

Hydration and Health, the hidden link

11th June 2015, 10.30-13.30
room 256 B Conference Centre EXPO

FEMTEC invites the main hydration experts in the world to an international roundtable organized in EXPO to make the point on the role of hydration in a healthy life (with the support of Sanpellegrino).

AGENDA:

- Opening: launch of the Consensus (by FEMTEC/Prof. Solimene, Prof. Minelli, WHO CC, Università di Milano, UNIMI/Prof. Crotti and WHO/Dr. Zhang)
- The Sanpellegrino's commitment towards promoting healthy hydration (SP CEO, Dott. Stefano Agostini)
- Signing and delivery of the Hydration Manifesto
- Delivery of the letter for a National Hydration Day
- Overview: the positive effect of a correct hydration on the overall wellbeing (Prof. P. Cantista, University of Porto – President International Society of medic Hydrology)
- Focus: monothematic speeches (one by one) on different problems for the health linked to a bad hydration:
 - Hydration and Obesity (Prof. M. Carruba, University of Milan, member of the working group of the Minister of Education for the Nutrition Education programs in schools) - *Drinking water is a simple solution to manage daily calorie intake: water should be considered as the primary source of hydration.*
 - Hydration and cardio-metabolic diseases (M.R. Taskinen, Professor of Medicine, Helsinki University Hospital and ICCR member) - *Replacing sugar*

sweetened beverages with water to fight the epidemic of obesity, type 2 diabetes and cardiovascular diseases.

- Hydration and nephrology (Prof. A. Santoro, SIN – Italian Society of Nephrology) - *Overview of the link between kidneys and water and the consequences of inappropriate hydration on renal health*
- Hydration and brain (Prof. R. Morelli, President of the RIZA Institut and vice President of SIMP, Italian Society of Psychosomatic medicine) - *Water gives the brain the energy for all brain functions, including focus, thought and memory processes.*
- Hydration and health of children (Prof.ssa Olga Surdu Università Ovidius di Constanta) - *Infants and young children have a higher proportion of body water than adults: the importance of encouraging children to drink water regularly as they forget to drink.*
- Hydration and health of women (Dott.ssa P. Pileri, Sacco Hospital, Milan) – *The importance of hydration during periods of pregnancy, breast-feeding and menopause.*
- Hydration and health of elderly (Prof.ssa D. Mari, University of Milan, member of the scientific committee of the Italian Multicentric Study on Centenarians) - *Age and progressive reduction of the sensation of thirst*