

CLINICAL NUTRITION CONFERENCE of the "ALTO TAVOLIERE"

*3rd Edition
International Meeting*



Honorary President:
Dott. Angelo Benvenuto

President:
Dott. Angelo Michele Carella

Scientific Director:
Prof. Luigi Barrea

21-23 May 2026

San Severo (Foggia), 71016, Italy - Municipal Theatre "G. Verdi"

Organizing Secretariat:

Magno Organizer
www.magnoorganizer.it
magnoorganizer@gmail.com
Tel.: +39 080 5021948

CLINICAL NUTRITION CONFERENCE of the "ALTO TAVOLIERE"

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San Severo (Foggia) - Municipal Theatre "G. Verdi"

PROGRAM

OPENING DAY
21 may 2026

14.00 Registration of Participants and Opening of the Meeting

Introduction to the Congress Proceedings

Luigi Barrea

Angelo Benvenuto

Angelo Michele Carella

INAUGURAL SESSION AGRI-FOOD SUPPLY CHAIN, NUTRITION AND HEALTH

Chair: Alfonso Mogavero

Moderators: Santo Morabito - Francesco Centra

14.30 Nutrigenomics and Genetic Testing in Nutrition: How, When and Why

Massimo Carella

14.50 Refined and Ultra-Processed Foods: Impact on Human Health

Filippo Valoriani

15.10 Agronomic Value and Nutritional Properties of Wheat and Their Implications for Human Health

Mariangela Zingaro

15.30 Wine, Nutrition and Health: Historical and Scientific Perspectives

Giuseppe Baldassarre

15.50 Nutritional Properties of Extra Virgin Olive Oil and Its Health Benefits

Angelo Michele Carella

16.10 Discussion

16.30 Coffee Break

16.45 Round table discussion

Moderators: Marcella Giuliani - Pietro Giannetta

From Farm to Table: Strategies for Sustainable Territorial Development Through Food

Speakers: Simone Pistillo - Vinicio Razionale - Laura Spinelli - Barbara la Gatta

Renato Guido - Giuseppe Bernardi

18.00 Plenary Lecture

Chair: Angelo Michele Carella

Food and Territory: Place Branding Strategies and Gastronomic Tourism for Local Development

Chiara Rinaldi

Welcome Address by the Authorities

DAY 1 OF CLINICAL NUTRITION
22 may 2026

08.45 Registration of Participants and Opening of Proceedings

09.00 Opening Plenary Lecture of the 1st day of Clinical Nutrition

Chair: Barbara Paolini

Anti-Obesity Medications and Dietary Strategies: A Multidisciplinary Approach

Luigi Barrea

SESSION I

HEART FAILURE AND NUTRITION: NUTRITIONAL AND NUTRACEUTICAL APPROACHES FOR CARDIOVASCULAR HEALTH

Chair: Luigi Barrea

Moderators: Michele Di Pumpo - Rocco Luigi Eletto

09.30 Nutrition and Heart Failure: Key Challenges and Strategies for Preventing Complications

Davide Grassi

09.50 The Role of Nutraceuticals in Heart Failure: Innovative Approaches in Cardiovascular Therapy

Ludovica Verde

10.10 Discussion

10.20 Coffee Break

SESSION II

HEART, PHARMACOTHERAPY AND NUTRITION: ADVANCED PHARMACOLOGICAL APPROACHES IN HEART FAILURE MANAGEMENT

Chair: Angelo Benvenuto

Moderators: Angelo Michele Carella - Martino Nargiso

10.40 Dapagliflozin in Cardiorenal Health: From the DAPA-HF to the DAPA-CKD Studies

Massimo Iacoviello

11.00 Vericiguat: Mechanism of Action and Potential Clinical Applications in Heart Failure

Vito Sollazzo

11.20 Mineralocorticoid Receptor Antagonists (MRAs): Efficacy and Safety of Eplerenone

Michele Correale

11.40 Discussion

11.55 Plenary Lecture

Chair: Augusto Orsini

Molecular Basis of the Beneficial Effects of the Mediterranean Diet in the prevention of age-related cardiovascular diseases and in the promotion of longevity

Matteo Antonio Russo

12.25 Break

14.00 Plenary Lecture

Chair: Angelo Michele Carella

Medical Nutritional Therapy in Dyslipidaemias

Barbara Paolini

SESSION III

DYSLIPIDAEMIAS: NUTRITIONAL, NUTRACEUTICAL AND PHARMACOLOGICAL STRATEGIES FOR PREVENTION AND TREATMENT

Chair: Valeria Lagattolla

Moderators: Matteo Conte - Pasquale De Luca

14.30 Therapeutic Targets for LDL Cholesterol: Recommendations from Clinical Guidelines

Graziano Riccioni

14.50 Role of Omega-3 Fatty Acid Ethyl Esters: EPA and DHA

Armando Melfitano

15.10 Icosapent Ethyl: Efficacy and Safety in the Management of Residual Cardiovascular Risk

Cinzia Florio

15.30 Discussion

15.40 Coffee Break

16.00 Plenary Lecture

Chair: Vito Sollazzo

Novel Approaches in the Pharmacological Management of Dyslipidaemias

Natale Daniele Brunetti

**SESSION IV
CLINICAL ARTIFICIAL NUTRITION**

Chair: Massimo Vincenzi

Moderators: Livio Tullo – Athanasia Katsanou

16.30 Percutaneous Endoscopic Gastrostomy: An Option for the Critically Ill Patients

Giovanni Papadopoulos

16.50 The Role of Supplemental Parenteral Nutrition in Post-Surgical Oncological Patients: Recent Developments

Ester Marina Cela

17.10 Discussion

Moderator: Gianluigi Giannelli

17.20 The Scientific Legacy of Giovanni De Pergola: A Journey Through Internal Medicine, Nutrition, Obesity and Metabolism

Sara Volpe

17.40 Plenary Lecture

Chair: Marwan El Ghoch

The Longevity Diet: Lessons from the World's Longest-Lived Populations

Evelyn Frias-Toral

08.30 Registration of Participants and Opening of Proceedings

08.45 Opening Plenary Lecture of the 2nd day of Clinical Nutrition

Chair: Annamaria Colao

Cardiometabolic Risk Profile in Patients with Pituitary Disorders

Diego Ferone

**SESSION V
DIABESITY: EMERGING THERAPEUTIC STRATEGIES**

Chair: Antonio Caretto

Moderators: Xenofon Karlis – Carmela Bagnato

09.15 Nutritional Interventions for Type 2 Diabetes Within Behavioural Modification Strategies: Lessons from the EndoCompass project

Marwan El Ghoch

09.35 Semaglutide: A New Paradigm in Cardiorenal-Metabolic Protection

Sebastio Perrini

09.55 Tirzepatide: Innovation Through Dual Agonism – From Pathophysiology to Clinical Trials

Olga Lamacchia

10.15 Discussion

10.30 Plenary Lecture

Chair: Antonio Caretto

The Role of Empagliflozin in Chronic Kidney Disease Management and Cardiovascular Risk Reduction

Filippo Aucella

11.00 Coffee Break

SESSION VI OBESITY, DIABETES AND COMPLICATIONS

Chair: Pierluigi Nicola De Paolis

Moderators: Giovanna Muscogiuri - Adelaide Sturdà

- 11.15 **Diabetes-Related Liver Damage: MASLD and MASH**
Massimiliano Donato Petrelli
- 11.35 **Management of Excess Body Weight in Patients with Lower Limb Venous Insufficiency**
Augusto Orsini
- 11.55 **Body Composition Assessment in Clinical Practice**
Giuseppe Annunziata
- 12.15 **Nutraceutical Interventions in Diabetes**
Giordano Zonzini
- 12.35 **Discussion**
- 12.45 **PRESENTATION OF AWARDED SCIENTIFIC CONTRIBUTIONS**
Chair: Luigi Barrea
Moderators: Giovanna Muscogiuri - Gerardo Sarno
Nutrients Award
Antioxidants Award
Food and Agricultural Immunology Award
Minerva Endocrinology Award
Current Nutrition Reports Award

For further details, please refer to the "Regulations" available on the website www.magnoorganizer.it in the "Awards" section on the conference page.

- 13.15 **ECM Procedures and Closing Remarks**

Honorary President

Angelo Benvenuto

Emeritus Director, Department of Internal Medicine
Long-Term Care Unit, "T. Masselli-Mascia" Hospital, San Severo (FG), Italy

President

Angelo Michele Carella

Deputy Director, Department of Internal Medicine - Head, Long-Term Care Unit
Consultant Physician, Obesity Dietotherapy Clinic
P.O. "T. Masselli-Mascia" Hospital, San Severo (FG), Italy

Scientific Director

Luigi Barrea

Full Professor of Clinical Nutrition and Dietetics (MEDS-08/C)
Department of Psychology and Health Sciences, Università Pegaso, Naples, Italy
Specialist in Clinical Nutrition
National Councilor, Italian Society of Endocrinology (SIE)
Vice President, Italian Society of Obesity (SIO), Campania Region

Scientific Secretariat

Giuseppe Annunziata Naples, Italy
Matteo Conte San Severo, Italy
Michele Di Pumpo San Severo, Italy
Giovanna Muscogiuri Naples, Italy
Ludovica Verde Naples, Italy

Project Management & Communication

Tatiana Alberghi
Matteo Bonfitto
Aldo Carella
Celeste De Cata
Vincenzo Galullo
Maria R. Lauriola
Michele C. Pistillo

Organising Secretariat

Magno Organizer

Via Domenico Morea, 16, Bari
magnoorganizer@gmail.com
Telephone: 080/5021948

FACULTY

Giuseppe Annunziata

Specialist in Clinical Nutrition
Adjunct Professor of Clinical Nutrition
San Raffaele Telematic University
Rome, Italy

Filippo Aucella

President-Elect, Italian Society of Nephrology (SIN)
Director, Nephrology and Dialysis Unit, Interregional Referral Centre for Porphyria
IRCCS Foundation "Casa Sollievo della Sofferenza"
Director, Department of Medical Sciences
San Giovanni Rotondo, Italy

Carmela Bagnato

National Secretary, Italian Association of Dietetics and Clinical Nutrition (ADI)
Director, Clinical Nutrition and Dietetics Unit
Madonna delle Grazie Hospital
Matera, Italy

Giuseppe Baldassarre

National Councillor, Italian Sommelier Association (AIS)
Head, Technical and Scientific Committee, Italian Sommelier Association (AIS), Italy
Emeritus Director, Complex Operative Unit of Geriatrics
"F. Miulli" Regional General Hospital
Acquaviva delle Fonti (Bari), Italy

Luigi Barrea

Full Professor of Clinical Nutrition and Dietetics
Department of Psychology and Health Sciences
Pegaso University
Specialist in Clinical Nutrition
National Councillor, Italian Society of Endocrinology (SIE)
Vice-President, Italian Society of Obesity (SIO), Campania Region
Naples, Italy

Angelo Benvenuto

Emeritus Director, Internal Medicine Unit
T. Masselli-Mascia Hospital
Former Director, Department of Internal Medicine
Local Health Authority of Foggia
Foggia, Italy

Renato Bernardi

Head of Food Industry Services, Collective Catering Companies
Municipality of Marino
Chef Ambassador of the Mediterranean Diet Worldwide
Rome, Italy

Natale Daniele Brunetti

Full Professor of Cardiovascular Diseases
Department of Medical and Surgical Sciences
University of Foggia
Foggia, Italy

Angelo Michele Carella

Deputy Director, Internal Medicine Unit
Medical Director, Long-Term Care Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Massimo Carella

Deputy Scientific Director
IRCCS Foundation "Casa Sollievo della Sofferenza"
San Giovanni Rotondo, Italy

Antonio Caretto

National President, ADI Foundation – Italian Association of Dietetics and Clinical Nutrition
Expert Consultant in Nutrition, Parliamentary Intergroup on Obesity and Diabetes
Head, Endocrinology, Diabetology and Clinical Nutrition Unit
GVM Città di Lecce Hospital
Lecce, Italy

Ester Marina Cela

Consultant in Clinical Nutrition and Artificial Nutrition
Gastroenterology Unit
University Hospital of Foggia
Foggia, Italy

Francesco Centra

General Practitioner
San Giovanni Rotondo, Italy

Annamaria Colao

Vice-President, Italian National Health Council
Full Professor of Endocrinology and Metabolic Diseases
University of Naples Federico II
Naples, Italy

Matteo Conte

Consultant in Internal Medicine – Long-Term Care Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Michele Correale

Consultant Cardiologist
University Hospital of Foggia
Foggia, Italy

Pasquale De Luca

Consultant in Internal Medicine
Long-Term Care Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Pierluigi Nicola De Paolis

President, Medical Council of the Province of Foggia
General Practitioner
Head, Primary Care Coordination Office
Troia, Italy

Michele Di Pumpo

Consultant in Internal Medicine – Long-Term Care Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Rocco Luigi Eletto

Regional President, ADI Basilicata
Italian Association of Dietetics and Clinical Nutrition
Director, Food Hygiene and Nutrition Unit
Basilicata Health Authority
Matera, Italy

Marwan El Ghoch

Associate Professor of Clinical Nutrition
President, Bachelor's Degree Programme in Dietetics
University of Modena and Reggio Emilia
Modena, Italy

Diego Ferone

President, Italian Society of Endocrinology (SIE)
Full Professor of Endocrinology
Director, Endocrinology Unit
University of Genoa
Genoa, Italy

Cinzia Florio

Consultant in Internal Medicine
Long-Term Care Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Evelyn Frias-Toral

Associate Professor of Medicine and Clinical Research
Universidad Católica de Santiago de Guayaquil
Division of Research, Texas State University
Samborondón, Ecuador; San Marcos, Texas, USA

Gianluigi Giannelli

Scientific Director
IRCCS "Saverio De Bellis"
Castellana Grotte, Italy

Pietro Giannetta

Agronomist
Technical Director, "OP Parco della Peranzana" Consortium
San Severo, Italy

Marcella Giuliani

Full Professor of Agronomy and Herbaceous Cropping Systems
Coordinator, Degree Programme in Agricultural Sciences and Technologies
Department of Agricultural Sciences, Food, Natural Resources and
Engineering
University of Foggia
Foggia, Italy

Davide Grassi

Associate Professor of Internal Medicine
University of L'Aquila
Director, Internal Medicine Unit
Val Vibrata Hospital
Sant'Omero, Italy

Xenofon Karlis

General Practitioner
San Severo, Italy

Athanasia Katsanou

Consultant in Anaesthesiology and Intensive Care
Local Health Authority of Foggia
San Marco in Lamis, Italy

Massimo Iacoviello

Associate Professor of Cardiovascular Diseases
University of Foggia
Foggia, Italy

Barbara la Gatta

Associate Professor of Food Science and Technology
Department of Agricultural Sciences, Food, Natural Resources and
Engineering
University of Foggia
Foggia, Italy

Valeria Lagattolla

Regional President, ADI Puglia
Italian Association of Dietetics and Clinical Nutrition
Consultant in Endocrinology, Metabolic Diseases, Dietetics and Clinical Nutrition
A. Perrino Hospital
Brindisi, Italy

Olga Lamacchia

Associate Professor of Endocrinology
University of Foggia
Foggia, Italy

Armando Melfitano

Consultant Nephrologist
Local Health Authority BAT
Trani, Italy

Alfonso Mogavero

President, Council of Agronomists and Forestry Doctors of the Province of Foggia
San Severo, Italy

Santino Morabito

Emeritus Director
Clinical Dietetics and Nutrition Service
Papardo-Piemonte Hospital
Messina, Italy

Giovanna Muscogiuri

President, Italian Society of Obesity (SIO), Campania Region
Researcher, Department of Clinical Medicine and Surgery
University of Naples Federico II
Department of Medicine, Division of Endocrinology
University of Arizona
Naples, Italy; Tucson, Arizona, USA

Martino Nargiso

Consultant in Internal Medicine
Long-Term Care Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Augusto Orsini

President, School of Excellence in Phlebology (SEPH)
Emeritus Director, Integrated University Master Programmes
San Raffaele University
Scientific Director, Pontino Science and Technology Park “Technoscience”
San Raffaele, Roma, Italy

Barbara Paolini

National President, Italian Association of Dietetics and Clinical Nutrition (ADI)
Director, Clinical Dietetics and Nutrition Unit
Santa Maria alle Scotte University Hospital
Siena, Italy

Giovanni Papadopoli

Head, Digestive and Surgical Endoscopy Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Sebastio Perrini

Associate Professor of Endocrinology, Department of Medicine and Surgery
LUM University “Giuseppe Degennaro”, Casamassima (Bari), Italy
Director, Complex Operative Unit of Endocrinology
“F. Miulli” Regional General Hospital
Acquaviva delle Fonti (Bari), Italy

Massimiliano D. Petrelli

Consultant in Endocrinology and Metabolic Diseases
Marche University Hospital
Ancona, Italy

Simone Pistillo

PhD Student, Laboratory of Dr Ana I. Caño-Delgado
Centre for Research in Agricultural Genomics (CRAG)
Barcelona, Spain

Vinicio Razionale

Quality Assurance Manager
ICEA – Institute for Ethical and Environmental Certification
Bologna, Italy

Graziano Riccioni

Consultant Cardiologist
San Camillo De Lellis Hospital
Manfredonia, Italy

Chiara Rinaldi

Adjunct Professor
Agrifood Management and Innovation Lab
Ca’ Foscari University of Venice
Venice, Italy

Matteo A. Russo

Full Professor of General Pathophysiology
Director, Molecular Clinical Research
IRCCS San Raffaele
Rome, Italy

Gerardo Sarno

Medical Director, Specialist in General Surgery
Unit of General Surgery and Kidney Transplantation
University Hospital “San Giovanni di Dio e Ruggi d’Aragona”
Salerno, Italy

Vito Sollazzo

Director, Department of Medical Sciences, Local Health Authority (ASL)
Foggia
Director, Complex Unit of Cardiology and Coronary Care Unit (CCU)
“T. Masselli-Mascia” Hospital, San Severo, and “G. Tatarella” Hospital,
Cerignola
Foggia, Italy

Laura Spinelli

General Practitioner
Orta Nova, Italy

Adelaide Sturdà

Dietitian
Endocrinology, Metabolic Diseases and Clinical Nutrition Unit
A. Perrino Hospital
Brindisi, Italy

Livio Tullo

Director, Anaesthesia and Intensive Care Unit
T. Masselli-Mascia Hospital
San Severo, Italy

Filippo Valoriani

Dietitian
University Hospital of Modena
Modena, Italy

Ludovica Verde

Dietitian
PhD in Public Health
University of Naples Federico II
Department of Medicine, Division of Endocrinology
University of Arizona
Naples, Italy; Tucson, Arizona, USA

Massimo Vincenzi

Consultant Gastroenterologist
San Pier Damiano Hospital
Faenza, Italy

Sara Volpe

Regional President, Italian Society of Metabolism, Diabetes and Obesity
(SIMDO), Puglia
Outpatient specialist Specialist in Internal Medicine
Local Health Authority (ASL) Bari – District 10, and Unified Health
District of Taranto
Bari and Taranto, Italy

Mariangela Zingaro

Biologist and Nutritionist
Andria, Italy

Giordano Zonzini

Adjunct Professor
Department of Biomolecular Sciences
University of Urbino “Carlo Bo”
Urbino, Italy

BACKGROUND AND SCIENTIFIC RATIONALE

Non-communicable chronic diseases (NCDs) - including obesity, cardiovascular diseases, type 2 diabetes mellitus, and cancer - represent the leading causes of morbidity and mortality worldwide and constitute one of the most pressing public health challenges of the twenty-first century. Their increasing prevalence is associated with substantial clinical, social, and economic consequences, placing a significant burden on healthcare systems and requiring the development of effective preventive and therapeutic strategies.

In this context, nutrition plays a pivotal role in both the pathogenesis and management of many chronic diseases. Nutritional status and dietary patterns interact with complex biological systems, including endocrine regulation, metabolic pathways, and the intestinal microbiota. Alterations in these systems are frequently observed in patients with malnutrition, both in states of excess and deficiency, and contribute to metabolic dysregulation, phenotypic variability, and an increased risk of cardiovascular and oncological diseases. Importantly, many of these alterations are potentially modifiable through targeted lifestyle interventions and evidence-based nutritional strategies.

A growing body of scientific evidence highlights the importance of dietary quality and food systems in promoting health and preventing disease. The nutritional value, safety, and health impact of foods are closely linked to the integrity and sustainability of the agri-food supply chain, from primary production to consumption. In this perspective, promoting healthy dietary patterns requires not only clinical and nutritional expertise but also an integrated approach involving agriculture, food production, and public health policies.

The management of obesity and related metabolic disorders exemplifies the need for a multidisciplinary and long-term approach. Contemporary strategies encompass a wide spectrum of interventions, including structured nutritional programmes, behavioural modification, lifestyle interventions, and pharmacological therapies. Several dietary models have been investigated for their potential benefits in weight management and metabolic health, such as the Mediterranean diet, ketogenic dietary approaches, intermittent fasting protocols, and chrononutrition strategies. In addition, increasing attention has been directed towards functional foods and nutraceutical compounds that

may contribute to the prevention and management of metabolic diseases.

In recent years, major advances have also been achieved in the pharmacological treatment of obesity and cardiometabolic disorders. Novel therapeutic agents have demonstrated significant efficacy in improving body weight, glycaemic control, and cardiovascular risk profiles. The selection of appropriate pharmacological interventions should be individualised, taking into account the patient's clinical characteristics, metabolic profile, comorbidities, and the expected balance between therapeutic benefits and potential risks. In selected patients with severe obesity, bariatric and metabolic surgery represents an effective and increasingly safe therapeutic option with long-term metabolic benefits.

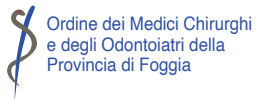
Clinical nutrition, however, extends far beyond the management of obesity. It encompasses a broad range of clinical conditions, including malnutrition, food allergies and intolerances, eating disorders, and the nutritional management of chronic diseases. Emerging fields such as nutrigenomics, epigenetics, and personalised nutrition are further expanding the scientific understanding of the complex interactions between diet, genetics, metabolism, and health outcomes. Moreover, specific nutritional strategies are increasingly recognised as essential components of care in specialised populations, including athletes and patients with complex medical conditions.

The third edition of the Clinical Nutrition Days of the Alto Tavoliere aims to provide an interdisciplinary scientific forum for clinicians, researchers, and health professionals involved in nutrition science and metabolic medicine. Through the exchange of knowledge and the discussion of recent scientific advances, this meeting seeks to promote evidence-based approaches to nutritional prevention and therapy, ultimately contributing to the improvement of patients' quality of life and long-term health outcomes.

Meeting President
Dr. Angelo Michele Carella

Scientific Director
Prof. Luigi Barrea

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GENERAL INFORMATION

Rif. ECM: **861-79936**

CME training credits: **9,8**

Conference Venue: Teatro comunale “G. Verdi” – Corso Giuseppe Garibaldi – San Severo

The Conference is free and is CME accredited for the following professional figures in the sector:

- Medical surgeons of interdisciplinary area
- Nutritional biologists
- Pharmacists
- Psychologists
- Nurses
- Dietitians
- Biomedical laboratory health technicians
- Physiotherapists
- Kinesiologists

Registration is required and entitles you to:

- Participate in scientific sessions
- Coffee break
- Conference kit
- Certificate of participation

and can be carried out by filling in the registration form on www.magnoorganizer.it or directly at the conference venue if additional seats are available.

Participants are reminded that issuance of CME Credits certification is subject to participation in the training program to the extent of 90% attendance over the entire duration of the event by signing the attendance register both on arrival and on departure on individual days and verification of the learning with a questionnaire (passing with a percentage of no less than 75% of the total questions).

WITH THE UNCONDITIONAL CONTRIBUTION OF



We would like to express our gratitude for your invaluable support:

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