

PROGRAMME

Thursday, June 5th, 2003

- 18.00 **Registration**
- 19.00 **Official Opening and Welcome**
L. Damiens : director of Aprifel
Pr. N. Siafakas : Vice Rector of the University of Crete
Pr. N. Gourtsoyiannis : Dean of the Medical School of Crete
S. Barnat : Head of the Scientific Department, Aprifel

Opening Lectures

Why we need a European nutritional policy

A. Kafatos - Greece

Diet and overall survival

A. Trichopoulou - Greece

The epidemiology of cardiovascular diseases in Europe

D. Kromhout - Netherlands

Special Lectures : *Dr. F. Sicard*

European Commission,
Health and Consumer Protection
Directorate General.

Public Health Directorate, Unit G3
(Health promotion, Health monitoring
and injury prevention).
Luxembourg

- 21.00 **Opening dinner** _____

Friday, June 6th, 2003

Chairmen :

A. Trichopoulou / *A. Schatzkin*

- 9.00 **Introduction :**
Components of the Mediterranean diet
A. Trichopoulou
- 9.10 Mediterranean diet at present
A. Naska - Greece
- 9.45 Do dietary patterns actually vary across the 10 western European populations participating to the EPIC study?
N. Slimani - IARC-WHO
- Session 1 : Mediterranean diet and cancers : epidemiology, clinical and mechanisms of actions**
- 10.20 Consumption of fruit and vegetables and prevention of cancers of the digestive tract : Results from EPIC and other studies
E. Riboli - IARC-WHO
- 11.00 Break _____
- 11.20 Fiber and Colorectal Cancer Prevention
A. Schatzkin - USA
- 11.55 Folate and cancer
S.E. Vollset - Norway
- 12:30 The use of biomarkers to validate reported dietary intake
P. Van't Veer - Netherlands
- 13:05 **Discussion**
- 13:30 **Conclusion**
A. Schatzkin
-
- 19:30 **Poster session / Cocktail**
- 21:00 **Gala dinner** _____

Saturday, June 7th, 2003

Chairmen :

S. Renaud / D. Kromhout

Session 2 : The Mediterranean diet and coronary heart disease

9.00 **Introduction :**

D. Kromhout - Netherlands

9:35 Cretan diet to prevent clinical manifestation of coronary heart disease

S. Renaud - France

10:10 Ventricular, Atrial fibrillation and Cretan diet

D. Lanzmann - France

10:45 Fruit and vegetables and fatal Myocardial Infarction

R. Saracci - IARC/WHO

11:20 Break _____

11:50 Meat and fish and fatal Myocardial Infarction

T. Norat - IARC/WHO

12:25 Mediterranean dietary pattern and cardiovascular disease in Italy

S. Panico - Italy

13:00 The Med-RIVAGE intervention study on Mediterranean diet and risks for coronary heart disease

M. Gerber / D. Lairon - France

13:30 **Conclusion**

S. Renaud

14:00 **Picnic Lunch for a special session :**

/15:20 Alkalinizing effect of fruit, vegetables and potatoes

Ch. Remesy - France

15:30 **EPBH - Network meeting**

/18:30 (for members only)

19:30 **Poster session / Cocktail**

Sunday, June 8th, 2003

Chairmen :

E. Riboli / S. Vollset

Session 3 : Mediterranean diet : genetics ? lifestyle factors ?

9.00 **Introduction :**

S. E. Vollset - Norway

9:30 Diet, lipid metabolism and genes : interactions in the aetiology of cardiovascular disease

D. Lairon - France

10:05 Childhood, obesity and physical activity

A. Kafatos - Greece

10:40 Social analysis of the Mediterranean diet

F. Aubaile-Sallenave - France

11:15 Break _____

11:40 Selected Poster Presentations

12:00 **Open talk between the attendees, the speakers and the EU representative**

Mediterranean diet today : Changes ? Habits ? Adaptations ? Misinterpretations ? Recommendations ?

Modarated by: *Morten Strunge Meyer* (Danish Cancer Society)

With the participation of :

A. Kafatos, D. Kromhout, S. Renaud, E. Riboli, A. Schatzkin, A. Trichopoulou, P. Van't Veer, and F. Sicard / (EU)

Conference ending lecture

13:30 *E. Riboli*