

Healthy Ageing Week 2021

Alba
Fondazione Ferrero
November 8 -13



FONDAZIONE FERRERO



Karolinska
Institutet

TIMETABLE

8
NOV

La buona informazione allunga la vita
Good information prolongs life
Professional training course for journalists

9
NOV

Paediatricians, Geriatricians and the Life-Course Approach: an encounter of two extremes
Symposium

10
NOV

Oxidants and Antioxidants in Aging
Workshop of the Oxygen Club of California

11
NOV

Successful ageing
forza e vulnerabilità degli anziani
Scientific Convention

12
NOV

Successful ageing
forza e vulnerabilità degli anziani
Scientific Convention

13
NOV

I giorni che contano
The days that count
Information day



Healthy Ageing Week 2021

Organized by

Fondazione Piera Pietro e Giovanni Ferrero

In collaboration with

Accademia di Medicina, Turin

Karolinska Institute, Stockholm

Università Cattolica del Sacro Cuore, Milan

Honorary president

Maria Franca Ferrero

President Fondazione Ferrero

Presidents

Franco Anelli

Rector of Università Cattolica del Sacro Cuore, Milan

Maria Ankarcrona

Department Head Neurobiology, Care Sciences and Society
Karolinska Institute of Stockholm

Giancarlo Isaia

President Accademia di Medicina, Turin

Bartolomeo Salomone

President Ferrero S.p.A.

Under the high Patronage of the European Parliament

Patronages

Istituto Superiore di Sanità

Università di Torino

Università del Piemonte Orientale

Regione Piemonte

Provincia di Cuneo

Comune di Alba

European Geriatric Medicine Society

Society for Free Radical Research International

ASL CN2 - Alba Bra

Ordine dei Medici della Provincia di Cuneo

Ordine dei Giornalisti della Regione Piemonte

Accademia di Geriatria

Società Italiana di Gerontologia e Geriatria

Società Italiana di Medicina Interna

Scientific Committee

Alberto Angeli

Piero Bianucci

Teresa Cammarota

Paolo Cavallo Perin

Alessandro Comandone

Matteo Cesari

Patrizia D'Amelio

Umberto Dianzani

Mauro Fontana

Laura Fratiglioni

Giancarlo Isaia

Alessandra Marengoni

Roberto Menta

Lorenzo Morelli

Giuseppe Poli

Roberto Zoboli

PROFESSIONAL TRAINING COURSE - ITALIAN

In collaboration with
ORDINE DEI GIORNALISTI DEL PIEMONTE

La buona informazione allunga la vita - Good information prolongs life

- 14.00 Participant registration and welcome coffee
- 15.00 **Telmo Pievani and Piero Bianucci**
Scientific and medical information in the age of social networks: the six degrees of separation and fake news
- 15.30 **Matilde Leonardi - Erika Guastaffierro**
Space, time and role of relationships in healthy ageing
- 16.00 **Roberta Villa**
The scientific method as a prerequisite in medical research communication
- 16.30 **Guendalina Graffigna**
The reasons behind behaviours and dietary choices: communication and change
- 17.00 **Giancarlo Isaia**
Family medicine and geriatric medicine: a relay race or an allegiance?
- 17.30 Questions and discussion
- 18.00 Conclusions

Registration on the S.I.Ge.F platform



CME COURSE – ITALIAN AND ENGLISH (simultaneous translation)

**Paediatrics, Geriatrics and the Life-Course Approach:
an encounter of two extremes**

- 15.00 **Carlo Agostoni**
The ageing of the paediatric population in a globally sustainable scenario
- 15.20 **Matteo Cesari**
Prevention of chronic diseases in old age
- 15.40 **Marco Canevelli**
Life-course approach in public health
- 16.00 Questions and discussion
- 16.30 **Marcel Rufo**
Tastes and fragrances from the pandemic to dementia: when grandchildren can help their grandparents
- 16.50 **Nicola Montano**
Sleep in the different phases of life: implications for our health
- 17.10 **Mikel Izquierdo**
Skeletal muscle and physical activity under a life-course perspective
- 17.30 **Raanan Shamir**
Healthy diet since the beginning for successful aging
- 17.50 Questions and discussion
- 18.15 Conclusions
- 18.30 CME Questionnaire
- 18.45 End of course



WORKSHOP DELLA SOCIETÀ SCIENTIFICA OXYGEN CLUB OF CALIFORNIA - INGLESE

Oxidants and Antioxidants in Aging

- 9.00 Welcome to Participants
Opening remarks: **Enrique Cadenas** and **Giuseppe Poli**
- 9.30 Keynote Lecture¹
Chair: **Josiane Cillard**
- José Viña**
Sarcopenia: an unsolved problem in gerontology and geriatrics. From molecular approaches to therapeutics
- Session I² Chairs: **Matilde Maiorino, Juan Sastre**
- 10.30 **Manuel Serrano**
An integrated view of oxidative damage and cellular senescence
- 11.00 **Kelvin Davies**
Failure of proteostasis and adaptive homeostasis in aging
- 11.30 **Henry Forman**
Aging and susceptibility to oxidative injury
- 12.00 **Tilman Grune**
Possible role of protein aggregates in metabolic diseases
- 12.30 **Zhigang Liu**
Redox Biology in the neuroprotection of methionine restriction on cognitive deficits
- 13.00 Light Lunch
- Session II³ Chair: **Hüveyda Başağa, Federico Pallardó**
- 14.30 **Giovanni Mann**
Nrf2-regulated redox signaling in cerebral ischemia-reperfusion injury
- 15.00 **Anne Nègre-Salvaire**
Lipid peroxidation-derived aldehydes and premature placental aging in pathological pregnancies
- 15.30 **Giuseppe Valacchi**
Cutaneous SRB1 involvement in extrinsic aging
- 16.00 **Leo Rodriguez-Mañas**
Aging, nutrition, and frailty
- 16.30 **Cesar Fraga**
Polyphenols for a healthy living: from your dinner to your cells nitric oxide bioavailability
- 17.00 Round Table Discussion
Enrique Cadenas, Patricia Oteiza, Fulvio Ursini
Oxidants and antioxidants in aging
- 18.00 Closing remarks
- 20.30 Gala dinner (speakers, chairs and guests)

¹Lester Packer Lecture, ²Mario Dianziani's Session, ³Sten Orrenius's Session

International Scientific Convention

Healthy Ageing 2021

Forza e vulnerabilità degli anziani



CME courses

November 11

Covid-19 in older patients – Immunosenesence

November 12

Oncogeriatrics - Organizational Models of Social Geriatrics

Information day

November 13

I giorni che contano - The days that count

CME COURSE – ITALIAN AND ENGLISH (simultaneous translation)

Covid-19 in older patients - Immunosenescence

8.00 **Participant registration and welcome coffee**

9.00 **Opening speech by the Presidents of the convention**

Scientific session: Covid-19 in older patients

Chairs: Teresa Cammarota, Paolo Cavallo Perin, Laura Fratiglioni

Opening Lecture

9.30 **Athanase Benetos**

How can biology of ageing explain the severity of Covid-19 in older adults

10.00 **Alessandro Vespignani**

Models of diffusion for epidemics

10.30 **Massimo Galli**

Covid-19 in older patients

11.00 **Alberto Mantovani**

Immunity and Covid-19: a double-edged sword

11.30 **Giancarlo Isaia**

Covid-19 and hypovitaminosis D: evidence or suggestions?

12.00 **Giovanni Di Perri**

Vulnerability to Covid-19: age, gender and other factors

12.30 **Conclusions**

13.00 **Light lunch**

Scientific session: Immunosenescence

Chairs: Umberto Dianzani, Alessandra Marengoni, Giuseppe Poli

14.30 **Andrea Cossarizza**

Inflammaging in times of Covid-19

15.15 **Rino Rappuoli**

Vaccines for the third age

16.00 **Gianvito Martino**

Immunosenescence in neurological disorders: is there a role?

16.45 **Patrizia D'Amelio**

Immunosenescence and skeletal diseases

17.30 **Conclusions**

17.45 **CME Questionnaire**

18.00 **End of course**

CME COURSE – ITALIAN AND ENGLISH (simultaneous translation)

Oncogeriatrics – Organizational Models of Social Geriatrics

8.00 Participant registration and welcome coffee

Scientific session: *Oncogeriatrics*

Chairs: Matteo Cesari, Giancarlo Isaia, Lorenzo Morelli

9.00 **Lorenzo Richiardi**

Older patients and cancer: what epidemiological data can tell us and how to interpret them

9.45 **Matti Aapro**

The older cancer patient: a person to treat respecting his priorities

10.30 **Massimo Collino**

Slow drugs: the challenges of pharmacology in older cancer patients between present and future

11.15 **Riccardo Torta**

Emotional aspects of cancer pain in older patients

12.00 **Alessandro Comandone**

The caregiver of the older cancer patient: quis custodiet ipsos custodes?

12.45 **Conclusions**

13.00 **Light lunch**

Scientific session: *Organizational Models of Social Geriatrics*

Chairs: Mauro Fontana, Roberto Menta, Roberto Zoboli

14.30 **John Beard**

The WHO construct of Healthy Ageing - linking geroscience to functioning

15.15 **Marco Inzitari**

Integrated care for older patients: from the hospital to the territory

16.00 **Gilberto Turati**

Alternative welfare models for an active ageing

16.45 **Presentation of the five scientific contributions awarded by the Ferrero Foundation**

Mahitab Farghali *Alpha-Lipoic Acid and Palmitoylethanolamide in the control of oxidative stress and cytokine storm typical of COVID-19*

Marita Marengo *Ruolo delle extracellular vesicles plasmatiche nei meccanismi di inflammaging, danno cardiovascolare e deficit cognitivo dei pazienti con malattia renale cronica avanzata*

Tommaso Raiteri *A hypothesis on the lack of efficacy of vitamin D supplementation to treat cancer-associated muscle wasting*

Isabella Ravolo *The effect of frailty on short and medium-term mortality of patients with COVID-19: the FRACOVID study*

Alberto Zucchelli *Development and validation of a frailty index in primary care in Italy: the Health-Search Frailty Index*

17.45 **Conclusions**

18.00 **CME Questionnaire**

18.15 **End of course**

Information Day

I giorni che contano

The days that count

9.30 Greetings from the authorities and introduction

10.00 *Summary of the reports of the convention*

10.30 Round table with the participation of:

Francesco De Bartolomeis

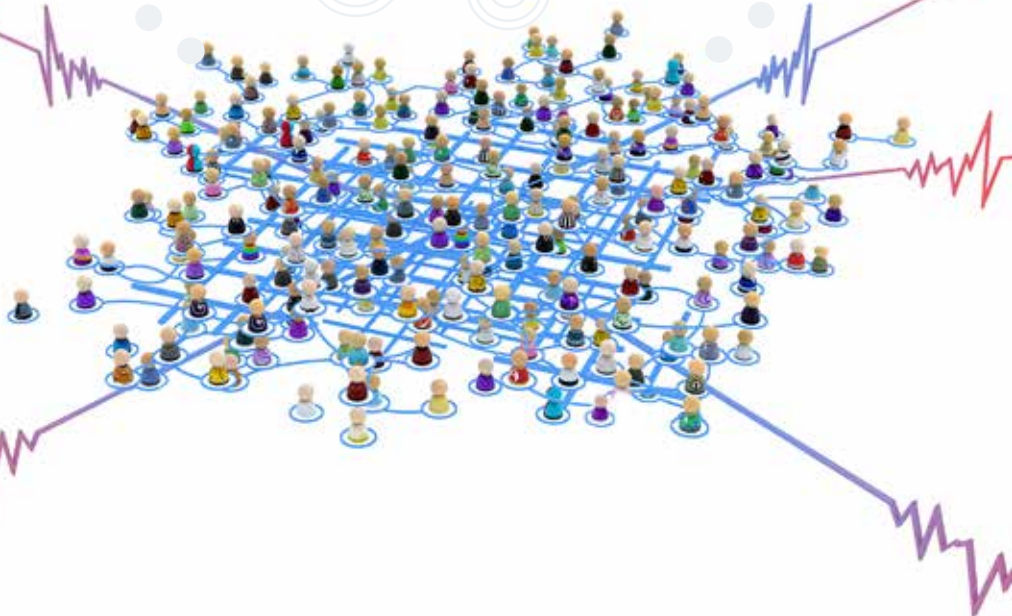
Jared Diamond

Veronica Ferrero

Sergio Pecorelli

Chair **Piero Bianucci**

12.30 Conclusions



SCIENTIFIC COMMITTEE, SPEACHERS AND CHAIRS

Matti Aapro

Genolier Cancer Center, Clinique de Genolier

Carlo Agostoni

Director of Paediatrics Medium Care Unit IRCCS Ca' Granda Foundation, Policlinico of Milan

Alberto Angeli

Professor Emeritus of Internal Medicine, University of Turin

Hüveyda Başağa

Molecular Biology Genetics & Bioengineering Program Faculty of Engineering & Natural Sciences, Sabanci University, Orhanli, Istanbul

John Beard

ARC Centre of Excellence in Population Ageing Research, University of New South Wales, Sydney

Athanas Benetos

President, European Geriatric Medicine Society

Piero Bianucci

Journalist and Science Writer

Enrique Cadenas

Professor Pharmacology & Pharmaceutical Sciences School of Pharmacy University of Southern California

Teresa Cammarota

Vice President Academy of Medicine of Turin

Marco Canevelli

Department of Human Neuroscience, University la Sapienza, Rome National Centre for the Prevention of Diseases and the Promotion of Health, National Institute of Health, Rome

Paolo Cavallo Perin

Former Full Professor of Internal Medicine, University of Turin

Matteo Cesari

Associate Professor in Geriatrics, University of Milan

Josiane Cillard

Professor Emeritus Laboratory of Cell Biology and Immunology Faculty of Pharmacy, Rennes

Massimo Collino

Professor of Pharmacology, University of Turin

Alessandro Comandone

Director Medical Oncology ASL City of Torino

Andrea Cossarizza

Full Professor of General Pathology and Immunology, Faculty of Medicine and Surgery, University of Modena and Reggio Emilia

Patrizia D'Amelio

Chief Physician of Geriatrics, Head of SAS Unit, Lausanne

Kelvin Davies

Professor Dean of Faculty, Leonard Davis School of Gerontology University of California

Francesco De Bartolomeis

Professor Emeritus of Pedagogy, University of Turin

Jared Diamond

Professor of Geography, University of California, National American Academy of Sciences

Umberto Dianzani

Full Professor of Immunology, University of Eastern Piedmont

Giovanni Di Perri

Director Clinic for Infectious Diseases, University of Turin, Amedeo di Savoia Hospital

Veronica Ferrero

National Institute of Nuclear Physics, Turin Section

Mauro Fontana

Soremartec Technical & Scientific Advisor, Italy

Henry Jay Forman

Professor Emeritus of Gerontology, University of Southern California

César Fraga

Professor Department of Analytical Chemistry and Physical Chemistry University of Buenos Aires

Laura Fratiglioni

Professor Aging Research Center, Karolinska Institutet, Stockholm

Massimo Galli

Full Professor of Infectious Diseases, University of Milan

Guendalina Graffigna

Full Professor, Director of EngageMinds HUB - Consumer & Health Research Centre, Faculty of Agrarian, Nutritional and Environmental Sciences, Catholic University of the Sacred Heart, Piacenza Section

Tilman Grune

Professor Scientific Director of the German Institute of Human Nutrition (DIfE) Potsdam-Rehbrücke, Nuthetal

Marco Inzitari

Director of Intermediate Care, Research and Teaching, Parc Sanitari Pere Virgili Hospital, Barcelona

Giancarlo Isaia

President Academy of Medicine of Turin, President Osteoporosis Foundation

Mikel Izquierdo

Navarrabiomed, Complejo Hospitalario de Navarra, Universidad Pública de Navarra, CIBER of Frailty and Healthy Aging, Instituto de Salud Carlos III, Madrid

Matilde Leonardi

IRCCS Foundation Neurological Institute Carlo Besta, Milan

Zhigang Liu

Professor Northwest A&F University Yangling, Shaanxi

Matilde Maiorino

Professor Department of Molecular Medicine, University of Padova

Giovanni Mann

Professor Vascular Physiology King's College, London

Alberto Mantovani

Scientific Director, Clinical Institute Humanitas, Milan

Alessandra Marengoni

Associate Professor of Geriatrics, Department of Experimental Clinical Sciences, University of Brescia

Gianvito Martino

Professor of Experimental Biology and Vice Rector for Research and Third Mission Vita Salute San Raffaele University, Milan

Roberto Menta

Head of Nutrition and Sustainability Department, Ferrero

Nicola Montano

Department of Clinical Sciences and Community, Università degli Studi, Milan Department of Internal Medicine, IRCC Foundation Ca' Granda, Policlinico

Lorenzo Morelli

Full Professor in Agrarian, Nutritional and Environmental Sciences, Catholic University of the Sacred Heart, Piacenza Section

Anne Nègre-Salvayre

Professor Institute for Cardiovascular and Metabolic Diseases, Toulouse

Patricia Oteiza

Professor Department of Nutrition University of California in Davis

Sergio Pecorelli

Professor Emeritus of Gynaecology and Obstetrics, University of Brescia, President Lorenzini Foundation Milan - New York

Telmo Pievani

Full Professor of Philosophy of Biological Sciences, University of Padova

Giuseppe Poli

Professor Emeritus of General Pathology, University of Turin

Rino Rappuoli

Professor of Vaccines Research at Imperial College, London

Lorenzo Richiardi

Director Centre of Reference for Epidemiology and Cancer Prevention, University of Turin

Leocadio Rodríguez Mañas

Professor Division of Gerontology Hospital Universitario de Getafe

Marcel Rufo

Professor Emeritus of Psychiatry, University of Marseille

Juan Sastre

Professor Department of Physiology Faculty of Pharmacy University of Valencia

Manuel Serrano

ICREA Professor Institute for Research in Biomedicine, Barcelona

Raanan Shamir

Professor of Pediatrics, Lea and Arie Pickel Chair for Pediatric Research, Sackler Faculty of Medicine, Tel-Aviv University

Helmut Sies

Professor Emeritus Department of Biochemistry and Molecular Biology Heinrich-Heine University of Düsseldorf

Riccardo Torta

Full Professor of Clinical Psychology, University of Turin

Gilberto Turati

Department of Economics and Finance, Faculty of Economics, Catholic University of the Sacred Heart, Milan

Fulvio Ursini

Professor Department of Molecular Medicine University of Padova

Giuseppe Valacchi

Associate Professor Regenerative Medicine Department of Animal Science North Carolina State University, Kannapolis

Alessandro Vespignani

Northeastern University Boston, ISI Foundation Turin

Roberta Villa

Journalist and science writer

José Viña

Professor Department of Physiology, Freshage Research Group, Faculty of Medicine University of Valencia

Roberto Zoboli

Full Professor of Economic Policy, Catholic University of the Sacred Heart of Milan

CALL FOR ABSTRACT

Scientific contributions should be sent to us in the form of abstracts.

Editorial guidelines: the abstract, written in either Italian or English, should feature:

- Title
- First author (first name, surname, affiliation, telephone, e-mail)
- Other authors (first name, surname, affiliation)
- One of the following subject areas: Covid-19 in older patients, Immunosenescence, Oncogeriatrics, Organizational Models of Social Geriatrics

The text should not exceed 5.000 characters including spaces and should include reference to: state of the art, methodological approach, main results, conclusions (do not insert images, tables or attachments). Abbreviations are not allowed in the title and if they appear in the text, they should be written in the extended form the first time they are mentioned.

Deadline: The abstracts should be sent from **June 1 to August 31, 2021**, exclusively via the specific Abstract Form: **www.fondazioneferrero.it**.

The authors presenting their abstracts will receive a notification of receipt via e-mail. After the deadline, the papers will be submitted to the attention of the Scientific Committee of the Convention. In case a paper is accepted, the author will be notified until September 30, 2021. The accepted abstracts will be published among the conference proceedings.

Ferrero Foundation Travel Award: we cover the travel and accommodation costs for the entire duration of the convention **for the first four authors of the best abstracts** who, during the afternoon session on Friday November 12, will present their awarded work in an oral communication.

Programme variation

The Scientific Committee reserves the right to change the programme when that is considered necessary for scientific, technical or organizational reasons.

USEFUL INFORMATION

Location: Fondazione Ferrero, Strada di Mezzo 44 Alba (Cuneo)

The participation in the convention is free.

The convention does not receive funds from pharmaceutical companies.

All events will be streamed on the website www.fondazioneferrero.it. In the case of the introduction of new health restrictions pertaining to the Covid-19 pandemic, the Healthy Ageing Week will not be held in presence, but only online.

Scientific Office: Margherita Campanello, Fondazione Ferrero Via Vivaro 49 Alba (Cn) tel +39 0173 295094 - margherita.campanello@fondazioneferrero.it

Organizational Office: Cristina Manzone, Fondazione Ferrero Via Vivaro 49 Alba (Cn) tel +39 0173 295259 - cristina.manzone@fondazioneferrero.it

CME Provider: Staff P&P Peveragno (Cn) tel +39 370 3483379 - info@staffpep.com



ONLINE REGISTRATION **September 15 - October 15, 2021** - www.fondazioneferrero.it

The registration will grant participants the right to take part in scientific events, receive information material as well as a certificate of participation and to be offered a light lunch.

HOW TO REACH THE CONFERENCE VENUE

- by car**
- motorway A6 Torino-Savona (exit of Marene, junction with A33 Asti-Cuneo, exit of Cherasco, then Pollenzo, ring road to Alba, exit of Corso Europa)
 - motorway A21 Torino-Piacenza (exit of Asti Est, junction with A33 Asti-Cuneo, ring road to Alba, exit of Corso Europa)
- by train** - Alba railway station (1 km from the conference location)
- by plane**
- Turin Caselle airport (95 km)
 - Genova airport (139 km)
 - Milano Malpensa 2000 airport (162 km)
 - Milano Linate airport (165 km)



BURRI la poesia della materia is the title of the exhibition which was set up in the spaces of the Ferrero Foundation from 9 October 2021 to 30 January 2022. During the Healthy Ageing Week, the exhibition will be open only to those who are joining the scientific events, along with the chance of receiving more detailed information and guided tours.

Alberto Burri, Rosso 1952

Città di Castello, Fondazione Palazzo Albizzini Collezione Burri
©Fondazione Palazzo Albizzini Collezione Burri, Città di Castello, by SIAE 2021