



James Mitchell

4th Protein Calorie Restriction Workshop

Kocaeli and Istanbul, Turkey

April 26-27, 2024

Organizing Committee

Nuh Zafer Cantürk, MD

Rector of Kocaeli University, Turkey
Kocaeli University Faculty of Medicine, Turkey

M. Furkan Burak, MD

Harvard Medical School, USA

Chris Hine, PhD

Cleveland Clinic, USA

Local Organizing Committee

Turgay Şimşek, MD

Kocaeli University Faculty of Medicine, Turkey

Sertaç Ata Güler, MD

Kocaeli University Faculty of Medicine, Turkey

Friday April 26th Scientific Workshop Schedule

Location: Kocaeli University Umuttepe Campus

Opening, Breakfast and Welcome

- 8:00 – 8:30 **Registration and Breakfast, Tea, Coffee**
- 8:30 – 8:50 **Nuh Zafer Cantürk, MD. Rector of Kocaeli University, Turkey**
Title: The cradle of modern medicine from ancient times to today, Anatolia
- 8:50 – 9:00 **M. Furkan Burak, MD. Harvard Medical School, USA**
Title: Opening remarks and introduction to immunometabolism of caloric restriction

Session 1 (Chaired by M. Furkan Burak): Cardiovascular and Renal Interventions with Dietary Restriction

- 9:00 – 9:20 **Florent Allagnat, PhD. Lausanne University Hospital, Switzerland**
Title: Dietary intervention as a therapeutic approach for vascular diseases
- 9:20 – 9:40 **Margreet de Vries, PhD. Leiden University Medical Center, Netherlands**
Title: Dietary interventions for vein graft disease; Implications on a cellular level
- 9:40 – 10:00 **Felix Kohler, MD. University Hospital of Cologne, Germany**
Title: Diet-induced renal stress-resistance - a translational research approach

Break: 10:00 – 10:15

Session 2 (Chaired by Chris Hine): Mechanistic Studies and the Pedagogy of Dietary Restriction

- 10:15 – 10:35 **Michelle Harvie, RD. PhD. Manchester University Hospital Foundation NHS Trust, UK**
Title: Intermittent fasting – fad diet or potential tool for preventing and managing disease?
- 10:35 – 10:55 **Charlotte Greta Mann, MS (PhD cand.). ETH Zurich, Switzerland**
Title: Sulfur amino acid restrictions enhances exercise capacity by reprogramming glycolytic muscle metabolism
- 11:15 – 11:35 **Neslihan Alkış, MD. Ankara University, Turkey**
Title: Effect of surgery on carbohydrate metabolism and preoperative CH loading as an ERAS protocol
- 11:35 – 11:55 **Emel Ergül, PhD. Kocaeli University, Turkey**
Title: Lifestyle teaching as preventive medicine

Lunch Break: 11:55 – 13:00

Session 3 (Chaired by Keith Ozaki): Dietary Impacts on Microbiome and Host Interactions in Surgery

- 13:00 – 13:20 **Nuh Zafer Cantürk, MD. Kocaeli University, Turkey**
Title: Prospective evaluation of the relationship between intestinal microbiota in cases diagnosed with breast cancer
- 13:20 – 13:40 **Eric G. Sheu, MD. PhD. Harvard Medical School, USA**
Title: Diet and microbial interactions in metabolic bariatric surgery
- 13:40 – 14:00 **Chris Hine, PhD. Cleveland Clinic, USA**
Title: Inhibition of the mammalian transsulfuration enzyme cystathionine γ -Lyase by microbial metabolites

Break: 14:00 – 14:15

Session 4 (Chaired by Nuh Zafer Cantürk): Cancer Regulation and Immunomodulation by Diet

- 14:15 – 14:35 **Sebastian Brandhorst, PhD. University of Southern California, USA**
Title: Health benefits of low-protein fasting-mimicking diets
- 15:35 – 14:55 **Claudio Vernieri, MD. PhD. IFOM, the FIRC Institute of Molecular Oncology, Italy**
Title: Nutritional and pharmacologic metabolic interventions to reprogram cancer metabolism: from preclinical to clinical evidence
- 14:55 – 15:15 **Thijs Sluiter, MS (PhD cand.). Leiden University Medical Center, Netherlands**
Title: Exploring local and systemic immune-modulatory effects of dietary regimens in cardiovascular disease
- 15:15 – 15:35 **Gökhan S. Hotamışlıgil, MD. PhD. Harvard T.H. Chan School of Public Health, USA**
Title: Immunometabolism and caloric restriction

Break: 15:35 – 15:45

Session 5 : Clinical Translation of Dietary Restriction: The Big Picture and Future Directions

- 15:45 – 16:05 **C. Keith Ozaki, MD. Harvard Medical School, USA**
Title: Fishing the sea of Marmara to move medical research forward
- 16:05 – 16:15 **Mini forum: Facilitator: Christine Lotto, MD. Capital Health Surgical Group, USA**
Title: How practical of these dietary interventions around surgery?
- 16:15 – 16:35 **Group Discussion for future directions, possible collaborative clinical trials: Chris Hine, Nuh Zafer Cantürk, and M. Furkan Burak**

Closing Remarks, Group Photo and Dismissal: 16:35 – 16:45

Dinner: 17:30