



# 5<sup>th</sup> INTERNATIONAL SYMPOSIUM OF **BEER**

Ministry of Agriculture, Food and Environment  
Plaza de San Juan de la Cruz, s/n. Madrid.

Tuesday 29<sup>th</sup> november 2016



## HONORARY PRESIDENCY

His Majesty the King, Mr. Felipe VI

## SCIENTIFIC COMMITTEE OF THE SYMPOSIUM

### PRESIDENT

Dr. Ramón Estruch

### VICE PRESIDENT

Prof. Dr. Lluís Serra

### MEMBERS

- **Dr. Lina Badimon**, Director of Cardiovascular Research in Hospital de la San Creu I Sant Pau-UAB de Barcelona
- **Prof. Dr. Manuel J. Castillo Garzón**, Professor of Human Physiology. University of Granada
- **Dr. Manuel Díaz Curiel**, President of the Hispanic Foundation for Osteoporosis and Metabolic Bone Diseases
- **Dr. José Luis Llisterri**, President of the Spanish Society of Primary Care Physicians
- **Prof. Dr. Ascensión Marcos**, President of the Spanish Federation of Nutrition, Food and Dietetics
- **Prof. Dr. Jesús Román Martínez**, President of the scientific committee of the Spanish Society of Dietetics and Food Science
- **Dr. Luis Moreno Aznar**, President of the Spanish Nutrition Society
- **Dr. José Luis Navarro**, Food Technology and Agrochemicals Institute. Spanish National Research Council
- **Prof. Dr. César Nombela**, Professor of Microbiology. Complutense University of Madrid
- **Mrs. Consuelo López Nomdedeu**, Specialist in nutrition of the National School of Health. Carlos III Health Institute
- **Dr. Andoni Lorenzo**, President of the Spanish Federation of Diabetes

- **Prof. Dr. Rosa Ortega**, Professor of the Department of Nutrition. School of Pharmacy. Complutense University of Madrid
- **Dr. Tirso Pérez Medina**, Spanish Society of Gynecology and Obstetrics
- **Dr. Carmen Pérez Rodrigo**, President of the Spanish Society of Community Nutrition
- **Prof. Dr. Ana Requejo**, Professor of the Department of Nutrition. School of Pharmacy. Complutense University of Madrid
- **D. Joaquin Ruiz Castroviejo**, President of the Philanthropic and educational Foundation of the Collage of Beer and Malt
- **Dr. Francisco Tinahones**, President of the Spanish Society for the Study of Obesity
- **Prof. Dr. Gregorio Varela**, President of the Spanish Nutrition Foundation
- **Mrs. Mercè Vidal**, Nutritionist, anthropologist. Director of the NGO Nutrition Without Borders
- **Prof. Dr. Antonio Luis Villarino**, President of the Spanish Society of Dietetics and Food Science

### PARTNER SCIENTIFIC SOCIETIES

- Spanish Nutrition Foundation (**FEN**)
- Spanish Society of Community Nutrition (**SENC**)
- Spanish Society of Dietetics and Food Science (**SEDCA**)
- Hispanic Foundation for Osteoporosis and Metabolic Bone Diseases (**FHOEMO**)
- Nurses Association of Nutrition and Dietetics (**ADENYD**)
- Spanish Association of Doctors and Graduates in Science and Food Technology (**ALCYTA**)
- President of Spanish Federation of Diabetes (**FEDE**)
- Spanish Society of Gynecology and Obstetrics (**SEGO**)

### ORGANIZED BY



### WITH THE COLLABORATION OF





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## Agenda

**9:30 h - 9:45 h**

Opening session

**Ministry representative.** Awaiting confirmation  
**Richard Weissend**, President of Brewers of Spain  
**Dr. Ramón Estruch**, President of the Scientific Committee of the Symposium

**9:45 h - 11:00 h**

Anti-aging and neurodegenerative diseases

- **Dr. Francisco Sánchez Muniz**, Complutense University of Madrid  
*Neurodegenerative diseases in the 21<sup>st</sup> Century. Working on prevention?*
- **Prof. Jianguo Fang**, Lanzhou University, China  
*Xanthohumol and its role in the prevention of neurodegenerative diseases: Alzheimer and Parkinson*

**11:00 h - 11:30 h**

Coffee break

**11:30 h - 12:45 h**

Protective mechanisms of polyphenols: intestinal microbiota

- **Dr. Francisco Tinahones**, University of Malaga
  - *Importance of microbiota on human health*
- **Dr. Isabel Moreno Indias**, University of Málaga
  - *Beer polyphenols effects on intestinal microbiota*

**12:45 h - 14:00 h**

Antioxidants and cardiovascular health

- **Prof. Dr. Rosa Lamuela**, University of Barcelona  
*Impact of nutrition on cardiovascular health*
- **Dr. Gemma Vilahur**, Catalan Institute of Cardiovascular Sciences (ICCC, Spain)  
*Effect of moderate intake of beer in cardiac markers and endothelial function in humans*

**14:00 h - 15:00 h**

Lunch

**15:00 h - 16:00 h**

Obesity and precision nutrition

- **Dr. Alfredo Martínez**, University of Navarra  
*Effects of precision nutrition on health and overweight*
- **Prof. Dr. Demosthenes Panagiotakos** (Harokopio University, Greek)  
*Moderate consumption of fermented beverages and its effect on cardiometabolic diseases*

**16:00 h - 17:30 h**

Healthy lifestyle and Mediterranean Diet

- **Dr. Jesús Bernardo García**, Member of the Nutrition and habits commission of Spanish Olympic Committee  
*Nutrition as an ally to the athlete*
- **Mrs. Ruth Beitia**, Olympic Spanish medalist  
*The socialization in the athlete's life*
- **Dr. Gregorio Varela**, President of the Spanish Nutrition Foundation  
*Mediterranean Diet from a historical and cultural perspective*
- **Mr. Diego Guerrero**, chef  
*The role of beer in the Spanish gastronomy*

**17:30 h - 18:00 h**

Conclusions and close

- **Dr. Ramón Estruch**, President of the Scientific Committee of the Symposium