

Transportation

- **Plane:** Saint-Exupéry International Airport links Lyon to 115 non-stop destinations in more than 40 countries. The "Rhônexpress" train between the airport and Lyon Part-Dieu station leaves every 15 min and runs from 6 am to 9 pm, 365 days a year. www.lyonaeroports.com/en
- **Train:** With 2 stations in the city centre including Part-Dieu and Perrache, you will be sure to find your way in and out of the city. The TGV or bullet train places Lyon in the center of Europe today: 2 hours from Paris, 3 hours from Lille, 90 min from Marseille, 5 hours from London (with Eurostar) and 5 hours from Barcelona.
- **In Town:** The "Lyon City Card" is available for 1, 2, 3 or 4-day passes and costs €27-€57. It can be purchased all around the city, at the airport and in the main stations. This card includes access to all of the city's public transportation, free access to 23 museums in the city as well as a return trip on Rhônexpress to the airport. www.en.lyoncitycard.com

Important Dates & Deadlines

Opening of Abstracts Submissions	12 January 2023
Registration Opens	Early-February 2023
Closing of Abstract Submission	10 April 2023
Opening of Late Breaking Abstract submissions	10 May 2023
Early Bird Deadline	24 May 2023
Deadline for Late Breaking Abstracts (Posters only)	13 June 2023

ORGANISING SECRETARIAT

MCI has been selected by Central ESPEN as the official Congress Organiser to process registrations, abstract submissions and hotel reservations.

Information on the commercial exhibition as well as organisation and sponsorship of special events may also be obtained from the Organizing Secretariat.

ALL CORRESPONDENCE SHOULD BE SENT TO:

ESPEN 2023 c/o MCI Suisse
9, Rue du Pré-Bouvier
1242 Satigny
Switzerland
Tel. +41 22 33 99 580
Fax +41 22 33 99 631
ESPEN@mci-group.com

The registration fees and full list of hotels will be available on the ESPEN website end of 2022:

www.espen.org
www.espencongress.com

Live healthY with Optimal Nutrition

45th
ESPEN
CONGRESS

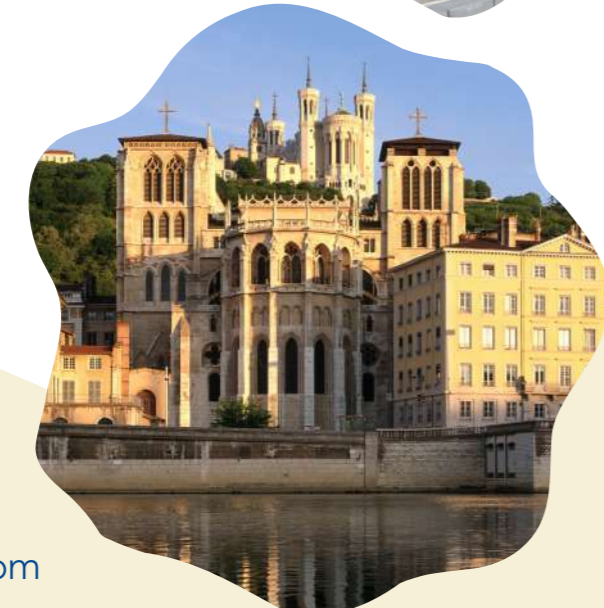


EUROPEAN
SOCIETY FOR
CLINICAL
NUTRITION AND
METABOLISM

45th ESPEN Congress on Clinical Nutrition & Metabolism

Live healthY with Optimal Nutrition

Lyon, France | 11-14 September 2023



VENUE

Centre de Congrès de Lyon
50 Quai Charles de Gaulle
69463 Lyon Cedex 06
Tel +33 (0)4 72 82 26 26
Web www.ccc-lyon.com



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www.espen.org
www.espencongress.com



Welcome Message

DEAR COLLEAGUES,

On behalf of the French-Speaking Society for Clinical Nutrition and Metabolism (SFNCM), we would like to invite you to the 45th ESPEN Congress 2023 which will be held for the fourth time in France and for the first time in Lyon.

We would like to welcome all ESPEN delegates to the magnificent city of Lyon. Lyon is the second French city and is ideally located at the crossroads of Europe. You will enjoy discovering the city centre, the surroundings and the parks of this town as well as its two rivers (the Rhône and the Saône). Lyon is listed in the UNESCO World Heritage Register thanks to its Roman ruins and Renaissance buildings. Lyon is a major city for mixing culture and art with many museums and festivals. Lyon is also the city of gastronomy and is famous all over the world for the art of fine dining. Chef Paul Bocuse was one of the world-famous chefs who put Lyon on the culinary map. In Lyon, you can discover twenty one Michelin starred restaurants, but also the famous "Bouchon Lyonnais" which are very popular restaurants that must be tested and whose food must be tasted. Next to the Convention Center, the city park 'Parc de la Tête d'Or' and the Rhône River will offer you the possibility to take a walk or a run after Congress sessions.

Thanks to all ESPEN Committee members, we are happy to offer you an attractive program with new advances in the fields of Clinical Nutrition and Metabolism but without forgetting education to improve our practice. **Live healthy with Optimal Nutrition** was our guiding thread to create this program.

We are convinced that the ESPEN 2023 programme offers a great opportunity for physicians, dietitians, pharmacists, nutritionists, scientists, nurses, and everyone involved in the field of nutrition and metabolism to meet and discuss cutting-edge science in an informal atmosphere, stimulate new collaborations and consolidate existing close partnerships.

We will be very happy to see you in Lyon in 2023!

Cécile Chambrier
Yves Boirie
Ronan Thibault



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Mihailo Bezmarevic and Maria Ballesteros-Pomar, **IT Communication Officers**
Alessandro Laviano and Stanislaw Klek, **LLL Course Directors**
Regina Komsa and Rémy Meier, **LLL Co-Directors**
Stephan C. Bischoff, Arved Weimann and Michael Chourdakis, **ESPEN Guidelines Officers**

Topics of the Programme

Scientific

- Plenary: Cuthbertson Lecture & Wretling Lecture
- ESPEN Symposia: Research Fellows' & Clinical Trials
- Best Abstracts Session
- GLIM session
- 8 Oral Communications Sessions

Provisional Scientific Topics

- Preserving mobility in older adults
- Circadian and sleep-related metabolic disorders
- Nutrient and drug interactions
- From insulin resistance to diabetes and back
- Public health adaptations in the new world nutrition area
- Peripheral to central control of eating behaviors and disorders
- Does modulation of gut microbiota improve clinical outcome?
 - Organ insufficiency and nutritional prevention
 - Cancer: metabolic or nutritional targets?
 - Nutritional adaptation for optimal efficacy in ICU
 - New approaches and outcomes in GI therapeutical targets
 - Inflammatory bowel disease
 - New issues in pediatric nutrition transition
 - Metabolic and metagenomics signatures in chronic disease
 - Physical activity as part of chronic diseases treatment



A Warm Welcome from Lyon

Located in the heart of Europe, half-way between Paris and the Cote d'Azur, at the foot of the Alps, Lyon's layout, featuring two rivers and three hills, makes this an unusual city. You can travel to the new Confluence district from the Medieval and Renaissance Vieux-Lyon (Old Lyon) district by boat, climb to the heights of La Croix Rousse to the north or Fourvière in the west and take in the panoramic view of the city with 2000 years of history.

Lyon is the ancient capital of Gaul with a rich history of more than 2000 years. There still exists today evidence of its past, in landmarks like the Gallo-Roman Amphitheatre and its 15th century cathedral at Saint-Jean. Lyon is listed as part of UNESCO's World Heritage since 1998, making it Europe's 2nd-largest Renaissance site after Venice.

Lyon is the capital of silk weaving in France. You will discover the "Traboules" (passageways) winding down the hill of the Croix-Rousse where 30.000 silk weavers used to live in the 19th century. The City Centre, between the Saône and Rhône rivers, called the Presqu'île, has always been the heart of busy activity around the neighbourhood's businesses, shops, bookstores and theatres.

- Diet and immune system modulation: still a lot to know!
- Voluntary weight loss as a still ever debated approach
- Prehabilitation in surgery and outcomes: the "elephant in the room"

Educational

• LLL Courses:

Friday September 10th & Saturday 11th:
- 16 LLL Courses and 1 TLLL Course

- ESPEN Guidelines Presentation of new guidelines & consensus meetings
- Case Discussions:
 - Chronic kidney disease with hemodialysis
 - Geriatric polymorbid patient with an issue in palliative care
- Educational symposia

Provisional Educational Topics

- The patient nutritional journey after stroke
- Diabetics: feed them better!
- Measuring the energy of life
- Inflammatory bowel disease: when nutrition makes the difference
- Making the invisible visible
- Food counts: time for action
- Patient centered nutritional care in cancer
- Nutritional challenges in ICU
- Cost-effectiveness of nutrition in healthcare
- Tailoring nutrition in the perioperative setting

Charming squares and prestigious buildings are present all around this district, which is ideal for shopping or just wandering around. The Confluence district, the most ambitious urban redevelopment plan in Europe in terms of surface area, will only be fully completed in 2025, but the district has already undergone massive change.

The Lyon region is home to a dynamic and diversified industrial network whose added value is higher than the European average and a scientific research potential, with 510 laboratories and 10 000 research personnel

Lastly, the city is renowned for its gastronomy, thanks to Paul Bocuse. Lyon is preparing to open the Cité Internationale de la Gastronomie [International City of Gastronomy] in the city's former historic hospital.

Experience for yourself the charm of Lyon and the diversity of everything it has to offer.