



PRESENTED BY

FUCSIA NISSOLI FITZGERALD

CONSUL GENERAL OF ITALY, PIER ATTINIO FORLANO

PROF. ANTONIO GIORDANO

PROF. ANTONINO DE LORENZO

DR. IRIS MARIA FORTE

PROF. FABIO PARASECOLI

PROF. LISA SASSON

DR. VINCENZO MILIONE

DR. MASSIMO BORRELLI

MEDITERRANEAN DIET AND LIFESTYLE

**From
Prevention
to
Treatment**

**FRIDAY, OCTOBER 19th, 2018
11:00 AM – 5:00 PM**

**Sbarro Health Research Organization in
collaboration with
Consulate General of Italy in Philadelphia**

Mediterranean Diet

The description of the Mediterranean Diet stems from the nutritionist Ancel Keys, who in 1945, in the wake of the US Fifth Army, landed in Southern Italy, where he observed one of the highest concentrations of centenarians in the world. He also noticed that cardiovascular diseases, widespread in the USA, were less frequent there. In particular, among the Southern Italians, the prevalence of "wellness" diseases such as hypertension and diabetes mellitus, was particularly associated with fat consumption, suggesting that the main factor responsible for the observations was the type of diet traditionally consumed among people facing the Mediterranean Sea, which is low in animal fat, as opposed to the Anglo-Saxon diet. The link between serum cholesterol and coronary heart disease mortality was subsequently demonstrated by the Seven Countries Study. Later, the concept of Mediterranean Diet was extended to a diet rich in fruits, vegetables, legumes, whole grains, fish and olive oil as the main source of lipid, shared among people living in Spain, Greece, Southern Italy and other countries facing the Mediterranean basin ...

Prof. Antonino De Lorenzo, MD, PhD.

The Symposium will be held at:
Biolife Science Building, Room 234
Temple University, 1900 North 12th street
Philadelphia, PA 19122

For further information, please contact:
Ms. Marinela Dedaj – Sbarro Institute, Office #: 215-204-9521

11:00

Welcome

Prof. Antonio Giordano, MD, PhD.

Director and President of the Sbarro Health Research Organization, College of Science and Technology, Temple University

Greetings

Fucsia Nissoli Fitzgerald

Deputy elected in the Foreign Circumscription – North and Central America Division

Consul General, Honorable Pier Attinio Forlano

General Consul of Italy in Philadelphia

11:30

The Impact of Environment and Life Style in Human Disease

Prof. Antonio Giordano MD, PhD.

12.00

The Italian Mediterranean Diet as a Model of Identity of a People with a Universal Good to Safeguard Health?

Prof. Antonino De Lorenzo, MD, PhD.

Director of the School of Specialization in Clinical Nutrition, University of Rome “Tor Vergata”

12:30

Environment and Health

Dr. Iris Maria Forte, PhD.

National Cancer Institute "Pascale" Foundation | IRCCS · Department of Research, Naples, Italy

13:00 **Lunch**

2:30 ***Mediterranean Diet, Intangible Heritage and Sustainable Tourism?***

Prof. Fabio Parasecoli, PhD.

Nutrition and Food Department, New York University

3:00 ***Italy as a Case Study: Increasing Students' Level of Awareness of the Historical, Cultural, Political and Culinary Significance of Food***

Prof. Lisa Sasson

Nutrition and Food Department, New York University

3:30 ***Italian Migration and Global Diaspora***

Dr. Vincenzo Milione, PhD

Director of Demographics Studies, Calandra Institute, City University of New York

4:00 ***Pasta Arte: New Model of Circular Agricultural Economy: When an Innovated Tradition Takes Care of You and of the Environment***

Dr. Massimo Borrelli

CEO and Founder of Arte

4:15 ***Conclusions***

Prof. Antonio Giordano, MD, PhD.

Coordinator of the Symposium, Dr. Alessandra Moia, PhD.

Prof. Antonio Giordano, MD, PhD.

Professor of Molecular Biology at Temple University in Philadelphia, PA where he is also Director of the Sbarro Institute for Cancer Research and Molecular Medicine. He is also Professor of Pathology at the University of Siena, Italy. He has published over 500 articles, received over 40 awards for his contributions to cancer research and is the holder of 17 patents.

Prof. Antonino De Lorenzo, MD, PhD.

Full Professor of Human Nutrition and Director of the Specialization School in Food Science at the University of Rome "Tor Vergata". He is the Coordinator of the Specialization Schools in Food Science at the National University Council and Coordinator of the PhD. School of "Applied Medical-Surgical Sciences" Director of UOSD "Service of Clinical Nutrition, Parenteral Therapy and Anorexia". He also serves as President of "Istituto Nazionale per la Dieta Mediterranea e la Nutrigenomica".

Dr. Iris Maria Forte, PhD.

Iris Maria Forte is an oncology researcher of INT G. Pascale Foundation of Naples, Italy. She majored in Medical Biotechnology at the "Federico II" University of Naples, earned a PhD. in "Oncology and Genetics" at the University of Siena in 2012 and a Master of II level in "Environment and Cancer" in 2014. Iris Maria Forte has worked with Antonio Giordano's group since 2008 and her research interests include both molecular and translational cancer research. She published 21 articles mostly focused in understanding the molecular basis of human cancer. She worked on different kinds of human solid tumors but her research principally focused on pleural mesothelioma and on cell cycle deregulation in cancer.

Prof. Fabio Parasecoli, PhD.

Professor in the Department of Nutrition and Food Studies. He has a Doctorate in Agricultural Sciences (Dr.sc.agr.) from Hohenheim University, Stuttgart (Germany), MA in Political Sciences from the Istituto Universitario Orientale, Naples (Italy), BA/MA in Modern Foreign Languages and Literature from the Università La Sapienza, Rome (Italy). His research explores the intersections among food, media, and politics. His most recent projects focus on Food Design and the synergies between Food Studies and design.

Prof. Lisa Sasson, MS

Dietetic Internship Director and a Clinical Associate Professor in the department. She has interests in dietetic education, weight and behavior management, and problem-based learning. She also is a private

practice nutritionist with a focus on weight management. She serves as co-director of the Food, Nutrition and Culture program in Florence Italy, the New York State Dietetic Association and the Greater New York Dietetic Association (past president and treasurer).

Dr. Vincenzo Milione, PhD.

Director of Demographic Studies for The John D. Calandra Italian American Institute, Queens College, City University of New York. He has conducted social science research on Italian Americans. His research has included the educational and occupational achievements; Italian language studies at the elementary and secondary levels, high school non-completion rates; negative media portrayals of ethnic populations including migration studies and global diaspora.

Dr. Massimo Borrelli

Agricultural entrepreneur, Manager of the Italian Consortium for Biogas (CIB) and delegate for the Bioeconomy National Department of Confagricoltura. He developed A.R.T.E based on a model of agricultural circular economy, beginning and ending in the ground. He constructed the first biogas plant in the territory creating a new way to make agriculture, investing in research and development, experimentation and most of all, in people. In a few short years, he succeeded to close the production chain producing goods characterized by their high quality and usage of renewable energy.

Dr. Alessandra Moia, PhD.

Vice-President for Institutional and International Relations of the Istituto Nazionale per la Dieta Mediterranea e la Nutrigenomica (I.N.D.I.M.). Has managed relations with the academic institutions to increase awareness and develops projects for the diffusion of the Mediterranean Diet. She served as Director of Finance for the National Institute of Nutrition, for the Ministry of Agriculture and Forestry.