



ENA GRANADA WINTER SCHOOL, 2009

International Course

PREGNANCY AND PROGRAMMING

SIERRA NEVADA, Granada-SPAIN
9-13 February, 2009

www.metabolic-programming.org/academy.htm



INTRODUCTION

Rapid changes in the nutritional sciences make it particularly important to stay up-to-date with the latest research and treatment paradigms. The Early Nutrition Academy (ENA) Committee on Nutrition Winter School is designed to:

- Offer a comprehensive Curriculum on mother-infant nutritional programming research, literature, and clinical trials.
- Provide well-founded advice on the prevention, diagnosis, and management of early nutrition programming of adult diseases.
- Offer unique opportunities to learn from and interact with expert faculty from various European centres, as well as from participants from around the world interested in early nutrition programming.
- Serve as an introduction to the new opportunities in Early Nutrition Programming research.



VENUE

This 5-days Winter School on Pregnancy and Programming will be held in Granada, Spain, at the Hotel Meliá Sol y Nieve**** - Sierra Nevada (4 days) and NH Victoria Hotel**** (1 day) in Granada city.

DATES AND TIMES

The Winter School will commence at 8:00 on Monday, 9th February 2009, and will end on Friday, 13th February 2009, around noon.

COSTS:

The fee for this 5-day Winter School is:

- €1400 accommodation in a double-bedroom
- €1600 accommodation in a single-bedroom

The fee includes:

- Accommodation in a double-bedroom (single room for extra charge)
- Three meals per day
- Course materials
- Ground transportation
- Social programme

REGISTRATION FORM

The registration deadline is **23rd January 2009**. There is a limit of 30 places on the course. You can find the registration form in www.metabolic-programming.org (Early Nutrition Academy Trainings) and www.nutrimenthe.eu.

Please, send your short CV to the organizer (ccfolgoso@gmail.com) in order to know your research background and your speciality.

WHO SHOULD ATTEND THE WINTER SCHOOL?

- Clinicians
- Nutrition researchers
- Clinical nutritionists and dieticians



The Winter School is aimed at researchers and clinicians and other health care professionals interested in developing an academic career in early nutrition.

WINTER SCHOOL LEARNING OBJECTIVES

After the Winter School, participants should:

- Have a complete and updated overview of Early Nutrition Programming.
- Have a current practical knowledge about the approach to the prevention of programming disorders.
- Read critically and be able to discuss nutritional scientific literature.
- Be familiar with emerging trends in Early Nutrition.

FORMAT

The Winter School will be a mixture of plenary sessions and small group discussions in which participants will practice and develop their knowledge in early nutrition programming as well as their nutritional evidence-based medicine knowledge and skills. Informal social events will encourage free discussion and the establishment of ongoing links.



PRELIMINARY PROGRAMME

DAY	TIME	TOPIC	SPEAKER
Day 1 Sunday, 8 February 2009	Arrival and Registration. Hotel Meliá Sol y Nieve****. Sierra Nevada		
	20:00 - 20:30	Welcome. Introduction into the Course, Introduction of Participants.	Cristina Campoy (Spain)
	20:30	<i>Dinner</i>	
Day 2 Monday, 9 February 2009	8:00-8:30	How to give a good Communication (introduction to training)	Margaret Ashwell (UK)
	8:30 - 9:30	Prenatal Early Nutrition Programming: Concept and Examples	Berthold Koletzko (Germany)
	9:30 - 10:30	Impact of diet in pregnancy on offspring health, in the short term as well as the long term: an overview with emphasis on the epidemiologic evidence	Sjurdur F Olsen (Denmark)
	10:30 – 11:00	<i>Coffee Break</i>	
	11:00 – 12:00	Metagenomics and metabolomics	Antonio Suarez (Spain)
	12:00 - 13:00	Epigenetic modification: a potential mechanism of programming during prenatal life	Angel Gil (Spain)
	13:00-14:00	Lunch	
	Afternoon	Opportunity for small group activities	
	19:30-20:00	Training Workshop	Margaret Ashwell (UK)
	20:00 - 20:30	Academic career building: what really matters	Angel Gil (Spain)
	20:30	<i>DINNER</i>	
Day 3 Tuesday, 10 February 2009	8:00 - 8:30	Communication feedback	Delegates
	8:30-9:30	Foetal growth and development. Nutrition long term effects in preterm infants	Mary Fewtrell (UK)



DAY	TIME	TOPIC	SPEAKER
Day 3 Tuesday, 10 February 2009	9:30 - 10:30	Energy and Protein in pregnancy and lactation: effects on foetal adipose tissue development and appetite regulation	Michael Symonds (UK)
	10:30 - 11:00	Coffee break	
	11:00 – 12:00	Obesity in pregnancy: mechanisms and consequences	Cristina Campoy (Spain)
	12:00 – 13:00	Obesity, inflammation and diabetes	Angel Gil (Spain)
	13:00-14:00	Lunch	
	Afternoon	Opportunity for small group activities	
	19:30-20:00	Training Workshop	Margaret Ashwell (UK)
	20:00 - 20:30	How do I get my results published?	Berthold Koletzko (Germany)
	20:30	DINNER	
Day 4 Wednesday, 11 February 2009	8:00 - 8:30	Communication feedback	Delegates
	8:30 - 9:30	Placenta: anatomy, physiology and mechanisms of substrate transfer	Harry McArdle (UK)
	9:30 - 10:30	Prenatal programming of the immune system	Ricardo Rueda (Spain)
	10:30 - 11:00	Coffee Break	
	11:00 – 12:00	Maternal and neonatal gut bacteria: consequences for child health	Cristina Campoy (Spain)
	12:00 – 13:00	Events during pregnancy and the offspring bone health	Mary Fewtrell (UK)
	13:00-14:00	Lunch	
	Afternoon	Opportunity for small group activities	
	19:30-20:00	Training Workshop	Margaret Ashwell (UK)
	20:00 - 20:30	Research funding and grant application	Berthold Koletzko (Germany)
20:30	DINNER		



DAY	TIME	TOPIC	SPEAKER
Day 5 Thursday, 12 February 2009	8:00 - 8:30	Communication feedback	Delegates
	8:30 - 9:30	Reference nutrient intakes in pregnancy: concept and applications	Margaret Ashwell (UK)
	9:30 - 10:30	Can nutrient supply affect pregnancy risks (pre-eclampsia, hypertension etc)	Lucilla Poston (UK)
	10:30 – 11:00	<i>Coffee break</i>	
	11:00 – 12:00	Dietary fat and fatty acids in pregnancy and lactation	Berthold Koletzko (Germany)
	12:00 – 13:00	Iron: friend or foe during pregnancy	Harry McArdle (UK)
	Afternoon	Opportunity for small group activities	
	20:00 - 20:30	From science to practice: policy making and dissemination to parents	Elena Martín-Bautista (Spain)
	20:30	<i>DINNER in Granada</i>	
Day 6 Friday, 13 February 2009	8:00 - 9:00	Vitamin supplements in pregnancy: dos and don'ts	Lucilla Poston (UK)
	9:00 - 10:00	Folic acid during pregnancy and programming of cardiovascular risk	Cristina Campoy (Spain)
	10:00 - 10:30	<i>Coffee break</i>	
	10:30 - 11:30	Smoking and drugs in pregnancy: effects on foetus and infant growth and development.	Miguel Pérez-García (Spain)
	11:30 - 12:00	Wrap up and feedback	Cristina Campoy (Spain)
	Afternoon	Visit to Granada and Granada Medical School	
	20:30	<i>Dinner and Farewell Party</i>	



SPEAKERS:

National Speakers

* Cristina Campoy

(Department of Pediatrics. School of Medicine. University of Granada)

* Angel Gil

(Department of Biochemistry and Molecular Biology. School of Pharmacy. University of Granada)

* Elena Martín-Bautista

(Department of Pediatrics. School of Medicine. University of Granada)

* Miguel Pérez-García

(Department of Personality and Psychological Evaluation and Treatment. School of Psychology. University of Granada)

* Ricardo Rueda

(Abbott Laboratories, Granada, Spain)

* Antonio Suarez

(Department of Biochemistry and Molecular Biology. School of Pharmacy. (University of Granada)

International Speakers

* Margaret Ashwell

(Ashwell Associates, United Kingdom)

* Mary Fewtrell

(Medical Research Council, Institute of Child Health, United Kingdom)

* Berthold Koletzko

(Ludwig-Maximilians University of Munich, Germany)

* Harry McArdle

(Rowett Research Institute, United Kingdom)

* Sjurdur F. Olsen

(Statens Serum Institut, Denmark)

* Lucilla Poston

(Kings' College London, United Kingdom)

* Michael Symonds

(University of Nottingham, United Kingdom)



TRAVEL INFORMATION

Get to Granada and Sierra Nevada by car bus or airplane (<http://www.go-sierra-nevada.com>)

The nearest airport to the Sierra Nevada is the airport of Granada-Jaén (Federico García-Lorca) (Phone: 0034-958 245 200) is located 15 km from the city centre of Granada and 50 Km from Pradollano (Sierra Nevada). You will probably have to take a connection flight via Madrid or Barcelona. Iberia (and all their affiliates) www.iberia.es and Spanair www.spanair.com offer frequent flights.

From here you are still about a 40 min car drive from Pradollano, the mountain top skiing resort. Flights from and to the UK and some other important European cities are being offered. The bigger and better linked airport is the one of Málaga (Pablo Picasso - AGP), but it is about 1.5 hours away by car from Granada.

From Granada there is a regular bus link to Pradollano - the "capital" of the Sierra Nevada.

If you arrive in Málaga you can easily find bus connections to Granada.

Arriving by taxi to Granada - Pradollano - Monachil in Sierra Nevada

- A taxi to Pradollano from Granada city centre costs from 60.00€ (one way) in a four seats taxi.
- A six seats taxi would be 75.00€.

- A taxi to Pradollano from Granada airport costs from 80.00€ (one way) in a four seats taxi.
- A six seats taxi would be 95.00€.

****The transport to Sierra Nevada will be organised on Sunday afternoon from the city centre. All delegates will be advised.**

How to move along Granada (TAXIS/BUS)

All the taxis in Granada are official and sure.

Companies and telephones

-Tele-Radio-Taxi

+34 958 280 654 (12 lines)

-Radio Taxi G.S.L.

+34 958 132 323 (24 hours)

-Servi-Taxi (Permanent service for Granada)

+34 958 400 199



Banking & Currency

The majority of banks are open Mon-Fri 08.30 -15.00 with some city centre offices open Saturday morning. Automatic Machines are widely available throughout the area and most are linked to Visa, Maestro or Plus international money systems.

Spanish currency is Euro (€). Most hotels, restaurants and shops in Spain accept major credit cards such as American Express, VISA, Mastercard, Access and Diners Club.

Electricity

The standard voltage in Spain is 240V AC. Plugs have 2 round pins.

Weather

Although Sierra Nevada is a ski station most of the time covered by snow, the weather is soft and the cold is not very extreme. In fact, Sierra Nevada is one of the unique places in the world where you can ski in spring wearing short sleeve.

Sierra Nevada has a maximum annual temperature of 20°C during July and August. The minimum temperatures in summer time are around 11°C and 12°C. In autumn and spring time, the temperatures are softer, with minimum of -4°C and maximum of 3°C. During winter, in Sierra Nevada, the maximum temperatures are not higher than 0°C, while the minimum values could not arrive to -10°C.

The mean annual temperature in Sierra Nevada is of 4°C, being February the colder month, with a mean of -5°C, and July the Warner month with a mean temperature of 17°C.

Regarding raining, in Sierra Nevada the rain is normally snow and between November to February could arrive up to a mean of 90 Litters/m².

The ski station is usually open from December to April.

HOTEL INFORMATION (Hotel Meliá Sol y Nieve)****

The Meliá Sol y Nieve*** is located in the heart of the Sierra Nevada ski resort, 100 metres from the chair lifts, 33 km from Granada and 43 km from the airport of Granada.

Plaza de Padrollano, S/N Granada SPAIN 18196

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http://www.solmelia.com/solNew/hoteles/jsp/C_Hotel_Description.jsp?codigoHotel=1804

HOTEL NH VICTORIA****

NH Victoria

Calle Puerta Real de España n.3

Granada SPAIN 18009

Tel. + 34 958 53 62 16



WEBSITES INFORMATION

www.spain.info

www.turismodegranada.org