



TIME		PROGRAMME
FRIDAY 19 November 2021		
07:30	08:30	Registrations
08:30	09:30	<p>Panel: Metabolic Disorders and Diabetes</p> <ul style="list-style-type: none"> The post-Covid syndrome, the new data for diabetes <i>Andreas Tofarides</i> Chrononutrition and sequence of meals as a dietary treatment of insulin resistance. <i>Aimilia Papakonstantinou</i> Insulin Pump DAFNE Training (case study) <i>Panagiotis Siekkeris</i> <p>Chairs: Eleni Andreou, Nicoletta Ntorzi</p> <p style="text-align: right;"><i>CPE level: II CPE credit: 1</i></p>
9:30	10:30	<p>Truths and Myths about milk and dairy product: evidence based <i>Antonis Zampelas</i></p> <p>Chairs: Anna Pahita, Dimitris Papamichael</p> <p style="text-align: right;"><i>CPE level: I CPE credit: 1</i></p>
10:30	11:00	Coffee Break/ Opening of the exhibition
11:00	12:00	<p>Panel: Trust your gut</p> <ul style="list-style-type: none"> The low FODMAP diet <i>Aliki Papamichael Economides</i> Prehabilitation and Nutritional Support <i>Anastasios Papalazarou</i> <i>Nutritional Guidelines for celiac disease</i> <i>Christina Andreou -Neoptoleμου (in Collaboration with the Cyprus Celiac Association)</i> <p>Chairs: Nikolas Ntaflos, Angela Angelidou</p> <p style="text-align: right;"><i>CPE level: II CPE credit: 1</i></p>
12:00	13:00	<p>Oral Presentations</p> <p>Chairs: Procopis Kalli, Olga Efthymiou</p> <p style="text-align: right;"><i>CPE level: I CPE credit: 1</i></p>
13:00	14:00	Lunch
14:00	15:00	<p>Panel: Innovations in Nutrition -Ask The Scientists</p> <ul style="list-style-type: none"> A Metabolomics overview of obesity <i>Evelina Charidemou</i> <p>(in collaboration with the Cyprus Metabolomic Network)</p>



		<ul style="list-style-type: none"> Effect of Vitamin D Status and Supplements on Anthropometric and Biochemical Indices in a Clinic Setting: A Retrospective Study <i>Myriam Abboud</i> Nutritional Rehabilitation after covid-19 infection: an overview <i>Demetres Karayiannis</i> <p>Chairs: Elena Philippou, Thalia Avraam</p> <p style="text-align: right;"><i>CPE level:II CPE credit:1</i></p>
15:00	16:00	<p>Panel: Infant and Child Nutrition</p> <ul style="list-style-type: none"> Added sugars in the diet - how do they affect the risk of developing childhood obesity? Data from the Panhellenic Study of Nutrition and Health (HNNHS) <i>Emmanuella Magriplis</i> Eating behavior in infants and children and the role of the paediatric dietitian <i>Dona Hileti</i> Metabolic syndrome in children and adolescences <i>Nicos Skordis</i> <p>Chairs: Yiota Tsokkou, Christiana Philippou</p> <p style="text-align: right;"><i>CPE level: II CPE credit:1</i></p>
16:00	16:30	<p>Coffee Break (concurrent session for Poster) Poster Presentation (Independent Reviewers will evaluate the presentations and an award will be granted on Sunday)</p> <p>Chairs: Procopis Kalli, Angela Angelidou</p> <p style="text-align: right;"><i>CPE level: I CPE credit:1</i></p>
16:30	17:30	<p>Food Demonstration Feeding children with healthy and nutritious snacks and meals at different social events <i>George Erotokritou</i></p> <p>Chairs: Andreas Savva, Ellie Hadjiluca</p> <p style="text-align: right;"><i>CPE level: I CPE credit:1</i></p>
17:30	19:00	<p>Workshop: Advanced Dietetics in Management of Eating Disorders <i>Advanced Dietetics in Management of Eating Disorders</i> -The role of the Dietitian in ED care, including scope of practice -Inclusive, thoughtful Dietetic screening and assessment <i>Ursula Philpot</i> (In collaboration with MAZI- Cyprus Foundation for Eating Disorders and Obesity)</p> <p>Chair: Eleni Andreou, Persa Korfiati</p> <p style="text-align: right;"><i>CPE level: III CPE credit:2</i></p>



		Cyprus Night: Is igia- “εις υγεία” - To your health! Dinner for Speakers
TIME		PROGRAMME
SATURDAY 20 November 2021		
08:00	12:00	LLL-Topic 20: Nutrition and prevention of diseases
Coffee Break	10:00-10:30	<p><u>Case studies:</u></p> <p>Course Leader: Giangos Lavranos Presenters: Giangos Lavranos, Myriam Abboud, Dimitrios Papandreou, Kalliopi Anna Poulia</p> <p>Chairs: Stalo Kountouri With Cooperation of CySPEN</p> <p style="text-align: right;"><i>CPE level: III CPE credit:4</i></p>
9:00	10:00	<p>Panel: MINDFULNESS MASTERCLASS: PERSONAL EMPOWERMENT THROUGH AWARENESS</p> <ul style="list-style-type: none"> • New technologies and dietary behavior change <i>Kalliopi Karatzi</i> • The Benefits of Mindfulness: How to Improve Your Health, Happiness and Eating Experiences by Connecting with Your Inner Wisdom <i>Emilia Vassilopoulou</i> • Psychological approaches to mindful eating behavior <i>Anthi Loutsiou</i> • Mindful Eating and the Preliminary Results of study in Cyprus <i>Eleni Andreou</i> <p>Chairs: Nicoletta Ntorzi, Joanna Adamidou</p> <p style="text-align: right;"><i>CPE level: II CPE credit:1</i></p>
10:00	11:00	<p>Panel: Inspiration Workshop Leadership taxonomy in clinical dietetics <i>Elie Wakil</i></p> <p>Chairs: Anna Pahita, Eleni Andreou</p> <p style="text-align: right;"><i>CPE level: II CPE credit:1</i></p>
11:00	11:30	Coffee Break



11:30	12:30	<p>Panel: Sports nutrition for success</p> <ul style="list-style-type: none"> Promoting Healthy Behaviour through a serious game. The SUGAPAS project- from Physical Education perspective <i>Andreas Avgerinos</i> Promoting Healthy Behaviour through a serious game. The SUGAPAS project- from nutrition education perspective <i>Christiana Philippou</i> Sleep improvement in athletes and people who exercise <i>Christoforos Giannaki</i> <i>Success Story</i> - "SAFEYOU" Strengthening the Anti-Doping Fight in Fitness and Exercise in Youth <i>Michalis Michaelides</i> <p>Chairs: Nikolas Ntaflos, Elli Hadjilucas</p> <p style="text-align: right;"><i>CPE level:II CPE credit:1</i></p>
12:30	14:00	<p>Welcome Ceremony - Tribute to the late Dr Myrto Azina Addresses by</p> <ul style="list-style-type: none"> <i>Dr Eleni P. Andreou</i> President of Cyprus Dietetic and Nutrition Association & Cyprus Registration Board for Food Scientists, Food Technologists and Dietitians, Dr Gregores Risvas, V. President EFAD Mr Michalis Hadjipantelas, Minister of Health of the Republic of Cyprus, Dr Iosif Kasios, Tribute to † Myrto Azina <p>Honorary Panel : COVID-19 an update</p> <ul style="list-style-type: none"> Introduction <i>Minister of Health, Mr Michalis Hadjipantelas</i> Vaccines & Coronavirus Vaccination: An update knowledge <i>Christos Petrou</i> Epidemiological situation of COVID-19 in Cyprus and Worldwide, <i>Peter Karayiannis</i> Management of patients who have recovered from COVID19 <i>Constandinos Tsioutis</i>



		<ul style="list-style-type: none"> • Serological evaluation of SARS-CoV-2 IgG antibody levels in the Cypriot population <i>Kyriakos Felekkis</i> <p>Chairs: Nicoletta Ntorzi(opening), Eleni Andreou, Andreas Tofarides <i>CPE level: 1 CPE credit: 2</i></p>
14:00	15:00	Lunch Break
15:30	16:30	<p>Panel: Advocacy, Ethics and Leadership</p> <ul style="list-style-type: none"> • Ethics in Dietetics <i>Zoe Kyriakidou</i> • How the General Health System has changed the provision of health care services in Cyprus <i>Athos Tsinontides</i> • The profession of Dietetics and Nutritionists in Europe, <i>Gregores Risvas , V. President of EFAD</i> • The profession of Dietetics and Nutritionists in Cyprus, <i>Eleni Andreou President of CyDNA/CyRBFSTD</i> <p>Chairs: Christiana Philippou, Ioannis Karris <i>CPE level: II CPE credit:1</i></p>
16:30	17:00	Coffee Break
17:00	18:00	<p>Panel: Renal</p> <ul style="list-style-type: none"> • New guidelines for Chronic kidney disease. What is changing and how can we achieve the goals? <i>Kalliopi Liana Poulia</i> • <i>Diabetic nephropathy: is it always there? Assumptions, weaknesses, and pitfalls in the diagnosis. Nephropathy in Cyprus</i> <i>Kyriakos Ioannou</i> <p>Chairs: Dimitris Papamichael, Maria Attipa <i>CPE level: II CPE credit:1</i></p>
18:00	19:30	<p>Panel: Contemporary issues in Nutrition</p> <ul style="list-style-type: none"> • Let's talk about Nutrition: Communication Skills for Health Care Professionals <i>Anastasios Papalazarou</i> • The Digital competencies and mapping dietitians must have, how to develop them <i>Orestis Michael</i>



		<ul style="list-style-type: none"> Financial Matters for the dietitian as entrepreneur (finance) <i>Andreas Yiouseli</i> Media Stereotypes <i>Marina Hadjicosta</i> <p>Chairs: Eleni Andreou, Dionisia Vardakastani</p> <p style="text-align: right;"><i>CPE level: II CPE credit:2</i></p>
20:30		Gala Dinner
TIME		PROGRAMME
SUNDAY 21 November 2021		
9:00	10:00	<p>Panel: Mediterranean diet and hyperlipidaemia</p> <ul style="list-style-type: none"> The journey of the Mediterranean diet through time and space: from tradition and culture to scientific evidence for a nutritional model that promotes health <i>Antonis Zampelas, director of EFET</i> Mediterranean diet role Vascular Surgery to reduce or prevent cardiovascular diseases <i>Nicos Angelides</i> (in collaboration with Mediterranean League of Angiology and Vascular Surgery) Different types of hyperlipidemia and most effective ways of treatment <i>Phivos Symeonides</i> (in collaboration with Cyprus Society of Atherosclerosis) <p>Chair : Eleni Andreou, Nikolas Ntaflou</p> <p style="text-align: right;"><i>CPE level: I CPE credit: 1</i></p>
10:00	10:30	<p>Panel: Presentation by Companies and Book Presentations</p> <p>Chairs: Dimitris Papamichael, Procopis Kalli</p> <p style="text-align: right;"><i>CPE level: I CPE credit: 1</i></p>
10:30	11:00	Coffee Break
11:00	12:00	<p>Panel: Autism and cognitive function</p> <ul style="list-style-type: none"> Autism Spectrum Disorder and Diet <i>Machi Cleanthous</i> Nutritional Guidelines for Autism and it's symptoms – Presentation of a real case study <i>Nicoletta Ntorzi</i> Dietary patterns to slow cognitive decline <i>Elena Philippou</i> <p>Chair: Yiota Tsokkou, George Loukaides</p> <p style="text-align: right;"><i>CPE level:II CPE credit: 1</i></p>



12:00	12:30	Closing Ceremony and Awards for the Best Rated Oral/Poster Presentation Chairs: Eleni Andreou, Nicoletta Ntorzi <i>CPE level: 1 CPE credit: 1</i>
12:30	16:30	LLL- Topic 26 Nutritional Support in Cancer (concurrent with rest of conference) Coffee Break 14:30-15:00 <u>Case studies:</u> Course Leder: Dimitrios Papandreou Presenters: Stalo Kountouri, Giangos Lavranos, Dimitrios Papandreou, Edna Yamasaki Patrikiou Chairs: Stalo Kountouri With Cooperation of CySPEN <i>CPE level: III CPE credit:4</i>
TIME		OPEN for The Health Professionals and the PUBLIC (in Greek)
14:30-15:30		Μύθοι και Αλήθειες για την επιστήμη Διατροφής/Διαιτολογίας, Επιστήμη/Τεχνολογία Τροφίμων και Ψυχολογίας Τοποθετήσεις: Γιώργος Λουκαΐδης, Αγγέλα Αγγελίδου, Δημήτρης Παπαμιχαήλ, Γιώτα Τσόκκου, Όλγα Ευθυμίου, Παναγιώτα Θεοφίλου, Πέρσα Κορφιάτη Chairs: Ελένη Ανδρέου, Χριστιάνα Φιλίππου (LIVESTREAMING) <i>CPE level:I CPE credit: 1</i>

Simultaneous Translation Greek-English will be offered
 LLL's will be in English (Greek explanations by Greek speaking speakers)

Session for the sponsors – 5 minutes presentation; Book Presentations/Oral Presentations-5 minutes (Oral presentation based to time availability); Poster

The Scientific Programme applied for approval for 33 CPE (22 Conference, 2 Poster/Oral, 1 Exhibition, 8 LLL)



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Chair of Organizing/Scientific Committee

Andreou Eleni

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