

# CILENTO SCIENCE 2019

*"Back to the future for  
a new health system  
development"*

## **GREAT ITALY VIII INTERNATIONAL MEETING**

from **SEPTEMBER 26<sup>TH</sup>**  
to **OCTOBER 4<sup>TH</sup>**  
**2019**

CILENTO | SALERNO (Italy)

**FINAL PROGRAM**



Dear All,

Long since, the Cilento Region, in the South of Italy, has been recognized as a peaceful area, far from stressing metropolitan cities. Its geographic unicity offers beautiful places on the sea, hills and mountains, generating a growing interest in the international tourism environment. The beauty of the region is coupled with a well-known longevity of its inhabitants. The Cilento population life expectancy is very high and this region consistently contributes to the record in Europe of Italy as the country with the highest number (15.000) of centenarians.

The Mediterranean Diet (MD) has been proposed as the mean reason for well being longevity of the Cilento population, in particular because of its favorable effects on the cardiovascular system, as the famous epidemiologist Ancel Keys already demonstrated in the '60.

Starting from summer of 2015, a group of scientists from USA (University California San Diego), Germany (Berlin), Sweden (Lund University), Korea (Seoul Konkun University), Italy (La Sapienza University Rome) and GREAT Network (Italy), decided to cooperate in order to explore: ***The secrets of Longevity of Cilento Population as a Model of Healthy aging and preventive medicine.***

From Autumn 2015 many research data, publications and International meetings on this topic have been already realized, confirming that in Cilento there is a population's cluster of centenarians showing a very low prevalence of neurodegenerative, psychological and cardiac diseases.

After 4 years, with the occasion of the VIII International Great Italy Meeting, we are now able to present an update on results of these ongoing studies during a 5 days Congress named: **Cilento Science "Back to the future for a new health system development"**. These data include the evaluation of Cilento food on human microbiome and metabolomics.

Moreover in order to increase the awareness of a new life style concept to prevent cardiac disease progression a special session has been devoted to patients with heart failure.

The GREAT Network Italy is very happy to invite you to participate to the VIII Annual Great Italy meeting, devote to wellness, longevity, Ciao Study results and health innovations system that we be held in Cilento Region in South of Italy starting from next September 26 to 4 October 2019.

Prof. **Salvatore Di Somma**  
GREAT Network Italy President



Carissimi,

Da tempo, il Cilento, nel Sud Italia, è riconosciuto come una zona tranquilla, lungi dagli ambienti stressanti delle città metropolitane. La sua unicità geografica offre, infatti, luoghi bellissimi sul mare, colline e montagne, con un crescente interesse negli ambienti turistici internazionali. La bellezza dell'area è accoppiata ad una ben nota longevità dei suoi abitanti. L'aspettativa di vita della popolazione del Cilento, infatti, è molto alta e questa regione contribuisce in maniera considerevole al record d'Italia come paese con il maggior numero (15.000) di centenari in Europa.

La Dieta Mediterranea (MD) è stata proposta come la ragione principale per il benessere della longevità della popolazione del Cilento, in particolare per i suoi effetti favorevoli sul sistema cardiovascolare, come hanno già dimostrato le famose ricerche epidemiologiche di Ancel Keys negli anni '60. A partire dall'estate 2015, un gruppo di ricercatori provenienti da USA (University California San Diego), Germania (Berlino), Svezia (Università di Lund), Corea (Seoul Konkun University), Italia (La Sapienza University Rome) e GREAT Network (Italia), hanno deciso di collaborare per esplorare: ***I segreti della longevità della popolazione cilentana come modello di invecchiamento sano e medicina preventiva.***

Dall'autunno 2015 sono già stati acquisiti molti dati di ricerca, esitati in pubblicazioni

e incontri internazionali su questo argomento, tutti tesi a conferma del fatto che in Cilento c'è un gruppo di nonagenari e centenari che mostra una prevalenza molto bassa di malattie degenerative come lo scompenso cardiaco, infarto del miocardio, malattie neurologiche degenerative e disturbi psichiatrici.

Dopo 4 anni, in occasione del VIII Incontro Internazionale del GREAT Network Italia, siamo in grado di presentare un aggiornamento sui risultati di questi studi in corso durante un Congresso di 5 giorni chiamato: **Cilento Scienza "Ritorno al futuro per un nuovo sviluppo del sistema sanitario"**. Questi dati includono la valutazione degli ingredienti alimentari del Cilento sul microbioma umano e la metabolomica sulla popolazione cilentana.

Inoltre, al fine di aumentare la consapevolezza di un nuovo concetto di stile di vita per prevenire la progressione delle malattie cardiache, una sessione speciale è stata dedicata ai pazienti con insufficienza cardiaca.

Il GREAT Network Italia è molto felice di invitarvi a partecipare al VIII annuale, dedicato al benessere, alla longevità, ai risultati di Ciao Study e al sistema di innovazioni sanitarie che si terrà in Regione Cilento nel Sud Italia a partire dal prossimo 26 settembre al 4 ottobre 2019.

Prof. **Salvatore Di Somma**  
GREAT Network Italy President



## CONGRESS SCIENTIFIC COMMITTEE

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**Paola Antonini**  
**David Brenner**  
**Giovanni D'Arena**  
**Luigi Di Gregorio**  
**Salvatore Di Somma**  
**Pietro Forte**  
**Dilip V. Jeste**  
**Amin Antoine Kazzi**  
**Jongmin Lee**  
**Olle Melander**  
**Gaetano Pacente**  
**Vincenzo Pizza**  
**Giuseppe Scarano**

## SCIENTIFIC SECRETARIAT

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GREAT - Global Research on Acute Conditions Team ITALY

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## CONGRESS VENUES



### **Congress Center "Ancel e Margaret Keys"**

PIOPPI (SA) - ITALY  
**27<sup>th</sup> September 2019**



### **Castello Capano**

POLLICA (SA) - ITALY  
**28<sup>th</sup> September 2019**



### **Fondazione Alario Building Parmenide Auditorium Hall**

ASCEA MARINA (SA) - ITALY  
**30<sup>th</sup> September 2019**  
& **4<sup>th</sup> October 2019**



### **"San Francesco" Convent**

CUCCARO VETERE (SA) - ITALY  
**3<sup>rd</sup> October 2019**





GREAT VIII ITALY 2019

26<sup>TH</sup> SEPTEMBER 2019

## Archeological Park of Elea - Velia

ASCEA MARINA (SA) - Italy

05:00 pm > 07:30 pm



GREAT VIII ITALY 2019

27<sup>TH</sup> SEPTEMBER 2019

## Congress Center "Ancel e Margaret Keys"

PIOPPI (SA) - Italy

08:30 am > 06:00 pm

### OPENING SESSION MEDITERRANEAN DIET FROM ANTIQUITY TO ANCEL KEYS



### LONGEVITY AND WELLNESS: NEW INSIGHTS BETWEEN AN INTERNATIONAL MULTIDISCIPLINARY APPROACH ON DIET, LONGEVITY AND CILENTO LIFE STYLE: NEW PERSPECTIVES 50 YEARS AFTER ANCEL KEYS SYMPOSIUM



05:00 - 05:30 pm Institutional greetings and presentation of the conference by:  
*Salvatore Di Somma (Italy), Giuseppe Scarano (Italy), Giovanna Scarano (Italy), Tommaso Pellegrino (Italy)*

**Chairman** *Aldo Balestra (Italy)*

05:30 - 05:45 pm **Elea and the culture of the Mediterranean Area**  
*Giovanna Scarano (Italy)*

05:45 - 06:05 pm **Parmenides and the Medical School of Elea - Velia**  
*Luigi Vecchio (Italy)*

06:05 - 06:20 pm **Mediterranean Diet: from the Medical School of Salerno to Ancel Keys**  
*Carlo Montinaro (Italy)*

06:20 - 07:00 pm Musical entertainment

07:00 - 07:30 pm Buffet

#### On site Scientific Commette

Giuseppina Arcaro, Salvatore Di Somma, Rosa Pepe, Giuseppe Scarano, Maria Triassi

#### On site Organizing Commette

Giuseppina Arcaro, Martin Jensen, Salvatore Di Somma, Cristina Ponzoni, Giuseppe Scarano, Patrizia Scola

#### With the support of:



**27<sup>th</sup> September 2019**

- 08:30 - 09:00 am Registration of participants
- 09:00 - 09:30 am Institutional greetings and presentation of the conference by: *Salvatore Di Somma (Italy), Francesco Lombardo (Italy), Giuseppe Scarano (Italy), Giovanni D'Angelo (Italy), Orlando Paciello (Italy)*

**FOOD AND HEALTH (FIRST SESSION)**

- Chairmen** *Giuseppina Arcaro (Italy) - Bruno Ravera (Italy)*
- 09:30 - 09:45 am **Biodiversity and seasonality of products for a healthy and functional diet: the onion**  
*Rosa Pepe (Italy)*
- 09:45 - 10:00 am **Environmental and food sustainability of legumes and the ABC project**  
*Massimo Zaccardelli (Italy)*
- 10:00 - 10:15 am **From single-spelled emmer to modern durum wheat: a continuous evolutionary improvement**  
*Fabrizio Quaranta (Italy)*
- 10:15 - 10:30 am **Tomato: nutrient characteristics, tradition and innovation**  
*Stefania Ruggeri (Italy)*
- 10:30 - 10:45 am **The artichoke polyphenols: prevention and innovative transplantation in oncology**  
*Stefania Miccadei (Italy)*
- 10:45 - 11:00 am Discussion
- 11:00 am Coffee break

**FOOD AND HEALTH (SECOND SESSION)**

- Chairmen** *Luciana Castaldo (Italy) - Gaetano Maria Fara (Italy)*
- 11:15 - 11:30 am **The Melograno: the fruit of history and health**  
*Gerardo Siano (Italy)*
- 11:30 - 11:45 am **Cilento white Fich: biodiversity and resources for the Cilento area**  
*Milena Petriccione (Italy)*
- 11:45 - 12:00 am **Mediterranean Olive Oil and Gastronomy (molecular). Past, present and future horizons**  
*Raffaele Sacchi (Italy)*
- 12:00 - 12:15 pm **The blue fish;The healthy color**  
*Aniello Anastasio (Italy)*
- 12:15 - 12:30 pm **The recovery, identification and protection of the viticultural biodiversity of the "Enotria" vine. Health importance of wine**  
*Angelo Raffaele Caputo (Italy)*
- 12:30 - 12:45 pm **Enotria: a rediscovered identity to be protected, for an enology of character to be enhanced**  
*Stefano Del Lungo (Italy)*
- 12:45 - 01:00 pm **Enhancement of Biodiversity**  
*Marisa Di Matteo (Italy)*
- 01:00 - 01:15 pm Discussion
- 01:15 - 02:45 pm Mediterranean food lunch

**DIET, LIFE STYLES AND HEALTH**

- Chairmen** *Giuseppina Arcaro (Italy) - Tonino Pedicino (Italy)*
- 03:00 - 03:15 pm **The importance of cultivation techniques for the quality of Mediterranean Diet products**  
*Enrica De Falco (Italy)*
- 03:30 - 03:45 pm **The Mediterranean Diet as a supplement for sport and physical activity**  
*Vincenzo Romano Spica (Italy)*
- 04:00 - 04:15 pm **Increase health stauts using Mediterranean die**  
*Maria Triassi (Italy)*
- 04:15 - 04:30 pm **Our Mediterranean Diet and that of the other Emblematic Communities: adherence and infidelity to a common heritage**  
*Gaetano Maria Fara (Italy)*
- 04:30 - 04:45 pm **The taste of the other. Contaminations and cultural and agricultural integration in the Mediterranean diet**  
*Antonio Puzzi (Italy)*
- 04:45 - 05:00 pm **Mediterranean diet adherence in CIAO Study phase I**  
*Marianna Rizzo (Italy)*
- 05:00 - 05:15 pm **The herbs of the Cilento National Park, Vallo di Diano and Alburni and their use in the kitchen**  
*Nicola Di Novella (Italy)*
- 05:15 - 05:30 pm **The rural district and its territories: real laboratories to reclaim the concept of the Mediterranean Diet**  
*Anna Pina Arcaro (Italy)*
- 05:30 - 05:45 pm **Mediterranean diet for the development of the economy of a territory: the case of the Cilento National Park**  
*Pasquale Persico (Italy)*
- 05:45 - 06:00 pm Discussion and closing remarks



28<sup>TH</sup> SEPTEMBER 2019

**Castello Capano**

POLLICA (SA) - Italy

09:00 am > 08:00 pm

**BEYOND MEDITERRANEAN DIET  
LIFE STYLE, LONGEVITY AND WELLNESS:  
NEW INSIGHTS FROM CIAO STUDY**

Simultaneous translation available



**On site Scientific Commette**

David Brenner, Giovanni D'Arena, Salvatore Di Somma, Dilip V. Jeste, Rob Knight, Olle Melander, Gaetano Pacente, Vincenzo Pizza, Giuseppe Scarano

**On site Organizing Commette**

Salvatore Di Somma, Carmela Cotrone, Domenico Nicoletti, Stefano Pisani

**With the support of:**



**28<sup>th</sup> September 2019****BEYOND MEDITERRANEAN DIET (PART I)**

09:00 - 09:30 am	<b>Institutional greetings</b> <i>Salvatore Di Somma (Italy) - Stefano Pisani (Italy)</i>
<b>Chairmen</b>	<i>David Brenner (USA) - Salvatore Di Somma (Italy)</i>
09:30 - 09:45 am	<b>Mednet presentation</b> <i>Carmela Cotrone (Italy)</i>
09:45 - 10:00 am	<b>Actual Governance involvement in Cilento Region</b> <i>Chiara Marciani (Italy)</i>
10:00 - 10:15 am	<b>Summary results of the pilot study CIAO (Cilento Aging Outcomes - Cilento Aging Results), phase I</b> <i>Giovanni D'Arena (Italy)</i>
10:15 - 10:30 am	<b>From Eleatic Medical School at cognitive assessment in the CIAO study population</b> <i>Vincenzo Pizza (Italy)</i>
10:30 - 10:45 am	<b>Resilience and Wisdom Overcome Loneliness in Cilento Seniors</b> <i>Dilip V. Jeste (USA)</i>
10:45 - 11:00 am	<b>A surprising link between environment and genetics in cancer as genes jump off chromosomes</b> <i>Paul S. Mischel (USA)</i>
11:00 - 11:15 am	<b>Discussion</b> <i>Danielle K. Glorioso (USA)</i>
11:15 - 11:30 am	Coffee break

**BEYOND MEDITERRANEAN DIET (PART II)**

<b>Chairmen</b>	<i>David Brenner (USA) - Salvatore Di Somma (Italy)</i>
11:30 - 11:45 am	<b>New Cardiac insights from the CIAO study</b> <i>Lori Daniels (USA)</i>
11:45 - 12:00 am	<b>Genetics and Epigenetics of Longevity</b> <i>Tatiana Kisseleva (USA)</i>
12:00 - 12:30 pm	Special Lecture <b>Microbiome in the future of Medicine: Preliminary data from CIAO Study</b> <i>Rob Knight (USA)</i>
12:30 - 12:45 pm	<b>Cardiac rehabilitation program including diet, relaxation and physical activity</b> <i>Pam R. Taub (USA)</i>
12:45 - 01:00 pm	<b>Clinical outcomes and biomarkers of patients enrolled in traditional and intensive cardiac rehabilitation programs</b> <i>Iwona Swiatkiewicz (Poland)</i>
01:00 - 01:30 pm	<b>Discussion</b> <i>Danielle K. Glorioso (USA)</i>
01:30 - 02:30 pm	Lunch

**BEYOND MEDITERRANEAN DIET (PART III)**

<b>Chairmen</b>	<i>Luigi Di Gregorio (Italy) - Salvatore Di Somma (Italy)</i>
02:30 - 02:45 pm	<b>Chemical Mediators of Mediterranean Diet</b> <i>Mohit Jain (USA)</i>
02:45 - 03:00 pm	<b>Mitochondrial Bioenergetics: Mediterranean Diet and the Cilento population</b> <i>Anthony J. A. Molina (USA)</i>
03:00 - 03:30 pm	Special Lecture: <b>Metabolic syndrome: differences in models between cohorts in Cilento and Sweden</b> <i>Olle Melander (Sweden)</i>
03:30 - 03:45 pm	<b>Mindful Self-Compassion and Intuitive Healthy Eating</b> <i>Douglas Ziedonis (USA)</i>
03:45 - 04:00 pm	<b>Dark chocolate: relatively new to the Mediterranean diet, shows promising benefits in older adults from San Diego</b> <i>Deborah M. Kado (USA)</i>
04:00 - 04:15 pm	<b>New Mediterranean Journal of Medicine presentation</b> <i>Amin Antoine Kazzi (Lebanon)</i>
04:15 - 04:45 pm	<b>Discussion</b> <i>Danielle K. Glorioso (USA)</i>
04:45 - 05:15 pm	Coffee break

## DEBATE

**The Future of Mediterranean Diet:  
What do we need to know?**

**28<sup>th</sup> September 2019**  
Castello Capano | POLLICA (SA) - Italy

**INTRODUCTION**

Longevity, the rate of survival to advanced old age, has increased dramatically over the past decades.

The Cilento region of southern Italy is not yet known as one of the "blue zones" but it is common to find nonagenarians and centenarians among its villages.

Cilento is where the beneficial effects of the "Mediterranean Diet", particularly with regards to cardiovascular and Neurological Diseases prevention, were investigated by the American biologist Ancel Keys in the 1960's.

Following the preliminary interesting results of the Ciao Study Phase I and II I this debate will try to address how in next future we could demonstrate a direct relationship between eating Cilento food, Microbyome, Meabolomics and healthy aging.

The final goal would be to create the evidence for building new structures with research, educational and production activities in Cilento to generate products evidences from this area with a positive impact on developing economy of the Cilento region and improving job opportunities.

**05:30 - 06:30 pm**      **Open debate**

**Chairman:** *Dilip V. Jeste*

**Partecipants:** *David Brenner, Salvatore Di Somma, Rob Knight, Olle Melander*

**06:30 - 07:30 pm**      **Media debate**

Round Table and protocol signing for a healthy Mediterranean diet project in Cilento region

**08:00 pm**      **Dinner buffet**



GREAT VIII ITALY 2019

30<sup>TH</sup> SEPTEMBER 2019**Fondazione Alario Building****Auditorium Parmenide**5<sup>th</sup> AISC annual national meeting

ASCEA MARINA (SA) - Italy

08:00 am &gt; 02:00 pm

**HEART FAILURE: PATIENTS AWARENESS,  
NEW ORGANIZATIVE MODELS AND LIFE STUDY.  
WHY AISC IS SO COOL**

**AISC-ITALIAN ASSOCIATION OF PATIENTS  
WITH HEART FAILURE  
5<sup>TH</sup> AISC ANNUAL NATIONAL MEETING**



With the support of:

**30<sup>th</sup> September 2019**

08:00-08:30 am Registration of participants

**Chairmen** Vincenza Colavito (Italy) - Maria Rosaria Di Somma (Italy)08:30-09:00 am Institutional greetings:  
Enrico Coscioni (Italy) - Pietro D'Angiolillo (Italy)  
Aldo Patriciello (Italy) - Tommaso Pellegrino (Italy)09:00-09:15 am Welcome greeting  
Porzia De Nuzzo (Italy)**Chairmen** Franco Faccio (Italy) - Nicola Ferrara (Italy)09:15-09:30 am **Eleatic School of Medicine and Philosophy in Elia-Velia: medical Herbs**  
Vincenzo Pizza (Italy)09:30-09:45 am **Effect of yoga on the vascular stress hormone adrenomedullin and its relation to cardiometabolic disease**  
Olle Melander (Sweden)09:45-10:00 am **The importance to be a good caregiver in real life**  
Nicoletta Piergentili (Italy)10:00-10:15 am **How to improve the relationship between the doctor and the patient with heart failure**  
Salvatore Di Somma (Italy)

10:15-10:30 am Coffee break

**Chairmen** Sergio Gittarelli (Italy) - Rocco Lagioia (Italy)10:30-10:45 am **Territory organization for Heart Failure patients**  
Fiorella Cavuto (Italy)10:45-11:00 am **The new frontiers for patient involvement with new technologies**  
Gian Franco Gensini (Italy)11:00-11:15 am **AISC the patient's home: why AISC is so cool**  
Maria Rosaria Di Somma (Italy)11:15-11:30 am **Fight every day with heart failure**  
Giuseppe Leonardi (Italy)

11:30-11:45 am **An integrated model of rehabilitation, relaxation methods and Mediterranean diet in patients with heart failure: the experience of the University of San Diego California**  
*Pam R. Taub (USA)*

**Chairmen** *Paola De Domenico (Italy) - Maria Rosaria Di Somma (Italy)*

11:45-12:00 am **What I learned attending to a conference on heart failure**  
*Rossana Bordoni (Italy)*

12:00-12:15 pm **The importance of knowing how to do BLS**  
*Pietro Lentini (Italy)*

12:15-12:30 pm **The Mediterranean diet in the patient with heart failure**  
*Marianna Rizzo (Italy)*

12:30-12:45 pm **Is there a difference in the management of heart failure in the elderly patient?**  
*Nicola Ferrara (Italy)*

12:45-01:00 pm **My personal story of heart failure patient**  
*Norberto Agostino Felici (Italy)*

01:00-01:15 pm **Devices for the treatment of patients with heart failure: what new technologies offer**  
*Antonio De Simone (Italy)*

**Chairmen** *Domenico Nicoletti (Italy) - Giuseppe Scarano (Italy)*

01:15-01:30 pm **Panel discussion "What to do to prevent heart failure"**  
**Testimony of centenarian subjects of the Cilento**  
*Anna Cerrito (Italy), Sonila Kalemi (Italy), Valentina Micheluzzi (Italy), Gaetano Pacente (Italy)*

01:30-01:45 pm **What future for the development of the Cilento area**  
*Gennaro Maione (Italy)*

**Conclusions** *Salvatore Di Somma (Italy)*

02:00 pm Light lunch with typical products of the Mediterranean diet

**08:00 am - 06:00 pm**

The itinerant AISC truck will stop in the Alario Foundation parking and will be available to all participants and all those interested in the pathology to register for free with the Association, receive information material, perform some clinical evaluations regarding the pathology for free and carry out first aid courses.



3<sup>RD</sup> OCTOBER 2019

**"San Francesco" Convent**

CUCCARO VETERE (SA) - Italy

09:00 am > 05:15 pm

**PHENOTYPES DESCRIPTION OF HEALTHY LIVING IN CILENTO INTERNAL REGION WITH MORE NEED FOR HEALTH SYSTEM ORGANIZATION WITHIN REMOTE VILLAGE**

Simultaneous translation available



**On site Scientific Committee**

Sergey Bagnenko, Salvatore Di Somma, Pietro Forte, Seol-Heui Han, Francesca Luongo, Martin Magnusson, Vincenzo Pizza

**With the support of:**



**3<sup>rd</sup> October 2019**

08:30 - 08:45 am	Registration of the participants
08:45 - 09:00 am	<b>Institutional greetings</b> <i>Aldo Luongo (Italy) - Adriano De Vita (Italy)</i>
<b>Chairmen</b>	<i>Pietro Forte (Italy) - Jongmin Lee (Korea)</i>
09:00 - 09:15 am	<b>Ciao study phase I and II results</b> <i>Salvatore Di Somma (Italy)</i>
09:15 - 09:30 am	<b>Harmful effect of air pollution can be attenuated by Mediterranean diet</b> <i>Seol-Heui Han (Korea)</i>
09:30 - 09:45 am	<b>The aging heart</b> <i>Hyun Suk Yang (Korea)</i>
09:45 - 10:00 am	<b>Biomarkers of prognosis in heart failure</b> <i>Martin Magnusson (Sweden)</i>
10:00 - 10:15 am	<b>Geriatric Lab Medicine</b> <i>Hanah Kim (Korea)</i>
10:15 - 10:30 am	<b>Hematopoiesis and Atherosclerosis</b> <i>Mina Hur (Korea)</i>
10:30 - 11:00 am	<b>Coffee break</b>
<b>Chairmen</b>	<i>Luigi Di Gregorio (Italy) - Theodore Chan (USA)</i>
11:00 - 11:15 am	<b>Monitoring of physical and mental health</b> <i>Thomas Svensson and Akiko Kishi Svensson (Japan)</i>
11:15 - 11:30 am	<b>Chronic Kidney Disease and Mediterrean Diet</b> <i>Sahar H. Koubar (Lebanon)</i>

11:30 - 11:45 am	<b>Immunity and Aging</b> <i>Gianfranco D'Arena (Italy)</i>
11:45 - 12:00 am	<b>How to improve ambulance transportation in Remote Regions</b> <i>Sergey Bagnenko (Russia)</i>
12:00 - 12:15 pm	<b>The concept of COMMAND CENTER: how digital solutions and artificial Intelligence (AI) improve clinical and operational effectiveness</b> <i>Gleb Timofeev (Russia)</i>
12:15 - 01:15 pm	Visit to Photos show with interactive meeting with local centenarians and guided tour of the Convent
01:15 - 02:15 pm	Lunch with show cooking
02:15 - 03:45 pm	Walking visit to Cuccaro Village with local wine, olive oil land food local products show and altogether picture
<b>Chairmen</b>	<i>Salvatore Di Somma (Italy) - Douglas Ziedonis (USA)</i>
03:45 - 05:15 pm	<b>Round table on: "Phenotypes Description of healthy living in Cilento InternalRegion with more need for health system organization within Remote Village"</b>
<b>Chairmen</b>	<i>Salvatore Di Somma (Italy) - Aldo Luongo (Italy)</i>
	<i>Invited Mario Iervolino (Italy), Cilento Mayors (Italy), Sergey Bagnenko (Russia), Theodore Chan (USA), Seol-Heui Han (Korea), Dilip V. Jeste (USA), Olle Melander (Sweden), Mina Hur (Korea), Thomas Svensson and Akiko Kishi Svensson (Japan), Ramesh Rao (USA)</i>
05:15 pm	Closing remarks

## GREAT VIII ITALY 2019

4<sup>TH</sup> OCTOBER 2019**Fondazione Alario Building  
Auditorium Parmenide**

ASCEA MARINA (SA) - Italy

08:00 am &gt; 02:00 pm

**THE CILENTO LIFESTYLE: A NEW MODEL OF PREVENTIVE  
MEDICINE AND HEALTHY AGING?  
BEWTEEN OLD TRADITIONS AND NEW ADVANCED RESEARCHES**

Simultaneous translation available

**Organizational  
secretariat**

info@alariosrl.it

**On site Scientific Committee**Paola Antonini, Salvatore Di Somma, Dilip V. Jeste, Olle Melander,  
Vincenzo Pizza, Nicola Provenza, Douglas Ziedonis**With the support of:****04<sup>th</sup> October 2019**

- 08:30 am Registration of the participants
- Welcome Authorities  
*Pietro D'Angiolillo (Italy), Nicola Provenza (Italy)*
- Chairmen** *Salvatore Di Somma (Italy) - Ramesh Rao (USA)*
- 08:45 - 09:00 am **Elea-Velia: history and genius loci**  
*Luigi Vecchio (Italy)*
- 09:00 - 09:15 am **Nutrition and brain aging: neurocognitive assessment in Ciao Study phase I and II**  
*Vincenzo Pizza (Italy)*
- 09:30 - 09:45 am **Description of Ciao Study Phase I and II**  
*Paola Antonini (Italy)*
- 09:45 - 10:00 am **How was it possible to realize the Ciao Study in Cilento region**  
*Giovanni D'Arena (Italy)*
- 10:00 - 10:15 am **Cardiovascular disease and Cancer occurrence in Malmö/Sweden and Cilento population**  
*Olle Melander (Sweden)*
- 10:15 - 10:30 am **Psychological and Medical Strengths of Cilento Seniors**  
*Dilip V. Jeste (USA)*
- 10:30 - 10:45 am **Diet Differences between Malmö/Sweden and Cilento**  
*Louise Brunkwall (Sweden)*
- 10:45 - 11:00 am **Metabolomic differences between Cilento and Malmö**  
*Filip Ottosson (Sweden)*
- Coffee Break



<b>Chairmen</b>	<i>Dilip V. Jeste (USA) - Ramesh Rao (USA)</i>
11:00 - 11:15 am	<b>Chemical Modulators of Human Aging</b> <i>Jeramie Watrous (USA)</i>
11:15 - 11:30 am	<b>Mindful Self-Compassion and Intuitive Healthy Eating</b> <i>Douglas Ziedonis (USA)</i>
11:30 - 11:45 am	<b>Mitochondrial Bioenergetics: Mediterranean Diet and the Cilento population</b> <i>Anthony J. A. Molina (USA)</i>
11:45 - 12:15 pm	<b>Bio-adrenomedullin: biomarker of Microcirculation</b> <i>Salvatore Di Somma (Italy) - Mina Hur (Korea) - Olle Melander (Sweden)</i>
12:15 - 12:30 pm	<b>Telemedicine and Acute Senior Care</b> <i>Theodore Chan (USA)</i>
12:30 - 12:45 pm	<b>Mobility in aging and wellbeing</b> <i>Jongmin Lee (Korea)</i>
12:45 - 01:00 pm	<b>Cilento life style as a potential model of national preventive medicine</b> <i>Salvatore Di Somma (Italy)</i>
01:00 - 01:15 pm	<b>Presentation of Sweden-Cilento people exchange project</b> <i>Olle Melander (Sweden)</i>
01:15 - 01:30 pm	<b>C-School: a model for the third mission of universities</b> <i>Paolo Zanenga (Italy)</i>
01:30 - 01:45 pm	<b>Looking for a Campus project in Cilento</b> <i>Gennaro Maione (Italy)</i>
01:45 - 02:00 pm	<b>Discussion, closing remarks and media report</b> <i>Salvatore Di Somma (Italy)</i>
02:00 pm	Lunch

## SOCIAL PROGRAMM

### 26<sup>TH</sup> SEPTEMBER 2019

05:00 pm Opening session  
**Mediterranean Diet from antiquity to Ancel Keys at Archaeological Park of Elea - Velia , Ascea (05:00 pm - 07:30 pm)**

### 27<sup>TH</sup> SEPTEMBER 2019

03:00 pm Visit to Palazzo De Dominicis-Ricci, Ascea  
**Oleum et vinum: journey from the roots of antiquity to the excellence of today's products. Dr. Angelo D'Angiolillo, Archeologist, GAV**  
*Dr. Paola D'Ambrosio, Psichiatry, Sommelier, A. A. Sansone*

07:00 pm Palazzo Vinciprova in Pioppi (SA) guided visit to Mediterranean diet

08:30 pm Faculty dinner at Palazzo Vinciprova in Pioppi (SA)

### 28<sup>TH</sup> SEPTEMBER 2019

08:30 pm Faculty dinner at Palazzo Capano in Pollica (SA)

### 1<sup>ST</sup> OCTOBER 2019

#### Visit to Laurino inside the Cilento Country (08:30 am - 07:00 pm)

08:30 am Departure from Velia

10:00 am Arrival at Laurino, sightseeing at the Old Town with a guide English speaking

12:00 am Gastronomic tour and tasting of typical Cilento pasta (ravioli, fusilli, cavatielli) at the laboratory of Laurino

02:30 pm Departure from Laurino to Felitto with a tour in wine cellar and vineyards. Tasting of wine and typical food

05:30 pm Departure from Felitto to Ascea. Hotel Arrival at 07:00 pm

**2<sup>ND</sup> OCTOBER 2019**

- 04:30 pm Guided Visit to Archeological Park of Elea-Velia  
*Dr. Angelo D'Angiolillo (Archeologist, Archeologic Velino group)*
- 08:30 pm Dinner at Le Palme Resort with Napolitan songs from a Local Trio

**3<sup>RD</sup> OCTOBER 2019****08:30 pm Fondazione Alario Building in Ascea (SA) - Auditorium Parmenide**

22nd edition of "Veliateatro: review on the tragic and comic expression of ancient and philosophical theater" the "Apology of Socrates" by Plato.

"Apology of Socrates" by Plato anticipated by a brief speech (in English language) by Francesco Fronterotta - Professor of History of Ancient Philosophy at the University of Rome "La Sapienza".

This is the idea that has been guiding VeliaTeatro for over twenty years: a Festival on the tragic and comic expression of the ancient Greek and Roman theater, giving further consideration to philosophical theater. Here, the voice plays as well as the body, and the mask conceals and at the same time reveals the human essence. Every summer, since 1998, the Festival takes place in the archaeological area of Elea-Velia, an exceptional place, with an unique historical-cultural background: the place where the famous philosopher Parmenides was born and lived in the 5th Century B.C. - the main exponent of the Eleatic School - a site of an important and flourishing colony of Magna Graecia, today preserved as a World Heritage Site.

**11:00 pm All together pizza, wine and cheese at Le Palme Resort****4<sup>TH</sup> OCTOBER 2019**

- 08:00 pm Dancing dinner at Le Palme Resort

**N.B. Transfer shuttle service will be provided every day from Le Palme Resort to events locations**

- *Akiko Kishi Svensson, Doctor of Precision Health, Department of Bioengineering, Graduate School of Engineering at the University of Tokyo (Japan)-Department of Clinical Sciences in Malmö, Lund University (Sweden)*
- *Aldo Luongo, Major of Cuccaro Vetere (SA) (Italy)*
- *Aldo Patriciello, Member of the European Parliament, Commission for Industry, Research and Energy, Committee on the Environment, Public Health and Food Safety (Italy)*
- *Amin Antoine Kazzi, MD, FAAEM, Professor of Clinical Emergency Medicine and the Founding Emeritus Chair of the Department of Emergency Medicine at the American University of Beirut (Lebanon)*
- *Angelo Raffaele Caputo, CREA / VE (Viticulture and Oenology Research Center) - Bari (Italy)*
- *Aniello Anastasio, Veterinary Medicine, University of Naples "Federico II" (Italy)*
- *Anna Cerrito, Physiotherapist in Rehabilitation Cardiology Department of the San Raffaele Pisana IRCCS- Rome (Italy)*
- *Anna Pina Arcaro, Rural Districts Promoters Committee (Italy)*
- *Anthony J.A. Molina, PhD Vice Chief of Research Division of Geriatrics and Gerontology, Associate Professor, Department of Medicine at UC San Diego, La Jolla, California (USA)*
- *Antonio Puzzi, researcher at Suor Orsola Benincasa University of Naples (Italy)*
- *Antonio De Simone, Electrophysiology Manager of San Michele Clinic of Maddaloni (CE) - (Italy)*
- *Bruno Ravera, Cardiologist of Salerno (Italy)*
- *Carlo Montinaro, New Medical School of Salerno (Italy)*
- *Carmela Cotrone, Regional official of Campania Region- Study Sector and EU project management and relations with European countries non-European (Italy)*
- *Chiara Marciani, Councilor for Equal Opportunities Training for the Campania Region (Italy)*
- *Danielle K. Glorioso, LCSW, Executive Director, UC San Diego Center for Healthy Aging, Sam and Rose Stein Institute for Research on Aging, University of California San Diego, La Jolla, California (USA)*
- *David Brenner, MD, Vice Chancellor for Health Sciences, UC San Diego, La Jolla, California (USA)*
- *Deborah M. Kado, MD, MS Professor of Medicine Departments of Family Medicine & Public Health and Internal Medicine UC San Diego, La Jolla, California (USA)*
- *Dilip V. Jeste, MD, Senior Associate Dean for Healthy Aging and Senior Care, Estelle and Edgar Levi Memorial Chair in Aging, Distinguished Professor of Psychiatry and Neurosciences, Director of the Sam and Rose Stein Institute for Research on Aging, Co-Director of the IBM-UCSD Artificial Intelligence Center for Healthy Living, University of California San Diego, La Jolla, California (USA)*
- *Domenico Nicoletti, Director of the Alta Murgia-Puglia National Park (Italy)*
- *Douglas Ziedonis, MD, MPH Associate Vice Chancellor for Health Sciences UC San Diego, Professor of Psychiatry, UC San Diego Health Biomedical Sciences Building, La Jolla, California (USA)*
- *Enrica De Falco, Pharmacy Departement- University of Salerno (Italy)*
- *Enrico Coscioni, Director of the President of the Regional Council for health-related issues, with delegation to relations with regional and government bodies in health matters - Campania Region (Italy)*

- *Fabrizio Quaranta, Center for Agro-food Transformation and Research-Rome (Italy)*
- *Filip Ottosson, Research student at Lund University, Department of Clinical Sciences, Malmö (Sweden)*
- *Fiorella Cavuto, Asiago Cardiologist Rehabilitation Manager - ULSS Company n. 7 Pedemontana, Veneto Region (Italy)*
- *Francesco Lombardo, Specialist in endocrinology, PhD in andrology - Rome (Italy)*
- *Franco Faccio, AISC Councilor (Italy)*
- *Gaetano Maria Fara, Professor Emeritus in Hygiene and Preventive Medicine, Department of Public Health and Infectious Diseases, La Sapienza University - Rome (Italy)*
- *Gaetano Pacente, Specialist in anesthesia and reanimation at ASL SA 1 (Italy)*
- *Gennaro Maione, Mayor of Ceraso (SA) (Italy)*
- *Gerardo Siano, Medical Director of the Department of Breast Surgery A. O. San Giovanni di Dio and Ruggi d' Aragona - Salerno (Italy)*
- *Gian Franco Gensini, President Itahfa (Italy)*
- *Gianfranco D'Arena, Hematology and Stem Cell Transplantation Unit Scientific Institute, Referral Cancer Institute of Basilicata, Rionero in Vulture (PZ) - (Italy) - President of the Italian Cytometry Society*
- *Giovanni D'Arena, Director Laboratories D'Arena, Vallo della Lucania (SA) - (Italy)*
- *Giuseppe Leonardi, Medical Director of Cardiology, Head of U.O.s. "Heart Failure" Az. Osp. Univ. Policlinico "V. Emanuele" - Catania (Italy)*
- *Giuseppe Scarano, President of the Association Mare Mythos (Italy)*
- *Giovanna Scarano, Director of the Archaeological Park of Elea - Velia (Italy)*
- *Giuseppina Arcaro, Medical Director of AsL Salerno (Italy)*
- *Gleb Timofeev, Digital Healthcare Leader GE Healthcare, St. Petersburg (Russia)*
- *Hanah Kim, M.D., PhD, Assistant Professor Department of Laboratory Medicine, Konkuk University Medical Center, Seoul (Korea)*
- *Hyun Suk Yang, MD, PhD, Professor of Cardiovascular Medicine, Konkuk University Medical Center, Seoul (Korea)*
- *Iwona Swiatkiewicz, MD, PhD, FESC, Associate Professor of Medicine, Collegium Medicum, Nicolaus Copernicus University, Bydgoszcz (Poland); currently: Visiting Professor, UC San Diego Medical Center, Division of Cardiovascular Medicine, La Jolla, California (USA)*
- *Jeramie Watrous, Assistant Adjunct Professor of Medicine at UC San Diego (USA)*
- *Jongmin Lee, M.D., Ph.D., Dean, Konkuk University School of Medicine, and Professor, Department of Rehabilitation Medicine, Konkuk University School of Medicine, Seoul (Korea)*
- *Lori Daniels, MD, MAS, FACC, FAHA, Professor of Medicine Director, Cardiovascular Intensive Care Unit at UCSD Division of Cardiovascular Medicine Sulpizio Cardiovascular Center/ CTRI3E, La Jolla, California (USA)*
- *Louise Brunkwall, PhD Diabetes and cardiovascular disease - genetic epidemiology- Department of Clinical Sciences in Malmö, Lund University (Sweden)*
- *Luciana Castaldo, Veterinary Medicine, University of Naples "Federico II" - (Italy)*
- *Luigi Di Gregorio, President of the Parmenide medical cooperative (Italy)*
- *Luigi Vecchio, Professor at University of Salerno, Department of Cultural Heritage Sciences / Delegate for internships (Italy)*

- *Maria Rosaria Di Somma, AISC Councilor and Head of AISC External Relations (Italy)*
- *Maria Triassi, Full Professor of Hygiene at Federico II University of Naples - Deputy Director - Department of Public Health (Italy)*
- *Marianna Rizzo, Nutritionist, Biologist- Vallo della Lucania (SA) (Italy)*
- *Mario Iervolino, General Director of ASL Salerno (Italy)*
- *Marisa Di Matteo, Department of Industrial Engineering - University of Salerno (Italy)*
- *Martin Magnusson, Senior consultant at Department of Cardiology, Skåne University Hospital, Malmö. Associate Professor and Clinical fellow at the Wallenberg Centre for Molecular Medicine at Lund University, Malmö (Sweden)*
- *Massimo Zaccardelli, CREA (Research Center for horticulture and floriculture) - Pontecagnano (SA) (Italy)*
- *Milena Petriccione, Research Center for Olive Growing, Fruit Growing, Citrus Growing - Caserta (Italy)*
- *Mina Hur, Professor in the Department of Laboratory Medicine, Konkuk University School of Medicine, Seoul (Korea)*
- *Mohit Jain, Assistant Professor of Medicine and Pharmacology at UC San Diego (USA)*
- *Nicola Di Novella, Pharmacist and Entnobotanist, Sassano (SA) (Italy)*
- *Nicola Ferrara, Full Professor in Internal Medicine and Geriatrics - Director of the School of Specialization in Geriatrics - University of Naples "Federico II" (Italy)*
- *Nicola Provenza, Health and Social Affairs Committee member - Italian Parliament Deputy (Italy)*
- *Nicoletta Piergentili, Lawyer, AISC Councilor (Italy)*
- *Norberto Agostino Felici, Patient and AISC Councilor (Italy)*
- *Olle Melander, Professor at Lund University, Department of Clinical Sciences, Malmö (Sweden)*
- *Pam R. Taub, MD, FACC, Director of the Step Family Foundation Cardiovascular Rehabilitation and Wellness Center, Associate Professor of Medicine UC San Diego Health System Division of Cardiovascular Medicine, La Jolla, California (USA)*
- *Paola Antonini, Medical Director, Nouscom, Rome (Italy)*
- *Paola De Domenico, Medical Director of ICM-Istituto Clinico Mediterraneo Agropoli-Neuromed group (Italy)*
- *Paolo Zanenga, President Diotima Society (Italy)*
- *Pasquale Persico, Economy of Cultural Heritage, University of Salerno (Italy)*
- *Paul S. Mischel, MD, Distinguished Professor, Member and Head Laboratory of Molecular Pathology Ludwig Institute for Cancer Research at UC San Diego, La Jolla, California (USA)*
- *Pietro D'Angiolillo, Mayor of Ascea (SA) - (Italy)*
- *Pietro Forte, Medical Internist at Hospital of Vallo della Lucania (President GAL) (SA) - (Italy)*
- *Pietro Lentini, Medical Director of the Hypertension Center of the M.G Vannini-Istituto Figlie di San Camillo Rome-President of ACSA Interregional Association of Cardiologists and Ambulatory Medical Specialists (Italy)*
- *Porzia De Nuzzo, President of AISC (Italy)*
- *Raffaele Sacchi, Full Professor of Food Science - University of Naples "Federico II" (Italy)*



- Ramesh Rao, Director, Qualcomm Institute, University of California San Diego-Professor, Electrical and Computer Engineering, Jacobs School of Engineering, La Jolla, California (USA)
- Rob Knight, Professor Departments of Pediatrics, Bioengineering, and Computer Science & Engineering - Director of the Center for Microbiome Innovation at UC San Diego, La Jolla, California (USA)
- Robert Rissman, MPD, Associate Professor In Residence, Neurosciences at UC San Diego, La Jolla, California (USA)
- Rocco Lagioia, Director of the Complex Cardiology Unit, Istituti Clinici Scientifici Maugeri, IRCCS Cassano delle Murge - AISC Councilor (Italy)
- Rosa Pepe, CREA (Center for Research on Horticulture and Floriculture) -Pontecagnano (SA) (Italy)
- Rossana Bordini, Patient, AISC Vice President (Italy)
- Sahar H. Koubar, MD, Assistant Professor of Medicine and Nephrology American University of Beirut Faculty of Medicine and Medical Center, Beirut, (Lebanon)
- Salvatore Di Somma, GREAT Network Italy President, Director of the AISC Scientific Committee, Professor of Internal Medicine, Department of Medical and Surgical Sciences and Translational Medicine, La Sapienza University - Rome (Italy)
- Seol-Heui Han, MD, PhD Executive Vice-President for Medical Affairs, Konkuk University President, Konkuk University Medical Center, Seoul (Korea)
- Sergey Bagnenko, Md, PhD, Rector of The Pavlov University, Academician of the Russian Academy of Sciences, St. Petersburg (Russia)
- Sergio Gittarelli, Patient, AISC Vice President (Italy)
- Sonila Kalemi, Nurse at the Rome Airport ER and at the AISC desk of the Ostia Health Center (Italy)
- Stefania Miccadei, National Cancer Institute "Regina Elena" - Rome (Italy)
- Stefania Ruggeri, CRA-NUTRITION-Rome (Italy)
- Stefano del Lungo, CNR - IBAM Enotria (Italy)
- Stefano Pisani, Mayor of Pollica (SA) (Italy)
- Tatiana Kisseleva, MD, PhD, Associate Professor, Dept of Surgery at UC San Diego, La Jolla, California (USA)
- Theodore Chan, MD, Professor and Chair Department of Emergency Medicine at UC San Diego Health Sciences, La Jolla, California (USA)
- Thomas Svensson, Doctor of Precision Health, Department of Bioengineering, Graduate School of Engineering at the University of Tokyo (Japan)-Department of Clinical Sciences in Malmö, Lund University (Sweden)
- Tommaso Pellegrino, President of the National Park of Cilento, Vallo Diano and Alburni (SA)- (Italy)
- Valentina Micheluzzi, Cardiology Nurse at the University Hospital of Sassari-Musician (Italy)
- Vincenza Colavito, Head of the Public Relations Office with Health Management - ICS Maugeri S.p.A. - Cassano delle Murge - AISC Councilor (Italy)
- Vincenzo Pizza, Head of U.O. Neurophysiopathology and Neurology, P.O. San Luca-Vallo della Lucania (SA) - (Italy)
- Vincenzo Romano Spica, Full Professor of Public Health-University of Rome "Foro Italico" (Italy)

## HOTEL INFORMATION



**HOTEL AND RESORT LE PALME**  
ASCEA MARINA  
Lungomare Ascea Marina (Salerno - Italy)





