

FLORENCE SPORT MEDICINE

LIFESTYLE: FROM ATHLETES
TO THE PATIENTS

preliminary program

Promoted by




FONDAZIONE
INTERNAZIONALE
MENARINI

Organized by



FLORENCE
CONVITTO DELLA CALZA
17-18 NOVEMBER 2017

A faint, light-colored silhouette of a person in a running pose is visible in the background of the page. The person is shown from the side, with one leg forward and arms slightly bent, suggesting motion. The silhouette is centered vertically and horizontally, serving as a subtle background element.

In recent years, athletic participation has more than doubled in all major demographic groups; while simultaneously, children and adults with established heart disease desire participation in sports and exercise. Despite conferring favorable long-term effects on well-being and survival, exercise can acutely be associated with risk of adverse events, and the complex individual cardiovascular demands and adaptations imposed by exercise pose distinct challenges to the physician asked to evaluate athletes.

Physical inactivity furthermore is estimated as being the principal cause for approximately 21–25% of breast and colon cancer burden, 27% of diabetes and approximately 30% of ischaemic heart disease burden in addition, NCDs now account for nearly half of the overall global burden of disease. Exercise therefore is one of the most important modifiable risk factors for chronic disease.

Exercise produces roughly similar benefits to drugs in the secondary prevention of coronary heart disease, rehabilitation after stroke, treatment of heart failure, and prevention of diabetes. In addition, exercise has recently been shown to reduce the risk of dementia and improve mental health.

Furthermore, exercise was mentioned to only a sixth of patients with diabetes or hypertension, despite these being conditions for which exercise is recommended.

There is nothing miraculous about exercise. What is extraordinary is how long it is taking mainstream medicine to accept the importance of physical activity.

Friday 17th 2017 November morning

08.45 Registration

09.30 Welcome addresses

*Giorgio Galanti, Francesco Di Costanzo, Maurizio Casasco,
Luigi Dei, Paolo Bechi, Luciano Gabbani*

10.00 Session I

Chairman: Giorgio Galanti, Pietro Amedeo Modesti

10.00 Genetic and sport

Nicola Maffulli (Salerno)

10.20 Update of cruciate ligaments surgery

Andy Williams (London)

10.40 ACL lesions surgery or not?

Francesco Giron (Florence)

11.00 Cruciate practice guidelines Rehabilitation

Nicky van Melick (Steyl)

11.20 Discussion

11.30 Coffee Break

11.50 Session II

Chairman: Carlo Rotella, Domenico Prisco

11.50 Lyfestyle and diabetes prevention

Edoardo Mannucci (Florence)

12.10 Disabled athlete

Marco Bernardi (Rome)

12.30 Lifestyle e rheumatic diseases

Lorenzo Emmi (Florence)

12.50 Transplant Athletes

Giulio Sergio Roi (Verona)

13.10 Discussion

13.20 Light Lunch

Friday 17th

2017 November

afternoon

14.30 **Session III**

Chairman: **Carlo Di Mario, Pietro Amedeo Modesti**

14.30 Lifestyle and cardiovascular risk

Sanjiv Kaul (Portland)

15.00 EKG and Sport Medicine

Paolo Zeppilli (Rome)

15.30 Prevention of Sudden cardiac death

Antonio Michelucci (Florence)

16.00 The master Athlete

Niccolò Marchionni (Florence)

16.30 Discussion

16.40 **Coffee Break**

17.00 **Session IV**

Chairman: **Antonello Pietrangelo**

17.00 Hypertension and athlete

Pietro Amedeo Modesti (Florence)

17.30 Too much exercise

Paul Davis Thompson (Hartford)

18.00 Congenital heart diseases and asport activity

Silvia Favilli (Florence)

18.30 Discussion

Saturday 18th

2017 November

morning

08.30 Presentation 2nd day

Giorgio Galanti, Francesco Di Costanzo

09.00 Session V

Chairman: **Francesco Di Costanzo, Fabrizio Angelini**

09.00 Nutrition and performance

Ronald John Maughan (Loughborough)

09.30 Nutraceuticals as a support of therapeutic lifestyle

Francesco Arrigo Giuseppe Cicero (Bologna)

10.00 Exercise prescription on quality of life of cancer patients

Giorgio Galanti (Florence)

10.30 Predicting and improving adverse outcomes in older patients with cancer

Silvio Monfardini (Milan)

11.00 Discussion

11.10 Coffee Break

11.30 Session VI

Chairman: **Teresita Mazzei**

11.30 Sport, stress and women's health

Felice Petraglia (Florence)

12.00 Elderly cancer patients and physical activity

Lodovico Balducci (Tampa)

13.00 Health benefits of qigong or tai chi for cancer patients

Silvia Del Conte (Florence)

13.30 Discussion

13.40 C.M.E. questionnaire

14.00 Concluding Remarks

14.30 Light Lunch

General Information

Congress venue

Convitto della Calza

Piazza della Calza, 6

50125 - Firenze

www.calza.it

Registration

No registration fee is required to attend the conference.

Congress has 150 spaces available and they will be distributed on a first come first served basis.

Registration form is available on the web site:

www.eve-lab.it

Continuing medical education CME

The congress is accredited for the Italian physicians only, in accordance with existing national laws on CME.

Official languages

Italian - Simultaneous translation will be provided.

English – Simultaneous translation will be provided.

Faculty

Fabrizio Angelini, *Empoli (FI), Italy*
Paolo Bechi, *Florence, Italy*
Maurizio Casasco, *Rome, Italy*
Luigi Dei, *Florence, Italy*
Francesco Di Costanzo, *Florence, Italy*
Carlo Di Mario, *Florence, Italy*
Lodovico Balducci, *Tampa, Florida - USA*
Marco Bernardi, *Rome, Italy*
Francesco Arrigo Giuseppe Cicero, *Bologna, Italy*
Silvia Del Conte, *Florence, Italy*
Francesco Di Costanzo, *Florence, Italy*
Lorenzo Emmi, *Florence, Italy*
Silvia Favilli, *Florence, Italy*
Luciano Gabbani, *Florence, Italy*
Giorgio Galanti, *Florence, Italy*
Francesco Giron, *Florence, Italy*
Sanjiv Kaul, *Portland, Oregon - USA*
Nicola Maffulli, *Salerno, Italy*
Edoardo Mannucci, *Florence, Italy*
Niccolo' Marchionni, *Florence, Italy*
Ronald John Maughan, *Loughborough, UK*
Teresita Mazzei, *Florence, Italy*
Nicky van Melick, *Steyl, Netherlands*
Antonio Michelucci, *Florence, Italy*
Pietro Amedeo Modesti, *Florence, Italy*
Silvio Monfardini, *Milan, Italy*
Felice Petraglia, *Florence, Italy*
Antonello Pietrangelo, *Reggio Emilia, Italy*
Domenico Prisco, *Florence, Italy*
Giulio Sergio Roi, *Verona, Italy*
Carlo Rotella, *Florence, Italy*
Paul Davis Thompson, *Hartford, Connecticut - USA*
Andy Williams, *London, UK*
Paolo Zeppilli, *Rome, Italy*

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Organizing Secretariat



EVE-LAB

Viale dei Mille 137, 50131 - Firenze
Tel. 055 0671000 Fax 055 0988319
Email: cristina.unitulli@eve-lab.it
www.eve-lab.it