

General Information	Studies in NUTRITION SCIENCE FOR HUMAN HEALTH
Title of the subject	Internal medicine (module A)
Degree Course (class)	Nutrition Science for Human Health
ECTS credits	3
Compulsory attendance	No
Language	Italian

Subject Teacher		
Name and Surname	Danilo Di Bona	
email address	danilo.dibona@uniba.it	
Place and time of reception	Policlinic Hospital - P.zza G. Cesare 11 – Allergology and Immunology clinic - Morgagni pad, ground floor Every day by appointment	
ECTS credits details	Discipline sector (SSD)	Area
	Internal medicine (MED/09)	Caracterizing

Study plan schedule	Year of study plan	Semester
	second	first

Time management	Lessons	Laboratory	Exercises	Total
CFU	3			3
Total hours	24			24
In-class study hours				
Out-of-class study hours	51			51

Syllabus	
Prerequisites / Requirements	Basic knowledge of Physiology, Biochemistry, Nutrigenomics.

Expected learning outcomes (according to Dublin descriptors)	
<i>Knowledge understanding</i>	<p><i>and</i></p> <ul style="list-style-type: none"> - Knowledge of the main functional and anatomical pathologies capable of altering the state of health of the organism. - Epidemiological and clinical knowledge related to systemic diseases resulting from inappropriate host response to alterations of intestinal homeostasis. - Knowledge of the connections between diet and the risk of developing metabolic diseases and kidney damage (hypertension, obesity, diabetes, dyslipidemia). - Knowledge of mucosal immunology, of the mechanisms of adaptation to changes in the luminal environment related to the ingestion of nutrients and the presence of bacterial flora, as well as the characteristics of the immune and intestinal response in food allergies and intolerances. - Knowledge of the clinical and biological significance of malnutrition by defect and by excess. - Knowledge of the physiopathological basis of food intolerances and allergies.

<i>Applying knowledge</i>	- Ability to assess the risk of inappropriate diets and particular behaviors (sedentary lifestyle, smoking, alcohol) on health in relation to sex and age..
<i>Making informed judgments and choices</i>	- Evaluate the possible ethical implications of research and studies concerning the topics covered. Deepening and discussion skills on social, ethical and psychological issues regarding the problems of human nutrition.
<i>Communicating knowledge</i>	- Adequate development of communication skills of conclusions and knowledge and of the underlying rationale relating to the topics covered in the course.
<i>Capacities to continue learning</i>	- Perfecting the learning ability from highly complex technical-scientific texts, monographs, scientific periodicals, IT tools and databases in the pathophysiological and nutritional field.
Study Program	
Content	<ul style="list-style-type: none"> - Caloric needs and evaluation of nutritional status in general medicine - Type II diabetes mellitus - Thinness and malnutrition (lack of vitamins, calcium, iodine, iron) - Eating disorders - The Mediterranean diet - Atherosclerosis and Hypertension - Osteoporosis - Functional nutrition: nutritional pathways by pathology - Autoimmunity and autoimmune diseases - Classification and management of the patient with vasculitis - Classification of sports anemia and anemia - Acid-base equilibrium , hydro-electrolytic, nutrition and water integration of the athlete - Introduction to the immune system: organs, tissues, cells, molecules; - Immunopathology: Hypersensitivity reactions; Pathophysiology of allergic reactions; Autoimmunity; Diagnosis of allergic diseases: in vivo tests; In vitro test; Molecular diagnostics - Adverse reactions to foods: Definition and pathophysiology; - Differential diagnosis between food allergy and reaction of another nature; - Food intolerances: intolerance to lactose, fructose, sorbitol, trehalose, sucrose. Food allergy: epidemiology; risk factors; natural history; pathophysiology; clinical pictures; diagnosis - Anaphylaxis and mastocytosis - Allergic syndromes pertaining to the respiratory system - Allergy to drugs
Bibliography and textbooks	- Articles from scientific journals proposed during the course
Notes to textbooks	-
Teaching methods	- Lectures
Assessment methods	- Intermediate tests - Final oral exam
Evaluation criteria	- Evaluation of the ability to present knowledge regarding the course contents in a clear way and with adequate language. Evaluation of the ability to grasp the key elements of the various topics and to use the information learned by making adequate correlations for understanding the questions posed and for managing the answers.
Further information	