



10th EIEIM CONFERENCE EXERCISE IS MEDICINE PADOVA 2022

27-28-29th October, 2022

Botanical Garden, Padova



ExeRcise
is Medicine[®]
Italy

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EIM Italy organising Board:

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Provider ECM ID 1884 DIMED - Medicine Department Padova
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Contact address: info@exerciseismedicine.it

HYBRID EVENT, onsite and online

Scientific Board:

Roberto Vettor, Head of the Department of Medicine, EIM Italy,
University of Padova
Antonio Paoli, Vice-Rector for Wellness and Sport, University of
Padova
Andrea Ermolao, Head of the Sports and Exercise Medicine
Division, Department of Medicine, EIM Italy, University of Padova
Daniel Neunhäuserer, Assistant Professor at the Sports and
Exercise Medicine Division, Department of Medicine, EIM Italy,
University of Padova, EIM Global
Jürgen Steinacker, Chair of the European Initiative for Exercise
in Medicine (EIEIM), University of Ulm, Germany
Rüdiger Reer, Board Member of the European Initiative for
Exercise in Medicine (EIEIM), University of Hamburg, Germany
Willem Van Mechelen, Board Member of the European
Initiative for Exercise in Medicine (EIEIM), Amsterdam UMC, The
Netherlands

And with the collaboration of Exercise is Medicine Global





12:00 - 13:00

EIM Team Building

Title: **EIM National Centers from around the world meet EIM Italy**

Participants: **EIM National Centers**

Type of activity: **Social event upon invitation**

13:00 - 14:00

EIM-Italy: Initiatives and future perspectives

Title: **EIM-Italy: National Center Meeting**

Participants: **EIM-Italy representatives**

Type of activity: **Meeting upon invitation**

14:00 - 15:30

EIM Europe: Initiatives and future perspectives

Title: **EIEIM - EIM Europe National Centers Meeting**

PARTICIPANTS: **EIEIM, EIM Europe National Centers**

Type of activity: **Meeting upon invitation**

14:00 - 15:30

Pre-conference registration

15:30 - 15:45

Greetings and Conference introduction

Title: **Congress inauguration**

Participants: **Authorities**

Type of activity: **Brief speech**

15.45 - 16.00

Greetings from the European Initiative for Exercise in Medicine

Title: **Getting Europe's People and Medicine more physically active**

Participants: **Jürgen Steinacker**

Type of activity: **Brief speech**

SESSION 1:

EXERCISE IN MEDICINE (live streaming on socials)

CHAIRS: Andrea Ermolao and Jürgen Steinacker

16:00 - 16:15

Title: **Exercise Is Medicine: a global and inclusive alliance for a healthier world**

Participants: **Robyn M. Stuhr**

Type of activity: **Presentation (15 min)**

16:15 - 16:30

Title: **The healthy hospital**

Participants: **J. Hans Zwerver**

Type of activity: **Presentation (15 min)**

16:30 - 16:45

Title: **Evaluating the implementation of physical activity in health settings**

Participants: **Mark Stoutenberg**

Type of activity: **Presentation (15 min)**

16:45 - 17:15

Title: **Financial aspects of physical activity interventions from a medical and economical perspective**

Participants: **Willem van Mechelen & Martina Celidoni**

Type of activity: **Presentation (15+15 min)**

17:15 - 17:30 Discussion

SESSION 2:

YOUNG INVESTIGATORS (live streaming on socials)

CHAIRS: Francesca Battista and Matthew Herring

17:30 - 18:45

Title: **Young investigator contributions: oral presentations of young investigators: best abstracts!**

Participants: **3 clinical abstracts; 3 exercise-related abstracts**

Type of activity: **6 min of short presentations + 3 min discussion each**

EIM STARTS RUNNING: Sports event and homeland security promoted by the State Police and the city of Padova

20:30 - 21:30

Title: **EIM meets CORRI X PADOVA and PINK RUN**

Participants: **Open to all (registered and non-registered)**

Type of activity: **Social sports event - Become physically active with EIM and discover the beautiful Padova**

<https://padovanet.it/famiglia-sociale-e-sport/corri-x-padova>

<https://www.pinkrun.it>





08:00 - 08:30

Conference registration

08:30 - 08:40

Greetings

Title: **Mission and vision of EIM-Italy**

Participants: **Andrea Ermolao / Roberto Vettor**

Type of activity: **Brief speech**

SESSION 3:

Basic science for adapted exercise prescription

CHAIR: Wilhelm Bloch and Roberto Vettor

08:40 - 08:45

Title: **Pills of history @ Unipd**

Participants: **Fabio Zampieri**

Type of activity: **Brief speech**

08:45 - 09:15

Title: **Adapted exercise training as molecular target therapy for chronic diseases**

Participants: **Marco Sandri**

Type of activity: **Presentation (20 min) + Discussion**

09:15 - 09:45

Title: **Sarcopenia: From pathophysiology to exercise training interventions**

Participants: **Marco Narici**

Type of activity: **Presentation (20 min) + Discussion**

09:45 - 10:15

Title: **Exercise is Medicine: From molecular to functional adaptations**

Participants: **Charlotte Suetta**

Type of activity: **Presentation (20 min) + Discussion**

Healthy break: 10:15 - 10:45

SESSION 4:

Digital health and artificial intelligence for EIM;

CHAIR: Josef Niebauer and Giacomo Pucci

10:45 - 10:55

Title: **Video message form Exercise is Medicine Initiatives all over the world**

Participants: **EIM-National Center**

Type of activity: **Video**

10:55 - 11:00

Title: **Pills of history @ Unipd**

Participants: **Fabio Zampieri**

Type of activity: **Brief speech**

11:00 - 11:30

Title: **Sensor monitoring and digital health in diabetes**

Participants: **Alberto Maran and Martina Vettoretti**

Type of activity: **Presentation (20 min) + Discussion**

11:30 - 12:00

Title: **Big data analyses for exercise implementation strategies**

Participants: **Silvano Zanuso**

Type of activity: **Presentation (20 min) + Discussion**

12:00 - 12:30

Title: **The implementation and impact of Moving Medicine: An e-health resource for promoting physical activity**

Participants: **Rebecca Gould**

Type of activity: **Presentation (20 min) + Discussion**

12:30 - 12:45

Title: **Keywords: engagement, empowerment, and exercise**

Participants: **Antonio Colangelo**

Type of activity: **Presentation (15 min)**

Lunch break: 12:45 - 13:45

Poster-session: 12.45 - 14:00

CHAIR: Giulia Quinto and Giuseppe Marcolin





SESSION 5:

Exercise modalities in clinical settings

CHAIR: Yannis Koutedakis and Yannis Pitsiladis

14:00 - 14:10

Title: **Video message from Exercise is Medicine Initiatives all over the world**

Participants: **EIM-National Center**

Type of activity: **Video**

14:10 - 14:15

Title: **Pills of history @ UNIPD**

Participants: **Fabio Zampieri**

Type of activity: **Brief speech**

14:15 - 14:40

Title: **Exercise training for patients with obesity: what is best for which outcome?**

Participants: **Jean-Michel Oppert**

Type of activity: **Presentation (20 min) + Discussion**

14:40 - 15:05

Title: **Exercise modalities for patients with cancer**

Participants: **Rob Newton**

Type of activity: **Presentation (20 min) + Discussion**

15:05 - 15:30

Title: **Supplemental oxygen for exercise training in COPD**

Participants: **Daniel Neunhäuserer**

Type of activity: **Presentation (20 min) + Discussion**

15:30 - 16:00

Title: **Thrilling duel: endurance versus strength training in clinical settings**

Participants: **Dominique Hansen and Josef Niebauer**

Type of activity: **Thrilling duel (20 min) + Discussion**

Healthy break: 16:00 - 16:30

SESSION 6:

Functional evaluation with innovative cardiopulmonary exercise testing

CHAIR: Roberto Franco Enrico Pedretti and Daniel Neunhäuserer

16:30 - 16:40

Presentation tile: **Video message from Exercise is Medicine Initiatives all over the world**

Participants: **EIM-National Center**

Type of activity: **Video**

16:40 - 16:45

Title: **Pills of history @ UNIPD**

Participants: **Fabio Zampieri**

Type of activity: **Brief speech**

16:45 - 17:15

Title: **Why and how measuring cardiac output during exercise**

Participants: **Marco Guazzi**

Type of activity: **Presentation (20 min) + Discussion**

17:15 - 17:45

Title: **Can transcutaneous gas analysis bring CPET to the next level?**

Participants: **Janos Porszasz**

Type of activity: **Presentation (20 min) + Discussion**

17:45 - 18:15

Title: **What can the recovery tell us about patients' functional limitations?**

Participants: **Matthias Wilhelm**

Type of activity: **Presentation (20 min) + Discussion**

18:15 - 18:30

Closing Day 2

Title: **To sum-up: : the young perspective**

Participants: **Sara Ortolan, Veronica Baiocco, Federica Duregon, Carolin Knoke, Laura Bortoloni (graphical recording)**

Type of activity: **Graphical day summary**

Dinner upon invitation: 20:00 - 23:00





08:00 - 08:30
Conference registration

SESSION 7:
Exercise prescription and environmental conditions
CHAIR: Hannes Gatterer and Ruediger Reer

08:30 - 08:40
Title: **Video message from Exercise is Medicine Initiatives all over the world**
Participants: **EIM-National Center**
Type of activity: **Video**

08:40 - 08:45
Title: **Pills of history @ UNIPD**
Participants: **Fabio Zampieri**
Type of activity: **Brief speech**

08:45 - 09:15
Title: **The impact of ambient conditions on exercise and sports**
Participants: **Paolo Emilio Adami**
Type of activity: **Presentation (20 min) + Discussion**

09:15 - 09:45
Title: **Risks and benefits of clinical exercise interventions in mountains**
Participants: **Marco Vecchiato and Nicola Borasio**
Type of activity: **Presentation (20 min) + Discussion**


09:45 - 10:15
Title: **Is free and scuba diving feasible for patients with chronic diseases? Risks and benefits**
Participants: **Gerardo Bosco**
Type of activity: **Presentation (20 min) + Discussion**


Healthy break: 10:15 - 10:45

SESSION 8:
Sports and Exercise in Medicine: Where we are and where to go
CHAIR: J Hans Zwerver and Mark Stoutenberg


10:45 - 10:55
Title: **Video message from Exercise is Medicine Initiatives all over the world**
Participants: **EIM-National Center**
Type of activity: **Video**

10:55 - 11:00
Title: **Pills of history @ UNIPD**
Participants: **Fabio Zampieri**
Type of activity: **Brief speech**

11:00 - 11:15 (ECM) 
Presentation: **Sports and exercise medicine in Europe and the advances in the last decade**
Participants: **Theodora Papadopoulou**
Type of activity: **Introductory overview**

11:15 - 11:45 (ECM) 
Title: **Sports and exercise medicine: Future perspectives and next steps**
Participants: **Fabio Pigozzi, Juergen Steinacker, Andrea Ermolao, Theodora Papadopoulou, Josef Niebauer**
Type of activity: **Round table - moderated discussion**

11:45 - 12:00 (ECM) 
Title: **Exercise specialists in healthcare settings: a European perspective**
Participants: **Yannis Pitsiladis**
Type of activity: **Introductory overview**

12:00 - 12:30 (ECM) 
Title: **Physiotherapists and exercise professionals: bridge the gap for patients' health**
Participants: **Federico Schena, Yannis Pitsiladis, Dominique Hansen, Alfonc Baba**
Type of activity: **Round table - moderated discussion**



To obtain the CME credits on site attendance is required





Healthy breaks: 12:30 - 13:00

SESSION 9:
The impact of nutrition for adapted exercise prescription
CHAIR: Deodato Assanelli and Franco Giada

13:00 - 13:10

Title: **Video message from Exercise is Medicine Initiatives all over the world**

Participants: **EIM-National Center**

Type of activity: **Video**

13:10 - 13:15

Title: **Pills of history @ UNIPD**

Participants: **Fabio Zampieri**

Type of activity: **Brief speech**

13:15 - 14:00 (ECM)



Title: **Interaction of diet, genetic alterations and exercise on cardiovascular risk factors in adolescents**

Participants: **Marcela González-Gross**

Type of activity: **Presentation (20 min) + Discussion**

14:00 - 14:45 (ECM)



Title: **Anabolic resistance in older adults: the role of protein and exercise**

Participants: **Tatiana Moro**

Type of activity: **Presentation (20 min) + Discussion**

14:45 - 15:00 ECM QUESTIONNAIRE

SPONSORED SESSION:

CHAIR: Marcela González-Gross and Anastassios Philippou

15:00 - 15:15

Title: **Train the Largest team ever: how physical activity affects microbiota and promotes body health**

Participants: **Alessandro Portolan**

Type of activity: **Presentation (15 min)**

15:15 - 15:30

Title: **Quickness in the answer: assessing tetrapolar hand to hand bioimpedance reliability for fast body composition analysis**

Participants: **Antonio Molina**

Type of activity: **Presentation (15 min)**

15:30 - 15:40

Title: **Award for best oral communication**

Participants: **Andrea Ermolao, Juergen Steinacker, Ayomide Folorunso (Team Fiamme Oro – Polizia di Stato)**

Type of activity: **Awarding**

15:40 - 15:50

Conference closing

Title: **To sum-up and perspectives of EIM**

Participants: **Andrea Ermolao, Juergen Steinacker**

Type of activity: **Brief speech**



To obtain the CME credits on site attendance is required



EVENT SITE

BOTANICAL GARDEN

Via Orto Botanico, 15, 35123 Padova PD
<https://www.ortobotanicopd.it/en>

GETTING TO THE EVENT

- **By plane:** Venice Marco Polo airport (VCE) is about 40 km far from Padova - the city centre can be easily reached by taxi or public transport
- **By train:** The railway station is close to the city centre. You can get to the Botanical Garden by tram (leaving every 10 minutes from the railway station - stop n. 12-Santo)
- **By car:** There are parking facilities surrounding Prato della Valle. Other parking options nearby are:
Piazza Rabin Car Park (entrance from via 58° Reggimento Fanteria Brigata Abruzzi): 1.00 €/hr
On-street parking (delimited by blue lines): rates range from 1.10 €/hr to 1.70 €/hr
Free car parks are available outside the city centre. From there, you can reach the Botanical Garden by public transport:
via Bembo Parking - from Tangenziale Est (beltway) take exit n. 11 (Via Bembo). Bus line 3
via Piovese Parking - from Tangenziale Est (beltway) take exit n.12 (Via Piovese). Bus lines 16 or 5

FIND TOURISTIC INFORMATION ABOUT OUR CITY AND ITS NEIGHBOURS

- <https://www.turismopadova.it/en/>
- <https://www.planetware.com/tourist-attractions-/padua-i-vn-pd.html>
- http://www.up.aci.it/padova/IMG/pdf/City_Guide_of_Padua.pdf
- <https://travel.sygic.com/en/map/padua-printable-tourist-map-city:2030>

FEEL FREE TO CONTACT US:

info@exerciseismedicine.it
<https://exerciseismedicine.it>

HOTEL EUROPA

Largo Europa, 9/10, 35137 Padova PD
<https://www.hoteleuropapd.it/>





TICKET FEE

- **Onsite Standard fee** **150,00€**
- **Onsite fee for Students, Residents Physicians, EIM Italy members** **100,00€**
- **Online fee** **100,00€**

PRE-REGISTRATION

During the pre-registration via [this zoom form](#) you will be asked to choose how you would like to attend the event (onsite or online). Once registered you will be sent a pre-registration confirmation. Actual registration for the conference will only occur once payment is received.

PAYMENT METHODS

- **BANK TRANSFER**

IT18Y0306909606100000072652

Company Name: PANACEA SCS

Please make sure to mention the name of the event and the participant's name in the purpose of payment field.

- **PAYPAL PAYMENT:** online payment opens on September 30, 2022

Online sale with Paypal will be available [HERE](#).



Deadline Submission: 30th September, 12.00 CET

Topic: clinical exercise medicine and sport sciences

Award: the best oral presentation of each topic will be selected for the award ceremony

RULES FOR SUBMISSION

- Submit your abstract sending it via mail at: info@exerciseismedicine.it
- Email object must contain "Abstract EIEIM 2022 – Topic – Title"
- The Author may suggest a preferred type of presentation (oral or Poster), however the final decision lies upon the Scientific Committee.
- The first named author should present the abstract. All authors must approve the submitted abstract.
- The Speaker commits himself to attend the Conference. In case of unforeseeable circumstances preventing the Speaker from attending the Conference, a Speaker's substitute will be accepted at any time.
- The primary focus and substance of the submitted abstract must be novel. The abstract must not have been published as a full manuscript in a scientific medical, or professional publication at the time of submission.
- The abstract must be written in English.
- The Abstract that describes general topics or reviews/meta-analyses will not be considered. Case reports are accepted for Poster presentation.
- For oral powerpoint presentations, speakers agree to pay registration fees and any other costs associated. The acceptance of the Abstract and the printing on the Final Programme will be subordinated to the payment of the registration fee.
- The abstracts will be published online on the EIM-Italy Web-page. Authors can decline this publication by specific request.

INSTRUCTIONS FOR AUTHORS – ABSTRACT STRUCTURE

- Title: brief and specific, maximum 80 characters in capitals. The title has to reflect the paper content and must not include abbreviations.
- Authors: Write the entire surname followed by the initial(s) of the name, without titles.
- Affiliation: The affiliation for every Author has to be reported concisely: workplace, city, country.
- Text: The maximal length is 4000 characters, spaces included. Abstracts with expressions such as "results will be discussed during the presentation", or "results will be presented", will not be accepted. Text should be structured according to the scheme: Introduction, Aim, Methods, Results (1 table/figure allowed), Conclusions. A maximum of three (3) references at the end of the text is allowed.

INSTRUCTIONS FOR AUTHORS – ORAL POWERPOINT PRESENTATION

Speakers need to prepare a maximum 6 Slides PowerPoint Presentation (including the Title one); during Live session speakers have 6 minutes (this timing should be strictly respected) to present their work and 3 minutes discussing at the end of each abstract presentation.

INSTRUCTIONS FOR AUTHORS - POSTER

We recommend to prepare Poster as a single PDF page format (594 x 841 mm, A1 format). Create your document on Powerpoint with an orientation Landscape Layout 16 x 9 and save it as a PDF file.

Declaration of interest is mandatory but does not need to be inserted when preparing your Poster. Important fields to include in your PDF layout: Title, author(s), address (at upper edge, across the width the whole poster), Purpose, Methods, Results and Conclusions.

The text should be broken up by the inclusion of drawings and/or photos. The use of colour makes the poster more attractive and effective.



ADDITIONAL INFORMATION FOR ITALIAN HEALTHCARE PROFESSIONALS ATTENDING THE CONFERENCE

L'EVENTO E' APERTO PER N. 150 ISCRITTI PER TUTTE LE CATEGORIE PROFESSIONALI

N 2.1 CREDITI ECM per la giornata del 29 Ottobre

Ai fini dell'attestazione dei crediti ECM è necessaria:

- la partecipazione in presenza degli iscritti, al 90% dell'intera durata delle attività formative, con verifica tramite firma di frequenza in entrata e in uscita;
- la compilazione e restituzione alla segreteria della scheda di valutazione/gradimento e della scheda anagrafica.

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WITH THE PATRONAGE
AND THE COLLABORATION OF



REGIONE DEL VENETO



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DI PADOVA



Comune di Padova

