



# 40<sup>th</sup> ESPEN Congress

## on Clinical Nutrition & Metabolism

Madrid, Spain | 1-4 September, 2018 | [www.espen.org](http://www.espen.org)

**Nutrition Without Borders**

EUROPEAN  
SOCIETY FOR  
CLINICAL  
NUTRITION AND  
METABOLISM



[www.espen.org](http://www.espen.org)

# Welcome Message

Dear colleagues,

On behalf of the Spanish Society for Parenteral and Enteral Nutrition (SENPE), we would like to invite you to the 40th ESPEN Congress 2018, which will be held for the 4th time in Spain.

Following the Congresses in Barcelona (1987, 2012) and Madrid (2000), the Spanish Society would like to welcome all ESPEN members again to the city of Madrid.

Madrid is the capital of Spain and one of the main European metropolises. It is a captivating city including some of the most visited art museums in the world and a cultural heritage where history and modernity blend effortlessly together. Its bright sunny weather offers the perfect setting for a walk through the wide green areas in the city or any other leisure activity of your choice. In addition to this, the city's kind-hearted people are active participants in offering visitors a warm welcome.

With the theme "Nutrition without borders" we want to express our interest to explore new topics in clinical nutrition, in different clinical settings, besides the multidisciplinary and worldwide environment of the Congress.

Working in close collaboration with the ESPEN Committee Members, we have developed an attractive program that aims to continue ESPEN's effort to improve Nutritional Care and Education. With the occasion of celebrating the 40th anniversary of ESPEN Congress and in order to remember the main achievements of the Society during this long trajectory we will "season" the schedule with some special events.

We are convinced that the program of ESPEN 2018 offers a great opportunity for physicians, dietitians, pharmacists, nutritionists, scientists and nurse 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 Madrid in 2018!**

Cristina Cuerda Compés

Mercè Planas Vila

Miguel León Sanz

Sergio Ruiz Santana

Rosa Burgos Peláez

## Local Organizing committee

Cristina Cuerda Compés (local president)  
Mercè Planas Vila (honorary president)  
Miguel León Sanz (vice president)

## Local Educational committee

Rosa Burgos Peláez (chair of committee)  
Pilar Matía Martín  
Pilar Gomis Muñoz  
Clara Vaquerizo Alonso  
Laura Frías Soriano  
Lorena Arribas Hortigüela  
Susana Redecillas Ferreiro

## Local Scientific committee

Sergio Ruiz Santana (chair of committee)  
María Bella Badía Tahull  
María Ballesteros Pomar  
Luisa Bordejé Laguna  
Abelardo García de Lorenzo  
Angel Gil Hernández  
Carmelo Loinaz Seguro  
Gabriel Oliveira Fuster  
José Manuel Moreno Villares  
Jordi Salas Salvadó

## Central Executive committee

André van Gossum, Chairperson  
Cristina Cuerda Compés, Chair 2018  
Matthias Pirlich, General Secretary  
Zeljko Krznaric, Treasurer

## Central ESPEN Scientific committee

Dileepraj Lobo, Chairperson  
Nathalie Delzenne  
Palle Bekker Jeppesen  
Kristina Norman  
Nicolaas E.P. Deutz, Editor  
Sergio Ruiz Santana, Rotating Member

## Central Educational and Clinical Practice committee

Stéphane Schneider, Chairperson  
Paula Cristina Ravasco, Physician  
Peter Austin, Pharmacist  
Kurt Boeykens, Nurse  
Mehmet Uyar, Physician  
Liana Poullia, Dietitian  
Rosa Burgos Peláez, Rotating Member

## Associated members

Michael Chourdakis, IT Officer  
Nicolaas E.P. Deutz, Editor Clinical Nutrition  
Miguel León Sanz, LLL Director  
Regina Komsa and Rémy Meier, LLL Co-Directors  
Stephan C. Bischoff  
Pierre Singer, ESPEN Guidelines Officers

# Topics of the Programme

## Scientific

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

## 18 Scientific symposia

- Paediatrics
- Nutrition in elite athletes. Medals to health
- Loss of muscle mass in immobilization and critical illness
- Protein supply in the critically ill
- Coping with metabolic changes in patients receiving special treatments
- The short bowel
- Non-alcoholic fatty liver disease
- Nutrition, allergy, immunity and infection
- Nutrition and exercise in the older adult
- Brown adipose tissue update
- Diabetes: cradle to grave
- Nutriepigenetics in health and disease
- Nutrition and the brain
- Micronutrients. What is new?
- Nutrition and pancreatic disease
- Managing the gut microbiota
- Adiposity and cancer
- Environmental contaminants and nutrition

## Educational

- **LLL Courses:**
  - Friday August 31st:
    - 15 LLL courses and 1 TTT-LLL course
  - During the congress:
    - Paediatrics, Renal, Parenteral nutrition, Gastrointestinal
- **2 Case discussions: Amyotrophic lateral sclerosis/ Critically ill septic patient with multi-organ failure**
- **ESPEN Guidelines: presentation of new guidelines + two consensus meetings**

## 10 educational symposia:

- The role of obesity in cancer survival and cancer recurrence
- Perioperative care, more than 15 years of ERAS approach
- Best practices to improve the quality standards in nutrition therapy
- Inborn errors of metabolism
- Dysglycaemia in acute patients with specialized nutrition support
- Inflammatory bowel diseases
- Lipid emulsions in parenteral nutrition
- Nutrition in transplant patients
- Nutritional management in cystic fibrosis
- Dysphagia in hospital setting

## A warm welcome from Madrid

Madrid is the political and financial capital of Spain. The 3.1 million habitants (6.4 million in the region) set Madrid as one of the main metropolises in Europe. It has an excellent hotel capacity and a pleasant climate that confers the city its brightness and warmth. Additionally, the Mediterranean cuisine adds the flavours to all these ingredients. All these characteristics, besides its good value for money, make Madrid an excellent place for businesses and meetings.

The city combines modernity (with impressive new infrastructures and skyscrapers in the Madrid skyline) with an outstanding historical legacy (Hapsburg-Bourbon-Medieval-Goya's-Velázquez's Madrid, amongst others).

The cultural offer of Madrid is huge with nearly one hundred museums and two hundred historical and artistic monuments. Walking through the Paseo del Prado Avenue you can visit four of the most visited picture galleries in the world (Prado's Museum, Reina Sofía,

Thyssen-Bornemisza and Caixa-Forum).

Madrid is also one of the greenest cities in the world, where you can enjoy walking through its many gardens in the centre (Retiro Park, West Park) or in the surroundings (Casa de Campo, Madrid Río).

In terms of leisure and entertainment, the city offers everything one can imagine during the summer days and nights, including excellent restaurants with a big variety of dining options (16 Michelin starred restaurants), live music, terraces, nightclubs and shops for every taste.

Madrid is the only city in the world which is surrounded by six UNESCO World Heritage sites within a 100 km radius, which is less than an hour drive: Toledo, Avila, Segovia, Alcalá de Henares, El Escorial and Aranjuez. These places include perfectly preserved architecture, monuments and art from Roman times to our days.



## Transportation

- Madrid international airport has 172 direct flight destinations all over the world. The airport is only 12 km from the city centre.
- **Subway:** is the fastest and most efficient way to move in and around Madrid. Currently, there are twelve metro lines and three Metro Ligero (tramway) lines. Just by 1 or 2 stops (depending on the Terminal), the subway Line 8 connects Madrid Barajas International Airport with IFEMA. Additionally, IFEMA is only 4 stops from the city centre. 1 single ticket (with an one hour validity) costs between: 1.5 € and 1 single ticket to/from Airport is: 4.50 - 5€
- **Bus:** Madrid has an extensive city bus network, run by the company Empresa Municipal de Transporte (EMT), which covers the whole city. All the vehicles that make up the EMT fleet, 2,000 in total, are air-conditioned. Madrid's buses have special systems providing access for disabled persons. The cost for a single ticket is 1.50.
- **Taxi:** There are more than 16,000 taxis in Madrid, so it is not very difficult to find one available in the city's main thoroughfares. Just make a sign and they will be keen to stop! Prices are quite reasonable, considering that a one-way trip from the city centre to the airport is around 30 euros.

## Important Dates & Deadlines

Opening of Abstracts Submission .....	8 January 2018
Registration opens .....	23 January 2018
Closing of Abstract Submission .....	5 April 2018
Opening of late breaking abstract submission .....	11 May 2018
Early Bird Deadline .....	17 May 2018
Deadline for late breaking abstracts (posters only) ..	14 June 2018

## Organising Secretariat

MCI has been selected by Central ESPEN as the official Congress Organiser to process registrations, abstracts submission and hotel reservation.

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

### All correspondence should be sent to:

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**The registration fees and full list of hotels will be available on the ESPEN website end of 2017: [www.espen.org](http://www.espen.org)**

## Venue

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