The incidence of dementia increases exponentially with age but knowledge on possibly modifiable risk factors is still limited. So, the question “if we live long enough, will we all be demented?” is becoming a gravely recurrent one. Prevention appears to be particularly prominent among anti-dementia strategies not only - negatively seen – due to the lack of a cure for dementia, but mainly – constructively approached – because it can be carried out within a multidimensional approach, with the highest chances of success if adopted in the early adulthood.

There is growing evidence for possible dietary protective factors in the development of age-associated cognitive decline and nutrition represents also a fundamental aspect in the multimodal therapeutic approach in subjects at risk for dementia or already affected by this disorder.

This meeting, that involves basic and clinical research, aims at increasing the knowledge on the complex relation among nutrition, cognitive decline and dementia in the elderly and at providing the scientific basis of preventive and therapeutic strategies.
**September 30**

Sala dei Notari, Palazzo dei Priori

15.30  President’s Welcome
M. Trabucchi, AIP President (Brescia, Italy)

Opening Ceremony and Authorities’ Speech

Introductory remarks
S. Menozzi (Perugia, Italy)

16.00-18.00  HOT TOPICS IN DEMENTIA AND TREATMENT
Chairs: A. Rossi (Perugia, Italy), R. Quartesan (Perugia, Italy)

16.00-16.30  Is amyloid the main cause of Alzheimer’s disease?
M. Di Luca (Milano, Italy)

16.30-17.00  Is DLB the second cause of dementia in the elderly?
A. Padovani (Brescia, Italy)

17.00-17.30  Is multimodal MRI the only imaging approach to diagnose the aging associated cognitive impairment?
G. Spalletta (Roma, Italy)

17.30-18.00  Dementia. Actual diagnostic support and new radioligands for amyloid imaging
S. Sestini (Prato, Italy)

18.00  Opening Lecture
Chair: U. Senin (Perugia, Italy)

Micronutrients: the triage hypothesis
B. Ames (Berkeley, USA)

ConCert by Coro di Santo Spirito

**October 1**

Palazzo Murena, University of Perugia

9.00-11.00  SESSION 1
NUTRITION AND HEALTHY AGING: EPIDEMIOLOGY
Chairs: M. Musicco (Milano, Italy), M.L. Lunardelli (Bologna, Italy)

9.00-9.30  Healthy aging: myth or reality?
L. Fratiglioni (Stockholm, Sweden)

9.30-10.00  Nutrition in the elderly: problems and perspectives
S. Sestini (Prato, Italy)

10.00-10.30  Oral health problems in relation to nutrition in older people
C. de Baat (Nijmegen, The Netherlands)

10.30-11.00  Swallowing problems in the elderly
D. Tufarelli (Roma, Italy)

11.00-11.30  Coffee Break

11.30-13.00  SESSION 2
NUTRITION AND RISK OF COGNITIVE DECLINE
Chairs: C. Caltagirone (Roma, Italy), E. Pirfo (Torino, Italy)

11.30-12.00  Cholesterol and dementia: framing the controversies
M. Kivipelto (Stockholm, Sweden)

12.00-12.30  Diabetes and cognitive deficits
G. Paolisso (Napoli, Italy)

12.30-13.00  From risk factors to prevention in Alzheimer’s disease
D. Tufarelli (Roma, Italy)

13.00-14.30  Lunch

14.30-16.30  SESSION 3
NUTRITION AND DEMENTIA
Chairs: B. Sorva (Aurora, Italy), P. Padovani (Padova, Italy)

14.30-15.00  Molecular and chemical aspects of nutritional alteration in AD model system
A. Vellas (Toulouse, France)

15.00-15.30  Cognition, mitochondria and vitamin E
S. Sestini (Prato, Italy)

15.30-16.00  Fingerprints of oxidative stress: a role for cognitive health?
M. Menozzi (Perugia, Italy)

16.00-16.30  Mediterranean diet and dementia
F. Berthelot (Bordeaux, France)

16.30-17.00  Coffee Break

17.00-18.30  SESSION 4
NUTRITION AS A TREATMENT
Chairs: A. Bianchetti (Brescia, Italy), V. Canonico (Napoli, Italy)

17.00-17.30  Malnutrition in care homes; how a yearly national audit of malnutrition may contribute to optimizing nutritional care in care homes.
J. Schols (Maastricht, The Netherlands)

17.30-18.00  Macro and micronutrients: intake and supplementation as therapy
G. Casadei (Bologna, Italy)

18.00-18.30  Nutrition and management of multimorbidity in patients with dementia
M. Menozzi (Perugia, Italy)

18.30-19.00  Closing remarks
S. Menozzi, AIP President (Brescia, Italy)
**September 30**
Sala dei Notari, Palazzo dei Priori

15.30 President’s Welcome
M. Trabucchi, AIP President (Brescia, Italy)

Opening Ceremony and Authorities’ Speech
Introductory remarks
P. Mecocci (Perugia, Italy)

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M. Di Luca (Milano, Italy)

16.30-17.00 Is DLB the second cause of dementia in the elderly?
A. Padovani (Brescia, Italy)

17.00-17.30 Is multi-modal MRI the only imaging approach to diagnose the aging associated cognitive impairment?
G. Spalletta (Roma, Italy)

17.30-18.00 Dementia. Actual diagnostic support and new radioligands for amyloid imaging
S. Sestini (Prato, Italy)

18.00 Opening Lecture
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Micronutrients: the triage hypothesis
B. Ames (Berkeley, USA)

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**October 1**
Palazzo Murena, University of Perugia

9.00-11.00 SESSION 1
Nutrition and Healthy Aging: Epidemiology
Chair: M. Musci (Milano, Italy), M.L. Lunardelli (Bologna, Italy)

9.00-9.30 Healthy aging: myth or reality?
L. Espiner (Stockholm, Sweden)

9.30-10.00 Nutrition in the elderly: problems and perspectives
S. Marsden (London, UK)

10.00-10.30 Oral health problems in relation to nutrition in older people
C. Slaa (The Netherlands)

10.30-11.00 Swallowing problems in the elderly
D. Tufarelli (Roma, Italy)

11.00-11.30 Coffee Break

11.30-13.00 SESSION 2
Nutrition and Risk of Cognitive Decline
Chair: C. Caltagirone (Roma, Italy), E. Pirfo (Torino, Italy)

11.30-12.00 Cholesterol and dementia: framing the controversies
M. Kivipelto (Stockholm, Sweden)

12.00-12.30 Diabetes and cognitive deficits
G. Pancrazi (Roma, Italy)

12.30-13.00 From risk factors to prevention in Alzheimer’s disease
S. Tzitsa (Roma, Italy)

13.00-14.30 Lunch

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Chair: A. Bianchetti (Brescia, Italy), V. Canonico (Napoli, Italy)

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15.00-15.30 Cogpoint, mitochondria and vitamin E
M. Musci (Milano, Italy)

15.30-16.00 Fingerprints of oxidative stress: a role for cognitive health?
G. Paolisso (Napoli, Italy)

16.00-16.30 Mediterranean diet and dementia
P. Pirro (Torino, Italy)

16.30-17.20 Coffee Break

17.00-18.30 SESSION 4
Nutrition as a Treatment
Chair: A. Bianchetti (Brescia, Italy)

17.00-17.30 Malnutrition in care homes: how a yearly national audit of malnutrition may contribute to optimizing nutritional care in care homes.
J. Schols (Maastricht, The Netherlands)

17.30-18.00 Macronutrients: intake and supplementation as therapy
S. Scapagnini (Bologna, Italy)

18.00-18.30 Nutrition and management of multimorbidity in patients with dementia
M. Musci (Milano, Italy)

18.30-19.00 Closing remarks
M. Trabucchi, AIP President (Brescia, Italy)
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M. Kivipelto (Stockholm, Sweden)
12.00-12.30 Diabetes and cognitive deficits
G. Patrizia Papit, Italy
12.30-13.00 From risk factors to prevention in Alzheimer’s disease
P. Barberger-Gateau (Bordeaux, France)
13.00-14.30 Lunch
14.30-16.30 SESSION 3
NUTRITION AND DEMENTIA
Chair: S. Sestini (Prato, Italy), P. Papit (Perugia, Italy)
14.30-15.00 Molecular and chemical aspects of nutritional alteration in AD model system
P. Putzu (Cagliari, Italy)
15.00-15.30 Cognition, mitochondria and vitamin E
G. Spalletta (Roma, Italy)
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M. Trabucchi, AIP President (Brescia, Italy)
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There is growing evidence for possible dietary protective factors in the development of age-associated cognitive decline and nutrition represents also a fundamental aspect in the multimodal therapeutic approach in subjects at risk for dementia or already affected by this disorder.

This meeting, that involves basic and clinical research, aims at increasing the knowledge on the complex relation among nutrition, cognitive decline and dementia in the elderly and at providing the scientific basis of preventive and the active strategies.
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### General Information

**DATE**

September 30 – October 1, 2010

**VENUE**

- **September 30**
  - Sala dei Notari
  - Palazzo dei Priori
  - Perugia
- **October 1**
  - Palazzo Murena
  - Piazza dell’Università, 1
  - Perugia

**Registration fees** for participants include:
- Participation in meeting sessions
- All meeting materials
- Lunch and Coffee Breaks

**CME Credits** for Physicians and Psychologists have been requested to the Italian Ministry of Health.

### Scientific Secretariat

Prof. Patrizia Mecocci  
Direttore Istituto di Gerontologia e Geriatria  
Università degli Studi di Perugia  
Direttore S.C. di Geriatria, Ospedale S. Maria della Misericordia Sant'Andrea delle Fratte  
06156 Perugia (Italy)  
Tel  +39 075 578 3839  
Fax +39 075 573 3878  
E-mail: mecocci@unipg.it

**Official Language**

Italian and English are the official languages. Simultaneous translation will be available.

### Organizing Secretariat

Promo Leader Service Congressi – PLS Group  
Via della Mattonaia 17, 50121 Firenze  
Tel. +39 055 2462201 - Fax +39 055 2462270  
E-mail: aip@promoleader.com

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**Nutrition and Cognition in healthy aging, cognitive impairment and dementia**

**Logistics**

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