



Convegno

# NUTRITION, DISEASE AND LONGEVITY

ROMA

**16 SETTEMBRE 2024**

Parco dei Principi Grand Hotel & SPA  
Via Gerolamo Frescobaldi, 5

250 partecipanti

Con il patrocinio di



Direttori scientifici:

**Dott.ssa Carla Cimmino**

**Dott.ssa Elvira Tarsitano**

**Dott.ssa Livia Galletti**



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## Programma

# NUTRITION, DISEASE AND LONGEVITY

9:00 - Registrazione partecipanti

10:00 - Open coffee

10:30 - Saluti istituzionali

**Dott. Vincenzo D'Anna** Presidente FNOB/FIB

**Dott. Antonluca Matarazzo** Amministratore delegato Fondazione Valter Longo

### I SESSIONE

**Modera: Dott.ssa Daniela Arduini**

Medical Biotechnologist, Medical Doctor specializing in medical oncology  
President of Regional Order of Biologist of Lazio and Abruzzo

**11:30 - Dott. Valter Longo, Ph.D.**

Professor of Gerontology and Biological Sciences - Director of the Longevity Institute  
at the University of Southern California –Leonard Davis School of Gerontology, Los Angeles, USA

**Title lectio: Fasting mimicking diet, Longevity and Disease**

12:20 - Discussione guidata

**Moderatrice: Dott.ssa Carla Cimmino**

13:00 – Lunch





## Programma

# NUTRITION, DISEASE AND LONGEVITY

### II SESSIONE

**Modera: Dott. Luigi Schiavo**

Associate Professor of Human Nutrition Department of Medicine,  
Surgery and Dentistry, University of Salerno  
Delegate for Nutrition , Campania and Molise Biology Order

**14:30 - Dott. Rafael de Cabo, Ph.D.**

Chief of the Translational Gerontology Branch at the National Institute on Aging,  
National Institutes of Health, Baltimore, MD, USA

**Title Lectio: Interventions for Healthy Aging: Progress and Caveat**

**15:20** - Discussione guidata

**Moderatrice: Dott.ssa Elvira Tarsitano**

**16:00** - Coffee break

**16:30 - Dott. Frank Hu, MD, MPH, Ph.D.**

Chair, Department of Nutrition; Fredrick J. Stare - Professor of Nutrition and Epidemiology  
Harvard T.H. Chan School of Public Health  
Professor of Medicine, Harvard Medical School  
and Brigham and Women's Hospital

**Title Lectio: Diet strategies for promoting healthy aging  
and longevity: Insights from large population-based cohorts**

**17:20** - Discussione guidata

**Moderatrice: Dott.ssa Livia Galletti**

**18:00** – Conclusioni

**Dott. Vincenzo D'Anna**

