17th Annual Meeting
of the
European Childhood Obesity Group
(ECOG)

5-7 July, 2007

Athenaeum Intercontinental Hotel
Athens - Greece

Final Programme
Nature will always show us the way.

With our goal being a balanced diet, starting from childhood, as well as the control and maintenance of a healthy body weight, NESTLÉ Whole grain Cereals offer:

- a food with low energy density, high dietary fiber content, low in fat and with a few calories
- ingredients such as vitamins, minerals and proteins which are very important for our health

NESTLÉ Whole grain Cereals are ideal for a child’s breakfast and make up a full meal when combined with non-fat or low-fat milk and fruit or fresh fruit juice.
Dear Colleagues,

On behalf of the Organising Committee of the 17th Annual Meeting of the European Childhood Obesity Group (ECOG), we have the great pleasure to welcome you in Athens.

In many countries around the world, the rapidly increasing prevalence of childhood obesity is regarded as a public health problem. Recent epidemiological data reveal that some 20% of children in the EU are overweight or obese, which results in health problems in their adult life.

In keeping with its scientific objectives and long standing commitment to the scientific community, the Hellenic Medical Association for Obesity is organising, two years after the 14th ECO 2005, yet another European meeting, in which prominent scientists from all over the world have been invited to present interesting topics on childhood obesity and discuss clinical and therapeutic issues. The purpose is to provide doctors and health-care professionals confronting the problem of obesity with up to date information and the most recent findings in the field of childhood obesity.

The issues to be addressed by the speakers at the congress include, among others, the metabolic syndrome in children, the pathophysiology of obesity, the environmental, social and psychological factors, the key role of exercise and the recommended nutritional interventions for the prevention of childhood obesity.

We wish to thank the Board of the European Childhood Obesity Group for giving us the opportunity to host such an interesting scientific event.

We believe that apart from a high-leveled scientific congress, you will also have the opportunity to enjoy the city of Athens, the everlasting centre of culture, peace and joy. Welcome in Athens!

Vassos A. Haralambides
President of the Organising Committee

Ioannis Ioannidis
Executive Director of the ECOG 2007
Σταθερή αξία στη γλυκαιμική ρύθμιση

• Προσφέρει καλύτερη μεταγενεστική ρύθμιση
• Μιμείται τη φυσιολογική εκκρήξη της ινσουλίνης
• Λιγότερες υπογλυκαιμίες
• Ανεπιθύμητες ενέργειες

υσιολογικής ομοιοστάσιας της Ινσουλίνης

Η δοσολογία πρέπει να καθορίζεται από τον ιατρό και να ακολουθεί με τη συστηματική αλλεργική αντίδραση, είναι δυνατόν να χορηγηθούν και με ενδομυϊκή ένεση. Στα διαβητικά γεγονότα, το διαβήτης παράγει διαβητικά προϊόντα που ασκούν υπογλυκαιμική δράση, όπως τα από του στόματος αντισυλληπτικά, τα κορτικοστεροειδή ή τα κορτικοστεροειδή.

The ECOG 2007 is under the auspices of

Ministry of Health and Social Solidarity
Ministry of National Education and Religious Affairs
Mayor of Athens
The Council of the Hellenic Medical Association for Obesity has decided unanimously to present with an award one Greek and one foreign abstract, from those submitted to the 17th Annual ECOG Meeting. These awards aim to support the efforts of scientists and students from all over the world towards the scientific research in the field of childhood obesity.

**Winner Authors**

V. Lagou1, R.A. Scott1, Y. Manios2, T.L. Joshua Chen1, G. Wang1, E. Grammatikaki2, C. Kortsalioudaki1, T. Liarigovinos1, G. Moschonis1, Y.P. Pitsiladis1

1 *Institute of Diet, Exercise and Lifestyle (IDEAL), Faculty of Biomedical and Life Sciences, University of Glasgow, Glasgow, UK*

2 *Department of Nutrition and Dietetics, Harokopio University of Athens, Greece*

**Impact of peroxisome proliferator-activated receptor γ and δ on adiposity in toddlers and preschoolers in the GENESIS study**

A. Gil1, C.M. Aguilera1, T. Montero1, A. Suárez1, I. Tofe2, M. Gil-Campos2, R. Cañete2

1 *Department of Biochemistry and Molecular Biology II, University of Granada, Granada, Spain*

2 *Paediatric Endocrinology Unit, University Hospital Reina Sofia, Córdoba, Spain*

**Altered gene expression associated with inflammation in adipose tissue of obese children**

The prizes will be awarded during the Opening Ceremony of the 17th Annual ECOG Meeting.
THE ASSOCIATION

Founded in 1990, the Hellenic Medical Association for Obesity (HMAO) is a non-governmental scientific association, operating on a non-profit basis in Athens, Greece. According to its Memorandum, HMAO aims to promote “the scientific research and study of obesity and the metabolic diseases in Greece” as well as “the scientific research in the field of healthy nutrition of the contemporary individual”.

HMAO is a member of the European Association for the Study of Obesity (EASO) and the International Association for the Study of Obesity (IASO) and a founding member of the Balkan Network for the Study of Obesity (BalNeSO). It ranks up to 1,000 active members from various areas of professional expertise, such as physicians, dieticians and other health professionals.

During the last seventeen years, HMAO has organised numerous scientific and non-scientific events, consistently aiming at three main national target groups:

- Physicians and other professionals who are systematically involved in obesity treatment
- Governmental institutions working over the formation of public health policy in Greece
- Greek general public

ACTIVITIES

All the events carried out by HMAO have been crowned with great scientific and organisational success.

Scientific Events

The most important events in this category are listed below:

- Six Pan-Hellenic Medical Congresses on Obesity organised every other year
  - 4th Pan-Hellenic Medical Congress on Obesity (15-17/1/2001: 900 participants)
  - 5th Pan-Hellenic Medical Congress on Obesity (6-9/2/2003: 1,300 participants)
  - 6th Pan-Hellenic Medical Congress on Obesity (28-30/9/2006: 1,300 participants)
- Five Scientific two-day Symposia organised every other year
  - 2nd Scientific Symposium on Obesity (19-20/4/2002: 1,250 participants)
  - 4th Scientific Symposium on Obesity (28-29/1/2005: 1,000 participants)
  - 5th Scientific Symposium on Obesity (23-24/2/2007: 900 participants)
- Four Scientific one-day Symposia in major cities of the Greek province with broad participation, organised during autumn 2003

Medical Education

Aiming to provide knowledge on all basic issues regarding physical examination, assessment, management (diet-drugs-physical activity) and monitoring of obese and overweight patients, the Hellenic Medical Association for Obesity organise yearly a series of educating workshops. The educators are selected among the most eminent members of the Hellenic Medical Association for Obesity (SCOPE European Fellows, SCOPE National Fellows, members of the Greek SCOPE National Selection Committee and / or HMAO Administrative Council).

Up to now three Educational Workshops on Obesity have been organised:

- 1st Educational Workshop on Obesity titled “Assessment and Management of Obese Patients” (29-30/10/2004: 90 participants)
- 2nd Educational Workshop on Obesity titled “Assessment and Management of Obese Patients” – A SCOPE course accredited by EASO (28-29/10/2005: 100 participants)

Currently, the Hellenic Medical Association for Obesity is planning the 4th Educational Workshop on Obesity (Porto Heli, Argolis, Greece, 2-3/11/2007).

Additionally to the above activities, the Council of HMAO have decided the award of a scholarship to a physician for a six-month training to an obesity clinic in England. For this purpose, collaboration with the Centre for Diabetes and Metabolic Medicine of the Barts and the London, Queen Mary’s School of Medicine has already been established.

European Perspective

The 14th European Congress on Obesity (ECO 2005) was held in Athens, Greece, on 1-4 June 2005, at the International Conference Centre of Megaron – the Athens Concert Hall and it has been crowned with great success.

Due to the incessant efforts of the Athens ECO 2005 Executive Board, the Hellenic Medical Association for Obesity had the honour of hosting in Athens more than 2,500 participants from 85 countries, who had the opportunity to attend a unique, highly scientific event. All three congress halls were fully occupied most of the times, and there were sessions where participants attended standing and not seated.

705 abstracts were submitted at the ECO 2005, 108 of them were oral presentations, while the rest 597 were displayed at the poster area of 800 m2 of the congress venue.

The Athens ECO 2005 was widely covered by the Media, both nationally and Europe-wide. More than 90 media representatives made use of the Press Office which operated during the whole congress.

The current European challenge for the Hellenic Medical Association for Obesity is the success of the 17th ECOG Annual Meeting, on 5-7 July 2007.

Balkan Orientation

Following the initiative taken by HMAO for the formation of the Balkan Network on Obesity, the 1st Balkan Congress on Obesity was held in Athens, in parallel with the 5th Pan-Hellenic Medical Congress on Obesity, in 2003.

As a result of this initiative, a non-governmental scientific association named “Balkan Network for the Study of Obesity” (BALNESO) was founded in June 2005. The association is seated in Athens, Greece, along with the Hellenic Medical Association for Obesity and is administered by the following Administrative Committee:

- President: Ioannis Kaklamanos, Greece
- General Secretary: Volkan Yumuk, Turkey
- Treasurer: Efthymios Kapantais, Greece
- Svetoslav Handjievi, Bulgaria

The 3rd Balkan Congress on Obesity will be held in Thessaloniki, Greece, on 16-18 October 2008.

HMAO and the Citizen

The most important events in this category are listed below:

- One-day Symposium, in collaboration with the Hellenic Endocrine Society and the Hellenic Diabetologic Association (6/11/2004)
- Numerous complex events (including concerts, live performances, exhibitions, lectures) addressed to the public and especially to the children, organised yearly, since October 2000, with huge participation

Other Scientific Activities

The Hellenic Medical Association for Obesity has carried out the "First National Epidemiological Large-scale Survey on the Prevalence of Obesity in the Greek Population" based on a nationwide population sample of 35,386 individuals (17,341 adults and 18,045 children and adolescents). The results and the conclusions of the survey were announced during the 13th European Congress on Obesity (Prague 26-29/5/2004) and the 14th European Congress on Obesity (Athens 1-4/6/2005). The full paper concerning the adults’ results of the survey has been published in the “Annals of Nutrition & Metabolism”.

About HMAO
Scientific Information

Tracks
- Metabolic Syndrome
- Fetal Programming
- Nutrition
- Prevention - Physical Activity
- The Role of CNS in Developing Obesity
- Oral Presentations

Poster Discussion
There are two chairpersons in each poster discussion. The poster discussions are scheduled as follows:
- Friday, 6 July 2007, 12:45 - 13:45, P 001 - P 044
- Saturday, 7 July 2007, 12:45 - 13:45, P 045 - P 089

Poster Hall
Posters are displayed at VIP and Lamda halls

Poster Placement
Thursday, 5 July 2007
Only registered participants are allowed to present their contribution. Double-sided tape is provided by the secretariat.

Poster Dismantling
Saturday, 7 July 2007
Authors are kindly requested to remove their posters with their own liability. Congress secretariat is not responsible for any damage or loss.

CME
The 17th Annual Meeting of the European Childhood Obesity Group (ECOG) is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS), www.uems.net

The 17th Annual Meeting of the European Childhood Obesity Group (ECOG) is designated for a maximum of 18 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

EACCME credits are recognised by the American Medical Association towards the Physician’s Recognition Award (PRA). To convert EACCME credit to AMA PRA category I credit, contact the AMA.
Speakers & Chairpersons

Andersen Lars Bo (Norway)
Professor, PhD, Dr. Med. Sci., Department of Sports Medicine, Norwegian School of Sport Sciences, Oslo

Arslanian Silva (USA)
MD, Richard L. Day Professor of Paediatics, University of Pittsburgh, School of Medicine, Director, Weight Management & Wellness Centre, Director, Paediatric Clinical Translational Research Centre, Children's Hospital of Pittsburgh

Bartsokas Christos S. (Greece)
MD, Emeritus Professor of Paediatrics, "Milita" Paediatric Hospital, Athens

Caprio Sonia (USA)
Professor of Paediatics, Yale University School of Medicine, Department of Endocrinology

Carol Margherita (Italy)
MD, PhD, Head of Nutrition Unit of the Department of Prevention

Casaneuva Felipe Freijo (Spain)
MD, PhD, Professor of Medicine, Department of Medicine, Endocrine Division, Santiago de Compostela University

Chrousos George P. (Greece)
Professor and Chairman, 1st Department of Paediatrics, Athens University

Chrysis Dioniossia (Greece)
Assistant Professor, Paediatric Endocrinology, University of Patras

Constantopoulos Andreas (Greece)
Professor of Paediatrics, President of Greek Paediatric Society

Dakou-Voutetaki Ekaterini (Greece)
Emeritus Professor for Paediatric Endocrinology, Medical School of Athens

De Onis Mercedes (Switzerland)
MD, PhD, Coordinator, Growth Assessment and Surveillance Unit, Department of Nutrition, World Health Organization

Dunger David (UK)
Professor, Department of Paediatrics, University of Cambridge, Addenbrooke's Hospital, Cambridge

Flodmark Carl-Erik (Sweden)
MD, PhD, Head of Department, Childhood Obesity Unit, University Hospital MAS, Malmo

Fogelholm Mikael (Finland)
Sc.D., Adjunct Professor, Director, UKK Institute for Health Promotion Research, Tampere

Freut Marie-Laure (France)
Paediatrician, MD, Consultant, Department of Endocrinology, Saint Vincent de Paul University Hospital, Paris

Galli-Tsinopoulou Assimina (Greece)
Lecturer in Paediatric Endocrinology, 4th Department of Paediatrics, Aristotle University of Thessaloniki, Papageorgiou Hospital

Giannakoula Mary (Greece)
Lecturer of Nutrition & Dietetics, Department of Dietetics & Nutritional Science, Harokopio University

Grove Kevin (USA)
Associate Professor, Division of Neuroscience, Oregon National Primate Research Centre, Oregon Health & Science University

Hadjiathanasiou Charalampos (Greece)
MD, Paediatric Endocrinologist, Head, Department of Endocrinology, "P. & A. Kyriakou" Athens Children's Hospital

Harambides Vassos A. (Greece)
MD, DCH, FAAP, Consultant Paediatrician, Head, Department of Endocrinology, Metropolitan Hospital

Harland Janice (UK)
MD, Nutrition Consultant, Harland Hall

Hassapidou Maria N. (Greece)
Professor of Nutrition & Dietetics, Technological Educational Institution of Thessaloniki

Ioannidis Ioannis (Greece)
Internist, Head of Diabetes & Obesity Clinic, Konstantopouleio General Hospital of Nea Ionia "Ag. Olga"

Junien Claudine (France)
PharmD, PhD, Professor of Genetics, Co-Director of Inserm UR-781, Hôpital Necker - Enfants Malades, Clinique M. Lamy, Paris

Kafatos Anthony (Greece)
Professor Emeritus of Preventive Medicine and Nutrition, School of Medicine, University of Crete

Kafetzis Dimitrios (Greece)
Professor of Paediatrics, 2nd Department of Paediatrics, University of Athens

Kalamanos Ioannis (Greece)
Endocrinologist-Diabetologist

Kanaka-Gantenbein Christina (Greece)
Associate Professor of Paediatric Endocrinology, 1st Department of Paediatrics University of Athens "Ag. Sophia" Children’s Hospital

Kapantais Ethylimos (Greece)
MD, Internist-Diabetologist, Director, Department of Diabetes-Obesity-Metabolism, Metropolitan Hospital, Athens

Katsilambos Nikolas (Greece)
Professor, MD, 1st Department of Paediatrics Medicine, Athens University Medical School and Diabetes Centre, "Laiko" General Hospital

Kiortsis Dimitrios (Greece)
Endocrinologist, Professor, Medical School, University of Athens

Kokkinos Alexander (Greece)
MD, PhD, Specialist in Internal Medicine, 2nd Department of Paediatric Medicine, Athens University Medical School "Laiko" General Hospital

Koletzki Berthold (Germany)
Professor, Div. Metabolic Diseases and Nutritional Medicine, Dr. von Hauner Children’s Hospital, Ludwig-Maximilians-University of Munich

Krassas Gerassimos E. (Greece)
Professor, MD, PhD, FRCP Co-Chairman, Department of Endocrinology, Diabetes and Metabolism, Panagia General Hospital, Thessaloniki

Kyriazis Ioannis A. (Greece)
PhD, Internist - Diabetologist, Director of Obesity Outpatient Clinic, Korinthos General Hospital

Leonard Clare (UK)
MD, Regulatory Affairs & Nutrition Manager, Cereal Partners Worldwide

Lissau Inge (Denmark)
Professor, Head, Department of Endocrinology, PhD, Department of Health, Vordingborg Kommune

Malecka-Tendera Ewa (Poland)
MD, PhD, Dean of the Medical University of Katowice

Margaris Andreas (Greece)
MD, Professor of Clinical Chemistry, School of Medicine, University of Crete, Heraklion

Marks Daniel (USA)
Associate Professor, MD, PhD, Paediatric Endocrinology, Oregon Health & Science University

Miltrakou Asimina (Greece)
MD, Internist-Diabetologist

Molnár Dénes (Hungary)
Professor in Paediatrics, MD, PhD, DSc, Department of Paediatrics, University of Pecs

Moreno Luis (Spain)
Professor, MD, PhD, Universidad de Zaragoza, Escuela Universitaria de Ciencias de la Salud

Mortoglou Anastasios (Greece)
MD, Endocrinologist, Director, Endocrine Department, Athens Medical Centre Hospital

Mougias Vassilis (Greece)
Associate Professor of Exercise Biochemistry, Department of Physical Education and Sport Science, TEFNA, University of Thessaloniki

Ong Ken (UK)
Paediatric Endocrinologist, MRC Epidemiology Unit and University of Cambridge

Papadimitriou Anastasios (Greece)
MD, Assistant Professor of Paediatric Endocrinology

Papadopoulos Alexandra (Greece)
MD, Associate Director, 1st Department of Paediatrics, "P. & A. Kyriakou" Athens Children's Hospital

Papakonstantinou Emilia (Greece)
Clinical Nutritionist-Dietician MS, RD, 2nd Department of Internal Medicine, Paediatric, Athens University, Centre for Diabetes, General Hospital ATTIKON

Papatheodorou Astoulla (Greece)
Assistant Director, Paediatric Endocrinology Clinic, "P. & A. Kyriakou" Athens Children's Hospital

Pietrobelli Angelo (Italy)
Professor, MD, Paediatric Unit, Verona University Medical School

Polak Michel (France)
Professor, Head, Paediatric Endocrinology, Inserm UR-781, Hôpital Necker - Enfants Malades, Clinique M. Lamy, Paris

Rego Carla (Portugal)
Paediatric Consultant, Master in Sport Medicine, Hospital S. Joao, Faculty of Medicine, Porto University

Rolland-Cachera Marie-Françoise (France)
Dr., PhD, INSERM Researcher

Sourire Natasha (UK)
Health Psychologist, Unilever Corporate Research, Colworth

Spiliotis Bessie (Greece)
Associate Professor of Paediatrics Endocrinology, Director, Division of Paediatric Endocrinology and Diabetes, Director, Research Laboratory of Molecular Paediatric Endocrinology, Department of Paediatrics, School of Medicine, University of Patras

Tabacchi Garden (Italy)
Dr., PhD, Lecturer and Researcher, Division of Physiology and Human Nutrition, University of Palermo

Temporary Adviser, Regional Office for Europe, WHO

Trichopolyiou Antonia (Greece)
MD, Director, Greek World Health Organisation Collaborating Centre for Nutrition, Medical School, University of Athens

Tzotzas Themistoklis (Greece)
MD, PhD, Endocrinologist, Department of Endocrinology-Diabetes-Metabolism, "Panagia" General Hospital, Thessaloniki

Vania Andrea (Italy)
Researcher Professor in Paediatrics, MD, PhD, Responsible for the Centre of Paediatric Dietology and Nutrition, University Sapienza, Rome

Vazeou Andriani (Greece)
Assistant Director, 1st Paediatric Department, Scientific Director Diabetes Centre, "P. & A. Kyriakou" Athens Children’s Hospital

Vereekken Carine (Belgium)
PhD, Senior Scientist, Department of Public Health, Ghent University

Wabischn Martin (Germany)
Professor, Paediatric Endocrinology, Diabetes and Obesity Unit, Department of Paediatrics and Adolescent Medicine, University of Ulm

Wardle Jane (UK)
Professor of Clinical Psychology, Department of Epidemiology and Public Health, University College London

Widhalm Kurt (Austria)
MD, Professor for Clinical Nutrition and Paediatrics, Div. for Clinical Nutrition and Prevention, Department of Paediatrics, Med. University, Vienna

Zampelas Antonis (Greece)
Associate Professor in Human Nutrition, Unit of Human Nutrition, Department of Food Science and Technology, Agricultural University of Athens
Programme Structure

All sessions take place at Ballroom I of the congress venue

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<td>WHO SATELLITE SYMPOSIUM</td>
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<td>LUNCH &amp; POSTER SESSION (P001-P044)</td>
<td>PARALLEL SESSION FOR NUTRITIONISTS AND NURSES</td>
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<td>ORAL PRESENTATIONS METABOLIC SYNDROME</td>
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<td>WHO child growth standards: background and global overview</td>
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<td>M. de Onis</td>
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<td>Validation of the new WHO growth standards and their utility</td>
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<td>M. Caroli</td>
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<td>Secular growth trends in Greece and associated nosology</td>
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<td>G.P. Chrousos</td>
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<td>Childhood obesity prevention initiatives and the role of the new</td>
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<td>G. Tabacchi</td>
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<td>Mediterranean diet: the ideal eating model to promote and preserve</td>
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<td>good health from childhood to elderly</td>
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<td>A. Trichopoulou</td>
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<td>Diagnostic criteria patterns of U.S. children with metabolic syndrome</td>
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<td>indicate reason for concern (NHANES 1999-2002)</td>
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<td>S. Kranz, L.J. Mahood</td>
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<td>The Pennsylvania State University</td>
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<td>0002</td>
<td>Prevalence of the metabolic syndrome and metabolic abnormalities in</td>
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<td>420 Greek children and adolescents assessed for simple obesity</td>
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<td>P. Pervanidou, Ch. Kanaka-Gantenbein, S. Sakka, G. Karamouzis, A.B.</td>
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<td>Haidich, M.A. Magiakou, I. Papassotriou, G.P. Chrousos</td>
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<tr>
<td></td>
<td>1 Department of Clinical Chemistry, Aghia Sophia Children’s Hospital</td>
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<td>Athens Greece, 2 4th Department of Paediatrics, Aghia Sophia Children’s</td>
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<td>Hospital, University of Athens, Greece, 3 Laboratory of Hygiene of</td>
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<td>Medical School, Aristotle University, Thessaloniki, Greece</td>
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<td>0003</td>
<td>Are we undervalidating the metabolic and cardiovascular risk in</td>
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<td>paediatric obesity using the cut-off points of the OGTT and the IRS</td>
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<td>C. Rego, D. Silva, C. Dias, A. Guerra</td>
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<td>S. Joaõ, Faculty of Medicine of Porto University, Portugal</td>
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<td>Metabolic syndrome: does it exist in childhood?</td>
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<td>Debate on the definition of the metabolic syndrome - Risk factors</td>
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<td>How and who should we screen for the metabolic syndrome?</td>
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* The Symposium is sponsored by the Hellenic Medical Association for Obesity
Thursday, 5 July 2007

16.45-17.15
COFFEE BREAK

17.15-18.00
OPENING LECTURE
Chairperson: N. Katsilambros
Low birth weight, obesity and type 2 diabetes: is it all fetal programming?
D. Dunger

18.00-19.00
OPENING CEREMONY
V.A. Haralambides, President of the Organising Committee
Welcome Address
G. Kreatsas, Vice Rector and Dean Medical School, National and Kapodestrian University of Athens
Official Opening of the Congress
K. Widhalm, ECOG President
Welcome Address
I. Ioannidis, HMAO President
I. Kaklamanos, HMAO Secretary General
HMAO Awards
Concert
Vassilis Lekkas - Yannis Spathas

19.00-21.00
SATELLITE SYMPOSIUM
Nutritional factors for the prevention and treatment of childhood obesity
Chairperson: A. Zampelas
Behavioural modification in childhood obesity prevention
N. Soureti
Lifestyle interventions in overweight children
M. Giannakoula
The importance of breakfast in childhood obesity
E. Papakonstantinou
The Choices programme: a simple, front-of-pack stamp: making healthier choices easy
A.J.C. Roodenburg

Friday, 6 July 2007

08.30-10.00
ORAL PRESENTATIONS • EPIDEMIOLOGY
Chairpersons: K. Widhalm - A. Galli-Tsinopoulou

0007 Impact of peroxisome proliferator-activated receptor γ and δ on adiposity in toddlers and preschoolers in the GENESIS study
1 Institute of Diet, Exercise and Lifestyle (IDEAL), Faculty of Biomedical and Life Sciences, University of Glasgow, UK, 2 Department of Nutrition and Dietetics, Harokopio University of Athens, Greece

0008 Sociodemographic, ethnic and dietary factors associated with childhood obesity in Northern Greece
M.N. Hassapidou1, S.K. Papadopoulou2, A. Frossinis1, M. Kaklamanou1, I. Kaklamanos5, Th. Tzotzas4
1 Hellenic Medical Association for Obesity, Greece
2 Department of Nutrition and Dietetics, TEI Thessaloniki, Greece

0009 Systolic blood pressure is related to age, BMI and dietary potassium and calcium but not to dietary sodium intake in children aged 7-15 from Northern Greece
D. Papandreou1, P. Malindretos2, M. Stamou1, I. Roussou3
1 2nd Department of Paediatrics, Aristotele University of Thessaloniki, School of Medicine, AHEPA Hospital, 2 1st Medical Department, Renal Unit, Aristotele University of Thessaloniki, School of Medicine, AHEPA Hospital, Greece

0010 Prevalence of obesity in preschool children in Greece in relation to macronutrients intake. The GENESIS study
E. Bellou1, V. Kostarelli2, E. Grammatikaki1, G. Moschonis5, K. Kondaki4, T. Liarigkivos5, Y. Manios4
1 Department of Nutrition and Dietetics, Harokopio University of Athens, Greece, 2 Department of Home Economics, Harokopio University of Athens, Greece

0011 Body dissatisfaction among young children: age and sex differences
Y.K. Lai1, S.Y. Ho, W.S. Lo1, K.K. Mak1, L.M. Ho1, S.M. McGhee1, G.N. Thomas1, T.H. Lam2
1 Department of Community Medicine and School of Public Health, The University of Hong Kong, Hong Kong, China

21.30
WELCOME DINNER
Sponsored by ELAIS - UNILEVER
at “Eleas Gi” restaurant
Scientific Programme

Friday, 6 July 2007

0012  Reliability and validity of the yesterday food questionnaire for 7- to 10-year-old school children
M.A.A. de Assis¹, D. Guimarães¹, M.C.M. Calvo¹, F. Bellisle¹, D.F. Andrade¹
¹ Programa de Pos-Graduação em Nutrição, Santa Catarina Federal University, Florianópolis, Santa Catarina, Brazil, ² Departamento de Saúde Pública, Santa Catarina Federal University, Florianópolis, Santa Catarina, Brazil, ³ Umr U 557 Inserm/U 1125 Inra/Cnam, Paris, France

10.00-10.45  PLENARY SESSION
Chairperson: C.S. Bartsokas
Is obesity just a fate?
C. Junien

10.45-11.15  COFFEE BREAK

11.15-12.45  REVIEW SESSION
Chairpersons: C. Junien - V.A. Haralambides
Mother-fetal and newborn interaction
K. Ong
Early growth and later obesity: evidence in humans
B. Koletzko
Food intake and early growth
M. F. Rolland-Cachera

12.45-13.45  LUNCH & POSTER SESSION (P001-P044)
Chairpersons: E. Malecka-Tendera - A. Papadimitriou

13.00-13.45  PARALLEL SESSION FOR NUTRITIONISTS AND NURSES
Chairperson: M.N. Hassapidou
Diet: methods for nutrition assessment including questionnaires and portion size
C. Vereecken

0013  Perinatal predictors of overweight at infancy and preschool years. The GENESIS study
G. Moschonis, E. Grammatikaki, K. Kondaki, D. Keke, C. Kortsalioudaki, Y. Manios
Department of Nutrition and Dietetics, Harokopio University of Athens, Greece

0014  Nutrient intakes of toddlers and preschoolers in Greece: the GENESIS study
E. Grammatikaki, S. Papoutsou, T. Liarigkovinos, K. Kondaki, G. Moschonis, Y. Manios
Department of Nutrition & Dietetics, Harokopio University, Athens, Greece

0015  Programming of obesity and adipose tissue specific molecules in mice by foetal low protein diet
V. Bol, A.I. Delattre, B. Reusens, C. Remacle
Laboratory of Cell Biology, University of Louvain, Belgium

0016  Oral magnesium supplementation reduces post-load glucose levels in obese children and adolescents
C. Inzitari¹, L. Gilardini¹, K. Caffetto¹, F. Pedesta¹-², R. Bellu¹
¹ Department of Metabolic Diseases and Diabetes, Istituto Auxologico Italiano, Milan, Italy, ² Department of Food Science and Microbiology, University of Milan, Italy

0017  A nutrition intervention-education programme for school children in Northern Greece
T. Iozzeta¹, M. Kaklamaniou¹, S.K. Papadopoulou¹-², A. Frossinis¹, I. Kaklamanos¹, M.N. Hassapidou¹-²
¹ Hellenic Medical Association for Obesity, Greece, ² Department of Nutrition and Dietetics, TEI Thessaloniki, Greece

0018  Lipid soluble antioxidant vitamins in adolescent girls with obesity, normal weight or anorexia nervosa
S.Z. Bokor¹, T. Decsi¹, I. Fenyvesi¹, A. Gati¹, I. Abraham¹, H. Demmelmaier¹, B. Koletzko¹, D. Molnar¹
Department of Paediatrics¹ and Department of Psychiatry², University of Pecs, Hungary, Dr. von Hauner Children’s Hospital, University of Munich, Germany¹
**Friday, 6 July 2007**

**15.15-16.00** PLENARY SESSION
Chairperson: Ch. Kanaka-Gantenbein
Is nutrition the fuel for obesity?
L. Moreno

**16.00-16.30** COFFEE BREAK

**16.30-18.00** REVIEW SESSION
Chairpersons: M. Caroli - A. Zampelas
Mediterranean diet in prevention and treatment of childhood obesity
M.N. Hassapidou
Dietary assessment in paediatric obesity units
C.-E. Flodmark
What the dietary assessment methods tell us
Y. Manios

**18.00-18.30** LECTURE
Chairperson: A. Papadopoulou
Development of food behaviour early in life
J. Wardle

**18.30-19.00** LECTURE
Chairperson: M.-L. Frelut
Genetic syndromes associated with obesity: early diagnosis and management
Ch. Hadjiathanasiou

**19.00-20.00** SATELLITE SYMPOSIUM
Chairperson: I. Ioannidou
Whole grains & health - An overview
C. Leonard
Whole grains and the prevention of cardiovascular diseases
A. Zampelas
Whole grains and weight management in young people
J. Harland

**20.00** BUSINESS MEETING

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**Saturday, 7 July 2007**

**08.30-10.00** ORAL PRESENTATIONS • PREVENTION ACTIVITY - LIFESTYLE
Chairpersons: I. Lissau - V. Mougios

**O019** The MEND programme: effects on waist circumference and BMI in moderately obese children
P.M. Sacher, M. Kolotourou, P. Chadwick, A. Singhal, T.J. Cole, M.S. Lawson
1 MRC Childhood Nutrition Research Centre, UCL Institute of Child Health
2 Cancer Research, UK Health Behaviour Unit, University College London
3 Centre for Paediatric Epidemiology and Biostatistics, UCL Institute of Child Health

**O020** Role of lifestyle in obesity prevention - a representative survey in metropolitan elementary schools
1 National Institute of Food Safety and Nutrition, Department of Nutritional Hygiene, Budapest, Hungary
2 Metropolitan Institute of State Public Health and Medical Officer Service, Budapest, Hungary

**O021** Physical fitness of overweight and obese children before and during a group therapeutic programme for childhood obesity
J. Noldus, K. Faust, A. Vanoppen, G. Massa
Departments of Paediatrics and Physical Medicine, Virga Jesseziekenhuis, Hasselt, Belgium

**O022** The detrimental effect of overconsumption of salty and sweet foods on blood pressure in children
V. Petrou, A. Papathanasiou, A. Tertipi, M. Deligiorgi, P. Nicolopoulos, P. Papachilleos, V. Skarpa, O. Zerva, C.G. Hadjiathanasiou
1 Departments of Endocrinology and 2 Nutrition “P. & A. Kyriakou” Children’s Hospital, Athens, Greece

**O023** Treatment of morbid obesity in children: a randomised controlled trial (comparing an in-hospital treatment regimen with intensive multidisciplinary outpatient treatment)
O.H. Van der Baan-Slootweg, P.M. Engelfriet, M.A. Benninga, F.R. Weller, W.M.C. Van Aalderen
1 Childhood Obesity Centre Heideheuvel, Hilversum, The Netherlands
2 Emma Childrens Hospital AMC, Amsterdam, The Netherlands

**O024** Laparoscopic gastric bypass for adolescents (13-17Y) with morbid obesity - preliminary results from a Swedish nationwide study
M. Werling, T. Olbers, S. Marild, H. Lonroth, J. Dahlgren, C.-E. Flodmark, P. Friberg, C. Marcus
Sahlgrenska University Hospital, Department of Surgery
Saturday, 7 July 2007

10.00-10.45 PLENARY SESSION
Chairperson: I. Kaklamanos
Walking on the road of prevention
M. Fogelholm

10.45-11.15 COFFEE BREAK

11.15-12.45 REVIEW SESSION
Chairpersons: A. Vania - A. Kafatos
Policies and frames for physical activity
I. Lissau
Prevention programmes across Europe
K. Widhalm
Which physical activity is best and for how long? - Aerobic vs anaerobic exercise
M.-L. Frelut

12.45-13.45 LUNCH & POSTER SESSION (P045-P089)
Chairpersons: D. Kiortsis - A. Papathanassiou

13.00-13.45 PARALLEL SESSION FOR NUTRITIONISTS AND NURSES
Chairperson: A. Mortoglou
Practical issues of body composition assessment: from anthropometry to circumference
A. Pietrobelli

13.45-15.15 ORAL PRESENTATIONS • PHYSIOLOGY - GENETICS
Chairpersons: C. Rego - A. Kokkinos

O025 Gln223Arg polymorphism of the leptin receptor gene and food-induced thermogenesis in obese boys
J. Repasy, S.Z. Bokor, K. Csemus, E. Erhardt, D. Molnar
Department of Paediatrics, University of Pecs, Hungary

O026 Study of the expression levels of AdipoR1 and PPAR-gamma receptors in the adipocytes of children: indications of risk factors in obese children
A. Karvela¹, A.P. Rojas-Gil¹, A. Pappa¹, H. Papadaki², E. Samkinidou³, J. Varakis¹, G. Georgiou¹, B.E. Spiliotis¹
¹Research Laboratory of Molecular Paediatric Endocrinology
²Division of Paediatric Endocrinology and Diabetes Mellitus and Anatomy, Histology and Embryology Department
³University of Patras, School of Medicine, Greece and Department of Paediatric Surgery, Karamandaneio Childrens Hospital, Patras Greece

O027 Altered gene expression associated with inflammation in adipose tissue of obese children
A. Gil¹, C.M. Aguilera¹, T. Montero¹, A. Suarez¹, I. Tofe², M. Gil-Campos³, R. Canete²
¹Department of Biochemistry and Molecular Biology II, University of Granada and Paediatric Endocrinology Unit, University Hospital Reina Sofia, Cordoba, Spain

O028 Resistin in obese children
A. Vazeu¹, A. Mitrakou, I. Papasotiriou¹, A. Megreli², E. Aggelou¹, P. Papachilleos², G. Perperidis³, A. Papadopoulos³, L. Stamoyannou³, C. Hadjijanthesou³
¹Endocrine Department “P. & A. Kyriakou” Children’s Hospital, ²Department of Clinical Biochemistry “Aghia Sophia” Children’s Hospital

O029 Serum adiponectin levels, leptin, insulin resistance and insulin like growth factors in pre-pubertal children born small-for-gestational age
E. Evangelidou¹, A. Challa², D. Kiortsis³, A. Tsatsoulis³, S. Andronikou³
¹Neonatal Intensive Care Unit, ²Research Laboratory of Child Health Department, Medical School, ³Department of Endocrinology, University of Ioannina, Greece

O030 Cardiac autonomic dysfunction in obese children vs lean controls
P. Friberg, F. Dangardt, W. Osika, M. Zafar, K. Nilen, S. Marild
Department of Molecular and Clinical Medicine/Clinical Physiology, Sahlgrenska University Hospital, Gothenburg, Sweden
Saturday, 7 July 2007

15.15-16.00 **PLENARY SESSION**
Chairperson: E. Kapantais
Is the heart of obesity in the brain?  
D. Marks

16.00-16.30 **COFFEE BREAK**

16.30-18.00 **REVIEW SESSION**
Chairpersons: E. Dakou-Voutetaki - G. Krassas
Perinatal programming of the orexigenic system  
K. Grove
Novel mechanisms of ghrelin action and the role of obestatin on food intake  
F.F. Casanueva
Neuroendocrine dysregulation in hypothalamic obesity  
An. Margioris

18.00-18.30 **LECTURE**
Chairperson: I. Ioannidis
Physical activity and cardiovascular risk in children  
L.B. Andersen

18.30-19.00 **LECTURE**
Chairperson: T. Tzotzas
Neonatal diabetes: from the gene to a novel treatment  
M. Polak

19.00-19.45 **SATELLITE LECTURE**
Chairperson: A. Vazeou
Postprandial hyperglycemia in children: what is their future?  
A. Mitrakou

20.00 **FAREWELL COCKTAIL**

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Day 1

**P001** Impact of obesity on growth in children

M. Xatzizas, M. Kalliara, V. Marias, A. Hatzoglou, A. Vazeou, L. Stamogiannou

1st Department of Paediatrics, "P. & A. Kyriakou" Children's Hospital, Athens, Greece

**P002** Childhood obesity and lipid disorders

V. Petrou, A. Tertipi, A. Papathanasiou, E. Posnagidou, M. Deligiorgi, P. Papachilleos, P. Nikolopoulos, C.G. Hadjiathanasiou

Department of Endocrinology "P. & A. Kyriakou" Children's Hospital, Athens, Greece

**P003** Does pubertal stage influence serum adipocytokines in obese children and adolescents?

M. Ginalska-Malinowska, A. Lecka, A. Rudzka-Kocjan, M. Szarras-Czapnik, R. Janas, J.B. Kisiazk1

Department of Endocrinology, The Children's Memorial Health Institute, Warsaw, Poland

**P004** Difference in the relationship between adipokines and body composition in Korean obese children according to sex and puberty

S. Chung, M.J. Park, E. Sung, D.H. Kim

1st Department of Paediatrics, Konkuk University Hospital, Konkuk University School of Medicine, Seoul, Korea

**P005** Prevalence of obesity, metabolic syndrome and related risk factors in primary schoolchildren in Greece. The children study


1st Department of Nutrition and Dietetics, Harokopio University of Athens, Greece

**P006** The role of visceral fat on liver function as expressed by gamma-GT or SGPT levels, in overweight and obese adolescents

E. Chala, E. Kapantis

Department of Diabetes-Obesity-Metabolism, Metropolitan Hospital, Neo Faliro, Athens, Greece

**P007** Effect of an oligofructose-enriched inulin on body weight modulation during pubertal growth

D. Bosscher, A. Franck

Orfis Group, Tienen, Belgium

**P008** Metabolic syndrome and adiponectin levels in childhood obesity

E. Vlahopapadopoulo1, F. Karachalio1, E. Paraskaki1, A. Drakatos, A. Fotinou, G. Mytakidis, S. Michalacos

1st Department of Paediatrics, Sanggye Paik Hospital, Inje University, 1st Department of Family Medicine, Kangbuk Samsung Hospital, Sungkyunkwan University School of Medicine, Department of Paediatrics, Yongsei University College of Medicine, Seoul, Korea

**P009** Association between asthma and obesity in children

M. Kalliara, M. Xatzizas, C. Hatzoglou, A. Vazeou, L. Stamogiannou

1st Department of Paediatrics, "P. & A. Kyriakou" Children's Hospital, Athens, Greece

**P010** Prevalence of metabolic syndrome among Thai children and adolescents with obesity

J. Santiprabhobh, P. Kapin, S. Ukitamaksu1

1st Division of Endocrinology and Metabolism, Department of Paediatrics, Siriraj Hospital Mahidol University, Bangkok, Thailand

**P011** Diet, physical activity and anthropometric indices and the risk of insulin resistance in primary schoolchildren in Greece

Z. Boulobasi1, E. Grammatikaki1, C. Tzavara1, T.L. Cook1, A. Spyridaki1, K. Kondaki1, G.A. Fragkiadakis1, Y. Manios1

1st Department of Nutrition and Dietetics, Harokopio University of Athens, Greece

**P012** Elevated R-HOMA in obese children and adolescents with regard to their migration background

A. Dannemann, S. Cherdron, T. Drossel, S. Wiegand

Social Paediatric Centre (SP2) Charlie Children's Hospital, Berlin, Germany

**P013** Metabolic follow up indications in obese children with central nervous system insult

A. Zar1, A. Aiana, F. Verlato, G. Camporese1, S. Pigozzo1, G. Perlongo, N.A. Greggio

Department of Pediatrics, "Department of Angiology, "Department of Internal Medicine, University of Padua, Italy

**P014** Metabolic syndrome in overweight and obese children and adolescents of South East Attica: prevalence and correlations

O. Filippou, K. Karanasiou, M. Dolianiti, T.N. Sergentanis, M. Ziva-Petropoulou, St. Papadakou-Lagogianni

Paediatric Department, Asclepieon Voulas General District Hospital, Athens, Greece

**P015** The association between nonalcoholic fatty liver disease, increased alanine aminotransferase activity and fasting insulin in obese children in Crete

M. Mavrokosta, S. Stefanaki, E. Stefanaki, A. Tsilimigaki, E. Kokori

Paediatric Department, Venizello General Hospital, Heraklion, Crete

**P016** Higher frequency of obesity in children with premature adrenarche

G. Lekka, A. Papathanasiou, C. Evangelopoulos, V. Petrou, P. Nikolopoulos, P. Papachilleos, C.G. Hadjiathanasiou

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**P017** Prevalence of overweight using BMI and percentage body fat cut offs: The ELANCE growth study

S. Peneau, A.C. Vergnaud, M. Deheeger, F. Bellisle, M.-F. Rolland-Cachera

Umr U557 Inserm/Inra/Cnam/Paris 13, CRNH Ile de France, Bobigny, France

**P018** Anthropometric measurements of French children: Comparison with the new WHO growth standards

S. Peneau, A.C. Vergnaud, M. Deheeger, F. Bellisle, M.-F. Rolland-Cachera

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**P019** Nutritional status in Algerian and French young adults assessed using BMI and bio-impedance

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**P020** The association between consumption of breakfast cereals and Body Mass Index, in schoolchildren aged 12-18 years (the Vyronas study)

R.L. Kost1, D.B. Panagiotakos, A. Zampelas1, C. Mihas1, A. Alevizos1, C. Leonard1, Y. Tountas1, A. Mariolis1

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**P021** Association between physical activity and anthropometric indices and the risk of insulin resistance in primary schoolchildren in Greece

Z. Boulobasi1, E. Grammatikaki1, C. Tzavara1, T.L. Cook1, A. Spyridaki1, K. Kondakis1, G.A. Fragkiadakis2, Y. Manios2

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**P022** Elevated R-HOMA in obese children and adolescents with regard to their migration background

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**P023** Metabolic follow up indications in obese children with central nervous system insult

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**P024** Metabolic syndrome in overweight and obese children and adolescents of South East Attica: prevalence and correlations

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**P025** The association between nonalcoholic fatty liver disease, increased alanine aminotransferase activity and fasting insulin in obese children in Crete

M. Mavrokosta, S. Stefanaki, E. Stefanaki, A. Tsilimigaki, E. Kokori

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**P026** Higher frequency of obesity in children with premature adrenarche

G. Lekka, A. Papathanasiou, C. Evangelopoulos, V. Petrou, P. Nikolopoulos, P. Papachilleos, C.G. Hadjiathanasiou

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**P027** Prevalence of overweight using BMI and percentage body fat cut offs: The ELANCE growth study

S. Peneau, A.C. Vergnaud, M. Deheeger, F. Bellisle, M.-F. Rolland-Cachera

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**P028** Anthropometric measurements of French children: Comparison with the new WHO growth standards

S. Peneau, A.C. Vergnaud, M. Deheeger, F. Bellisle, M.-F. Rolland-Cachera

Umr U557 Inserm/Inra/Cnam/Paris 13, CRNH Ile de France, Bobigny, France

**P029** Nutritional status in Algerian and French young adults assessed using BMI and bio-impedance

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Umr U557 Inserm/Inra/Cnam/Paris 13, CRNH Ile de France, Bobigny, France

**P030** The association between consumption of breakfast cereals and Body Mass Index, in schoolchildren aged 12-18 years (the Vyronas study)

R.L. Kost1, D.B. Panagiotakos, A. Zampelas1, C. Mihas1, A. Alevizos1, C. Leonard1, Y. Tountas1, A. Mariolis1

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*Attikon* University Hospital

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Z. Kulaga1, A. Krzyzaniak1, I. Palczewska1, K. Barwicka1
1 The Children’s Memorial Health Institute, 2 Poznan University of Medical Sciences, 3 Institute of Industrial Design

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2 Scientific Department DS MediGroup, Italy
3 Scientific Communication Kellogg’s, Italy

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Paediatric Department, Panarkadiion General Hospital of Tripoli

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E. Grammatikaki1, Z. Bouloubasi1, T.L. Cook1, S. Christodoulou1, P. Angelopoulos1, Y. Manios1
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J.J. Diaz1, L. Somalo1, I. Riano, M.S. Zapico2, M. Garcia1, S. Malaga2
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M. Nikolic1, S. Milutinovic1, S. Gilgorigevic1
Public Health Institute Nis, Serbia

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F. Papavasiliou1, A. Moutafi1, D. Papakonstantinou1, Z. Kouvakili2, P. Troizos-Papavasiliou2, Z. Patrona2
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Division of Exercise Physiology, Department of Physical Education and Sport Science, Democritus University of Thrace, Komotini, Greece

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A. Spagnolo1, M. Carletti1, P. Strisciuglio1, G. Paciotti1, M. Strambi1, E. Menghetti1
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 ¹ Direction Group of Child Hypertension, Italian Society of Paediatrics

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G. Filioti, T. Sioriopoulou, N. Karli
Department of Paediatrics, General Hospital of Kalamata, Messinia, Greece

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C. Kortsalioudaki¹, C. Tzavara¹, L. Baglatzi¹, N.G. Papadopoulos¹, Y. Manios¹
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G. Moschonis, E. Grammatikaki, Y. Manios
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E. Evagelidou¹, A. Challa¹, V. Giapros¹, V. Cholevas¹, D. Kiotsis¹, S. Andronikou¹
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Childhood Obesity Unit, University Hospital Malmo, Sweden

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² Microbiology Department "P. & A. Kyriakou" Children’s Hospital, Athens, Greece

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C. Padez¹, I. Mourao¹, P. Moreira¹, V. Rosado¹
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Tinos Health Centre, Tinos Island, Greece

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Z. Symeonoglou-Themelis*, J. Kontou*, S. Loucrezi*
*Medical Doctors, *Postgraduate student in Public Health, University of Athens
1Teacher, Postgraduate student in Psychology, University of Athens
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Ch. Stylianou1, A. Galli-Tsinopoulou1, P. Kokka1, D. Farmakiotis2, G. Koliakos1, G. Varlamis1
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Department of Paediatrics, University of Pecs, Hungary

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Department of Paediatrics, University of Pecs, Hungary

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MD Thompson and Auckland Birthweight Collaborative Study Group, Department of Paediatrics, University of Auckland, New Zealand

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Department of Family Medicine, Busan Paik Hospital, College of Medicine, Inje University, Korea

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Department of Growth and Development, “P. & A. Kyriakou” Children’s Hospital, Athens, Greece

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N.J. Farpour-Lambert, Y. Aggoun, L. Marchand, V. Schwitzgebel, F.R. Herrmann, M. Beghetti
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A commercial exhibition is located in the congress venue from Thursday, 5 July until Saturday, 7 July 2007.

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<td>PREVENT HELLAS AEBE</td>
</tr>
<tr>
<td>10</td>
<td>MENARINI DIAGNOSTICS SA</td>
</tr>
<tr>
<td>11</td>
<td>SPOC 2008</td>
</tr>
<tr>
<td>12</td>
<td>PARISSIANOU SA</td>
</tr>
</tbody>
</table>

**Acknowledgements**
The Organising Committee and the Executive Board of the ECOG 2007 would like to thank the following companies and organisations for their fruitful cooperation and valuable contribution and support to the organisation of the 17th Annual Meeting of the European Childhood Obesity Group.

**GOLD SPONSOR**
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**SILVER SPONSORS**
CEREAL PARTNERS HELLAS EEIG

**BRONZE SPONSORS**
Mc DONALD’S
MENARINI DIAGNOSTICS SA
PREVENT HELLAS AEBE

**SPONSORS**
ABBOTT LABORATORIES HELLAS
CAMBRIDGE NEUROTECHNOLOGY
COCA-COLA HELLAS
E.J. PAPADOPOULOS SA - BISCUITS AND FOODWARE INDUSTRY
LAMDA MEDICAL SA
MEDISPES SA
MERCK SERONO SA
NOVO NORDISK HELLAS
PARISSIANOU SA
PHARMASERVE LILLY SACI
PHOENIX PHARMACEUTICALS, INC.
ROCHE HELLAS SA

**Commercial Exhibition**
A commercial exhibition is located in the congress venue from Thursday, 5 July until Saturday, 7 July 2007.

**Exhibition Hours**
- Thursday, 5 July 2007: 07:30-19:00
- Friday, 6 July 2007: 08:00-20:00
- Saturday, 7 July 2007: 08:30-19:00

<table>
<thead>
<tr>
<th>No</th>
<th>Exhibitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ELAIS - UNILEVER SA</td>
</tr>
<tr>
<td>2</td>
<td>CEREAL PARTNERS HELLAS EEIG</td>
</tr>
<tr>
<td>3</td>
<td>COCA - COLA HELLAS</td>
</tr>
<tr>
<td>4</td>
<td>ROCHE HELLAS SA</td>
</tr>
<tr>
<td>5</td>
<td>ABBOTT LABORATORIES HELLAS</td>
</tr>
<tr>
<td>6</td>
<td>CAMBRIDGE NEUROTECHNOLOGY</td>
</tr>
<tr>
<td>7</td>
<td>PHOENIX PHARMACEUTICALS, INC</td>
</tr>
<tr>
<td>8</td>
<td>ECOG 2008</td>
</tr>
<tr>
<td>9</td>
<td>PREVENT HELLAS AEBE</td>
</tr>
<tr>
<td>10</td>
<td>MENARINI DIAGNOSTICS SA</td>
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<td>SPOC 2008</td>
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<td>12</td>
<td>PARISSIANOU SA</td>
</tr>
</tbody>
</table>
Registration Fees

<table>
<thead>
<tr>
<th>REGISTRATION TYPE</th>
<th>EARLY Until March 20th, 2007</th>
<th>REGULAR Until June 25th, 2007</th>
<th>ON SITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECOG MEMBERS</td>
<td>300</td>
<td>400</td>
<td>480</td>
</tr>
<tr>
<td>NON MEMBERS</td>
<td>350</td>
<td>450</td>
<td>520</td>
</tr>
<tr>
<td>RESIDENTS, NURSES, DIETICIANS &amp; HEALTH CARE PROFESSIONALS</td>
<td>250</td>
<td>320</td>
<td>380</td>
</tr>
<tr>
<td>STUDENTS</td>
<td>150</td>
<td>150</td>
<td>150</td>
</tr>
<tr>
<td>1-DAY REGISTRATION</td>
<td>150</td>
<td>150</td>
<td>150</td>
</tr>
<tr>
<td>ACCOMPANYING PERSONS</td>
<td>125</td>
<td>125</td>
<td>125</td>
</tr>
<tr>
<td>EXHIBITORS</td>
<td>150</td>
<td>150</td>
<td>150</td>
</tr>
</tbody>
</table>

Cost in Euro (€)

Please note that the registration fees include the following:

<table>
<thead>
<tr>
<th>REGISTRATION TYPE</th>
<th>ECOG Members/Non Members</th>
<th>Residents, Nurses, Dieticians &amp; Health Care Professionals</th>
<th>Students</th>
<th>1-day Registration</th>
<th>Accompanying Persons</th>
<th>Exhibitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Congress material</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Certificate of attendance</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Visit to the poster area</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Visit to the exhibition area</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Coffee during the breaks</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Light lunches</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Welcome dinner</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Farewell cocktail</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Athens city tour</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

Date & Congress Venue

July 5-7, 2007
Athenaeum Intercontinental Athens
89-93 Syngrou Avenue, 11745 Athens, Greece
Phone: +30 210 9206000, Fax: +30 210 9206500, www.intercontinental.com

Official Language

The official language of the congress is English. Simultaneous translation is not provided.

Visual Equipment

The meeting hall is equipped with slide, overhead and data projectors, as well as PC for speakers’ needs. Speakers are kindly requested to check and deliver their presentation to visual reception secretariat at least one hour before scheduled presentation. Presentations must be on slides 5x5 cm or on CD-ROM or computer disk. Due to changes in computer configuration, laptops are not accommodated. Visual reception secretariat is situated in the Ballroom foyer.

Name Badges

All participants and accompanying persons must wear the congress identification badge in a visible place. Entrance to the meeting hall, poster and exhibition areas is not permitted to any person not carrying a badge. The badges have the following distinctive colour codes:

- Participants: Blue
- Exhibitors: Grey
- Students: Green
- Local Organising Committee: Red
- 1-day Registration: Orange
- Speakers / Chairpersons: Gold
- Accompanying persons: Pink

Programme Changes

The organisers cannot assume liability for any changes in the programme due to external or unforeseen circumstances.

Coffee Breaks and Lunches

Coffee breaks and lunches are served in the poster and exhibition areas.

Smoking Policy

Smoking is prohibited in all congress areas.

Mobile Phones

Participants are kindly requested to deactivate their mobile phones inside the congress hall during the sessions.
Social Events
The opening ceremony takes place on Thursday, 5 July 2007, at 18.00 hrs, at the Ballroom foyer of the congress venue. All participants are invited.

The welcome dinner takes place on Thursday, 5 July 2007, at 21.30 hrs, at “Eleas Gi” restaurant, Politia. Cost is included in the registration fee of ECOG Members and non-Members. For all other participants, as well as for accompanying persons, invitations are available at 70 € per person. Buses will depart from the congress venue at 21.15 hrs.

The farewell cocktail takes place on Saturday, 7 July 2007, at 20.00 hrs, at the Ballroom foyer of the congress venue. All participants are invited.

Electricity
The electrical supply in Greece is 220 volt.

Liability and Insurance
The organisers have no responsibility whatsoever for injury or damage involving persons and property during the congress. Participants are advised to carry out their own personal insurance during their stay in Greece.

Bank & Currency
Greece is a full member of the European Monetary Union, thus its currency is the Euro. Most banks are open Monday to Thursday from 8:00 to 14:30 and Friday from 8:00 to 14:00. They are closed over the weekends and the public holidays. ATMs are to be found in almost every town and in Metro stations and certainly in all tourist areas.

Credit Cards
There are plenty of cash points for Mastercard and Visa card holders in Athens. All major credit cards are widely accepted in most restaurants, shops and the congress registration desk.

Shopping
Shops in summer open on Monday, Wednesday and Saturday at 9:00-15:00 and on Tuesday, Thursday and Friday at 9:00-14:00 & 17:30-21:00. The working hours vary from area to area, therefore the above schedule is approximate.

For Tax-Free shopping, visitors from countries outside the European Union can reclaim VAT on goods purchased in tax-free shops when leaving the country, either at the airport or at the border.

Restaurants
In Athens you will find a wide variety of excellent restaurants offering a diverse cuisine from around the world. We strongly recommend local delicacies in taverns offering Greek specialities and wines.

Tipping
For taxi and restaurants the service charge is included in the price. You may add a tip at your own discretion to indicate appreciation of exceptionally good service.

Climate and Clothing
Northern and Central Greece have cold winters and warm but humid summers. South Greece, Athens, Peloponissos and the islands have typical Mediterranean climate with warm and dry summers and mild winters.

In July, the weather is pleasantly warm during the whole day, but for all outdoor evening events, a light sweater may be useful. Temperature ranges from 28°C to 37°C.

Interesting Websites
City of Athens, www.cityofathens.gr
Greek National Tourism Organisation, www.eot.gr
Hellenic Ministry of Culture, www.culture.gr

Special Needs
Delegates and accompanying persons with disabilities are invited to advise the congress secretariat of any special requirements. All the congress areas are easily accessible for persons with special needs.

Congress Secretariat
The congress secretariat is situated in the Ballroom foyer and operates as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, 5 July 2007</td>
<td>07:30-21:00</td>
</tr>
<tr>
<td>Friday, 6 July 2007</td>
<td>08:00-20:30</td>
</tr>
<tr>
<td>Saturday, 7 July 2007</td>
<td>08:00-21:00</td>
</tr>
</tbody>
</table>

15, Messogion Av.
115 26 Athens, Greece
Tel: +30 210 7499 300, Fax: +30 210 7705 752
E-mail: congress@triaenatours.gr
Website: www.ecog2007.gr • www.triaenatours.gr
**Public Transportation to the Airport**

**By Bus**

One public bus route serves exclusively the airport, connecting the greater area of Athens and Piraeus with it.

- **E95 Syntagma - Athens Airport Express and vice versa**
  
  Ticket Price: € 3

  **Use:**
  - For only ONE trip to or from the airport
  - Validate your ticket ONLY ONCE, upon your entrance.

  **Where to buy:** From the bus driver, all metro stations and public transport ticket outlets.

  The penalty for not having a validated ticket is € 120

  **Duration of the trip:** 50 mins (depending on traffic).

**By Metro**

The airport is accessible via Metro Line 3.

- The metro station from the congress venue to the Athens International Airport is “Sigrou-Fix”.
  
  Validate your ticket ONLY ONCE, upon your entrance. 
  
  Ticket Price: € 6

  The penalty for not having a validated ticket is € 360

**Notes**

- For only ONE trip within the city
  - By bus (The penalty for not having a validated ticket is € 20)
  - By metro (The penalty for not having a validated ticket is € 48)

- For unlimited number of trips by any public transport mode
  - Per day
    - Ticket Price: € 0,50
  - Per week
    - Ticket Price: € 0,80
  - Ticket Price: € 3
  - Ticket Price: € 10

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This year, E.J. Papadopoulos S.A. celebrates

**85 years** of successful market presence

in the Greek biscuit industry.

Based on recommendations of health professionals, we enable consumer to meet daily nutritional needs

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of **tasteful products** designed to this end.

Following a responsible approach to nutritional issues we have applied a series of initiatives:

- No use of trans fatty acids
- No use of preservatives

Committed to continue offering a world full of taste based on the company’s values for

**Quality – Innovation - Respect to the consumer.**

Committed to act in a responsible manner in order to ensure that our production processes

are in accordance with the strictest internationally accepted standards of health and safety.

Our Company continues to create innovative products, specifically developed to address the

nutritional interests of today’s health - conscious consumer.
It’s all about choice!

For those who choose a balanced lifestyle
McDonald’s® combines quality and variety,
in all food range. Broad selection of red
and white meat, vegetables, dairy
products and fruit offer the choice of a well
balanced diet whatever your delicious
selection might be.

You’ll find it all here! Only at McDonald’s.

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Adv ΕΛΑΪΣ