Symposium
Nutrition for the Ageing Brain
MOVING TOWARDS CLINICAL APPLICATIONS
30th - 31st August 2018, Madrid, Spain

Poster submissions open
(Deadline 15th June 2018)

Organised by the ILSI Europe
Nutrition & Mental Performance Task Force
BACKGROUND
The Nutrition & Mental Performance task force embarked on this project to review the evidence supporting how nutrients, food and diet influence brain health, by organising a series of events on this topic. The two previous workshops were organised in 2014 and 2016.

OBJECTIVES
Decline on cognitive abilities with age occurs in healthy individuals and spreads through adult lifespan. The mechanisms contributing to normal ageing, including oxidative stress, neuroinflammation and vascular dysfunction are the same as those contributing to the development of neurological diseases. In pathological conditions these mechanisms become exacerbated, triggered by different factors which might be genetic or environmental. Despite a wealth of data on how nutrients and diets may support cognitive functions and preserve brain health, the therapeutic and pharmacological potential of these natural compounds still remains to be fully translated in humans and in clinical conditions.

ACTIVITY
The purpose of this symposium is to convene experts to discuss and debate the potential for maintaining cognitive function through dietary intake. This symposium will specifically focus on clinical aspects and novel strategies developed to determine whether diet and nutrients have efficacy in individuals affected by dementia and other neurodegenerative conditions.

MAIN THEMES TO BE ADDRESSED
- Impact of nutrition on brain functions using neuroimaging technologies;
- Microbiome and immune status: impact on brain function;
- (Bio)markers of food intake and cognitive health;
- Sleep deprivation: effects on diet and cognitive performance;
- New methodologies applied to dementia and how nutrition could play a role.

PROGRAMME

**Overall Chair:** Dr David Vauzour  
**Overall Co-Chair:** Dr Jonathan Farrimond

08:00 Registration

Introduction

09:30 Welcome  
Prof. Diána Bánáti  
Dr David Vauzour

09:45 Introduction

Prof. David Smith

Session 1 – Biomarkers of food intake and cognitive health

10:00 Overview of the current situation  
Dr Cécilia Samieri

10:25 Biomarkers of food intake  
Dr Gunther Kuhnle

10:50 Coffee Break and poster session

11:20 Biomarkers of cognitive health  
Prof. David Smith

11:45 Discussion

Session 2 – Microbiome: Impact on brain function

14:00 Microbiome and ageing  
TBC

14:25 Inflammageing at the gut level  
Dr Claudio Nicoletti

14:50 Modulation of brain biology and function by gut bacteria  
Dr Philip Burnet

15:15 Gut microbiota changes in the last decades of life  
Prof. Patrizia Brigidi

15:40 Discussion

16:30 Coffee Break and poster session

17:30 Panel Debate and discussion

19:30 Dinner
EXPECTED OUTCOME
The symposium will provide an update on the current state of knowledge on nutrition and neuroprotection. The proceedings will be summarised into a peer-reviewed article.

ORGANISING COMMITTEE
• Dr David Vauzour – Chair, University of East Anglia (UK)
• Dr Jonathan Farrimond – Vice-Chair, Lucozade Ribena Suntory (UK)
• Prof. Vittorio Calabrèse, University of Catania (IT)
• Prof. Louise Dye, University of Leeds (UK)
• Dr Lucie Geurts, ILSI Europe (BE)
• Dr Hasan Mohajeri, DSM (CH)
• Dr John Sijben, Danone (NL)
• Prof. Jeremy Spencer, University of Reading (NL)
• Dr Sandrine Thuret, King’s College London (UK)
• Prof. Wim Vanden Berghe, University of Antwerp (BE)

WHO SHOULD ATTEND?
The symposium is targeted towards experts, researchers and clinicians studying ageing and neuroprotection. Stakeholders include experts from academia, food and ingredient companies, NGOs, and governmental and regulatory bodies who are concerned about increased costs of dementia and the cognitive decline of the ageing population in the Western world.

Session 3 – Lifestyle factors affecting food efficacy and cognitive function
08:45 Sleep deprivation: effects on cognitive performance  Prof. Mary Yannakoulia
09:10 Epigenetics and brain plasticity  Dr Marco Boks
09:35 Early-life nutrition and gut-brain axis  Dr Marko Kalliomäki
09:55 Discussion

10:30 Coffee break and poster session

Session 4 – New Avenues: New methodologies applied to cognitive decline
11:00 Neuroimaging for brain metabolic rescue in ageing  Prof. Stephen Cunnane
11:25 MiniBrain and exposome  Prof. Thomas Hartung
11:55 Metabolomic approach to identify novel biomarkers  Prof. Lorraine Brennan
12:15 Biomarkers of ageing  Dr Aleix Sala-Vila
12:40 Outcomes of the LipiDiDiet study  Prof. Tobias Hartmann

13:15 Lunch and poster session

Session 5 – The way forward
14:30 Measurement and analysis issues in cognitive tests  Prof. Louise Dye
14:55 Nutrition programs in care units  Dr Nancy Emerson Lombardo
15:20 Cognitive health claims  Ms Karin Verzijden
15:45 Discussion

16:10 Coffee break and poster session

Session 5 – Closing
16:40 Final Panel discussion discussing implementation and identifying knowledge gaps and future directions
17:15 Poster Awards and closing remarks
REGISTRATION AND PAYMENT

Registration fees amount to the below figures for this 2-day symposium.

- Academia and public sector: €350
- Industry: €450
- Student fee: €200

Limited availability: Students must produce a copy of their student card.

The registration fee covers:

- Admission to the event
- Abstract booklet
- Buffet lunch/refreshments during the conference on 30th-31st August 2018
- Dinner on 30th August 2018

An invoice will be sent to all participants after registration has been completed. Registration and payment of registration fee by credit card should be made prior to the event, preferably by 15th August 2018. Registration and hotel reservations will be accepted on a ‘first come, first served’ basis, and subject to availability after 10th July 2018. Hotel reservations and online registrations must be made together.

CANCELLATION POLICY

All cancellation of registrations should be made in writing to Ms Ruth Marquet (rmarquet@ilsieurope.be). Cancellations received until 10th July 2018 will be refunded minus €50 handling charges. Cancellations of registration received after 10th July 2018 will not be refunded.

For hotel reservations, cancellations received in writing are free of charge until 10th July 2018. For cancellations received after that date, the hotel is entitled to charge the full stay. Substitutions of hotel reservations are possible and should be made in writing.

VENUE AND ACCOMMODATION

The event will be held at:

Meliá Avenida América Hotel
Juan Ignacio Luca de Tena, 36, San Blas
28027 Madrid, Spain
+34 914 23 24 00
www.melia.com

A number of standard guest rooms have been pre-booked at special rates in the Meliá Avenida América, where the event will take place.

Rate Single Room: €121/night
Rate Double Room: €132/night

Rates include buffet breakfast, free access to WIFI, to the wellness centre and 10% taxes. Bedrooms are equipped with WIFI connection, hair dryer, satellite TV and minibar. Check-in time is 15:00 and check-out time is 12:00.