

PERSONALIZED MEDICINE AND PREVENTION:

Risk Reduction as a Clinical and Societal Goal

Saturday February 18, 2017 — UPMC Institute for Health Chianciano Terme
Viale Roma 97/103, 53042 Chianciano Terme (SI), Italy

The workshop is accredited by Agenas for the provision of (4) CME credits at the national level.
Event n. 180300 Ed. 1.

08:30 - 09:00 a.m. *Registration of participants and welcome coffee*

09:00 - 09:10 a.m. *Opening remarks*

09:10 - 09:20 a.m. *Official introductory remarks*

FIRST SESSION

4P Medicine: A Personalized, Predictive, Preventive, and Participatory Model

Moderators:

Lucia Lenzi, MD - Head of Functional Recovery and Neurorehabilitation Department; Director of Rehabilitation Department at the Local Health Unit 8, Arezzo; Head of Scientific and Technical Department for Rehabilitation at the Local Health Unit *Area Vasta Toscana sudest*

Luciano Valdambri, MD - General Medicine, Specialist Preventive Medicine

Prof. Giovanbattista Vizzini, MD - Head of the Department for the Treatment and Study of Abdominal Diseases and Abdominal Transplantation at ISMETT, Palermo; Director of UPMC Italy Clinical Activities; Professor of Medicine at the University of Pittsburgh

09:20 - 09:40 a.m. **The Mediterranean lifestyle today and the role of primary prevention**

Giorgio Ciacci, MD - General Medicine, Specialist in Endocrinology

09:40 - 10:00 a.m. **The role of the general medicine physician in primary and secondary prevention**

Marcello Sbrilli, MD - General Medicine, Specialist in General and Emergency Surgery and First Aid

10:00 - 10:20 a.m. **The liver as a reflection of health: intra-hepatic fat as a pragmatic indicator for prevention and care**

Prof. Ferruccio Bonino, MD - Professor of Gastroenterology at the Faculty of Medicine, University of Pisa; Scientific Director of UPMC Institute for Health Chianciano Terme

10:20 - 10:40 a.m. **Physical exercise: the benefits of physical activity in the fields of primary and secondary prevention**

Prof. Marco Bonifazi, MD - Specialist in Sports Medicine; Associate Professor of Physiology at the Department of Medical and Surgical Sciences and Neuroscience, University of Siena

10:40 - 11:00 a.m. *Discussion*

11:00 - 11:30 a.m. **Lectio Magistralis: physical activity and the brain (with UPMC International's programs)**

Prof. Bruno Gridelli, MD - Executive Vice President of UPMC International; Director of UPMC Italy; Professor of Surgery at the University of Pittsburgh

11:30 - 11:45 a.m. *Break*

SECOND SESSION

Cardiovascular Prevention Strategies

Moderators:

Franco Bui, MD - Surgeon, Specialist in Cardiology; Director of the Cardiology Department at the Local Health Unit 7 Siena

Roberto Falomi, MD - General Medicine at the Local Health Unit 7 Siena

11:45 a.m. - 12:05 p.m. **Organizational models of general medicine for the prevention of cardiovascular diseases**

Maurizio Pozzi, MD - General Medicine at the Local Health Unit 7 Siena; President of Coop Medici 2000

12:05 - 12:25 p.m. **Cardiovascular imaging as a critical tool for prevention**

Prof. Sergio Mondillo, MD - Specialist in Cardiology, Head of University Cardiology Department, University of Siena

12:25 - 12:45 p.m. **Mood disorders in patients with cardiovascular diseases**

Prof. Andrea Fagiolini, MD - Psychiatrist; Director of the School of Psychiatry at the University of Siena; Director of the Psychiatry Department and Intercompany Mental Health Unit at the University of Siena, University Hospital in Siena and Local Health Unit 7, Siena

12:45 - 13:05 p.m. **UPMC Medical Gym**

Flavio D'Ascenzi, MD - Specialist in Cardiology, University Cardiology Department, University of Siena; Specialist in Cardiology, UPMC Institute for Health Chianciano Terme

13:05 - 13:20 p.m. *Discussion and conclusions*

13:20 - 13:50 p.m. *CME questionnaire*

13:50 p.m. *Lunch buffet and tour of UPMC Institute for Health Medical Gym*

GENERAL INFORMATION

EDUCATIONAL GOAL

Despite the improved quality of patient care and the introduction of new diagnostic and therapeutic technologies, heart and liver diseases and metabolic disorders in general, continue to have a considerable negative impact on the health of patients. Prevention is a key weapon in the battle to sustain and improve overall health and quality of life. A strategy of combined primary and secondary prevention, with close collaboration between the patient population and health care networks can help to achieve tangible and important goals. The objective of this event is to highlight the importance of both primary and secondary prevention, to identify organizational models that can support the individual in his/her prevention process, and to encourage a close relationship between professionals and the health care network supporting the patient.

SCIENTIFIC OFFICERS

Prof. Ferruccio Bonino, MD - Professor of Gastroenterology at the Faculty of Medicine, University of Pisa; Scientific Director of UPMC Institute for Health Chianciano Terme

Giorgio Ciacci, MD - General Medicine, Specialist in Endocrinology

Flavio D'Ascenzi, MD - Surgeon, Specialist in Cardiology, University Cardiology Department, University of Siena; Specialist in Cardiology, UPMC Institute for Health Chianciano Terme

Prof. Giovanbattista Vizzini, MD - Head of Department for the Treatment and Study of Abdominal Diseases and Abdominal Transplantation at ISMETT, Palermo; Director of UPMC Italy Clinical Activities; Professor of Medicine at the University of Pittsburgh

ORGANIZING SECRETARIAT

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ENDORSEMENTS

Coop Medici 2000

Municipality of Chianciano Terme

Ordine dei Medici Chirurghi e degli Odontoiatri di Siena

Terme di Chianciano

PARTICIPANTS

Approximately 95 professionals from the following professions:

Surgeons (all specialties)

Nurses

Physical therapists

Dietitians

Psychologists

Radiology technicians

REGISTRATION

The official language of the Workshop is Italian.

For registration info, please visit the Italian version of the website www.upmcchianciano.it