



*James Mitchell*

# 4<sup>th</sup> 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  $\gamma$ -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**