



EGOI-PCOS Roundtable at the World Health Organization (WHO)

NOVEMBER 22ND 2024



THE ROLE OF “GOOD” NUTRITION AND INTEGRATIVE APPROACHES AS PREVENTIVE STRATEGIES TO ACHIEVE A SUSTAINABLE HEALTH FOR ALL.

The purpose of this **EGOI-PCOS** meeting is to emphasize the importance of proper nutrition and integrative inositol-based approaches to empower global health. Indeed, more frequently imbalance in nutrients or nutritional deficiencies, especially those linked to inositol depletion, in addition to unhealthy lifestyle factors (i.e. excessive consumption of carbohydrates and sugar) can lead to metabolic alterations and trigger several different diseases, primarily within the fields of gynecology and endocrinology.

These pathological conditions may depend on the social and economic environments in which people live and, in the case of women who are seeking pregnancy, may become harmful long-term risk factors both for the mother and the newborn. Educative global programs and awareness campaigns could be useful tools to inform people of the health risks they may encounter during their lifespan.

PROGRAM

9:00 - 9:15

OPENING AND GREETINGS

The synergism between the EGOI-PCOS scientific workgroup and A4HP in endorsing health for all.

Prof. Vittorio Unfer, Prof. Fabio Facchinetti and Dr. Gabriella Sozanski

9.15 - 10:00

1st SESSION

Education, access to nutritious foods, and support for integrative health strategies.

Session coordinators: Mariano Bizzarri & Anna Maria Fulghesu

10:00 - 10:45

2nd SESSION

Nutrition and metabolic adaptations in physiological and complicated pregnancy: focus on obesity and gestational diabetes.

Session coordinators: Maurizio Nordio & Lali Pkhaladze

10:45 - 11:00

Coffee break

11:00 - 11:45

3rd SESSION

Achieving sustainable approaches to deal with global infertility.

Session coordinators: Mario Montanino Oliva & Artur Wdowiak

11:45 - 12:00

Discussion and concluding remarks.

After the roundtable, all the guests are invited to have lunch at WHO.



FACULTY

Barbaro Daniele , endocrinologist	<i>Livorno, Italy</i>
Bevilacqua Arturo , biologist	<i>Rome, Italy</i>
Bizzarri Mariano , oncologist	<i>Rome, Italy</i>
D'Anna Rosario , gynecologist	<i>Messina, Italy</i>
Dinicola Simona , pharmacologist	<i>Rome, Italy</i>
Facchinetti Fabio , gynecologist	<i>Modena, Italy</i>
Fulghesu Anna Maria , gynecologist	<i>Cagliari, Italy</i>
Montanino Oliva Mario , gynecologist	<i>Rome, Italy</i>
Nordio Maurizio , endocrinologist	<i>Rome, Italy</i>
Pkhaladze Lali , gynecologist	<i>Tbilisi, Georgia</i>
Sozanski Gabriella , Board Member /Coordinator at the Alliance for Health Promotion	<i>Geneva, Switzerland</i>
Unfer Vittorio , gynecologist	<i>Rome, Italy</i>
Wdowiak Artur , gynecologist	<i>Lublin, Poland</i>
Myers Samuel H. , medical writer	<i>London, UK</i>

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