10th EIEIM Conference
Exercise is Medicine
Padova 2022
27–28–29th October, 2022
Botanical Garden, Padova
EIM Italy organising Board:
Veronica Baioccato¹
Francesca Battista¹
Federica Duregon¹
Andrea Ermolao¹
Giulia Foccardi¹
Giuseppe Marcolin²
Tatiana Moro²
Daniel Neunhäuserer¹
Sara Ortolan¹
Giulia Quinto¹
Marco Vecchiato¹

¹ Sports and Exercise Medicine Division, Department of Medicine, University of Padova

² Department of Biomedical Sciences, University of Padova

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

Organisational Secretariat:
Provider ECM ID 1884 DIMED - Medicine Department Padova University
Motore Sanità

Contact address: info@exerciseismedicine.it

HYBRID EVENT, onsite and online
DAY 1  PRE CONFERENCE
27 10 22 - from 12:00 to 21:00

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 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 - 11:30
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

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**SESSION 6:**
**Functional evaluation with innovative cardiopulmonary exercise testing**
**CHAIR:** Roberto Franco Enrico Pedretti and Daniel Neunhaeuserer

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 Baioccato, Federica Duregon, Carolin Knoke, Laura Bortoloni (graphical recording)
Type of activity: Graphical day summary

Dinner upon invitation: 20:00 - 23:00
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Chair/Participants</th>
<th>Type of activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00 - 08:30</td>
<td>Conference registration</td>
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<tr>
<td>08:30 - 08:40</td>
<td>SESSION 7: Exercise prescription and environmental conditions CHAIR: Hannes Gatterer and Ruediger Reer</td>
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<tr>
<td>08:40 - 08:45</td>
<td>Title: Video message from Exercise is Medicine Initiatives all over the world</td>
<td>Participants: EIM-National Center</td>
<td>Video</td>
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<tr>
<td>08:45 - 09:15</td>
<td>Title: The impact of ambient conditions on exercise and sports</td>
<td>Participants: Paolo Emilio Adami</td>
<td>Presentation (20 min) + Discussion</td>
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<td>09:15 - 09:45</td>
<td>Title: Risks and benefits of clinical exercise interventions in mountains</td>
<td>Participants: Marco Vecchiato and Nicola Borasio</td>
<td>Presentation (20 min) + Discussion</td>
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<tr>
<td>09:45 - 10:15</td>
<td>Title: Is free and scuba diving feasible for patients with chronic diseases? Risks and benefits</td>
<td>Participants: Gerardo Bosco</td>
<td>Presentation (20 min) + Discussion</td>
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<tr>
<td>10:00 - 10:30</td>
<td>SESSION 8: Sports and Exercise in Medicine: Where we are and where to go</td>
<td>CHAIR: J Hans Zwerver and Mark Stoutenberg</td>
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<tr>
<td>10:45 - 10:55</td>
<td>Title: Video message from Exercise is Medicine Initiatives all over the world</td>
<td>Participants: EIM-National Center</td>
<td>Video</td>
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<tr>
<td>10:55 - 11:00</td>
<td>Title: Pills of history @ UNIPD</td>
<td>Participants: Fabio Zampieri</td>
<td>Brief speech</td>
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<td>11:00 - 11:15 (ECM)</td>
<td>Presentation: Sports and exercise medicine in Europe and the advances in the last decade</td>
<td>Participants: Theodora Papadopoulou</td>
<td>Introductive overview</td>
</tr>
<tr>
<td>11:15 - 11:45 (ECM)</td>
<td>Title: Sports and exercise medicine: Future perspectives and next steps</td>
<td>Participants: Fabio Pigozzi, Juergen Steinacker, Andrea Ermolao, Theodora Papadopoulou, Josef Niederbauer</td>
<td>Round table - moderated discussion</td>
</tr>
<tr>
<td>11:45 - 12:00 (ECM)</td>
<td>Title: Exercise specialists in healthcare settings: a European perspective</td>
<td>Participants: Yannis Pitsiladis</td>
<td>Introductive overview</td>
</tr>
<tr>
<td>12:00 - 12:30 (ECM)</td>
<td>Title: Physiotherapists and exercise professionals: bridge the gap for patients' health</td>
<td>Participants: Federico Schena, Yannis Pitsiladis, Dominique Hansen, Alfonc Baba</td>
<td>Round table - moderated discussion</td>
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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 Theodora Papadopoulou

15:00 - 15:15
Title: Train the Largest team ever: how physical activity affects microbiota and promotes body health
Participants: Alessandro Portolani
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 - 15:45
Title: Award for best oral communication
Participants: Andrea Ermolao, Juergen Steinacker, Ayomide Folorunso (Team Fiamme Oro – Polizia di Stato)
Type of activity: Awarding

15:45 - 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

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
  IT18Y030690960610000072652
  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.
CALL FOR ABSTRACTS

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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Palasanità – Stanza n. 46
Tel. 049.8218689-8793

Email: providerecm.dimed@unipd.it
WITH THE PATRONAGE
AND THE COLLABORATION OF

REGIONE DEL VENETO

Comune di Padova

exerciseismedicine.it