

Allergy School

Lifestyle interventions in Allergy & Asthma
09 – 12 September 2010
Costa Rei (Cagliari coast), Sardinia, Italy

FINAL PROGRAMME

DAY 1: Thursday, 9th September 2010

17.00-20.00 Registration & Opening

Welcome and introduction:

"Welcome address from the Chair of the Postgraduate School in Allergology & Clinical Immunology of the University of Cagliari", P.E. Manconi

L. Delgado (Portugal), St. Del Giacco, (Italy) and A. Moreira, (Portugal)

Looking back to the 2000 Summer School: *The 2000 Summer School LOC: S.G. Del Giacco, (Italy) and S. Bonini, (Italy)*

Opening Lecture: Gene-environment interaction in the development of asthma. - *Adnan Custovic (United Kingdom)*

Welcome Cocktail (al fresco... wine & cheese)
Dinner

DAY 2: Friday, 10th September 2010

09.00-10.00 Session 1: Asthma and Sports Chairpersons: M. Bonini, A. Muraro

09.00-09.20 Epidemiology of asthma and allergies in Olympic athletes - *K.H. Carlsen (Norway)*

09.20-09.40 Why and how does exercise cause asthma symptoms? - *St. Del Giacco (Italy)*

09.40-10.00 Diagnosing and managing exercise-induced bronchospasm in athletes - *M. Bonini, (Italy)*

10.20-10.50 Coffee break & Poster Viewing

10.50-11.30 Session 2: Environment changes in Allergy & Asthma

Chairpersons: A. Moreira, KH Carlsen

10.50-11.10 Indoor environment. Determinants of tolerance versus allergy - *A. Custovic (UK)*

11.10-11.30 Outdoor environment. Role of climate changes - *G. D'Amato (Italy)*

11.50-12.30 Session 3: Obesity and asthma

Chairpersons: St. Del Giacco, K.H. Carlsen

11.50-12.10 Obesity and asthma - *A. Moreira (Portugal)*

12.10-12.30 Obesity in children - *A. Muraro (Italy)*

12.50 – 15.00 Poster Discussion, Lunch

15.00-18.00 Session 4: Practical/workshops (split in 2 groups)

Asthma monitoring – FeNO, Mannitol; QoL questionnaires etc.

Faculty: J Fonseca, St. Del Giacco; Chair: K.H. Carlsen
(Includes Coffee)

Nutrition – body composition, anthropometry, BMI; Food frequency questionnaires, diet composition & nutrients calculation, etc.

Faculty: V. Garcia Larsen, R. Barros; Chair: A. Muraro
(Includes Coffee)

18.30 – 19.30 Sports/ Exercise –outdoors practice (all)

20.45: Mediterranean Dinner

DAY 3: Saturday, 11th September 2010

09.30-15.00 Boat trip and lunch on board

15.30–16.00 Poster Viewing

16.00-17.00 Session 5: Diet and nutrition in Allergy & Asthma

Chairpersons: Matteo Bonini, A. Custovic

16.00–16.20 Breastfeeding and allergy development - *A. Muraro (Italy)*

16.20–16.40 Nutritional modulation of immunity - *A. Moreira (Portugal)*

16.40- 17.00 Diet and asthma - *V. Garcia Larsen (UK)*

17.00- 20.00 Session VI – Practical/workshops (split in 2 groups)

Nutrition – body composition, anthropometry, BMI; Food frequency questionnaires, diet composition & nutrients calculation, etc.

Faculty: V. Garcia Larsen, R. Barros; Chair: A. Muraro
(Includes *Aperitivo*)

Asthma monitoring – FeNO, Mannitol, Metacholine; QoL questionnaires etc.

Faculty: J Fonseca, St. Del Giacco; Chair: A. Custovic
(Includes *Aperitivo*)

21.00: Closing dinner (beach party)

DAY 4: Sunday, 12th September 2010

09.00-10.20 Session 7: Quality of Life (QoL) in Allergy & Asthma

Chairpersons: L. Delgado, A. Muraro

09.00-09.20 QoL in Asthma and Rhinitis - *J. Fonseca (Portugal)*

09.30-09.50 QoL in Anaphylaxis - *A. Romano (Italy)*

10.00-10.20 Psycho-educational interventions in asthma - *M. Axelsson (Sweden)*

10.40-11.00 Closing remarks and farewell – St. Del Giacco, A. Moreira, L. Delgado
End of the course