

HORMONES, BODY COMPOSITION AND PHYSICAL PERFORMANCES

November 15-17, 2002
Turin, Italy
Congress venue
Londra Hall, Lingotto Congress Center, Turin, Italy

FRIDAY NOVEMBER 15th, 2002

H 12.00-13.15 WELCOME COCKTAIL

H 13.15-13.30 OPENING CEREMONY

H 13.30-14.00 LECTURE 1

Chairpersons: F. Camanni (Italy), F. Di Carlo (Italy)

NEUROHORMONE PULSATILITY AS FUNCTION OF AGE AND GENDER

(J. Veldhuis - USA)

H 14.00-16.00 Symposium 1

HORMONAL REGULATION OF BODY COMPOSITION

Chairpersons: E. Nieschlag (Germany)

**a) Looking for biological actions of estrogens in the male:
possible new targets in the male reproductive tract**

(G. Forti - Italy)

b) Adrenal steroids

(J. Monson - UK)

c) Thyroid hormones

(E. Martino - Italy)

d) GH, IGF-I and GH-secretagogues

(J. Moller - Denmark)

e) Hot topic

**Insulin, insulin sensitivity, body composition – an insight
from selected cases**

(V. Popovic – Yugoslavia)

H 16.00-16.30 COFFEE BREAK

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H 16.30-18.30 Symposium 2

NEUROENDOCRINE AND METABOLIC RESPONSE TO EXERCISE

Chairpersons: P. Strata (Italy), C. Dieguez (Spain)

- a) **Fuel for physical activity**
(P. De Feo - Italy)
- b) **Exercise, hormones and body temperature**
(J.O. Jorgensen - Denmark)
- c) **Exercise and the hypothalamic-pituitary-adrenal axis**
(A. Angeli - Italy)
- d) **Exercise and the GH/IGF-I axis**
(A. Weltman - USA)
- e) **Hot topic**
**Pulsatile secretion of growth hormone in elite athletes:
comparison with non-elite athletes and sedentary subjects**
(G.M. Ubertini – Italy)

SATURDAY NOVEMBER 16th, 2002

H 8.00-10.00 Symposium 3

EXERCISE AND AGEING

Chairpersons: P.L. Canonico (Italy), A. Angeli (Italy)

- a) Maternal nutrition, fetal weight, body composition and disease in later life**
(Z. Zadik - Israel)
- b) The developing child and physical exercise**
(A. Rogol - USA)
- c) Physical activity and performance as a function of age and gender in adults**
(R.M. Malina - USA)
- d) Impact of physical exercise on the endocrine ageing**
(M. Blackman - USA)
- e) Hot topic**
Gender-, age- and training-dependent differences of GH responses to a standard training session in elite athletes
(A. Sartorio – Italy)

H 10.00-10.15 COFFEE BREAK

H 10.15-12.15 Symposium 4

EXERCISE AND ENDOCRINE PATHOLOGIES

Chairpersons: B.A. Bengtsson (Sweden), L. Saccà (Italy)

- a) Athletic amenorrhea**
(A. Loucks - USA)
- b) Diabetes and exercise**
(F. Santeusanio - Italy)
- c) Exercise, hormones and bone metabolism**
(A. Giustina - Italy)
- d) Cardiovascular performance in endocrine disease**
(J. Isgaard - Sweden)
- e) Hot topic**
How much coronary flow reserve is affected by left ventricular hypertrophy? A comparative study between the hypertensive and acromegaly heart.
(A. Colao – Italy)

SATURDAY NOVEMBER 16th, 2002

H 12.15-12.45 LECTURE 2

Chairpersons: C.J. Strasburger (Germany), F. Minuto (Italy)

**TECHNIQUES ASSESSING BODY COMPOSITION:
POTENTIALS AND PITFALLS**

(B.A. Bengtsson - Sweden)

H 12.45 - 14.30 POSTERS AND LUNCH

H 14.30-16.30 Symposium 5

**EFFECT OF HORMONE REPLACEMENT ON METABOLISM AND PHYSICAL
PERFORMANCES IN PATHOPHYSIOLOGICAL CONDITIONS**

Chairpersons: G. Lombardi (Italy), S. Shalet (UK)

- a) **Effects of androgen replacement on metabolism and physical performances in male hypogonadism**
(M. Zitzmann, E. Nieschlag - Germany)
- b) **Effects of estrogens on body composition and performance in female hypogonadism**
(S. Sipila - Finland)
- c) **Effects of growth hormone on metabolism and physical performance in growth hormone deficient adults**
(S. Shalet – UK)
- d) **Effects of GH, IGF-I and GH secretagogues in ageing**
(F.F. Casanueva - Spain)
- e) **Hot topic**
Recombinant human growth hormone effectively treats HIV/AIDS associated wasting in HAART patients.
(E. Svanberg – Switzerland)

H 16.30-16.45 COFFEE BREAK

SATURDAY NOVEMBER 16th, 2002

H 16.45-18.45 Symposium 6

**NEW INSIGHTS IN THE CONTROL OF FOOD INTAKE, BODY COMPOSITION
AND HORMONE SECRETION: CORTISTATIN AND GHRELIN**

Chairpersons: E.E. Muller (Italy), S.W.J. Lamberts (The Netherlands)

a) Endocrine and non-endocrine aspects of somatostatin and cortistatin
(L.J. Hofland - The Netherlands)

b) Interplay between ghrelin, somatostatin and cortistatin
(G. Muccioli - Italy)

c) Ghrelin and obesity
(M. Tschoep - Germany)

d) The role of the ghrelin/cortistatin system in insulin sensitivity
(A.J. van der Lely - The Netherlands)

e) Hot topic
**Hypoghrelinemia in obese women with polycystic ovary syndrome:
correlation with insulin-resistance and hyperandrogenism**
(U. Pagotto – Italy)

H 18.45- 19.15 LECTURE 3

Chairpersons: M. Blackman (U.S.A.)

**MUSCLE STRENGTH IN ELDERLY MEN:
THE INTEGRATION OF BODY COMPOSITION, HORMONES
AND LIFE STYLE**

(S.W.J. Lamberts - The Netherlands)

SUNDAY NOVEMBER 17th, 2002

H 8.00-10.00 **Symposium 7**

HORMONAL PHARMACOLOGY: DOSE RELATED EFFECTS AND SIDE EFFECTS

Chairpersons: M. Eandi (Italy), P. Preziosi (Italy)

a) Natural and synthetic androgens

(R. D'Agata - Italy).

b) Natural and synthetic estrogens

(A. Maggi – Italy)

c) Body composition and IGF-I in adult GHD subjects: impact of developmental stage and GH replacement

(A. Attanasio - Italy)

d) Erythropoietin

(W. Jelkmann - Germany)

e) Hot topic

A polymorphism in the glucocorticoid receptor gene: associations with decreased sensitivity to glucocorticoids, better metabolic profile and survival.

(E. van Rossum – The Netherlands)

H 10.00-10.15 **COFFEE BREAK**

H 10.15-12.15 **Symposium 8**

HORMONES IN SPORT: METHODS FOR DISTINGUISHING HORMONE USE AND ABUSE

Chairpersons: P. Beck-Peccoz (Italy), A. Dal Monte (Italy)

a) The assay of endogenous and exogenous anabolic androgenic steroids

(H. Geyer - Germany)

b) Indirect evidence suggesting hormone abuse: can it be proof of doping in sports?

(F. Minuto - Italy)

c) Distinction between endogenous and exogenous erythropoietin

(F. Lasne - France)

SUNDAY NOVEMBER 17th, 2002

d) Distinction between endogenous and exogenous GH

(C.J. Strasburger - Germany)

e) Hot topic

Exercise and urinary IGF-I excretion

(E.F. De Palo – Italy)

H 12.15-13.30

ROUNDTABLE

PROVOCATION: THIS HOUSE BELIEVES THAT DOPING SHOULD BE LEGALIZED

(Chairperson: K. Ho - Australia)

Proponents:

R.J.M. Ross (UK)

A.J. van der Lely (The Netherlands)

Opponents:

G. Benzi (Italy)

H. Geyer (Germany)

H 13.30

CONCLUSIONS AND CLOSURE