



SYMPOSIUM: Diet, Stress and Lifestyle as Risk Factors in IBD

Tuesday, 19th of May

Time	Topic	Speakers
09.30 – 09.50	Welcome to the miGut meeting: Short speech from the coordinator	<u>Prof. Andre Franke</u> , <i>Managing Director at the Institute of Clinical Molecular Biology, Christian-Albrechts-University of Kiel</i>
	Welcome to UCSC: Opening words from the Dean of the Faculty of Psychology	<u>Prof. Alessandro Antonietti</u> , <i>Dean of the Faculty of Psychology, Università Cattolica del Sacro Cuore</i>
	Welcome to Cremona: Introduction of the EngageMinds HUB Consumer, Food & Health Engagement Research Center	<u>Prof. Guendalina Graffigna</u> , <i>Director of the EngageMinds HUB Consumer, Food & Health Engagement Research Center, Università Cattolica del Sacro Cuore</i>
	Welcome to the Italian IBD community: Introduction of AMICI Italia	<u>Dr. Salvo Leone</u> , <i>CEO of AMICI Italia, Chairman at International Federation of Crohn's & Ulcerative Colitis Associations (IFCCA)</i>
09.50 – 10.05 Online	How diet shapes the microbiota and reprograms the enteroendocrine system, Q&A	<u>Prof. Antonio Gasbarrini</u> , <i>Head of the Department of Medical and Surgical Sciences and Complex Operational Unit of Internal Medicine and Gastroenterology, and the Medical Director of the Institute of patologia speciale medica e Semeiotica Medica in Policlinico Universitario Fondazione Agostino Gemelli</i>
10.05 – 10.30	TBD	<u>Prof. Alessandro Armuzzi</u> , <i>Director of the Residency Program in Gastroenterology at Humanitas University - Lead Medical IBD Center at IRCCS Humanitas Research Hospital</i>
10.30 – 11.00	Coffee break	
11.00 – 11.25	TBD	<u>Prof. Nicola Segata</u> , <i>Principal Investigator at Department CIBIO, University of Trento</i>
11.25 – 11.50	The whole food Tasty&Healthy diet for treating and preventing Crohn's disease – results from 4 clinical trials, Q&A	<u>Prof. Dan Turner</u> , <i>Pediatric Gastroenterology, Shaare Zedek Medical Center, Jerusalem</i>
11.50 – 12.15	TBD	<u>Prof. Paola Battilani</u> , <i>Full professor of Agri-Food Defense at the Faculty of Agricultural, Food, and</i>

		<i>Environmental Sciences, Università Cattolica del Sacro Cuore</i>
12.15 – 12.30 Online	Self-compassion as a protective factor for stress and healthy behaviours in IBD, Q&A	<u>Prof. Fuschia Sirois</u> , <i>Professor in the Department of Psychology, Director of Impact in the Department of Psychology, Durham University</i>
12.30 – 12.45 Online	Psychological risk factors, maintaining good mental health, and psychological therapy in IBD, Q&A	<u>Prof. Antonina Mikocka-Walus</u> , <i>Professor of Health Psychology and Deputy Head of School, School of Psychology, Deakin University</i>
13.00 – 14.00	Lunch break	
14.00 – 15.15	Inside miGut-Health: Scientific discoveries (presentation of the most important results/to be/published)	
15.15 – 16.00	Round table: Future frontiers in IBD prevention – biomedical, nutritional, and psychological insights	Panelists: TBD Moderated by Guendalina Graffigna
16.00	End of the meeting – Day 1	