



13th CYPRUS DIETETIC & NUTRITION ASSOCIATION CONFERENCE & EXPO

Transforming Global Nutrition and Dietetics:
Evidence-Based Practices for Innovation,
Sustainability, and Health Equity

7 - 9 NOVEMBER 2025 | HILTON NICOSIA, CYPRUS

PRELIMINARY PROGRAMME

ORGANIZED BY:



CyDNA is a member of



UNDER THE AUSPICES OF:



Cyprus Registration Board
for Food Technologists,
Food Scientists and Dietitians



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH





PRELIMINARY PROGRAMME

January 2026 Post Conference Open for the Public (TBC)

18:00 – 18:30	Registrations
18:30 – 20:30	Panel open for the public (session in Greek) (@ UNIC) Chairs/Συντονιστές: Eleni Andreou, Christiana Philippou (collaboration with Charalambides Christis)
	 
	CPE level: III CPE credit: I

FRIDAY, 7 November 2025

ROOM: DIONYSUS

08:30 – 12:30	LLL - Topic 41 Nutrition in Cancer: Focus on Tumor Types
08:30 – 09:00	Module 41.1: Nutrition Support in Gastrointestinal Tract Cancer. Foregut Tumors - Head and Neck, Esophagus Alessandro Laviano (TLLL)
09:00 – 09:30	Module 41.2: Nutrition in Breast Cancer Giagkos Lavranos (TLLL)
09:30 – 10:00	Module 41.3: Nutrition in Colorectal Cancer Stalo Kountouri (TLLL)
10:00 – 10:30	Coffee Break
10:30 – 11:00	Module 41.4: Nutrition in Gastric and Pancreatic Cancer Elina Ioannou (TLLL)
11:00 – 11:45	Q & A, Case discussion Alessandro Laviano (TLLL)
11:45 – 12:30	Feedback & Test
	Director of the course: Stalo Kountouri With Cooperation of CySPEN
	CPE level: II CPE credit: 4





11:30 – 12:00	Registrations
ROOM: LEDRA A	
12:00 – 13:00	Panel: Personalized Fueling: How Genes and Timing Shape Metabolic Health • Nutrigenomics in Practice: How the Genome can Guide Personalized Nutrition Evelina Charidemou • Carbohydrate Periodization Across the Day: Implications for Body Composition, Fitness, and Gut Microbiome Health Angelos Vlachogiannis • The Role of the Immune System in Allergies: Friend or Foe? Stella A. Nicolaou Chairs: Anna Pahita, Yiota Tsokkou CPE level: II CPE credit: 1
13:00 – 14:00	Panel: Nutrition and Dietetics around the Globe, Discussion with Q & A • From Education to Innovation: Empowering Dietitians in Cyprus for Sustainable and Equitable Nutrition Practice Eleni Andreou • Profession of Nutrition and Dietetics in Greece Fani Preventi • Professional Policies of Nutrition and Dietetic in Europe, EFAD Grigoris Risvas • Building Trust through Regulation: The Cypriot Model for Dietetic Professionalism and Excellence Zoe Kyriakidou Chairs: Panayiota Theofilou, Nikolaos Ntaflos, Christiana Philippou CPE level: II CPE credit: 1

14:00 – 15:00

**Panel: Workshop - Nutritional Psychology:
The Mind–Food Connection for Better Mental Health**

- Mental Health, the Brain, and the Role of Diet in Psychiatry
Dimitris Efthymiou
- Eating Behaviors, Emotional Eating, and the Psychology of Food Choices
Emilia Vassilopoulou
- What to Eat for a Healthy Mind: Practical Nutritional Strategies
Anastasios Papalazarou

Chairs: Eleni Andreou, Nicoletta Ntorzi

In collaboration with Nutritional Psychology Greece



CPE level: II CPE credit: 1

15:00 – 15:30

Coffee Break (Exhibition area)

15:30 – 16:30

Panel: All about Obesity

- The Dietetic Approach in Individuals Receiving GLP-1 and/or GIP Agonists: Key Considerations
Charilaos Dimosthenopoulos
- Diagnostic Assessment of the Patient with Obesity: Beyond BMI
Charis Constandinou
- Food-Related Behavioral Disorders and Their Role in Obesity
Maria Koushiou

Chairs: Elina Angastinioti, Angela Angelidou, Anastasios Theodorou

CPE level: II CPE credit: 1

16:30 – 17:30

**Satellite Symposium
by Nutricia, Lifepharma**



- Malnutrition and Cachexia in Patients with Cancer
Alessandro Laviano
- What Makes a Successful Company with Great Nutrition Input
Frank Tomholt

Chairs: Nicoletta Ntorzi (from Lifepharma), Eleni Andreou, Dimitris Papamichael

CPE level: II CPE credit: 1



17:30 – 18:30

Panel: ONE HEALTH

- Eating for Health, Eating for Earth: The Power of Nutrition in Sustainability
Antonis Zampelas, President of EFET
- Updating the Mediterranean Diet Pyramid towards Sustainability:
Focus on Environmental Concerns
Lluís Serra-Majem
- HEALTHY TEENS: Designing an Evidence-informed Lifestyle Intervention
in adolescents to reduce future cancer risk
Constantina Constantinou
- **Nikolaos Lysigakis**
Senior Consultant - Corporate Affairs, Lidl Greece and Cyprus



Chairs: Yiannis Koutras, Dimitris Papamichael

CPE level: II CPE credit: 1

18:30 – 19:30

Opening Ceremony with Motivational Speaker and Song

Addresses by:

- **Prof Eleni P. Andreou**, President of Cyprus Dietetic and Nutrition Association & CyRBFSTD
- **Mrs Fani Preventi**, President of HAD
- **Dr Grigoris Risvas**, President of EFAD
- **Dr Petros Agathangelou**, President of the Cyprus Medical Association
- **Prof Antonis Zampelas**, President of EFET
- **Dr Athena Michaelidou**, Minister of Education, Sport and Youth
- **Mr Michael Damianos**, Minister of Health

- Motivational/Inspiration Talk:
Health Starts with Us: Transforming Systems, Behaviors, and Lives
Prof Dan Benardot

Song: By Ioannis Livanos

Chairs: Nicoletta Ntorzi, Anna Pahita

CPE level: I CPE credit: 1

19:30 – 20:30

- **Opening of the Exhibition**
- **Poster Session** (in the Exhibition Room and Conference Room)
- **Cocktail: Eis ygeia - “εις υγεία” - To your health!**

CPE level: I CPE credit: 1



SATURDAY, 8 November 2025

ROOM: DIONYSUS

08:00 – 12:00 LLL - Topic 42 Clinical Sports: Nutrition in Sport-Related Health Problems

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| 08:00 – 08:30 | <ul style="list-style-type: none"> Module 42.1 Dehydration and Electrolyte Disturbance - Silent Killer of Exercise Performance
Dimitrios Papandreou (TLLL) |
| 08:30 – 09:00 | <ul style="list-style-type: none"> Module 42.2 Malnutrition in Physical Activity - Etiopathogenesis, Diagnostics and Treatment of RED-Syndrome
Giagkos Lavranos (TLLL) |
| 09:00 – 09:30 | <ul style="list-style-type: none"> Module 42.3 Gut Training and Gastrointestinal Issues in Physical Activity
Nikolaos Ntaflos |
| 09:30 – 10:00 | <ul style="list-style-type: none"> Module 42.4 Nutrition for Optimising Immune Function and Recovery from Injury in Sports
Stalo Kountouri (TLLL) |

10:00 – 10:30 Coffee Break (Exhibition area)

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| 10:30 – 11:15 | <ul style="list-style-type: none"> Q & A, Case discussion
Giagkos Lavranos |
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| 11:15 – 12:00 | <ul style="list-style-type: none"> Feedback & Test |
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Director of the course: Stalo Kountouri

With Cooperation of CySPEN

CPE level: I CPE credit: 4



ROOM: LEDRA A

08:00 – 09:30 Oral Presentation

Chairs: Yiannis Koutras, Lazaros Lazarou

CPE level: III CPE credit: 4



09:30 – 10:30

Panel: Heart-Strong: The Role of Diet, Supplements, and Biomarkers in Cardiovascular Wellness

- From Folate to Heart Health: Nutrition and Homocysteine in Atherosclerosis Risk
Andrie Panayiotou
- Lp(a) and LDL Cholesterol: Clinical Insights and Dietary Implications for Cardiovascular Risk Management
Aris Angouridis
- Lipid Screening in Children and Adolescents
Adamos Hadjipanayi

Chairs: Phivos Symeonides, Eleni Andreou, Andrew Nicolaides

In Collaboration with Cyprus Atherosclerosis Society



CPE level: III CPE credit: 4

10:30 – 11:00

Coffee break (Exhibition area)

11:00 – 12:00

Panel: Innovation at the Intersection of Health and Nutrition: Prevention, AI, and System Redesign

- Empowering Health Care Professionals with AI: Practical Applications for Modern Care- Adapt or be left behind
Evridiki Georgaki
- Rethinking Nutrition Care Pathways: Insights from Healthcare Operations Management
Marianna Fraggiskou
- How to Build Your Personal Brand & Grow Your Client Base: A Marketing Guide for Dietitians
Angelos Iacovides

Chairs: Nicoletta Ntorzi, Dimitris Papamichael

CPE level: II CPE credit: 1

12:00 – 13:15	Panel: Multidiscipline Management of Diabetes and Metabolic Syndrome • Basic Principles for Diabetes Therapy with Insulin Pump Nicos Skordis • Triglyceride and Glucose Index as an Optimal Predictor of Metabolic Syndrome - A nutritional approach and dietary management for MtS Dimitrios Papandreou • Dietary Timing and Therapeutic Nutrition: Novel Approaches for Glycemic Control and Insulin Sensitivity in Diabetes Aimilia Papakonstantinou • Dietary Intervention in Diabetic Nephropathy: A Case-Based Approach Using Carb Counting and Renal Diet Equivalents Charilaos Dimosthenopoulos Chairs: Anna Michael, Elina Angastinioti CPE level: II CPE credit: 1
13:15 – 13:20	Stretch & Refresh Break, Christiana Kyriacou
13:20 – 14:30	Lunch Break (Exhibition area)
13:20 – 14:30	Poster Session
14:30 – 15:30	Food Demonstration: Beyond Calcium: Harnessing the Protein Power of Dairy in Dietetics By Chef Giorgos Erotokritou Chairs: Andreas Savva, Angela Angelidou CPE level: I CPE credit: 1
15:30 – 16:30	Poster/Oral Presentation & 10 minute Message from Supported Companies Oral Presentation Chairs: Yiannis Koutras, Lazaros Lazarou CPE level: III CPE credit: 1 10 minute Message from Supported Companies • Michalis Savva • Christina Titsinidou Chairs: Maria Alexiadou, Dimitris Papamichael
16:30 – 17:30	Workshop: Practical Tools & Case Studies • Professional support for services working with Avoidant Restrictive Food Intake Disorder (ARFID) Ursulla Philpot • Restricted Intake Self Harm (RISH) Ursulla Philpot Chairs: Eleni Andreou, Christina Aristotelous <i>In Collaboration with MAZI</i> CPE level: II CPE credit: 1
17:30 – 18:00	Coffee Break (Exhibition area)





18:00 – 19:00

Testimonial Panel: Two Voices: A Novelized Testimony of Living with Anorexia

- The Voice of the Father - His Testimony
Costas Katsoni
- The Voice of the Daughter - Her Testimony
Evgenia Katsoni
- Participatory Living Lab: Voices and Journeys of Individuals and Families Facing Eating Disorders
Nicos Middleton

Chairs: Eleni Andreou(MAZI), Andrea Constantinidou (Cyprus Association for the Support of Individuals with Eating Disorders), Pavlina Theodorou

In Collaboration with MAZI



CPE level: III CPE credit: 1

19:00 – 20:00

Panel: Sports Nutrition, Physical Activity and Public Health

- Sports and Nutrition experience by an elite football player
Giorgos Efrem
- Evidence-Based Sports Supplements: Supporting Muscle Function, Recovery, and Performance
Gregory Bogdanis
- Optimizing Exercise Performance and Recovery: The Crucial Role of Sleep
Christoforos Giannaki
- Policies and Programmes involving Dietary Modification and Physical Activity for Improving Quality of Life in the Population: The case of Cyprus
Alexandros Heraclides

Chairs: Nikolaos Ntaflos, Constantinos Zisimou, Pinelopi Stavrinou

CPE level: II CPE credit: 1

20:30

Gala Dinner



SUNDAY, 9 November 2025

ROOM: LEDRA A

08:00 – 09:00

Poster Presentations

Chairs: Yiannis Koutras, Lazaros Lazarou

CPE level: III CPE credit: 1

09:00 – 10:00

Workshop: Change to Contemporary and Motivational Issues in Carrer Arena - Empowering Dieticians with Intrapreneurship

Elie Wakil

Chairs: Eleni Andreou, Anna Michael, Christos Papaneophytou

CPE level: I CPE credit: 1

10:00 – 11:00

Panel: Nutrition and Health Strategies: Health Promotion, Food Security, and Childhood Development

- Nutrition Policy: A National Challenge for Health, Food Security, and Primary Production by EFET
Antonis Zampelas
- Nutrition as a Tool for Prevention: Health Education Strategies to Address Chronic Disease in the General Population by the Cyprus Ministry of Education
Christiana Philippou
- Can We Trust Our Plate? Ultra-Processed Foods and Food Fraud - From Food Science to Health
Panayiota Theofilou

Chairs: Yiota Tsokkou, Pavlina Theodorou

CPE level: II CPE credit: 1

11:00 – 11:05

Stretch & Refresh Break, **Christiana Kyriacou**

11:05 – 11:30

Coffee Break



11:30 – 12:30

Panel: Critical Care in Nutrition

- From ICU Bedside to Nutrition Plan: Practical Applications of Indirect Calorimetry (case studies)
Dimitrios Karayiannis
- New Insights of Enteral Nutrition
Thalia Avraam
- Correlation Between Teamwork and Patient Safety in ICU
Theodoros Kyprianou
- Interdisciplinary Diabetes Education in the ICU: Nursing and Nutrition Approaches
Panayiotis Siekkeris

Chairs: Christiana Philippou, Maria Tziortzi, Maria Foka

In collaboration with
ΦΟΡΟΥΜ ΕΝΤΑΤΙΚΗΣ ΘΕΡΑΠΕΙΑΣ
Intensive Care Forum



CPE level: II CPE credit: 1

12:30 – 13:30

Debates: Intermittent fasting on Successful Weight Loss and Health Outcomes
Examine the science vs. risks in populations with diabetes, metabolic syndrome, or eating disorders

Anastasios Papalazarou (Pro)
Emilia Papakonstandinou (Con)

Chairs: Yiannis Koutras, Thecla Christoudia

CPE level: I CPE credit: 1

13:30 – 14:30

Closing Ceremony and Awards for

- * **the Best Rated Oral/Poster Presentation for Student Dietitians and**
- * **Competition**

Speaker: **Eleni Andreou**

Chairs: Christiana Philippou, Anna Pahita

CPE level: III CPE credit: 1

Simultaneous Translation Greek-English will be offered
LLL's sessions will be conducted in English with Greek explanations
provided by Greek-speaking speakers where applicable

Session for the sponsors – 10 minutes presentation;
Oral/ Poster Presentations – 5 minutes

The Scientific applied for approval by CDR for 36 CPE
21 Conference, 4 Poster/Oral Presentations, 1 Exhibition, 8 LLLs, 2 Open to the Public

Conference Committee

Chair of
Organizing Committee

Andreou Eleni

Organizing Committee

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Angastinioti Elina
Angelidou Angela (Social Media)
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