


GASTRODIET2023

EVOLUTION AND REVOLUTION



DATE:
October 19-20, 2023
LOCATION:
Monash University
Prato Centre, Italy

PRE-CONFERENCE - WEDNESDAY 18 OCTOBER 2023

3.00 PM	<i>Registration opens</i>
5.00 PM	Welcome Reception & Lecture
	Welcome reception lecture <i>Chair: Professor Peter Gibson (Monash University, Australia)</i>
6.00 PM	JGH Foundation Lecture: Can we change the natural history of gastrointestinal diseases with diet? <i>Professor Eamonn Quigley - Weill Cornell Medical College at Houston Methodist Hospital, USA)</i>  JGHF Journal of Gastroenterology and Hepatology Foundation
7.00 PM	<i>Welcome reception finish</i>

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DAY 1 - THURSDAY 19 OCTOBER 2023

8.00 AM	Registration
8.20 AM	WELCOME ADDRESS <i>Associate Professor Jane Muir, Monash University, Australia</i>
	SESSION 1: THE EVOLVING STORY OF DIET QUALITY <i>Chairs: Kevin Whelan, Alice Day</i>
8.30 AM	What is a healthy diet and how to assess diet quality? <i>Dr CK Yao (Monash University, Australia)</i>
9.00 AM	Foods putatively associated with gut health outcomes: <ul style="list-style-type: none"> •Ultra-processed foods •Inflammatory foods and food additives <i>Dr Priscila Machado (Deakin University, Australia); Jess Fitzpatrick (Monash University, Australia)</i>
10.00 AM	The Mediterranean diet to the rescue <i>Dr Heidi Staudacher (Deakin University, Australia)</i>
10.30 AM	Coffee Break
	SESSION 2: REVOLUTION IN MEASURING DIETARY EFFECTS <i>Chairs: Jason Tye-Din, Madusha Peiris</i>
11.00 AM	Faecal sniffing <i>Professor Chris Probert (University of Liverpool, UK)</i>
11.30 AM	Sniffing with telemetric capsules <i>Dr Phoebe Thwaites (Monash University, Australia)</i>
12.00 PM	Probing the leaky gut <i>Professor Peter Gibson (Monash University, Australia)</i>
12.30 PM	Assessing structure and function with gastrointestinal ultrasound <i>Associate Professor Giovanni Maconi (University of Milan, Italy)</i>
1.00 PM	Lunch
	SESSION 3: EVOLUTIONARY INNOVATIONS IN THERAPY <i>Chairs: Rob Bryant, Emma Halmos</i>
2.00 PM	Personalised use of fibre supplementation <i>Dr Daniel So (Monash University, Australia)</i>
2.30 PM	Kiwifruit: whole food as a pharmaceutical <i>Professor Giovanni Barbara (University of Bologna, Italy)</i>
3.00 PM	Digestive enzymes <i>Dr Caroline Tuck (Swinburne University of Technology, Australia)</i>
3.30 PM	Coffee Break
	SESSION 4: REVOLUTION AND EVOLUTION IN THERAPEUTIC DIETS <i>Chairs: Nick Talley, Giovanni Maconi</i>
4.00 PM	Evolution in coeliac disease <i>Associate Professor Jason Tye-Din (WEHI, Australia)</i>
4.30 PM	Revolution in irritable bowel syndrome <i>Professor Eammon Quigley (Weill Cornell Medical College at Houston Methodist Hospital, USA)</i>
5.00 PM	Revolution in inflammatory bowel disease <i>Associate Professor Rob Bryant (The Queen Elizabeth Hospital, Australia)</i>
5.30 PM	Close
7.30 PM	Conference Dinner
10.00 PM	Conference Dinner finish

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DAY 2 - FRIDAY 20 OCTOBER 2023

8.00 AM	Registration
SESSION 1: EVOLUTION OF THE FODMAP DIET <i>Chairs: Jane Muir, Priscila Machado</i>	
8.30 AM	From a restrictive to 3-phase diet <i>Dr Caroline Tuck (Swinburne University of Technology, Australia)</i>
8.45 AM	New forms: •'Intensive' vs 'Gentle' FODMAP diet •Low FODMAP Mediterranean diet <i>Dr Emma Halmos (Monash University, Australia); Arezina Kasti (Attikon University Hospital, Greece)</i>
9.25 AM	Gut symptoms, diet and FODMAPs in aged care <i>Leigh O'Brien (Otago University, NZ)</i>
9.55 AM	Endometriosis – a new target <i>Dr Jane Varney (Monash University, Australia)</i>
10.25 AM	MEGAPANEL DISCUSSION: Application of the FODMAP diet around the world <i>Speakers include Shanti Krishnasamy (National University of Malaysia); Professor Giovanni Barbara (University of Bologna, Italy); Professor Chris Probert (University of Liverpool, UK); Professor Eamonn Quigley (Weill Cornell Medical College at Houston Methodist Hospital, USA)</i>
11.00 AM	Coffee Break
SESSION 2: REVOLUTION IN MANAGEMENT OF DISORDERS OF GUT-BRAIN INTERACTION <i>Chairs: Giovanni Barbara, Phoebe Thwaites</i>	
11.30 AM	Maintaining a healthy gut-brain interaction - role of nutrients and metabolites <i>Dr Madusha Peiris (Queen Mary University of London, UK)</i>
12.00 PM	Food allergy, eosinophil and mast cells <i>Laureate Professor Nicholas Talley (University of Newcastle, Australia)</i>
12.30 PM	Integrated care <i>Associate Professor Rebecca Burgell (Monash University/Alfred Health, Australia)</i>
1.00 PM	Lunch
SESSION 3: REVOLUTION IN TREATING CHRONIC GUT INFLAMMATION <i>Chairs: Rebecca Burgell, Chris Probert</i>	
2.00 PM	Is diet really needed with the explosion of powerful and safe drugs? <i>Associate Professor Rob Bryant (The Queen Elizabeth Hospital, Australia)</i>
2.15 PM	Exclusive enteral nutrition <i>Sarah Melton (Monash University, Australia)</i>
2.40 PM	Crohn's disease: Alphabet diets <i>Dr Emma Halmos (Monash University, Australia)</i>
3.05 PM	Ulcerative colitis: Alphabet diets <i>Dr Alice Day (The Queen Elizabeth Hospital, Australia)</i>
3.30 PM	PANEL DISCUSSION
4.00 PM	Coffee Break
SESSION 4: THE BIG DEBATE <i>Moderators: Eamonn Quigley, Caroline Tuck</i>	
4.30 PM	Debate topic: "A DIETITIAN IS ESSENTIAL IN DELIVERING A THERAPEUTIC DIET" For: Professor Kevin Whelan (King's College London, UK) Against: Professor Peter Gibson (Monash University, Australia)
5.10 PM	Closing remarks <i>Jane Muir (Monash University, Australia)</i>
5.15 PM	Close

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