

PROTEIN CALORIE RESTRICTION WORKSHOP

Brigham and Women's Hospital/Harvard Medical School, Boston, MA

November 2021

Register to attend: [IN PERSON](#) [VIRTUAL](#)

AGENDA

19 FRI

Zinner Board Room

I. Surgery and preoperative dietary interventions

Welcome 8:00 AM EST
C. Keith Ozaki MD, and Zafer Canturk MD

**Protein-calorie restriction before elective vascular surgery:
DRIVES Trial** 8:10 AM
Peter Kip, MD (BWH/Harvard, USA and LUMC, Netherlands)

**The dynamic induction and recovery following short-term
protein and calorie restriction** 8:20 AM
Scott Berceci, PhD (University of Florida, USA)

Two day fasting in living kidney donors 8:35 AM
Ron W.F. DeBruin, PhD (ErasmusMC, Netherlands)

**Optimization of diet before surgery (OptiSurg):
Effects of time restricted eating** 8:50 AM
Alban Longchamp, MD, PhD (University of Lausanne CHUV, Switzerland)

Dietary practices before and after bariatric surgery 9:00 AM
Eric G. Sheu, MD (BWH/Harvard, USA)

Dietary practices before and after liver surgery 9:15 AM
Thomas Clancy, MD (BWH/Harvard, USA)

**Nutritional guidance in enhanced recovery after surgery
(ERAS), strong for surgery and fit for surgery** 9:30 AM
Ronald Bleday, MD (BWH/Harvard, USA)

BREAK 9:45 AM

II. Dietary interventions in other contexts

The 5 + 2 Diet 10:05 AM
*Michelle Harvie, RD, PhD (Manchester University Hospital Foundation
NHS Trust, UK)*

Update on the CALERIE Trial 10:20 AM
Sai Krupa Das, PhD (Tufts University, Boston USA)

Fasting and chemotherapy in breast cancer: the DIRECT Trial 10:35 AM
Judith Kroep, MD (LUMC, Netherlands)

Changes in body composition following caloric restriction 10:50 AM
Miriam A. Bredella, MD (MGH/Harvard, USA)

AGENDA

III. Mechanistic studies

Epigenetic reprogramming to reverse age and restore tissue function 11:05 AM
David Sinclair, PhD (Harvard Medical School)

LUNCH (*Marshall Conference Room*) 11:25 AM

Metabolism of methionine restriction in rodents - REMOTE 12:45 PM
Thomas Laeger, PhD (Institute of Human Nutrition, Germany)

Interaction between perivascular adipose tissue and methionine restriction in vein graft disease 1:00 PM
Margreet de Vrees, PhD (LUMC, Netherlands)

Immunometabolic benefits of caloric restriction 1:15 PM
Mehmet "Furkan" Burak, MD (BWH/Harvard, USA)

Benefits of plant-based diets: the role of reduced protein intake 1:30 PM
Mike MacArthur, PhD (Harvard School of Public Health, USA)

Lifespan and healthspan extension in mice via caloric restriction require the transsulfuration enzyme cystathionine gamma-lyase 1:45 PM
Chris Hine, PhD (Cleveland Clinic)

BREAK 2:00 PM

IV. Current applications and future directions

Real world applications of dietary and lifestyle interventions toward enhance human health 2:20 PM
Françoise Wilhelmi de Toledo, MD (Buchinger Wilhelmi, Germany)

New frontiers in the applications of fasting mimicking diet 2:35 PM
Valter Longo, PhD (University of Southern California, USA)

Summary/Wrap Up, Group Discussion of Potential Next Steps/ Future Directions/Opportunities 3:05 PM

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