

## Teaching goals

The Course provides theoretical-practical educational activities (workshops, seminars) by up to 29 Clinical Physicians, Researchers, Biologists, Nutritionists, Occupational Physicians, Psychologists-Psychiatrists, Physicians.



At the end of the course, the attendants will be able:

- **To promote** a common consciousness about beneficial effects of proper lifestyles.
- **To encourage** interdisciplinary research projects involving the Apulian population to prevent metabolic diseases and decrease the cardiovascular risk.
- **To train** medical and non-medical personnel in using proper questionnaires and useful instruments to better assess the profile of metabolic patients.
- **To assess** the utility of screening programs and treatments applied to different populations, such as healthy people, metabolic and intolerant patients.

Practical demonstrations will be provided by renomated *chefs*, who will present traditional mediterranean dishes valid also for specific diseases (es. dyspepsia, gastritis, liver diseases, constipation, gas-related syndrome, obesity, alimentary intolerance).



### Associated Universities:

Second University of Naples  
University of Bologna  
University of Magdeburg Medical School, Germany  
University of Pamplona, Spain  
University of Cluj Napoca, Romania  
St. Louis University, MO, USA

### Attendants must have a Degree in :

Medicine and Surgery, Dentistry, Nursing or other triennial Degrees in Medical School, Biology, Natural Sciences, Biotechnology, Pharmacy, Chemistry, Psychology, Agricultural Sciences and other triennial Degrees. Additional titles will be considered by the Course council.

**Location:** Clinica Medica "A. Murri" (DIMO), Policlinico, Bari

**Duration of the Course:** 1 academic year (from november 2011)

**Credits:** 20 = 500 hours, 50% spent with teachers

**Attendants:** 10-40 people; selection required for more than 40 applicants (degree vote, curriculum, publications)

**Attendance:** compulsory (80% of credits must be collected).

The meetings will take place in the morning (10.00-14.00, even on saturday) and in the afternoon (15.00-20.00), every week. At the end of the course a written test will be performed (short written thesis) with the discussion of the work and certification (Diploma).

**Individual fee: 700 euro**

Info: [www.areaformazionepostlaurea.uniba.it/](http://www.areaformazionepostlaurea.uniba.it/)  
Application deadline October 15, at 12:00 p.m.



**ESCI** European Society for Clinical Investigation

**EAUGE** European Association for Gastroenterology and Endoscopy

**G.I.S.M.A.D.** Gruppo Italiano per lo Studio della Mobilità dell'Apparato Digerente

### Segreteria Scientifica:

Prof. P. Portincasa

Dr. L. Bonfrate, A.T. Valenzano, Sig.re P. De Benedictis, R. De Venuto  
Clinica Medica "A. Murri"  
Dip. di Scienze Biomediche e Oncologia Umana (DIMO) Università degli Studi di Bari

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07/08/2012

Permanent and Recurrent Course of Higher Education  
Academic Year 2012-13



## Lifestyle and "Mediterranean Style" Health

Theoretical-practical multidisciplinary and evidence-based approach to treatment of Metabolic Syndrome & related conditions



### President:

Prof. Piero Portincasa, MD, PhD  
Clinica Medica "A. Murri"

Dip. Scienze Biomediche e Oncologia Umana (DIMO)  
Università of Bari

## Faculty



Teacher	Status	Affiliation	Less n.
Acalovschi Monica	Full Professor	Internal Medicine III, University Cluj Napoca, Romania	15
Altomare Donato	Prof. Associato	Clinica Chirurgica, Dip. Emergenze Trapianti d'Organo (DETO)	2
Baldassarre Giuseppe	Dir Med I livello	UO Geriatria, Osp. "Miulli" Acquaviva, Bari	25
Belfiore Anna	Dir Med I livello	Clinica Medica "A. Murri", Policlinico, Bari	20
Buonamico Paolo	Dir Med I livello	Clinica Medica "A. Murri", Policlinico, Bari	21
Calamita Giuseppe	Prof. Ordinario	Dip. Bioscienze, Biotecnologie e Scienze Farmacologiche	4
Campanile Marisa	Biologo	Associazione Biologi Ambientalisti Pugliesi, Bari	26
De Bellis Luca	Prof. Associato	Bioscienze, Biotecnologie e Scienze Farmacologiche	5
De Palo Raffaella	Dir Med I livello	Clinica Ostetricia Ginecologia, Policlinico, Bari	22
Di Benedetta Carlo	Prof. Ordinario	Fisiologia Umana	12
Di Giandomenico Mauro	Prof. Ordinario	Coordinatore Diploma Operatore Beni Culturali, Dipartimento di Scienze Filosofiche	6
Dumitrascu Dan	Full Professor	Internal Medicine II, University Cluj Napoca, Romania	16
Ferri Giovanni	Prof. Ordinario	Dip. Scienze Economiche e Metodi Matematici	29
Frübeck Gema	Full Professor	Department of Medicine, University of Pamplona, Spain	17
Garruti Gabriella	Ricercatore	Endocrinologia, Dip. Emergenze Trapianti Organo (DETO)	7
Grattagliano Ignazio	Medico Med Generale	ASL BA4 Monopoli	27
Lenoci Rosa	Biologo	Docente Scienze alimenti - Biologia della Nutrizione, Bari	28
Loguercio Carmela	Prof. Ordinario	Sez. Gastroenterologia, Centro Interuniversitario Ricerche Alimenti, Nutrizione Apparato Digerente CIRANAD, Seconda Università di Napoli	13
Malfrather Peter	Full Professor	Dept Gastroenterology, University of Magdeburg Medical School, Germany	18
Minerva Francesco	Dir Med I livello	Clinica Medica "A. Murri", Policlinico, Bari	23
Palasciano Giuseppe	Prof. Ordinario	Clinica Medica "A. Murri", Dip. Scienze Mediche Oncologia Umana (DIMO)	8
Palmieri Vincenzo	Prof. Associato	Clinica Medica "A. Murri", Dip. Scienze Mediche Oncologia Umana (DIMO)	9
Portincasa Piero	Prof. Associato	Clinica Medica "A. Murri", Dip. Scienze Mediche Oncologia Umana (DIMO)	1
Pugliese Stefania	Dir Med I livello	Clinica Medica "A. Murri", Policlinico, Bari	24
Stanghellini Vincenzo	Prof. Ordinario	Medicina Interna, Università di Bologna	14
Tamma Grazia	Ricercatore	Bioscienze, Biotecnologie e Scienze Farmacologiche	3
Todarello Orlando	Prof. Ordinario	Clinica Psichiatrica, Dipartimento Scienze Neurologiche e Psichiatriche	10
Vimercati Luigi	Ricercatore	Sez. Medicina del Lavoro, Dip. Interdisciplinare di Medicina (DIM)	11
Wang David-Q	Associate Professor	Saint Louis University School of Medicine, Division of Gastroenterology and Hepatology, Department of Internal Medicine, St. Louis, MO, USA	19

## Program

### Parte I. Lessons

Each Lesson # linked to same practice #

1. The concept of Prudent and Mediterranean Diet
2. Fibers: where to find and how to use them for healthy bowel function
3. Other constituents: fibers, probiotics, antioxidants
4. Water and electrolyte balance
5. Olive oil and mono- polynsaturated fatty acids
6. Society and Wellness
7. The "traveler fellows" of Metabolic Syndrome: Polycystic Ovary Syndrome (PCOS)
8. The epidemy of the 3rd millenium: metabolic syndrome and cardiovascular risk
9. Drugs & Liver
10. Operator-patient relationship: communication & stress management
11. Lifestyles at the working place
12. Essential digestive processes
13. The "traveler fellows" of Metabolic Syndrome: liver steatosis
14. Constipation: systemic implications
15. The "traveler fellows" of Metabolic Syndrome: gallstones
16. Alimentary intolerance-malabsorption (lactose, fructose) & small intestinal bacterial overgrowth (SIBO)
17. The World gets obese: the obesity problem
18. Dyspepsia and digestion: the role of Helicobacter Pylori
19. Lipid metabolism and enterohepatic circulation
20. Hypertension
21. Atherosclerosis: prevention and diagnosis
22. Lifestyle and fertility
23. Essential guide to abdominal ultrasonography
24. Alcohol-related problems
25. Wine history and lifestyle in geriatric patients
26. Food safety: preparation and storage cycle
27. General Medicine and the improvement of lifestyles
28. Alimentary educational programs
29. Sustainability, diet and health



## Program

### Parte II. Practice

1. Dictionary of essential sign and symptoms. Diagnostic tools for nutritional surveys, intolerance, questionnaires (*Medstyle*), and softwares
2. Attendance in a pathophysiology outpatient clinic
3. Other constituents: bibliographical search and critical discussion of scientific papers
4. Design of nutritional survey projects (I)
5. Design of nutritional survey projects (II)
6. Wellness and health in the society: practical examples
7. Approach to women with Polycystic Ovary Syndrome (PCOS)
8. Attendance in a Day Hospital for metabolic disorders
9. Attendance in a ultrasound diagnostic unit
10. Communication: role-playing
11. Workplace: Role-playing
12. Essential digestive processes: brain-gut axis
13. Approach to patients with fatty liver and liver diseases
14. Approach to patients with chronic constipation and IBS
15. Approach to patients metabolic syndrome, gallstones
16. Approach to patients with intolerance and malabsorption
17. Approach to obese and diabetic patient
18. Approach to patients with gastro-esophageal reflux & gastritis
19. Animal and genetic models of gallstones, steatosis, atherosclerosis
20. Attendance of outpatient clinic (hypertension, heart failure)
21. Attendance of outpatient clinic (vascular diseases)
22. Approach to pregnant patients
23. Metabolic evaluation of outpatients (ultrasonography)
24. Metabolic evaluation of outpatients (alcoholism)
25. Diet and aging
26. Food safety: practical simulations
27. Follow-up of a group of patients before and after educational programs
28. Guided construction of menu manuals in health and disease
29. Simulation of economical models fitting healthy lifestyles

