



# 13<sup>th</sup> 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:



CyDNA Food and Nutrition Conference & Exhibition  
*The scientific programme is being reviewed for CPE/CME*



## PRELIMINARY PROGRAMME

### December 2025 Post Conference Open for the Public (TBC)

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



### FRIDAY, 7 November 2025

#### ROOM: DIONYSUS

08:30 – 12:30	<b>LLL - Topic 41 Nutrition in Cancer: Focus on Tumor Types</b>
08:30 – 09:00	<ul style="list-style-type: none"> <li>Module 41.1: Nutrition Support in Gastrointestinal Tract Cancer. Foregut Tumors - Head and Neck, Esophagus Alessandro Laviano (TLLL)</li> </ul>
09:00 – 09:30	<ul style="list-style-type: none"> <li>Module 41.2: Nutrition in Breast Cancer Giagkos Lavranos (TLLL)</li> </ul>
09:30 – 10:00	<ul style="list-style-type: none"> <li>Module 41.3: Nutrition in Colorectal Cancer Stalo Kountouri (TLLL)</li> </ul>
10:00 – 10:30	<b>Coffee Break</b>
10:30 – 11:00	<ul style="list-style-type: none"> <li>Module 41.4: Nutrition in Gastric and Pancreatic Cancer Elina Ioannou (TLLL)</li> </ul>
11:00 – 11:45	<ul style="list-style-type: none"> <li>Q &amp; A, Case discussion Alessandro Laviano (TLLL)</li> </ul>
11:45 – 12:30	<ul style="list-style-type: none"> <li>Feedback &amp; Test</li> </ul> <p>Director of the course: Stalo Kountouri With Cooperation of CySPEN</p> <p>CPE level: II    CPE credit: 4</p>





**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, Christos Papanephytou

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	<p><b>Panel: Workshop - Nutritional Psychology: The Mind–Food Connection for Better Mental Health</b></p> <ul style="list-style-type: none"> <li>• Mental Health, the Brain, and the Role of Diet in Psychiatry <b>Demetres Efthymiou</b></li> <li>• Eating Behaviors, Emotional Eating, and the Psychology of Food Choices <b>Emilia Vassilopoulou</b></li> <li>• What to Eat for a Healthy Mind: Practical Nutritional Strategies <b>Anastasios Papalazarou</b></li> </ul> <p>Chairs: Eleni Andreou, Nicoletta Ntorzi</p> <p><i>In collaboration with Nutritional Psychology Greece</i></p>  <p>CPE level: II CPE credit: 1</p>
15:00 – 15:30	<p><b>Coffee Break</b> (Exhibition area)</p>
15:30 – 16:30	<p><b>Panel: All about Obesity</b></p> <ul style="list-style-type: none"> <li>• The Dietetic Approach in Individuals Receiving GLP-1 and/or GIP Agonists: Key Considerations <b>Charilaos Dimosthenopoulos</b></li> <li>• Diagnostic Assessment of the Patient with Obesity: Beyond BMI <b>Charis Constandinou</b></li> <li>• Food-Related Behavioral Disorders and Their Role in Obesity <b>Maria Koushiou</b></li> </ul> <p>Chairs: Angastinioti Elina, Angelidou Angela</p> <p>CPE level: II CPE credit: 1</p>
16:30 – 17:30	<p><b>Satellite Symposium by Nutricia, Lifepharma</b></p>    <p>Malnutrition and Cachexia in Patients with Cancer <b>Prof Alessandro Laviano</b></p> <p>Chairs: Nicoletta Ntorzi (from Lifepharma), Eleni Andreou, Dimitris Papamichael</p> <p>CPE level: II CPE credit: 1</p>



**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**
- **Vasiliki Adamidou**,  
Director of Corporate Affair and Sustainability, LIDL 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:

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

- **Motivational/Inspiration Talk:**  
Health Starts with Us: Transforming Systems, Behaviors, and Lives  
or «Αλλάζοντας τον Κόσμο Μέσα από την Υγεία: Από τις Συμπεριφορές στα Συστήματα»  
**Mrs Irene Agapidaki**, Deputy Minister of Health Greece

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

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

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|----------------------|--|
| <b>10:30 – 11:15</b> | <ul style="list-style-type: none"> <li>Q &amp; A, Case discussion<br/><b>Giagkos Lavranos</b></li> </ul> |
| <b>11:15 – 12:00</b> | <ul style="list-style-type: none"> <li>Feedback &amp; Test</li> </ul>                                    |

Director of the course: **Stalo Kountouri***With Cooperation of CySPEN*

CPE level: I CPE credit: 4

**ROOM: LEDRA A****08:30 – 09:30 Poster/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**
- Cholesterol 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 Frangeskou**
- 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	<p><b>Panel: Multidiscipline Management of Diabetes and Metabolic Syndrome</b></p> <ul style="list-style-type: none"> <li>• Basic Principles for Diabetes Therapy with Insulin Pump <b>Nicos Skordis</b></li> <li>• Triglyceride and Glucose Index as an Optimal Predictor of Metabolic Syndrome - A nutritional approach and dietary management for MtS <b>Dimitrios Papandreou</b></li> <li>• Dietary Timing and Therapeutic Nutrition: Novel Approaches for Glycemic Control and Insulin Sensitivity in Diabetes <b>Emilia Papakonstantinou</b></li> <li>• Dietary Intervention in Diabetic Nephropathy: A Case-Based Approach Using Carb Counting and Renal Diet Equivalents <b>Charilaos Dimosthenopoulos</b></li> </ul> <p>Chairs: Anna Michael, Elina Angastinioti</p> <p>CPE level: II CPE credit: 1</p>
13:15 – 14:30	<b>Lunch Break</b> (Exhibition area)
14:30 – 15:30	<p>Food Demonstration: <b>Beyond Calcium: Harnessing the Protein Power of Dairy in Dietetics</b> <b>By Chef Giorgos Erotokritou</b></p> <ul style="list-style-type: none"> <li>• Company Profile, TBA</li> </ul> <p>Chairs: Andreas Savva, Angela Angelidou</p> <p>CPE level: I CPE credit: 1</p>
15:30 – 16:15	<p><b>Poster/Oral Presentation</b></p> <p>Chairs: Yiannis Koutras, Lazaros Lazarou</p> <p>CPE level: III CPE credit: 1</p>
16:15 – 16:30	<p><b>10 minute Message from Supported Companies</b></p> <p>Chairs: Maria Alexiadou, Dimitris Papamichael</p>
16:30 – 17:30	<p><b>Workshop: Practical Tools &amp; Case Studies</b></p> <ul style="list-style-type: none"> <li>• Professional support for services working with Avoidant Restrictive Food Intake Disorder (ARFID) <b>Ursulla Philpot</b></li> <li>• Restricted Intake Self Harm (RISH) <b>Ursulla Philpot</b></li> </ul> <p>Chairs: Eleni Andreou, Florentia Zorpa, Christina Paschalidou, Christina Aristotelous</p> <p><i>In Collaboration with MAZI</i></p> <p>CPE level: II CPE credit: 1</p>
17:30 – 18:00	<b>Coffee Break</b> (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 handball player  
**Milos Dragas**
- Evidence-Based Sports Supplements: Supporting Muscle Function, Recovery, and Performance  
**Gregory Bogdanis**
- Exploring the Link Between Body Composition, Functional Capacity, and Cognitive Performance in Exercising and Non-Exercising Adults,  
**Christoforos Giannaki**
- National Strategy for Improving the Population's Quality of Life through Healthy Nutrition and Physical Activity 2025–2030,  
**Alexandros Heraclides**

Chairs: Nikolaos Ntaflos, Constantinos Zisimou

CPE level: II CPE credit: 1

**20:30**

**Gala Dinner**

## SUNDAY, 9 November 2025

ROOM: LEDRA A

08:00 – 09:00

### Oral 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 through Entrepreneurship

Elie Wakil

Chairs: Eleni Andreou, Anna Michael

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 – 11:30

### 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: 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 – 5 minutes presentation;  
Book Presentations/Oral Presentations – 5-10 minutes (depending on time availability); Poster

*The Scientific Programme applied for approval by CDR for 34 CPE  
(21 Conference, 4 Poster/Oral Presentation, 1 Exhibition, 8 LLL)*

## Conference Committee

### Chair of Organizing Committee

**Andreou Eleni**

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### Organizing Committee

**Andreou Eleni** (Chair)  
**Angastinioti Elina**  
**Angelidou Angela** (Social Media)  
**Alexiadou Maria**  
**Christoudia Thekla**  
**Koutras Yiannis**  
**Lazaros Lazarou**  
**Michael Anna**  
**Ntaflos Nikolaos**  
**Ntorzi Nicoletta**  
**Pahita Anna** (Secretary)  
**Papamichael Dimitris**  
**Philippou Christiana**  
**Savva Andreas**  
**Tsokkou Yiota**  
**Tziortzi Maria**  
**Theodorou Pavlina**  
**Zisimou Constantinos**

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### Scientific Committee

**Andreou Eleni** (Chair)  
**Angastinioti Elina**  
**Michael Anna**  
**Ntaflos Nikolaos**  
**Ntorzi Nicoletta** (Secretary)  
**Pahita Anna**  
**Papamichael Dimitris**  
**Philippou Christiana**  
**Tsokkou Yiota**  
**Koutras Yiannis**

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### Financial/Exhibition Committee

**Philippou Christiana** (Chair)  
**Andreou Eleni**  
**Ntorzi Nicoletta**  
**Papamichael Dimitris**  
**Angelidou Angela**

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### CyDNA Board

**Prof Dr Andreou Eleni** – President  
**Dr Philippou Christiana** – Vice President  
**Pahita Anna** – Secretary  
**Papamichael Dimitris** – Treasurer  
**Dr Ntorzi Nicoletta** – Assistant Secretary  
**Ntaflos Nikolaos** – Member  
**Savvas Andreas** – Member