



International Life  
Sciences Institute

Workshop

# Low-grade Inflammation A High-grade Challenge

*Biomarkers and Modulation by Dietary Strategies*

15 September 2013, Granada, Spain

**Organised by  
ILSI Europe Metabolic Syndrome and Diabetes Task Force**

In collaboration with



## BACKGROUND

Inflammation is an essential component of the immune response. However, chronic low-grade inflammation is being increasingly recognised as a pathological feature of numerous common chronic diseases. For example, adipose tissue inflammation is a key determinant of risk and progression of type-2 diabetes and the metabolic syndrome.

Numerous dietary components (macronutrients, micronutrients and non-nutrient plant bio-actives) modulate inflammatory status. The generic aim of the workshop is to provide a comprehensive overview of what is known and unknown regarding the contribution of inflammation to health and disease, how inflammation may be assessed and modified by diet, and the use of inflammation as the basis for health claims.

The ILSI Europe Metabolic Syndrome and Diabetes Task Force has published the peer-reviewed publication Calder *et al.*, 2011. Dietary factors and low-grade inflammation in relation to overweight and obesity. *British Journal of Nutrition* Vol. 106, S3.

## SPECIFIC GOALS AND PURPOSES

This workshop will:

- Highlight the importance of low-grade inflammation in health and disease;
- Review and interpret the extensive literature on the dietary modulation of low-grade inflammation by macronutrients, micronutrients and non-nutrients (such as fibre and other plant bio-actives);
- Provide a comprehensive overview of the hierarchy of inflammatory markers as biomarkers of risk of the metabolic syndrome, diabetes, cardiovascular disease, cognitive and gut health;
- Focus on issues relevant to the translation of research findings into health claims.

## ORGANIZING COMMITTEE

Prof. Anne-Marie Minihiane - *Chair*  
(University of East Anglia, UK)

Dr Sophie Vinoy - *Vice-Chair*  
(Mondelez International, FR)

Prof. Jean-Louis Bresson  
(Hôpital Necker, Centre d'Investigation Clinique, FR)

Prof. Philip Calder  
(University of Southampton, UK)

Prof. Massimo Massi Benedetti\*  
(University of Perugia, IT)

Dr Wendy Russell  
(University of Aberdeen, UK)

Dr Luc Sterkman  
(Newtricious, NL)

Dr Katerina Vafeiadou  
(University of Reading, UK)  
Ms Athanasia (Nancy) Baka  
(ILSI Europe, BE)

\* Observer

## EXPECTED OUTCOME

The speakers will provide clear take-home messages and the workshop will provide a platform to discuss with key stakeholders the challenges of low-grade inflammation and its importance as a pathological feature of numerous common chronic diseases.

A peer-reviewed publication covering the discussions will be produced soon after the workshop.

## PROGRAMME

**Overall Chair: A.M. Minihane**  
**Overall Co-chair: S. Vinoy**  
**Overall Rapporteur: W. Russell**

08:30 Registration

### Introduction and Background

09:30 Welcome, introduction and objectives of the workshop *S. Vinoy*

09:45 Inflammation: friend or foe? *A.M. Minihane*

### Session1: Inflammation in Acute and Chronic Diseases

*Chair: tbc, Co-chair: L. Sterkman, Rapporteur: K. Vafeiadou*

10:00 Low-grade inflammation in cardiometabolic syndrome and diabetes *B. Staels*

10:30 Gut-systemic inflammatory axis *K. Tuohy*

11:00 Neuroinflammation and brain ageing *J. Teeling*

11:30 Coffee break

### Session 2: Dietary Modulation of Inflammation

*Chair: W. Russell, Co-chair: M. Massi Benedetti, Rapporteur: A. Baka*

11:45 Dietary fat, carbohydrates and inflammation *E. Blaak*

12:15 Micronutrients and inflammation *M. Fenech*

12:45 Plant bioactives and inflammation *D. Vauzour*

13:15 Early life programming in inflammation *tbc*

13:45 Lunch

### Session 3: Translation of Research into Public Health Benefit and Novel Products

*Chair: A.M. Minihane, Co-chair: S. Vinoy, Rapporteur: K. Vafeiadou*

15:00 Biomarkers of inflammation in human nutrition studies *P. Calder*

15:40 Inflammation and health claims *tbc*

16:20 Coffee break

### Session 4: Discussion and Wrap-up

*Chair: P. Calder, Co-chair: C. Williams,  
 Rapporteurs: K. Vafeiadou & A. Baka*

16:30 Open Discussion Session: Key issues and knowledge gaps  
*Moderator: C. Williams*

17:15 Wrap-up and closing remarks *W. Russell*

17:30 End

*The programme may be subject to changes without prior notice in case of unexpected cancellations.*

## REGISTRATION & PAYMENT

Registration fees:

- €110,- for registrants from academia and public sector
- €220,- for registrants from industry

The registration fee covers:

- Admission to the workshop,
- Abstract booklet,
- Buffet lunch and refreshments during the conference on 15 September 2013.

An invoice will be sent to all participants after registration has been completed. Registration and payment of registration fee by credit card should be made by **30 July 2013**. Registration and hotel reservations are accepted after 30 July 2013 upon availability.

**Important note:** Due to the limited number of seats registrations will be on a **'first come first served'** basis. Therefore, we strongly advise you to register at your earliest convenience.

To register and make your hotel reservation at the Hotel Macia Real De La Alhambra please [click here](#).

### Cancellation policy

All cancellation of registrations should be made in writing to Ms Ruth Marquet. Cancellations received before 10 August 2013 will be refunded minus €50,- handling charges. Cancellations of registration received from 10 August 2013 on will not be refunded.

## VENUE AND ACCOMMODATION

The event will be held at:

**Hotel Macia Real De La Alhambra**

Mirador del Genil, 2  
18008 Granada, Spain

+ 34 958 216 693

[www.maciahoteles.com/en/  
real-alhambra-hotel/](http://www.maciahoteles.com/en/real-alhambra-hotel/)



Located at a 5-minute drive from Granada's Exhibition and Congress Centre where the International Congress of Nutrition (ICN) 2013 will take place (Bus 33 stops right in front of the hotel) and at a 5-minute drive from La Alhambra, this modern avant-garde style hotel is nestled amidst splendid gardens. It has an outdoor swimming pool, a fitness center and an Arabic spa.

A number of standard guest rooms has been pre-booked at special rates in the Hotel Macia Real De La Alhambra where the workshop will take place. Registrants who also participate at the ICN 2013 conference have the possibility to extend their stay at the hotel until 22 September 2013.

- Rate Single Room: €70,-/night
- Rate Double Room: €80,-/night

Rates include buffet breakfast, free access to WIFI, to the fitness centre and 10% VAT.

Hotel reservations have to be made together with the on-line registration by **30 July 2013**.

## IMPORTANT DATES

**30 July 2013**

Deadline for registration and payment

**30 July 2013**

Deadline for hotel booking

**10 August 2013**

Deadline for hotel and registration cancellations

## FOR FURTHER INFORMATION

Visit the event [website](#).

Contact:

### Scientific programme

Ms Athanasia (Nancy) Baka  
Scientific Project Manager  
ILSI Europe  
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### Registration, venue and accommodation

Ms Ruth Marquet  
Conference & Membership Manager  
ILSI Europe  
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[www.ils.eu](http://www.ils.eu)