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Mario Zappia, Italy

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**Organizing Secretariat**

TCL Project Manager of Organizing Secretariat:  
Angie Battaglini [abattaglini@tclcompany.com]

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**Scientific Secretariat**

Monia Mazzetto [mmazzetto@tclcompany.com]

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**Exhibitor Department**

Rita Colapinto [rcolapinto@tclcompany.com]

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**Hotel Accommodation Coordinator**

Cristina Maymone

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*Provisional Scientific Programme*

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*Thursday, October 14th*

**Welcome Cocktail**

(Convento dei Benedettini)

Welcome addresses by local authorities:

Mayor of Catania, President of the Province of  
Catania, Rector Magnificus University of Catania  
**Bob Goldman, A4M chairman, (USA)**

Special lecture: "Better, stronger, faster - human  
enhancement and augmentation: advances via  
biotechnology and anti-aging medicine"

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*Friday, October 15th*

*Saturday, October 16th*

*Sunday, October 17th*

**THURSDAY, OCTOBER 14th**

Registration Desk will be open at the Conference Centre "Le Ciminiere", starting from 9.00 am to 5.00 pm

**FRIDAY, OCTOBER 15th**

**MORNING**

**SESSION 1: Biology of aging and basic aging mechanisms**

*Chairs: Barry Halliwell, Francesco Salvatore, Suresh Rattan, Paolo Preziosi*

**Opening Lecture - Barry Halliwell (Singapore)**

*Do supplements work?*

**Suresh Rattan (Denmark)**

*Slowing down aging from within: hormetic principle and practice*

**Claudio Franceschi (Italy)**

*Inflamm-aging*

**Allan Butterfield (USA)**

*Oxidative stress in brain aging and Alzheimer's disease.*

**John Clark (UK)**

*Mitochondria, oxidative stress and neurodegenerative process*

**Giuseppe Rotilio (Italy)**

*Nutritional constraints on brain evolution and development*

**Giorgio Lenaz (Italy)**

*The mitochondrial production of reactive oxygen species in relation to aging and pathology\**

(\* provisional titles)

**AFTERNOON**

**SESSION 2: Brain aging and cellular stress response**

*Chairs: Mahin Maines, Carlo De Marco, John Clark, Anna M. Giuffrida Stella*

**Mahin Maines (USA)**

*Regulation and expression of HO-1, HO-2 and biliverdin reductase in aged rat brain: decrease expression and altered stress response*

**Filiberto Cimino (Italy)**

*Redox control of gene expression signalling and cellular senescence*

**Vittorio Calabrese (Italy)**

*Redox regulation of cellular stress response in aging and neurodegenerative disorders: role of vitagenes*

**Daniel Alkon (USA)**

*Emerging targets for the pharmacology of learning and memory*

**Stefano Govoni (Italy)**

*Pharmacology of amyloid precursor protein processing*

**Maria Gabriella Santoro (Italy)**

*Heat shock factors and control of the stress response in inflammatory diseases and cancer*

**Alessandro Quattrone (Italy)**

*ELAV proteins activation in learning and memory: a new paradigm for the pharmacology of cognitive enhancement*

**Raffaele Lodi (Italy)**

*Antioxidant administration to patients with Friedreich's Ataxia.*

*A phosphorus MR spectroscopy and clinical follow up study*

**Special Lecture - Thierry Hertoghe (Belgium)**

*Analysis of critical studies on adult GH therapy*

**Enrico Parano (Italy)**

*Fetal cells in maternal blood: new approach to prenatal non-invasive diagnosis of genetic diseases*

**SATURDAY, OCTOBER 16th**

**MORNING**

**SESSION 3: Cutaneous aging: from biology to medical therapy**

*Chairs: Mario Aricò, Biagio Guarnieri, Giuseppe Micali, Antonio Sapuppo*

**Daniele Innocenzi (Italy)**

*Photoaging: clinical pathological aspects*

**Anna Maria Siani (Italy)**

*Ultraviolet sun radiation climatology on the Italian territory: relevant aspects for population*

**Robert A. Schwartz (USA)**

*Skin cancers and precancers: signes of cutaneous aging and the urgent need for anti-aging approaches*

**Gabriella Fabbrocini (Italy)**

*Photoprotection and cutaneous aging*

**Corinna Rigoni (Italy)**

*Cosmetological approach to aging skin*

**Ilaria Ghersetich (Italy)**

*Face rejuvenating: medical treatments*

**Giuseppe Micali (Italy)**

*New medical treatments for epithelial tumors of the skin*

**Special Lecture - Robert Gallo (USA)**

*Human retroviruses: their role in neoplasia and immunodeficiency*

**AFTERNOON**

**SESSION 4: Cutaneous aging: the role of aesthetic surgery.**

*Chairs: Giovanni Micali, Nicolò Scuderi, Rolf Nordstrom, Franz Moschella*

**John W. Little (USA)**

*Aesthetic surgery of the face: USA experience*

**Rolf Nordström (Finland)**

*Advances in aesthetic surgery: the Helsinki experience*

**Marina Onesti (Italy)**

*Skin resurfacing*

**Nicolò Scuderi (Italy)**

*Surgery and treatments related to the correction of cutaneous aging*

**Marco Gasparotti (Italy)**

*Three-dimensional superficial liposculpture and treatment of the so called cellulite by nutritional supplement and elastocompressive garment*

**Special Lecture - Carlo Alberto Bartoletti (Italy)**

*Preventive hygienic project, in the view of aesthetic medicine*

**8.30 pm Gala Dinner (for all participants)**

SUNDAY, OCTOBER 17th

MORNING

**SESSION 5: Antioxidants and nutritional strategies in anti-aging medicine**

*Chairs: Allan Butterfield, Sergio Papa, Roberto Motterlini, Mario Zappia*

**Giuseppe Poli (Italy)**

*Proatherogenic effects of cholesterol oxidation products*

**Flavio Ursini (Italy)**

*A brief history of antioxidants: from rubber vulcanization to cell signaling*

**Antoine Lorcy (France)**

*Preventive anti-aging medicine with antioxidants*

**Francesco Galli (Italy)**

*Anti-aging strategies: what we can expect from vitamin E*

**Benvenuto Cestaro (Italy)**

*Antioxidants, membranes fluidity and aging*

**Enrico Arcelli (Italy)**

*Synergic effects of new nutrition and exercise in anti-aging medicine*

**Bruno Berra (Italy)**

*Olive oil, example of natural and functional food*

**Giovanni Scapagnini (Italy)**

*Modulation of cellular stress response in the central nervous system by a novel class of polyphenolic compounds*

AFTERNOON

**SESSION 6: Health problems in advanced societies**

*Chairs: Fritz Bach, Vittorio Calabrese, Bob Goldman, Giovanni Scapagnini*

**Fritz Bach (USA)**

*Xenotransplantation: problems and prospects\**

**Silvano Adami (Italy)**

*New options in the treatment of osteoporosis\**

**Roberta Foresti (UK)**

*Heme oxygenase 1: an essential antioxidant system to counteract cardiovascular dysfunctions*

**Micheal Klentze (Germany)**

*Polymorphism and hormone replacement*

**Alfred Wolf (Germany)**

*Biological age parameters*

**Cesare Mancuso (Italy)**

*Intracellular signaling by Bilirubin through Nitric Oxide-dependent activation of ERK kinases*

**Franck Dufour (France)**

*The Janus face of cholesterol*

**Ulrich Moser (Swiss)**

*Omega 3*

(\* provisional titles)

**ROUND TABLE: "The Future of Anti-Aging Medicine"**

Workshops (Italian)

Thursday, October 14th

**THURSDAY, OCTOBER 14th**

**WORKSHOP 1 (10.15 am - 5.45 pm):**

*La Zona: Controllo dell'insulina e invecchiamento*

**Fabrizio Duranti**

*La Zona: "la nuova alimentazione e il wellness"*

**Bruno Berra**

*Gli omega 3: lo stato dell'arte*

**Fabrizio Duranti**

*Wellness e anti-aging*

**Enrico Arcelli**

*Attività fisica, Zona e Omega 3*

**Fabrizio Duranti**

*L'equilibrio del sistema nervoso neurovegetativo*

**Paola Ragnetti**

*La meditazione e l'anti-aging*

**WORKSHOP 2 (2.00 pm - 6.30 pm):**

*Diagnosi dell'età biologica: i marker dell'aging, dalle analisi ematochimiche alla genomica funzionale*

**Nicola Locorotondo**

*Significato clinico ed uso pratico delle analisi per determinare l'età biologica*

**Alessandro Quattrone**

*Analisi dei polimorfismi genici e valutazione dei fattori di rischio nell'aging*

**Giuberti Rosanna**

*La via trans-rettale per il ripristino della flora batterica eubiotica*

**Enrico Parano**

*Diagnosi prenatale: prospettive per l'analisi dei fattori di rischio per la qualità della vita*

**Annamaria Castellazzi, Mara De Amici**

*Intolleranze alimentari, lo stato dell'arte. ALCAT®  
Test nella pratica diagnostica*

**A. Belardi**

*Bio-test proposta operativa per la definizione corretta dell'età biologica*

*Scientific Information*

SUBMISSION OF ABSTRACTS AND POSTERS

Congress participants are kindly requested to submit papers/posters related to the following sessions:

1. Biology of aging and basic aging mechanisms;
2. Brain aging and cellular stress response;
3. Cutaneous aging: from biology to medical therapy;
4. Cutaneous aging: the role of aesthetic surgery;
5. Antioxidant and nutritional strategies in anti-aging medicine;
6. Health problems in advanced societies.

Guidelines for abstracts

The following format is suggested:

1. Title, author(s) and institution, the presenting author underlined;
2. Background;
3. Objectives;
4. Methods;
5. Results and discussions;
6. Conclusions;
7. Pertinent literature;
8. Data in the form of tables, charts and figures.

Speakers are kindly requested to send the Abstracts of their Papers and to submit original Contributions for presentation at the Conference in one of the suggested categories or topics. **Abstracts must be written in English.**

- ◆ Abstracts should be no more than 4,000 characters (including spaces and punctuation). Please note that this limit includes the title, authors, institutions, and support information.
- ◆ Use standard abbreviations.
- ◆ Title. Include in the title of the abstract all words critical for a subject index. Please write your title in sentence case (first letter is capitalized; remaining letters are lower case).
- ◆ Figures and tables are permitted within the abstract. When submitting line art, halftones, and other figures, please supply images that can be scanned at 72 dpi.
- ◆ Enter the source(s) of contributed support below the abstract.
- ◆ Enter the use of any off-label drug.
- ◆ Report any conflict of interest. It is the responsibility of each individual investigator to report any real or perceived financial conflict of interest.

**Abstracts have to be sent before September 24th, 2004 only by email as attached files (word, pdf or ppt format) to:**

[mmazzetto@tclcompany.com](mailto:mmazzetto@tclcompany.com) or  
[info@antiagingmed.org](mailto:info@antiagingmed.org)

GUIDELINES FOR POSTER DISPLAY

Posters should be concise and the contents should be readily accessible to the viewer. It is an advantage if the poster has an attractive appearance; authors should include visual components not limiting the poster to a written text. As a guide, the poster should be legible at a distance of 1.5 mt.

- ◆ Authors are encouraged to provide supplementary information to the Congress participants (i.e. copies of the poster in A4 format).
- ◆ Posters will be organized and discussed during a selected session on Saturday, October 16th.
- ◆ Posters will be on display in numbered panels according to the final number assigned. Poster's number will be indicated at the top of boards for poster display by the Organizing Secretariat.
- ◆ Poster must be 70 cm wide and 100 cm high maximum.
- ◆ Posters will be displayed during the whole day during which the Poster Session will take place.
- ◆ All the posters must be strictly removed at the end of the day.

**Posters must be written in English and sent before September 24th, 2004 by email as attached files to:**

[mmazzetto@tclcompany.com](mailto:mmazzetto@tclcompany.com) or  
[info@antiagingmed.org](mailto:info@antiagingmed.org)

Video presentation

Anyone wishing to present a video is kindly requested to specify the system used: NTSC, PAL.

Technical Equipment

VHS video, PC and overhead projection 250W will be available on request. Speakers are kindly invited to indicate the type of projection and the video system required.

Attendance Certificate

A Certificate of Attendance will be available at the Organizing Secretariat Office.

Badges

According to security rules, entrance to the Conference rooms and to Social Events will be strictly limited to badge holders only.

Conference language

The official Conference languages will be English and Italian. Simultaneous translation will be provided, except during Workshops on Thursday, October 14th.

Registration

Registration form is already available on the conference website, [www.antiagingmed.org](http://www.antiagingmed.org) and must be sent together with the Hotel Accommodation Form not later than September, 15th.

## General Information

[Congress Venue](#)

[The city of Catania](#)

[Liability, Health and Insurance](#)

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[Climate and Clothing](#)

[Time](#)

[Electrical supply](#)

[Transportation](#)

[Hotel Information](#)

[Pre- and Post- Congress Tour Information](#)

### CONGRESS VENUE



*Centro Culturale e Fieristico "Le Ciminiere"*

*V.le Africa - 95125 Catania*

*The convention centre "Le Ciminiere" is located just on the eastern coast of Sicily and very close to the city centre of Catania.*

### THE CITY OF CATANIA



*The remarkable location of Catania, between Mount Etna and the Ionian Sea, has played a major role in the history of this city: history of lights and shadows. The city underwent the Greek, the Roman and the Norman conquest. Under the Roman domination were built many buildings and structures that still stand: the Amphitheatre, the Theatre and the Odeon, the ruins of the Forum and four thermal complexes. You can't miss the Sicilian Baroque of Piazza Duomo, where the City Hall is located, just in front of the symbol of Catania: the elephant with the obelisque.*

### HOW TO REACH CATANIA

*Participants can reach Catania by air and also by sea with TTT Lines, leaving from the port of Naples at 9.00 pm and arriving in Catania at 7.30 am; departure from Catania at 12 pm and arrival at Naples at 11 am, from Monday to Saturday; on Sunday departure from Catania at 7.30 pm and arrival at Naples at 7.00 am.*

#### **Rates:**

*- single cabin (with private bath and shower)*

*€ 110.00 + € 2.50 per person for embarkment rights;*

*- double cabin (with private bath and shower)*

*€ 120.00 + € 2.50 per person for embarkemnt rights.*

*For further information, please get contact the Organizing Secretariat.*

### LIABILITY, HEALTH AND INSURANCE

*The registration fees do not include insurance regarding death, accidents, sickness or loss of property incurred by delegates and/or accompanying persons. All participants, as*

*well as accompanying persons, are advised to make necessary arrangements for short-term health and accident insurance before departure.*

**MONEY EXCHANGE AND BANKING**

*The Italian currency is Euro. Currency exchange is available at airports, banks and major hotels.*

*Banks in Italy are open from 9.00 am to 1.30 pm and from 3.00 to 4.00 pm, from Monday to Friday. They are closed on Saturdays and Sundays.*

*All major credit cards are accepted in all hotels, shops and restaurants. ATM for cash withdrawal are available throughout the city.*

**CLIMATE AND CLOTHING**

*The weather in Catania in October is quite mild, with an average temperature of 18-20° C, but we suggest everybody to bring something warm for chilly evenings. Formal dress is requested only for the Gala Dinner on Saturday, October 16th.*

**TIME**

*The time zone in Catania is GMT +1.*

**ELECTRICAL SUPPLY**

*Voltage in Italy is 220V 50Hz.*

**TRANSPORTATION**

*A shuttle bus service from the airport to the hotel, as well as for the Gala Dinner, will be provided. Information about transportation to the Conference Centre will be available at the Hospitality Desk at your hotel.*

**TOUR INFORMATION**

*Tour Information, together with the hotel accommodation form, are already available on the conference website, [www.antiagingmed.org](http://www.antiagingmed.org).*

**CONFERENCE VENUE**



*Social Programme*

*Thursday, October 14th*

*Friday, October 15th*

*Saturday, October 16th*

>Thursday, October 14th	>Friday, October 15th	>Saturday, October 16th	
<p>7.00 pm WELCOME COCKTAIL (for all participants)</p>	<p>FULL DAY EXCURSION (Decoration and Pastries)</p> <p><i>"Sweet Sicily" is at the table. This interactive course will teach you how to create the most wonderful decorations for your table, comparing the noble traditions with the folk ones. In evocative places which recall the "Gattopardo", or either in enchanting country houses, five ladies will guide you, step by step, in this exciting experience. And, at the end, you will make some of the most famous Sicilian pastries, as the "cannoli" with ricotta, the "cassata" and so on, making your friends envious.</i></p>	<p>MORNING</p> <p>HALF DAY EXCURSION (Puppet Muster)</p> <p><i>No one has ever taught history in such a fascinating way as do the "Cantastorie", literally "Story-singers", nothing has ever moved adults and children more than the very animated, Sicilian "Pupi", which are marionettes. We will take you to an ancient workshop of "Pupi" unique in Sicily, which has been owned for 300 years by the same family, and which has passed the job "u misteri", which means from father to son.</i></p>	<p>FULL DAY EXCURSION (The mystery of Mount Etna &amp; a Sip of Wine)</p> <p><i>This outdoor experience includes a nature based exploration as well as a dive into the unknown. With the help of a volcanologist and a geologist, participants will explore Mount Etna's most exciting and fascinating spots. In addition, they will be able to admire the beauty of Etna's hamlets, and taste its wines and gastronomic specialties.</i></p>
	<p><u>Price per person:</u> € 85.00 bus departure time 9.30 am (transfers, English-speaking guide and light lunch included)</p>	<p><u>Price per person:</u> € 55.00 bus departure time 9.30 am (transfers, English-speaking guide and light lunch included)</p>	<p><u>Price per person:</u> € 85.00 bus departure time 9.30 am (transfers, English-speaking guide and light lunch included)</p>

*For reservations, please fill the registration form already available on the conference website [www.antiagingmed.org](http://www.antiagingmed.org)*

*Discover other beautiful jewels of Sicily, directly on site at the "Tours and Social Events" Desk.*

## Pre & Post Congress Tours

- > Cooking class
- > Taormina & Etna
- > Agrigento & Piazza Armerina

### P1. COOKING CLASS (Full day Tour)

Sicilian Cooking has really ancient origins and is known all over the world. Dishes that derive from the Norman-Arabic culture have travelled all over the world and today are famous with the millions of tourists that visit Sicily every year. The real challenge for them is how to cook the same superb but difficult dishes in their own homes. That's why four typical Sicilian women decided to teach, with love and hospitality, to the interested tourists, the most famous and less known Sicilian dishes. All this happens in an ancient "Palmento", or stone farm, at the edge of Mount Etna, where each day of the week is devoted to a different theme.



**Price per person: € 85,00**

(transfers, English-speaking guide and light lunch included)

#### **Scheduled departures:**

Wednesday, October 13th and Monday, October 18th 2004

### P2. TAORMINA & ETNA (Two-day Tour)

#### **1st day**

Departure to Taormina with our assistant. Guided visit to the beautiful Greek Theatre and the historical centre. Accommodation at hotel. Free lunch and afternoon at leisure. Dinner at a Restaurant . Overnight.



#### **2nd day**

Breakfast at the hotel. Naturalistic excursion to Mount Etna (the highest active volcano in Europe) by private jeeps, reaching the height over 2000 mts through the wild landscape. Buffet lunch at a typical restaurant. Transfer to Catania Airport. End of services.

**Price per person (15 pax min): € 265.00 dbl room**

- sgl supplement € 30.00

#### **Scheduled departures:**

Tuesday, October 12th and Monday, October 18th 2004

**P3. AGRIGENTO & PIAZZA ARMERINA (Two-day Tour) 1st day**

Departure to Piazza Armerina with our assistant. Guided visit to the Villa Romana del Casale (mosaics V cen. A.C.). Free lunch. Continue to Agrigento. Accommodation at the hotel. On late afternoon, walk along the historical centre with wine and cold dinner tasting in a winery. After that, folk-show in a small, ancient theatre and typical liqueur-tasting. Overnight.

**2nd day**

Breakfast at your hotel. Guided visit to the Valley of Temples, the most important remains of the "Magna Grecia" (Temples: Concord, Juno, Herakles, Olympiaseus, Castor and Pollux). Open-air buffet lunch at Kolimbetra Gardens (FAI reserve within the Valley of Temples). Transfer to Catania Airport. End of services.

**Price per person (15 pax min): € 265.00 dbl room**

- sgl supplement € 30.00

**Scheduled departures:**

Tuesday, October 12th and Monday, October 18th 2004