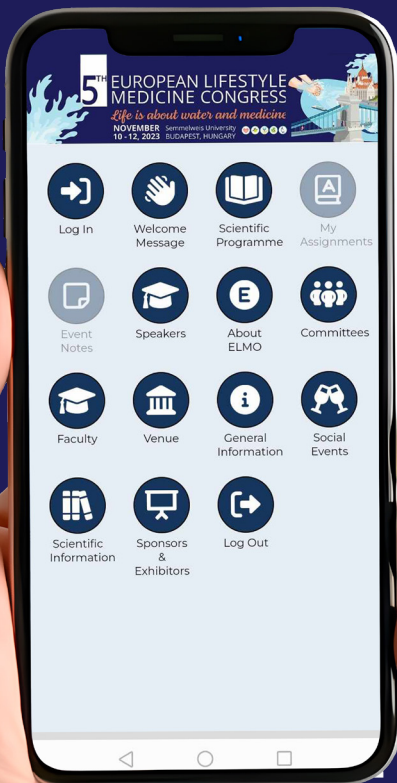


5TH EUROPEAN LIFESTYLE MEDICINE CONGRESS

Life is about water and medicine

Mobile Application

The Congress Application contains many useful tools that can improve your participation in it such as the full congress programme, live chat room with all participants, list of speakers and much useful information about the Congress. You can download the Congress Application by scanning the QR code available on this page (using iPhone or Android smartphone).



When you are prompted for a code upon launching the App, insert the event code:
ELMO2023



Life is about water and medicine



**NOVEMBER
10 - 12, 2023**

Semmelweis University
BUDAPEST, HUNGARY

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Welcome message

Dear friends & colleagues,

After a very successful European Lifestyle Medicine Congress in 2022, it is our privilege and honor to welcome you in Budapest, Hungary for the **5th European Lifestyle Medicine Congress** taking place on **November 10th - 12th, 2023** at the **Semmelweis University**.

It is our hope that this congress will bring together delegates from all over the world and provide an opportunity to share expert knowledge, promote friendship and professional cooperation to tackle the big issues of today's society and the role of lifestyle medicine within them.

The meeting includes a multitude of sessions, such as interactive workshops with innovative topics and discussions between international lifestyle experts. Exhibitors and sponsors are a vital part of the congress.

The congress offers an opportunity to present your work in a highly relevant group of medical experts making the congress an excellent chance to get in front of potential new peers.

Our scientific programme has been designed to offer you a range of different options to raise awareness and explore the latest innovations in lifestyle medicine. Your enthusiasm and support will help us make the ELMO 2023 congress a memorable event for everyone who participates!

We wish you a pleasant stay in Budapest, enjoy the Congress!



Ioannis Arkadianos, MD
ELMO President



Ioan Hanes, MD
President of the Scientific Committee



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About ELMO

The European Lifestyle Medicine Organization (ELMO) is a scientific, medical organization based in Geneva, Switzerland dedicated to research, prevention and treatment of chronic diseases and lifestyle related diseases promoting evidence-based medicine.

ELMO's Mission

To improve life expectancy and quality of life by reducing the burden of chronic diseases in Europe.

We do this by:

- ✓ Promoting evidence-based medicine for research and clinical application & education to raise awareness.
- ✓ The online lifestyle certification program
- ✓ The ELMO lifestyle medicine podcast
- ✓ The annual congress
- ✓ The ELMO e-book on lifestyle medicine

What we practice:

Lifestyle medicine is a branch of medicine which has as goal to maintain optimal health and to prevent, treat and reverse chronic illness across all life stages. The health interventions used in lifestyle medicine include evidence based behavioural strategies, while considering equity and sustainability, to enhance self-management skills for optimizing nutrition, sleep hygiene, stress management, social connection, sexual health and fertility, physical activity and minimizing substance use and environmental exposures.

For more information visit www.eulm.org



Congress Organization

Scientific Committee

- President: **Ioan Hanes, MD** (*Belgium*)
- Members: **Prof. Dr. Carlos Van Mieghem**, *Cardiology Specialist (Belgium)*
Prof. Dr. Hanno Pijl, *Diabetology Specialist (The Netherlands)*
Prof. Dr. Doina Todea, *Pneumology Specialist (Romania)*
Prof. Dr. Ourania Kolokotroni, *Pediatrics Specialist (Cyprus)*
Prof. Dr. Georgeta Vaidean, *Epidemiology Specialist (USA)*
Prof. Dr. Jose Luis Palma, *Cardiology Specialist (Spain)*
Prof. Giorgos Sakkas (*Greece*)
Prof. Dr. Aleksandra Pikula, *Neurology Specialist (Canada)*
Prof. Helene Jelena Cvejic (*Serbia*)
Francis Elena Escalante Duran, MD (*Spain*)

Organizing Committee

- President: **Ioannis Arkadianos, MD** (*Greece*)
- Members: **Anca Hancu, MD, PhD** (*Romania*)
Laszlo Babai, MD (*Hungary*)
Pedro Gonzalez, MD (*Spain*)

ELMO Administrative Secretariat & Core PCO



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General Information

Congress Dates

From Friday, November 10th until Sunday, November 12th, 2023

Congress Venue

Semmelweis University

Budapest, Üllői út 26, 1085 Hungary

Website: www.semmelweis.hu

Registration Fees

Registration Category	Early Fees	Late Fees	Onsite Fees
ELMO Members Medical Doctors	390,00 €	490,00 €	590,00 €
ELMO Members Health Professionals & Others	340,00 €	440,00 €	490,00 €
ELMO Members Students*	100,00 €	150,00 €	200,00 €
Non-Members Medical Doctors	490,00 €	590,00 €	690,00 €
Non-Members Health Professionals & Others	410,00 €	510,00 €	590,00 €
Non-Members Students*	150,00 €	200,00 €	250,00 €
Industry (not exhibiting in the Congress)	800,00 €	900,00 €	1.000,00 €

Registration Fees Include:

- Attendance to all scientific sessions (excluding workshops)
- Congress materials
- Certificate of attendance
- Access to all coffee breaks as per programme
- Access to the Welcome Reception

*Students registrations must be accompanied by a letter from the head of department or a student ID card confirming their status.

Welcome Reception

The Welcome Reception is open to all registered participants and will take place on Friday, November 10th, 2023, at 20:00 at Semmelweis University.

Name Badges

Participants will receive their badges upon their check-in at the Registrations Desk. For identification purposes and admission to scientific sessions, delegates are requested to always wear their badges when inside the Congress venue. Admission to Congress areas will not be allowed without badge identification.

Congress Registration Desk

The ELMO 2023 Congress Secretariat will be operating in the venue during the below dates and times:

Friday,
November 10th, 2023
12:00 - 20:00

Saturday,
November 11th, 2023
08:00 - 17:00

Sunday,
November 12th, 2023
08:00-14:30

Accreditation

The 5th European Lifestyle Medicine Congress has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **14 European CME credits** (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she spent in the educational activity.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME® credit to AMA credit can be found at www.ama-assn.org/education/earn-credit-participation-international-activities.

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Congress Evaluation & Certificate

All registered participants will receive an electronic Certificate after completing the congress evaluation form which will be sent to them after the congress end date.

Official Language

The official language of the ELMO 2023 Congress is English. No simultaneous interpretation will be provided.

Insurance

Neither the Organizing Committee nor the Congress Secretariat accept any liability for damages and/or loss of any kind which may incur to Congress participants throughout Congress Dates. Participation is at one's own risk. Participants are advised to take out insurance against loss, accidents or damage that could be incurred during the Congress.

Internet Access

Wireless internet connection is available in all Congress areas.





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Detailed Programme

Day 1 | Friday, November 10th, 2023

Hall Sz4

13:00 - 14:00 **Workshop 1 | Culinary Medicine: Reset your energy**

Hosted by:

Prof. Jelena Helene Cvejic (Serbia)

Hall Sz5

13:00 - 14:00 **Workshop 2 | Practical sleep study strategies, as an integrative part of lifestyle medicine**

Hosted by:

Prof. Dr. Doina Adina Todea (Romania)

Damiana-Maria Vulturar, MD, PhD (Romania)

Hall Sz6

13:00 - 14:00 **Workshop 3 | How to design & implement healthy habits?**

Hosted by:

Prof. Dr. Robert Kelly (Ireland)

14:00 - 14:15 Break

Hall Sz4

14:15 - 15:15 **Workshop 4 | Health Benefits of Diaphragmatic Breathing**

Hosted by:

Jana Yanova, MD (Czech Republic)

Hall Sz6

14:15 - 15:15 **Workshop 5 | Slavic Gymnastic for Women: a tradition system to support women's health**

Hosted by:

Prof. Agnieszka Pluto-Pradzynska, PhD (Poland)

Hanna Chowaniec, MD (Poland)

Hall Sz6

14:15 - 15:15 **Workshop 6 | Assessing Physical Activity and Functional Capacity within the context of your own practice**

Hosted by:

Prof. Giorgos K. Sakkas (Greece)

Prof. Christina Karatzaferi (Greece)

Day 1 | Friday, November 10th, 2023

15:15 - 15:45 **COFFEE BREAK**

Main Hall (Díszterem)

15:45-17:00

ROUND TABLE 1: Cardiometabolic Health in Lifestyle Medicine

Chair: **Prof. Dr. Carlos Van Mieghem** (Belgium) and **Prof. Dr. Hanno Pijl** (The Netherlands)

Processed food and cardiometabolic health

Prof. Dr. Hanno Pijl (The Netherlands)

Cardiometabolic health: A multidimensional perspective

Prof. Dr. Carlos Van Mieghem (Belgium)

Lifestyle, microbiome and cardiometabolic health

Prof. Dr. Wojciech Marlicz (Poland)

Saturated fatty acids: The good, the bad or the misunderstood?

Prof. Dr. Remko Kuipers (The Netherlands)

Main Hall (Díszterem)

17:00-18:15

ROUND TABLE 2: Lifestyle Interventions in Cancer and Chronic Inflammation

Chair: **Prof. Dr. Jose L. Palma** (Spain) and **Pedro L. González-Sanz, MD** (Spain)

Exploring the Link Between Lifestyle and Breast Cancer

Francis Elena Escalante Durán, MD (Spain)

Fight against meta-inflammation in non-communicable chronic diseases with lifestyle medicine strategies

Prof. Dr. José L. Palma (Spain)

Epigenetics and lifestyle medicine

Pedro L. González-Sanz, MD (Spain)

Unlocking optimal health through lifestyle medicine and biohacking

Chris Bachtsetzis, MD (Switzerland)

18:15-18:30 Break



18:30-19:45

Oral Presentations Session 1

Chair: **Prof. Dr. José L. Palma** (Spain)

OP01 *Applicability of health coaches in Hungary*

Brigitta Gyebnár

The Hungarian College of Lifestyle Medicine, Budapest, Hungary

OP02 *Balancing behaviour. Experiences of the development and application of the MINDiet Program in Hungary*

Roland Kasek¹, Emese Fejes², Réka Bogdányi², Robert Késmárszky³, Imre Lázár¹

¹Semmelweis University, Institute of Behavioural Sciences, Budapest, Hungary,

²Selye János Doctoral College for Advanced Studies, Behavioural Sciences Research Group, Budapest, Hungary, ³Hopital de la Misericordie, Ajaccio, France

OP03 *Lifestyle habits of medical students and residents and their intentions to apply lifestyle medicine knowledge while consulting patients*

Vilma Kriaucioniene¹, Inga Sribikiene²

¹Lithuanian University of Health Sciences, Faculty of Public Health, Department of Preventive Medicine, Kaunas, Lithuania, ²Lithuanian University of Health Sciences, Center for Postgraduate Studies, Kaunas, Lithuania

OP04 *Evaluation of the factors related to climate change anxiety among family Medicine Residents with High Ecological Footprint Awareness*

Olgu Aygün², Halime Seda Küçükerdem², Özden Gökdemir¹

¹IUE- Faculty of Medicine / Wonca Working Party On Env., Family Medicine, Izmir, Turkey, ²Bozyaka Research and Training Hospital, Family Medicine, Izmir, Turkey

OP05 *Physico-chemical properties of natural mineral water suitable for frequent hydration as a healthy lifestyle choice*

Dusan Avramovic

City Institute for Public Health Belgrade, Department for Water, Belgrade, Serbia

OP06 *Multiplex technology quantifies functional and actionable microbiota to drive personalised lifestyle interventions to resolve intestinal inflammation*

Godfrey Grech¹, Claudine Grech Spiteri², Jessica Debattista¹, Laura Grech¹, Professor Godfrey Laferla²

¹University of Malta, Department of Pathology, Msida, Malta, ²University of Malta, Department of Surgery, Msida, Malta

OP07 *"Hey Lucy! Your best friend on hard days!" Period tracker and menstruation calendar mobile application for the early recognition of menstrual irregularities and diseases*

Adrienn Salamon

"Együtt könnyebb" Női Egészségért Alapítvány, Budapest, Hungary



Day 1 | Friday, November 10th, 2023

Hall Sz5

18:30-19:45

Oral Presentations Session 2

Chair: **Prof. Jelena Helene Cvejic** (Serbia)

OP08 *Nonspecific chronic back pain and scoliosis of the spine. Clinical Observations*

Anselm Model

Fachkliniken Sonnenhof in Hoehenschwand, Orthopedic, Freiburg, Germany

OP09 *Effect of the Covid-19 pandemic on the proportion of physically active children and adults worldwide*

Karima Chaabna, Sonia Chaabane, Anupama Jithesh, Sathyanarayanan Doraiswamy, Ravinder Mamtani, Sohaila Cheema
Weill Cornell Medicine - Qatar (WCM-Q), Doha, Qatar

OP10 *Outcomes of lifestyle behaviour interventions: Multicomponent technology-assisted and lifestyle-based physical activity with diet at an advanced age*

Vera Simovska¹, Andrej Simovski²

¹HEPA Macedonia National Organisation for the promotion of Health-Enhancing Physical Activity, Research and Innovation, Skopje, North Macedonia, ²University MIT-Skopje, Food Safety and Quality, Skopje, North Macedonia

OP11 *Physical activity from the point of view of subjective well-being and support of healthy behavior*

Kludia Zuskova

Pavol Jozef Šafárik University in Košice, Institute of Physical Education and Sport, Košice, Slovakia

OP12 *Sleep disorders and associated factors among medical students in the Middle East and North Africa*

Sonia Chaabane, Karima Chaabna, Salina Khawaja, Jasmine Aboughanem, Dhruv Mittal, Ravinder Mamtani, Sohaila Cheema
Weill Cornell Medicine - Qatar (WCM-Q), Doha, Qatar

OP13 *Promoting immunity in older adults: The interplay of physical activity and sleep in antibody maintenance*

Len De Nys, Anna Whittaker

University of Stirling, Sport & Health Sciences, Stirling, Scotland, UK

OP14 *Gentle rocking movements during sleep: Effects on sleep quality*

Damiana-Maria Vultur¹, Ana-Florica Chis¹, Bianca Domokos¹, Teodora-Gabriela Alexescu²

¹Iuliu Hatieganu University of Medicine and Pharmacy Cluj-Napoca, Romania, ²5th Department Internal Medicine, 4th Medical Clinic, Iuliu Hatieganu University of Medicine and Pharmacy, Cluj-Napoca, Romania

20:00

Welcome Reception



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Day 2 | Saturday November 11th, 2023

08:00-08:45 Registrations

08:45-09:15 **Opening Ceremony – Welcome Messages**

Main Hall (Díszterem)

09:15-10:15 **ROUND TABLE 3: Nutritional aspects in Lifestyle Medicine**

Chair: **Anca Hancu, MD, PhD** (Romania) and **Ioannis Arkadianos, MD** (Greece)

Mediterranean Diet and its role in weight management

Ioannis Arkadianos, MD (Greece)

Sleep and Mediterranean Diet: A Healthy Alliance

Prof. Dr. Doina Todea, (Romania)

Diabetes remission through nutritional intervention

Anca Hancu, MD, PhD (Romania)

10:15-10:45 **COFFEE BREAK**

Main Hall (Díszterem)

10:45-11:45 **ROUND TABLE 4: Physical Activity in Lifestyle Medicine**

Chair: **Prof. Dr. Georgeta Vaidean** (USA) and **Prof. Dr. Peter Apor** (Hungary)

The Influence of physical activity on digestive health and gut microbiota

Thiago Guimarães Osório, MD (Belgium)

Slavic gymnastic for women: A tradition system to support women's health

Prof. Agnieszka Pluto-Pradzynska, PhD (Poland)

Breast cancer and cardiovascular diseases: Common origins and lifestyle medicine management with a focus on physical activity and exercise

Prof. Dr. Georgeta Vaidean (USA)

Effective physical activity prescription: Factors for consideration for inactive and sedentary patients

Sophia Franklin, Physiotherapist (France)

Main Hall (Díszterem)

11:45-12:30 **Keynote Lecture I**

Chair: **Ioan Hanes, MD** (Belgium)

The Blue Zones: A model to live longer and better

Prof. Michel Poulain (Belgium)

12:30-13:30 **POSTER SESSION**



Day 2 / Saturday November 11th, 2023

Main Hall (Díszterem)

13:30-14:30

ROUND TABLE 5: Clinical Lifestyle Interventions

Chair: **Prof. Giorgos K. Sakkas** (Greece) and **Prof. Jelena Helene Cvejic** (Serbia)

The potential of lifestyle interventions for treating fatigue-related conditions

Prof. Jelena Helene Cvejic (Serbia)

Wellbeing school for health care workers and residents: Pilot Project on

lifestyle medicine multimodal interventions and thermal medicine approach

Yohana Isabel De Gracia Hils, MD (Spain)

Lifestyle medicine at the service of chronic kidney diseases

Prof. Giorgos K. Sakkas (Greece)

Chronic pain - A syndrome or a disease?

Bianca Delia Comsa, MD (Belgium)

Main Hall (Díszterem)

14.30-15.30

ROUND TABLE 6: Sexual Health and Lifestyle Medicine

Chair: **Ioan Hanes, MD** (Belgium) and **Elena Gopchuk, MD** (Cyprus)

Men's sexuality through lifestyle interventions

Ioan Hanes, MD (Belgium)

Thriving through the menopause transition with lifestyle medicine

Prof. Dr. Michelle Tollefson (USA)

Cultural projects as an interactive tool in sexual health education for

lifestyle medicine practitioners

Elena Gopchuk, MD (Cyprus)

Ways to identify female sexual dysfunction

Csaba Erdős, PhD (Hungary)

15:30-15:45

Break

Main Hall (Díszterem)

15:45-16:00

Satellite Session (More details on page 23)

Main Hall (Díszterem)

16:00-17:00

ROUND TABLE 7: Brain Health and Behaviour

Chair: **Prof. Dr. Aleksandra Pikula** (Canada) and **Prof. Dr. Robert Kelly** (Ireland)

Brain health and aging through lifestyle medicine across lifespan

Prof. Aleksandra Pikula (Canada)

The effect of migration on lifestyle interventions

Elizaveta Kuznetsova, MD (Serbia)

Lifestyle habits of anesthetists and intensive care doctors: Do physicians

lead a healthy lifestyle?

Gergely Zoltan, MD (Hungary)

Getting to heart of lifestyle medicine

Prof. Dr. Robert Kelly (Ireland)



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Day 3 | Sunday November 12th, 2023

Hall Sz4

08:45-09:45

Oral Presentations Session 3

Chair: **Prof. Dr. Carlos Van Mieghem** (Belgium)

- OP15** *Stepping outside of the classroom to explore lifestyle medicine: a qualitative analysis of medical students' hash experiences in Grenada*
Robert Hage, Sarah Gluschitz
St. George's University, Medical Humanities and History of Medicine, St. George's, Grenada
- OP16** *Physical health predicts weight loss in lifestyle intervention*
Martin Nilsson¹, Benno Krachler^{1,2}
¹Umeå University, Public Health and Clinical Medicine, Sustainable Health, Sollejteå, Sweden, ²Region Västernorrland, Livsstilsmedicin Österåsen, Umeå, Sweden
- OP17** *Integrating lifestyle medicine into routine endocrinology care of women*
AG Palladino-Davis, Anthony Pick
Northwestern University, Endocrinology, USA
- OP18** *Oral function & lifestyle medicine - Current updates*
Andreia Patrão
Private Practice, Oral Rehabilitation, Porto, Portugal
- OP19** *The HYGLEIA Project: Co-creation of a European joint Master degree on health and wellbeing promotion*
Catarina Rosado, Ana Sofia Fernandes
CBIOS- Universidade Lusófona, Lisbon, Portugal
- OP20** *Attribution of modifiable risk factors to the total burden of chronic respiratory diseases*
Zorica Terzic Supic, Jovana Todorovic, Aleksandar Stevanovic, Zeljka Stamenkovic, Milena Santric Milicevic
Faculty of Medicine, University of Belgrade, Institute of Social Medicine, Belgrade, Serbia

Hall Sz5

08:45-09:45

Oral Presentations Session 4

Chair: **Prof. Dr. Ourania Kolokotroni** (Cyprus)

- OP21** *The relationship between illness perception and smoking among COPD patients*
Özden Gökdemir¹, Okan Bal², Nilgün Özçakar²
¹IUE- Faculty of Medicine Wonca Working Party on Env., Family Medicine, Izmir, Türkiye, ²Dokuz Eylül University, Faculty of Medicine - TAHUD, Family Medicine, Izmir, Turkey



Day 3 | Sunday November 12th, 2023

- OP22** *Assessing recreational athletes' awareness of contaminants in food supplements and their health implications*
Sofia Lopes, Madalena Cunha, Ana Fernandes, Cíntia Ferreira-Pêgo, João G Costa
CBIOS – Universidade Lusófona's Research Center for Biosciences & Health Technologies, Lisboa, Portugal
- OP23** *Effective health management via long-term alteration of the gastrointestinal microbiome: A case study*
Rita Bérczes, Eszter Bokor, Eszter Judit Tóth, Döme Cseh, Szilvia Bianka László, Bence Verpeléti
Medipredict LTD., Budapest, Hungary
- OP24** *Investigation of pseudocereal-based beverages enriched with antioxidants, protein and fibre*
Dorottya Krisztina Vajdovich
Semmelweis University, Doctoral School of Health Sciences, Department of Dietetics and Nutritional Sciences, Budapest, Hungary
- OP25** *Comparison between an automated nutritional assessment tool (goFOOD™) for supporting dietitians and 24-hour recall method of dietary assessment: A feasibility study*
Lubnaa Abdur Rahman¹, Lorenzo Brigato¹, Natalie S. Bez², Maria F. Vasiloglou¹, Klazine van der Horst², Stavroula Mouggiakakou¹
¹University of Bern, ARTORG Center for Biomedical Engineering Research, Bern, Switzerland, ²Bern University of Applied Sciences, School of Health Professions, Bern, Switzerland

09:45-10:00 Break

Main Hall (Díszterem)

10:00-11:00 **ROUND TABLE 8: Environmental Factors in Lifestyle Medicine**

Chair: **Prof. Dr. Andree Rochfort** (Ireland) and **Prof Dr. Ourania Kolokotroni** (Cyprus)

Lifestyle medicine, quality of care and planetary health

Prof. Dr. Andree Rochfort (Ireland)

The importance of water cycles in designing a healthy and sustainable lifestyle

Eleni Prifti, PhD (The Netherlands)

Why is lifestyle medicine important in ergotherapy?

Nerella Nemeth Chauvin, Occupational health therapist (Hungary)

Lifestyle before life: The role of lifestyle during the preconception period on the health of the mother and child

Prof. Dr. Ourania Kolokotroni (Cyprus)



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Day 3 | Sunday November 12th, 2023

Main Hall (Díszterem)

11:00-12:00

ROUND TABLE 9: Education in Lifestyle Medicine

Chair: **Prof. Christina Karatzaferi** (Greece), **Prof. Dr. Benno Krachler** (Sweden) and **Ioan Hanes, MD** (Belgium)

The health and fitness lifestyle advisor certificate

Ioan Hanes, MD (Belgium)

Internship in lifestyle medicine – Developing a curriculum

Prof. Dr. Benno Krachler (Sweden) and **Pela Petraki Kavvadia, MD** (Greece)

First online lifestyle medicine certification in Spain: Pioneering lifestyle medicine education for the Hispanic world

Pedro L. González-Sanz, MD (Spain)

Future of medical education: Lifestyle medicine impact on Brazilian and Latin America health

Gustavo Hirt, MD (Brazil)

The Master of Science in lifestyle medicine: ELMOs practitioners and academics join forces

Prof. Christina Karatzaferi (Greece)

12:00-12:30

COFFEE BREAK

Main Hall (Díszterem)

12:30-13:15

Keynote Lecture II

Chair: **Ioannis Arkadianos, MD** (Greece)

Education Spectrum in Lifestyle Medicine

Prof. Beth Frates (USA)

Main Hall (Díszterem)

13:15-13:30

Closing Ceremony / Conclusions

Main Hall (Díszterem)

13.30-14.30

ELMO General Assembly

Poster Presentations Catalogue

PP01 | Smoking habits of patients in the office of the selected doctor of the general medicine service of the "Novi Sad" health center

Tatjana Zdravkovic, Tatjana Egic, Tatjana Pokusevski
Health Center "Novi Sad", Novi Sad, Serbia

PP02 | Self-assessed stress level of patients in a general medicine doctor's office

Tatjana Zdravkovic, Tatjana Egic, Tatjana Pokusevski
Health Center "Novi Sad", Novi Sad, Serbia

PP03 | Know Brain-Embrace Care (KBEC) Project: Investigating brain health knowledge concepts and barriers to lifestyle medicine implementation

Sarah Ibrahim^{1,4,16}, Sharon Ng¹¹, Lindsey Zhang¹⁷, Akshaya Ravi¹³, Jill Cameron⁹, Kristina Kokorelias^{9,10}, Troy Francis⁴, Danielle D'Amico¹², Syeda Hashmi¹⁴, Leanne Casaubon^{1,2,18,19}, Susan Marzolini^{14,15}, Val Rac^{3,4,5,6}, Keith Sivakumar^{1,2}, **Aleksandra Pikula**^{1,2,7,8}

¹Toronto Western Hospital, University Health Network, Toronto, Canada, ²University of Toronto, Faculty of Medicine, Toronto, Canada, ³Ted Rogers Centre for Heart Research / Peter Munk Cardiac Centre, Toronto, Canada, ⁴Toronto General Hospital Research Institute, Program for Health System and Technology Evaluation, Toronto, Canada, ⁵University of Toronto, IHPME, Toronto, Canada, ⁶Diabetes Action Canada, Diabetic Retinopathy Screening Program and Knowledge Mobilization and Evaluation Program, Toronto, Canada, ⁷University Health Network, Krembil Brain Institute, Toronto, Canada, ⁸University Health Network, Stroke Research Program, Toronto, Canada, ⁹University of Toronto, Occupational Science & Occupational Therapy, Toronto, Canada, ¹⁰Sinai Health and the University Health Network, Department of Medicine's Healthy Ageing and Geriatrics Program, Toronto, Canada, ¹¹Harvard University, Chan School of Public Health, USA, ¹²Toronto Metropolitan University, Psychology, Toronto, Canada, ¹³University of Waterloo, Waterloo, Canada, ¹⁴University of Toronto, Department of Psychiatry, Toronto, Canada, ¹⁵Toronto General Hospital, University Health Network, Centre for Mental Health, Toronto, Canada, ¹⁶SickKids Research Institute, Toronto, Canada, ¹⁷University of Ottawa, Faculty of Medicine, Ottawa, Canada, ¹⁸Ontario Health - CorHealth Ontario, Ontario Canada, ¹⁹Toronto West Stroke Network, Toronto, Canada

PP04 | Lifestyle screening and assessment tools for elderly: A systematic review

Hung Nguyen Ngoc¹, Linh Luu Khanh², Phuc Duong Phan², Nga Phan Thi Bao³, Ms. Ngoc Thi Nhu Hoang⁴, Ms. Anh Nguyen Minh⁵, Dan

Nguyen Duc⁶

¹Institute of Nutrition, Mahidol University, Nakhon Pathom, Thailand, ²Faculty of Public Health, Can Tho University of Medicine and Pharmacy, Can Tho, Vietnam, ³Becamex International Hospital, Binh Duong, Vietnam, ⁴VN-UK Institute for Research and Executive Education, The University of Danang, Danang, Vietnam, ⁵Institute of Preventive Medicine and Public Health, Hanoi Medical University, Hanoi, Vietnam, ⁶Faculty of Public Health, Hue University of Medicine and Pharmacy, Thua Thien Hue, Vietnam

PP05 | Empathy in dietitians as an advantageous factor for promoting patient healthcare and nutritional support

Aikaterini Louka¹, **Exakousti-Petroula Angelakou**¹, Eleni Pavlidou¹, Maria Zeimpeki¹, Maria Chrysafi¹, Aimilia-Lynn Pandi¹, Maria Mentzelou¹, Olga Alexatou¹, Sofia Louka², Constantinos Giaginis¹

¹University of the Aegean, School of the Environment, Department of Food Science and Nutrition, Myrina, Limnos, Greece, ²National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing, Athens, Greece

PP06 | The impact of stress at the early stage of life may increase the risk of childhood overweight and obesity

Exakousti-Petroula Angelakou, Aikaterini Louka, Olga Alexatou, Aimilia-Lynn Pandi, Maria Mentzelou, Eleni Pavlidou, Maria Zeimpeki, Maria Chrysafi, Constantinos Giaginis

University of the Aegean, School of Environment, Department of Food Science and Nutrition, Myrina, Limnos, Greece

PP07 | Nutritional status assessment and nutritional interventions in patients with multiple sclerosis: May reduce disease progression and untensity disease symptomatology?

Maria Chrysafi, Aimilia-Lynn Pandi, Maria Mentzelou, Eleni Pavlidou, Olga Alexatou, Maria Zeimpeki, Aikaterini Louka, Exakousti-Petroula Aggelakou, Constantinos Giaginis

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PP08 | Higher mediterranean diet adherence is associated with a higher prevalence of better cognitive status and less depressive symptoms in older adults

Aimilia-Lynn Pandi, Maria Chrysafi, Maria Zeimpeki, Eleni Pavlidou, Aikaterini Louka, Olga Alexatou, Exakousti-Petroula Aggelakou, Maria Mentzelou, Constantinos Giaginis

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PP09 | Occurrence of contaminants in food contact materials: Analysis of RASFF reports

Bernardo Brito Palma, Carolina Pereira, João G. Costa, **Ana Fernandes**

CBIOS, Universidade Lusófona's Research Center for Biosciences & Health Technologies, Lisbon, Portugal

PP10 | Effect of selected carotenoids on human visual processing speed and color hue discrimination

Bert Jacobson, Antonio Perez, Bryson Trask
Oklahoma State University, School of Kinesiology, Applied Health and Recreation, Stillwater, USA

PP11 | Nutritional Habits of the health care professionals in Greece during the pandemic of Covid 19

Konstantina Karaouli, Anastasios Manolakis, Andreas Kapsoritakis, Ioannis Migdanis, Spyridon Potamianos

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PP12 | Revising Harris-Benedict equation: A novel human resting metabolic rate equation with adequate accuracy and reliability

Eleni Pavlidou, Maria Mentzelou, Exakousti-Petroula Aggelakou, Maria Chrysafi, Olga Alexatou, Aikaterini Louka, Aimilia-Lynn Pandi, Maria Zeimpeki, Constantinos Giaginis

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PP13 | Interrelationships amongst emotional eating, overweight/obesity, depression, anxiety, stress, and dietary patterns: Novel clinical evidence

Maria Mentzelou, **Eleni Pavlidou**, Olga Alexatou, Maria Chrysafi, Maria Zeimpeki, Aikaterini Louka, Aimilia-Lynn Pandi, Exakousti-

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PP14 | Nutritional habits of young Hungarian adults between 18 and 28 years of age; A cross-sectional study, comparison between data collected in 1998/1999 and 2023

Agnes Regos¹, Greta Maria Regos²

¹Castle Medical Centre, Swords, Ireland, ²Semmelweis University, Faculty of Medicine, Budapest, Hungary

PP15 | Compatibility of patients' diet with the Mediterranean diet

Tatjana Zdravkovic, Tatjana Egic, Tatjana Pokusevski

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PP16 | Nutritional status is associated with health-related quality of life, physical activity, and sleep quality: A cross-sectional study in older adults

Maria Zeimpeki, Olga Alexatou, Exakousti-Petroula Angelakou, Maria Chrysafi, Eleni Pavlidou, Aikaterini Louka, Aimilia-Lynn Pandi, Maria Mentzelou, Constantinos Giaginis

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PP17 | High mediterranean diet adherence is associated with higher risk of lower depression, anxiety, and stress: Promoting academic performance and quality of life in university students

Olga Alexatou, **Maria Zeimpeki**, Maria Chrysafi, Maria Mentzelou, Aikaterini Louka, Eksakousti-Petroula Aggelakou, Aimilia-Lynn Pandi, Eleni Pavlidou, Constantinos Giaginis

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PP18 | A research methodology of the effects associated with digital behaviour change interventions focused on health outcomes of evidence-based physical activity within a home-based environment at an advanced age

Vera Simovska

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Satellite Session

Day 2 | Saturday November 11th, 2023

Main Hall (Díszterem)

15:45-16:00

Satelite Session

Swissmed Health: Empowering the Revolution of Clinical Longevity
Elena Gopchuk MD, PhD (Cyprus)

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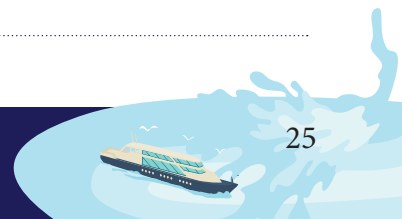




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The BioArte Ltd. holds a diagnostic licence and an ISO 9001:2015 certification. For educational purposes, BioArte also founded the Institute of Microbiome and Applied Sciences.



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