

43rd
ESPEN
CONGRESS



EUROPEAN
SOCIETY FOR
CLINICAL
NUTRITION AND
METABOLISM

43rd ESPEN Congress

on Clinical Nutrition & Metabolism

Milan, Italy • 11-14 September 2021

CLINICAL NUTRITION - "THE" TRANSVERSAL SCIENCE



www.espen.org

www.espencongress.com

1st Announcement

Welcome Message

DEAR COLLEAGUES,

On behalf of the Italian Society for Clinical Nutrition and Metabolism (SINPE), we would like to invite you to the 43rd ESPEN Congress 2021, which will be held for the 4th time in Italy.

After the congresses in Milan (1984) Rome (1995), and Florence (2008) the Italian society would like to welcome all ESPEN members to Milan again.

Milan is Italy's city of the future, a fast-paced metropolis where creativity is big business and looking good is an art form.

Ruled by the Caesars, the Spanish, Napoléon, the Austro-Hungarians, Milan has an ancient and fascinating history. After the unification of Italy in 1861, it also became a key industrial and cultural centre – a title it still holds today.

In close collaboration with the ESPEN Committee Members, we have developed an attractive program that aims to be a landmark in ESPEN's continuing effort to improve Nutritional Care and -Education.

We are convinced that the programme of ESPEN 2021 offers a great opportunity for physicians, dietitians, pharmacists, nutritionists, scientists and nurses involved in the field of nutrition and metabolism to meet and discuss cutting edge science in an informal atmosphere, strengthening old and sparkling new collaborations.

We sincerely hope to meet you in Milan in 2021!

Luca Gianotti
Michela Zanetti
Emanuele Cereda

LOCAL ORGANISING COMMITTEE

Luca Gianotti, **Local Chair**
Gaetano Iapichino, Marco Braga
Sergio Riso, Danilo Radrizzani
Agostino Paccagnella, Cecilia Gavazzi

LOCAL EDUCATIONAL COMMITTEE

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Gianmarco Giorgetti, Marco Zanello
Ester Giaquinto, Mariangela Rondanell
Alice Sabatino

LOCAL SCIENTIFIC COMMITTEE

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Gianni Biolo, Loris Pironi
Federico Bozzetti, Luca Busetto
Enrico Fiaccadori, Marcello Maggio
Lorenzo Maria Donini

CENTRAL EXECUTIVE COMMITTEE

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Matthias Pirlich, **General Secretary**
Stéphane Schneider, **Treasurer**
Luca Gianotti, **President 2021**

CENTRAL ESPEN SCIENTIFIC COMMITTEE

Dileepraj Lobo, **Chairperson**
Moïse Coeffier, Palle Bekker Jeppesen
Kristina Norman,
Nicolaas E.P. Deutz, **Editor**
Emanuele Cereda, **Rotating Member**

CENTRAL EDUCATIONAL AND CLINICAL PRACTICE COMMITTEE (EC/PC)

Laurence Genton, **Chairperson**
Rosa Brugos Pelaez, **Physician**
Mehmet Uyar, **Physician**
Magdalena Pietka, **Physician**
Judith Beurkens Meijer, **Nurse**
Alison Culkin, **Dietitian**
Michela Zanetti, **Rotating Member**

ASSOCIATED MEMBERS

Elisabeth de Waele, **IT Communication Officer**
Alessandro Laviano, **LLL Course Director**
Regina Komsa and Rémy Meier, **LLL Co-Directors**
Stephan C. Bischoff & Ma Cristina Cuerda Compes,
ESPEN Guidelines Officers



Topics of the Programme

Scientific

- Plenary: Cuthbertson lecture and Wretling Lecture
- 1 ESPEN Fellowships symposium, 1 Clinical Nutrition symposium
- Best abstracts session
- 8 Oral Communications sessions

18 Scientific Symposia

- The importance of hydration
- Effects of fasting
- Prehabilitation
- In-Vivo methods for studying metabolism
- High-protein support in ICU
- Nutrition in kidney disease
- Body composition
- Learnings from COVID-19
- Nutrition and cognition
- Major issues in old adults care
- Eating disorders
- Food sustainability
- Obesity, metabolic dysfunction and cardiovascular disease
- Microbiota, microbioma and metaboloma
- Chronic and acute intestinal failure
- Current perspectives on the mediterranean diet
- Energy metabolism



Educational

- **LLL Courses:**
Friday September 10th
- 15 LLL courses and 1 TLLL course
- 2 Case discussions
- ESPEN Guidelines

12 Educational Symposia

- Nutrition in adolescence and adults with cerebral palsy and congenital myopathies
- Drug-induced alterations of metabolism
- Nutritional assessment
- Internet-promoted diets
- Nurturing immaturity
- Gastroparesis: feeding when the stomach does not work
- ICU-feeding challenges
- When eating is out of control
- Optimizing peri-operative nutrition
- Nutrition as a catalyzer of surgery
- Microbiota: your second self
- New technologies to promote healthy lifestyle



A Warm Welcome from Milan

Since Leonardo da Vinci broke all the rules in his stunning Last Supper, the indefatigably inventive Milanese seem to have skipped straight from the Renaissance to the 1900s. Not only is Milan a treasure trove of 20th-century art, but art deco and rationalist architecture abound. Today the city leads the way with the largest post-war re-development in Italy, impressive, sustainable architecture and a futuristic skyline modelled by Zaha Hadid, Daniel Libeskind and César Pelli.

The city is also burgeoning into a hi-tech hub, home to start-ups galore and Italian fashion. Prestigious nights at La Scala, an illustrious literary heritage and a vibrant music scene also do much to debunk the city's workaholic image. Though Italian design is world renowned, its roots lie in 1930s Milan.

A visit to the Triennale design museum is a wonderful way to pay homage to the work of Italy's best and brightest. In addition, Milan is home to all the major design showrooms.

About food, Milanese cooking is the product of a rich urban culture. Just note the golden hue of its quintessential dishes: cotoletta (burnished, buttery veal) and saffron risotto. It was in powerful commercial cities such as Milan that some of Italy's great cuisines were born, marrying Mediterranean fruits, spices and herbs with cooking methods and pastry techniques. Even today Milan continues to push Italy's culinary boundaries, making sushi and dim sum its own, and holding the highest number of Michelin stars in the country.



Transportation

Milan is in the north of Italy and is easily accessible both by land and by air. It is Italy's international gateway with **three** good-sized international airports. These are the easiest and fastest ways to get to Milan depending on where you are departing from:

1) Milan Malpensa Airport (MXP) is Milan's largest international airport and with the most passengers. It is quite far away from Milan's city centre. It is located 25 miles (40 km) to the northwest of Milan.

Terminals

Malpensa Airport has two terminals which are quite far apart, so we recommend checking which terminal you fly out of because the bus or train to get to each terminal can vary.

How to get to Milan from Malpensa Airport

Train

Two train routes connect Terminal 1 to Milan's centre: the Malpensa Express and Trenitalia. The Malpensa Express takes 50 minutes to the end of the line and runs every 20 – 40 minutes. It will take you to Milano Centrale, Cadorna or Milan Porta Garibaldi. A one-way ticket to Milano Centrale or Cadorna costs €13 and trains run every 15 minutes approximately.

Bus

The bus company called Autostradale has a permanent bus service that connects the Central Station of Milan with Malpensa Airport's two terminals. The buses depart from Milan to the airport from 4 am to 11 pm, if you land in Malpensa, the first bus to leave the Airport to Milan is at 6 am until 12:30 am (midnight). A bus leaves every 20 minutes and it takes nearly an hour to get to the centre.

The bus costs €8 per journey or €14 if you buy a return ticket. Children (aged between 3 and 11) pay €5 per journey.

Taxi

Malpensa is quite far from Milan's city centre; therefore, taking a taxi is rather expensive. The journey has a fixed price of €95. It takes 50 minutes to get to Milan.

2) Milan Linate Airport (LIN) is one of the three airports that connects Milan with the rest of the world and the second largest, after Malpensa Airport.

How to get to Milan from Linate Airport

Urban bus

Milan's local urban buses: 73 and X73 connect the airport with San Babila metro station. The 73 line runs every day of the week, departing every 10 minutes. The bus X73 runs every 20 minutes from Monday to Friday. The first bus runs from Linate Airport at 6:05 am and the last leaves at 12:40 am (midnight).

The buses 73 and X73 are the cheapest ways of travelling from the airport to Milan or vice versa. If you purchase the ticket on the bus, note that you will be charged a supplement.

Other buses

Starfly: The first bus from Linate Airport to the city centre leaves at 6:10 am and the last departs at 11:30 pm from Monday to Friday. On weekends, the bus leaves at 6:30 am until 10 pm. It stops at Lambrate and Milano Centrale railway station. The Starfly runs every 20 – 30 minutes depending on the hour of the day and it takes approximately 25 minutes with a price of €5.

Air Bus: The first Air Bus to leave Linate Airport is at 6:30 am. It runs until 11:30 pm and takes 25 minutes to get to Milano Centrale (Piazza Luigi da Savoia). A single ticket costs €5 and a return €9.

Taxi

Taxis do not have a fixed price from Linate Airport. They charge you based on the taximeter. A taxi from Linate Airport to the city centre should cost between €30 and €40.



Transportation

3) Bergamo Airport (BGY), officially called Orio Al Serio Airport, as it is located in the municipal territory of Orio al Serio, is the main low-cost airline airport for the Milan area.

As it is located 30 miles (45 km) away from the city centre it is practically as far away as Milan's major international airport, Malpensa Airport.

How to get to Milan from Bergamo Airport

Autostradale – Terravision Bus

The Terravision buses are the cheapest way to get from Bergamo Airport to Milan (Milano Centrale Railway Station - Piazza Luigi Savoia). The price of a single ticket is €5 or €9 if you purchase the return ticket.

The Terravision buses run from 4am until 1am and depart every 20 - 30 minutes. From Milan the buses run from 2:15am until 10:10pm. The journey takes 1 hour.

We recommend booking your tickets in advance on their webpage and make the most of their online discounts.

Orio Shuttle

Orio Shuttle also connects Bergamo Airport and Milano Centrale. It runs every 30 minutes between 3am and 12am (midnight). The price of a single ticket is from €4 upwards, depending on the day you get the ticket. We recommend booking a ticket in advance on their official webpage.

Taxi

A taxi from Bergamo Airport to Milan city centre is over 100 euros. It will take you 50 minutes to get to Milan.

Milano Centrale is the main **railway station** in Milan, together with the more modern **Porta Garibaldi station**. Train tickets may be purchased from Trenitalia.it or Italo.it which connect with fast train all the major Italian cities: Rome (3 ½ hours), Venice (2 ½ hours), Florence (2 hours), Bologna and Turin (1 hour), Padova (2 hours).

Milan is a relatively small city with an efficient and extensive **public transport system** and if you stay in the city centre you will be able to walk to most of the city's attractions by foot.

Milano Metro is currently the longest metro line in Italy. The metro tickets and travel cards can be purchased in the metro stations, kiosks and off-licenses.

If you need to take the metro on a regular basis, we recommend buying various one-way tickets at a time or purchasing a travel card. The price of a single urban ticket costs €2 and is valid for 90 minutes since it is first punched into the validating machine. You can change metro lines during this time, but you cannot leave the metro station and then come back and use the same ticket.

Contrary to most cities in Europe, **taxis** in Milan rarely stop when someone hails them in the street. To catch a cab, you will need to walk to the nearest taxi stop or, otherwise call to book one in advance. If you book a taxi by phone, note that you will be charged as soon as they receive the call, meaning that the taxi could cost you double of what it would normally cost you, depending on how long the taxi takes to get to your location.

Tariffs

Taxis in Milan are relatively expensive, these are the official tariffs:

- Minimum fare on weekdays: 6am-9pm: €3.30
- Minimum fare on public holidays: 6am-9pm: €5.40
- Minimum fare at night: €6.50
- Tariff per kilometre: €1.09

Radio Taxi Companies

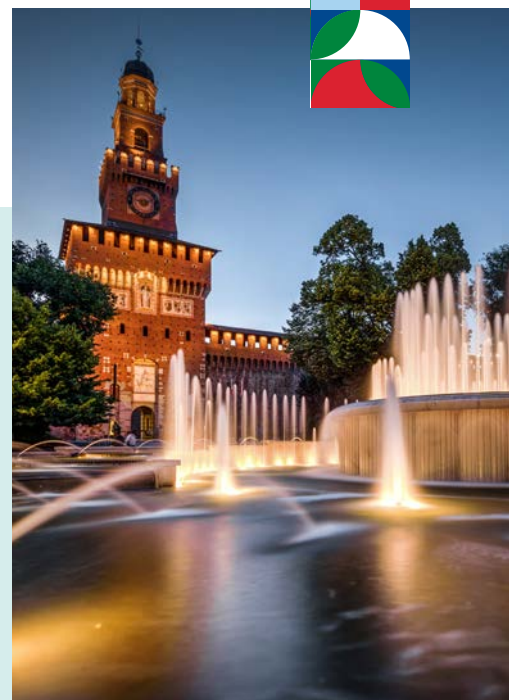
- Radio Taxi +39 02 8585
- Radio Taxi +39 02 6767
- Radio Taxi +39 02 5353
- Radio Taxi +39 02 8383
- Radio Taxi +39 02 3100

Mico Milano Convention centre is right in front of the "Portello" underground station of the Purple line. Just a few steps from the Citylife district and Corso Sempione.



Important Dates & Deadlines

Opening of Abstracts Submission	13 January 2021
Registration Opens	25 January 2021
Closing of Abstract Submission	7 April 2021
Opening of Late Breaking Abstract Submission	11 May 2021
Early Bird Deadline	19 May 2021
Deadline for Late Breaking Abstracts (Posters only)	16 June 2021



VENUE

MiCo - Milano Convention Centre
Piazzale Carlo Magno, 1
20149 Milano MI
Italy
www.micomilano.it

FEES AND HOTELS

The registration fees and full list of hotels will be available on the ESPEN website end of 2020
www.espencongress.com
www.espen.org

ORGANISING SECRETARIAT

MCI has been selected by Central ESPEN as the official Congress Organiser to process registrations, abstract submissions and hotel reservations.

Information on the commercial exhibition as well as organisation and sponsorship of special events may also be obtained from the Organising Secretariat.

ALL CORRESPONDENCE SHOULD BE SENT TO:

ESPEN 2021 c/o MCI Suisse
9, Rue du Pré-Bouvier,
1242 Satigny,
Switzerland
Tel. +41 22 33 99 580
Fax +41 22 33 99 631
ESPEN@mci-group.com



www.espen.org
www.espencongress.com

See you in Milan!