



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore



FONDAZIONE FERRERO



# Successful ageing 2017

## ageing opportunities

Fondazione Ferrero  
Strada di Mezzo, 44 - Alba (Cn) Italy



CME Events

**November 9, 2017**

Successful ageing: Longevity and Frailty

**November 10, 2017**

Successful ageing: Economy and Welfare  
Environment and Technology

Educational Day **November 11, 2017**

The Science of Longevity

# Successful Ageing 2017

## *ageing opportunities*

*Organised by*

Piera, Pietro and Giovanni Ferrero Foundation

*In collaboration with*

Academy of Medicine, Turin

Sacred Heart Catholic University, Milan

*Support requested from*

European Parliament

Presidency of the Council of Ministers

National Health Institute

University of Turin

Region of Piedmont

Province of Cuneo

Municipality of Alba

Local Health Authority CN2 Alba-Bra

Association of Journalists, Piedmont

Medical Board, Province of Cuneo

European Union Geriatric Medicine Society

Italian Society of Gerontology and Geriatrics

Italian Society of General Medicine

Italian Society of Internal Medicine

Italian Society of the Psychology of Ageing

*Honorary President*

**Maria Franca Ferrero**

President of the Ferrero Foundation

*Presidents*

**Franco Anelli**

Rector, Sacred Heart Catholic University of Milan

**Alessandro Comandone**

President, Academy of Medicine of Turin

S.E. Amb. **Francesco Paolo Fulci**

President, Ferrero S.p.A.

*Scientific Committee*

**Alberto Angeli**

**Piero Bianucci**

**Paolo Cavallo Perin**

**Alessandro Comandone**

**Giancarlo Isaia**

**Roberto Menta**

**Lorenzo Morelli**

**Giuseppe Poli**

**Roberto Zoboli**

CME Event

## Successful Ageing: Longevity and Frailty

8.00 Registration and welcome coffee

9.00 Greetings by authorities

9.30 Scientific session: **Longevity**

Moderators **Alberto Angeli** – **Paolo Cavallo Perin**

**Laura Fratiglioni** Opening lecture *Healthy Ageing: Mission Impossible?*

**Paolo Vineis**

*Social Determinants of Trajectories of Ageing, Epigenetics, and Allostatic Load*

**Michele De Luca**

*Stem Cells in Regenerative Medicine*

**Claudio Franceschi**

*Healthy Longevity: Genetics versus Lifestyle*

**Giuseppe Poli**

*Cholesterol and Longevity: Pro- and Anti-longevity Properties of Cholesterol Metabolism*

13.30 Light lunch

14.30 Scientific session: **Frailty**

Moderators **Alessandro Comandone** – **Giancarlo Isaia**

**Felice Cardillo Piccolino**

*Age-related Macular Degeneration: Imaging and Treatment*

**Pasquale Strazzullo**

*Proper Nutrition for the Prevention and Treatment of Sarcopenia in Older Adults: Potential and Scientific Evidence*

**Silvio Garattini**

*Polypathology and Polypharmacology: a Problem for the Ageing*

**José Viña**

*Frailty Can Be Reversed by Multicomponent Exercise Intervention: from Molecular Mechanisms to Clinical Applications*

**Mario Bo**

*Age and Decisional Processes in the Medical Field*

18.30 Closing

18.45 CME Learning Questionnaire

19.15 Conclusion

CME Event

## Successful Ageing: Economy and Welfare - Environment and Technology

8.00 Registration and welcome coffee

9.00 Scientific session: **Economy and Welfare**

Moderators **Roberto Zoboli – Lorenzo Morelli**

**Tito Boeri**

*Complementarity Between Youth and Older Adults, On-the-job Training*

**Walter Ricciardi**

*Can We Avoid the Perfect Storm?*

**Sarah Harper**

*New Understanding of Life Expectancy and Longevity, Social and Economic Implications*

**Claudio Lucifora**

*Is There a Retirement Health Care Utilization Puzzle in Europe?*

**Elio Laudani, Andrea Saglietti**

*Active Ageing and Proactive Medicine:  
the Example of the Ferrero Foundation*

13.00 Light lunch

14.30 Scientific session: **Environment and Technology**

Moderators **Piero Bianucci – Roberto Menta**

**Roberto Cingolani**

*Humanoid Technology for Humans*

**Enrico Mairov**

*Building Health System*

**Roberto Bernabei**

*Long-term Care and Techno-support*

**Carlo Carraro**

*Ageing and Climate Change: Risks and Opportunities*

**Oral presentations of the three scientific papers awarded by the Ferrero Foundation**

18.30 Closing

18.45 CME Learning Questionnaire

19.15 Conclusion

## Educational Day

# *The Science of Longevity*

- 9.30      Greetings by authorities and introduction
- 10.00      *Summary of speeches given on the scientific days*
- 10.30      Round Table Discussion with
- Piero Angela**
- Elena Cattaneo**
- Marcello Cesa-Bianchi**
- Giancalo Isaia**
- Marcel Rufo**
- Moderator **Piero Bianucci**
- 12.30      Closing
- 13.00      Buffet Lunch



## CALL FOR ABSTRACT

---

Scientific contributions shall be sent in the form of abstracts.

**Publishing regulations:** The abstract shall be written in both Italian or English and include:

- Title
- First author (name, surname, affiliation, telephone, e-mail)
- Other authors (name, surname, affiliation)
- One of the following subject areas Longevity - Frailty - Welfare - Technology
- Brief curriculum (in Italian) of the first author

The text should not be more than 5,000 characters including spaces (please do not insert images, tables or attachments). Abbreviations are not allowed in the title and if they are used in the body, they must be preceded by the full registered name on the first occasion that it appears.

**Deadline:** The abstract shall be sent exclusively by e-mail to the Scientific Administrative Office: [margherita.campanello@fondazioneferrero.it](mailto:margherita.campanello@fondazioneferrero.it) by **31 August 2017**.

The author presenting the work will receive an e-mail to confirm receipt. Once the deadline has passed, the papers will be reviewed by the Scientific Committee of the Conference. Each first author will receive notice by 30 September 2017 regarding possible acceptance. The accepted abstracts will be published in the conference proceedings.

**Ferrero Foundation Award:** Travel Award (travel expenses and accommodations for the duration of the conference) for **the first authors of the three best abstracts**, who will make an oral presentation on the awarded contribution during the afternoon scientific session on Friday, 10 November.

## CME CREDITS

---

In compliance with the Ministerial regulations for Continuing Medical Education (CME), Thursday, 9 November and Friday, 10 November events have been accredited by Provider no. 18 Stilema of Turin, **for all healthcare professionals**.

It will be possible to participate on one day only or on both days. The maximum number of participants is 150 for each working day; registration will be accepted until all places have been filled.

In order to receive CME credits, participants will be asked to sign the registrar at arrival and departure.

The issuing of credits is subject to actual participation in the entire educational event, which is to be confirmed in the manner listed previously once it has been verified that the participant passed the learning test.

The learning test is considered passed if the participant has at least 75% of the responses correct. The CME certificates will be sent subsequently by the Provider Administration via electronic mail to those who have earned them.

**Participation in the CME Events is free of charge.**

### *Programme variations*

The Scientific Committee reserves the right to make variations to the programme should the need arise for scientific, technical or organisational purposes.

## SCIENTIFIC COMMITTEE, SPEAKERS AND MODERATORS

---

### **Piero Angela**

Scientific writer and journalist

### **Alberto Angeli**

Professor Emeritus in Internal Medicine,  
University of Turin

### **Roberto Bernabei**

Director of the Department of Geriatrics,  
Neuroscience, Orthopaedics and Head-Neck,  
Polyclinic Foundation A. Gemelli of Rome

### **Piero Bianucci**

Scientific writer and journalist

### **Mario Bo**

Adjunct Professor of Geriatrics,  
University of Turin

### **Tito Boeri**

President, National Institute of Public Welfare

### **Felice Cardillo Piccolino**

President, Macula Foundation of Genoa

### **Carlo Carraro**

Full Professor of Econometrics and  
Environmental Economy  
Ca' Foscari University of Venice

### **Senator Elena Cattaneo**

Full Professor of Biotechnology Applied to  
Pharmacology, University of Milan

### **Paolo Cavallo Perin**

Full Professor of Internal Medicine  
University of Turin

### **Marcello Cesa-Bianchi**

Founder of the Psychology Institute  
University of Milan Medical School

### **Roberto Cingolani**

Scientific Director, Italian Institute of Technology  
of Genoa

### **Alessandro Comandone**

President, Academy of Medicine of Turin

### **Michele De Luca**

Director of the Stefano Ferrari Regenerative  
Medicine Centre  
University of Modena and Reggio Emilia

### **Claudio Franceschi**

Professor Emeritus in Immunology, University  
of Bologna, Coordinator of the European  
Projects "ADAGE" and "PROPAG-AGING" at  
the Institute of Neurological Sciences (IRCCS)  
of Bologna

### **Laura Fratiglioni**

Professor, Aging Research Center  
Karolinska Institutet, Stockholm

### **Silvio Garattini**

Director of the Mario Negri Institute for  
Pharmacological Research of Milan

### **Sarah Harper**

Professor of Gerontology, University of Oxford,  
Director of the Oxford Institute of Population  
Ageing

### **Giancarlo Isaia**

Full Professor in Geriatrics, University of Turin

### **Elio Laudani**

Director of the Bra Health District  
Local Health Authority CN2 Alba-Bra

### **Claudio Lucifora**

Full Professor of Political Economy  
Sacred Heart Catholic University of Milan

### **Enrico Mairov**

Head of Complex Structures, Major  
International Emergencies AREU – Lombardy

### **Roberto MENTA**

Head of Nutrition and Sustainability  
Department Ferrero

### **Lorenzo Morelli**

Department Head, Agriculture, Food and  
Environmental Sciences  
Catholic University of Piacenza

### **Giuseppe Poli**

Professor Emeritus in General Pathology  
University of Turin

### **Walter Ricciardi**

President, National Health Institute

### **Marcel Rufo**

Professor Emeritus in Psychiatry  
University of Marseilles

### **Andrea Saglietti**

Programming, Control and Accounts,  
Local Health Authority CN2 Alba-Bra

### **Pasquale Strazzullo**

President, Italian Society for Human Nutrition

### **José Viña**

Full Professor of Physiology  
University of Valencia

### **Paolo Vineis**

Chair in Environmental Epidemiology  
Imperial College, London

### **Roberto Zoboli**

Full Professor of Political Economy  
Sacred Heart Catholic University of Milan

## USEFUL INFORMATION

---

*Headquarters:* Ferrero Foundation Auditorium, Strada di Mezzo 44 Alba (Cn)

*Official languages:* Italian and English, with simultaneous translation

### **Participation in the CME events is free of charge**

*The sessions on Friday, 10 November and Saturday, 11 November are included in the list of approved continuing education and update events for the Association of Journalists.*

*Scientific Administrative Office:* Margherita Campanello, Ferrero Foundation

Via Vivaro 49 Alba (Cn) tel +39 0173 295094 - [margherita.campanello@fondazioneferrero.it](mailto:margherita.campanello@fondazioneferrero.it)

*Organisational Office:* Cristina Manzone, Ferrero Foundation

Via Vivaro 49 Alba (Cn) tel +39 0173 295259 - [cristina.manzone@fondazioneferrero.it](mailto:cristina.manzone@fondazioneferrero.it)

*CME Provider:* Stilema s.r.l. via Cavour, 19 Turin

tel +39 011 5624259 - [organizzazione@stilema-to.it](mailto:organizzazione@stilema-to.it)



### **ON-LINE REGISTRATION [www.fondazioneferrero.it](http://www.fondazioneferrero.it)**

Registration for the conference should be completed by September 30, 2017. It gives the right to participation in the scientific events, congress materials, a certificate of participation and a light lunch.

---

## HOW TO REACH THE CONGRESS HEADQUARTERS

**by car** - A6 Turin-Savona motorway (exit Marene, junction with A33 Asti-Cuneo motorway exit Cherasco, then Pollenzo, state highway for Alba, exit Corso Europa)  
- A21 Turin-Piacenza motorway (exit Asti Est, junction with A33 Asti-Cuneo, state highway for Alba, exit Corso Europa)

**by train** - Alba train station (located 1 km from the congress headquarters)

**by plane** - Turin Caselle airport (95 km)  
- Genoa airport (139 km)  
- Milan Malpensa 2000 airport (162 km)  
- Milan Linate airport (165 km)

*For additional information:* [www.fondazioneferrero.it](http://www.fondazioneferrero.it)

---

**The conference is being held in Alba, the capital city of the Langhe area, in the heart of the UNESCO-protected wine country. As the 50th Italian site, the Langhe area earned the nomination of a UNESCO cultural heritage site for serving as a prime example of synergy between humankind and nature.**

**Information on the local area:** [www.langheroero.it](http://www.langheroero.it)