



**Turkish National Pediatric Society
Turkish Neonatal Society
Società Italiana Pediatria Ospedaliera**



Cooperation in Pediatrics International Joint-Meeting



**5th - 10th July 2011
Kemer - Turkey**

**Presidents of the Congress
TEZER KUTLUK
MURAT YURDAKOK
SALVATORE VENDEMMIA**



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Introduzione al Convegno

Colleghi e Colleghe,

buon pomeriggio e benvenuti a questo terzo Convegno internazionale che vede la SIPO impegnata con la Turkish National Pediatric Society e la Turkish Neonatal Society. In questi ultimi anni la Società Italiana di Pediatria Ospedaliera ha molto curato i rapporti di collaborazione con la SIP e le altre Società Italiane ad essa affiliate, ma ha anche stipulato ed approvato un protocollo di intesa con la Società Turca di Pediatria (12 dic. 2010): ciò al fine di una ulteriore collaborazione con le società dell'Eurasia, Caucasia ed i popoli del bacino mediterraneo.

Recentemente, al Congresso SIP di Milano, l'8 giugno 2011, è stato ratificato un protocollo d'intesa con l'associazione nazionale genitori (A.Ge) al fine di promuovere l'umanizzazione delle cure in Pediatria. A questo accordo hanno aderito la SIMEUP e la SIPPS. È stato anche approvato l'accordo con l'Associazione Dermatologi Ospedalieri Italiani (ADOI), che ha dato origine alla "Campagna di prevenzione sul melanoma 2011", con la distribuzione alle famiglie, nei reparti e negli ambulatori ospedalieri di pediatria, del fumetto SUPER-ADO, preparato opportunamente per tale iniziativa.

La SIPO ha sensibilizzato numerose amministrazioni ospedaliere dislocate sul territorio nazionale per la divulgazione di tale progetto.

Ci auguriamo che queste nostre iniziative siano sempre più validate dalla vostra partecipazione e collaborazione.

Il 6-7-8 Ottobre si terrà a Capri il 4° Congresso Nazionale SIPO.

Ad Antalya si svolgerà il Congresso Nazionale della Società Turca di Pediatria (12-16 ottobre 2011). A tale evento parteciperemo con una giornata SIPO in collaborazione con i colleghi turchi che ringrazio per l'ospitalità e l'opportunità che ci hanno affettuosamente concesso.

Vi aspetto tutti a questi prossimi eventi!

Salvatore Vendemmia
Presidente della Società Italiana di Pediatria Ospedaliera

SCIENTIFIC PROGRAMME

Tue, 05 July 2011 - I Session

President: T. Kutluk

Discussants: R. Goglia - G. Vetrano

- 16.00** Opening Ceremony & Welcome \ Addresses
- 16.30** Respiratory syncytial virus infections in Turkey: a 2-year epidemiological study
Murat Yurdakok (Haccettepe University, Ankara)
- 17.00** The birth rate in Turkey
Basak Tezel (Ministry of Health, Turkey)
- 17.30** The birth rate in Italy -
Basilicata Angelo (Caserta)
- 18.00** Promotion of breastfeeding in Turkey
Basak Tezel (Ministry of Health, Turkey)
- 18.30** Nutrient deficiencies in premature baby
Gerardo Chirichiello (Avellino)
- 19:00** Discussion

Wed, 06 July 2011 - II Session

President: P. Indolfi

Discussants: A. Mastromonico - C. Capristo

- 16.00** Metabolic screening in Turkey
Fatih Ezgu (Gazi University, Ankara)
- 16.30** Metabolic screening in Italy
Norberto Nosari (Umberto I Hospital - Nocera)
- 17:00** Vasculities: disgnostic paths and treatments program in Turkey
Sevcan Ezgu (Gazi University, Ankara)
- 17:30** Gastroesophageal Reflux Deases: the best treatment today
Carlo Tolone (SUN University, Napoli)
- 18:00** Necrotizing enterocolitis epidemiology in Italy
Maria Vendemmia (S. Anna and S. Sebastiano Hospital, Caserta)
- 18:30** Discussion

Thu, 07 July 2011 - III Session

President: F. Nunziata

Discussant: G. Russo - M. Vendemmia

- 16.00 Lecture: "Multiple pregnancies: associated deases"
Salvatore Vendemmia (President of SIPO)
- 16.30 Bronchiolitis: clinical and therapeutic approach in Turkey
Ebru Yalcin (Haccettepe University, Ankara)
- 17.00 Bronchiolitis: clinical and therapeutic approach in Italy
Carlo Capristo (SUN University, Napoli)
- 17.30 Childhood cancer in Turkey
Tezer Kutluk (Haccettepe University, Ankara)
- 18.00 Childhood cancer in Italy
Paolo Indolfi (SUN University, Napoli)
- 18:30 Discussion

Fry, 08 July 2011 - IV Session

President: G. Chirichiello

Discussants: C. Tolone - M. Viola

- 16.00 Cow's milk protein allergy: diagnostic paths in Turkey
Cansin Sackesen (Haccettepe University, Ankara)
- 16.30 Cow's milk protein allergy: diagnostic paths in Italy
Carlo Capristo (SUN University, Napoli)
- 17.00 Cow's milk protein allergy: therapeutic paths in Turkey
Cansin Sackesen (Haccettepe University, Ankara)
- 17.30 Cow's milk protein allergy: therapeutic paths in Italy
Nunzia Maiello (SUN University, Napoli)
- 18:30 Discussion

Sat, 09 July 2011 - V Session

President: M. Yurdakok

Discussants: N. Nosari - N. Maiello

16.00 Mandatory and optional vaccines in Turkey
Kadriye Yurdakok (Haccettepe University, Ankara)

16.30 New vaccines : update
Felice Nunziata (Landolfi Hospital, Solofra)

17:00 Vaccine side effect: experiencies in Turkey
Kadriye Yurdakok (Haccettepe University, Ankara)

17.30 Discussion

Sun, 10 July 2011 - VI Session

President: Salvatore Vendemmia

Discussants: P. Indolfi - A. Basilicata

16:00 Clinical Cases

18:00 Poster & Communication

18:30 Closing Ceremony

The Alimentary Fiber – Current Events

G. Caramia¹ - R. Carraro²

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Mother and Child Hospital “G. Salesi” – Ancona, Italy

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During the last decades, the alimentary fiber has proved to be a fundamental component in the diet, and to have a functional and metabolic role of major importance at any age. In ‘The carbohydrate content of foods’ dated 1929, RA McCance e RD Lawrence described it as “food made up by unavailable carbohydrates”, functioning after fermentation on behalf of the bacterial intestinal flora. Our digestive system, in fact, doesn’t have the enzymes assigned to digestion and assimilation of alimentary fibers. In 1953 EH Hipsley introduced the term “dietary fiber”, meaning “a number of constituents of the cellular vegetal walls, indigestible by human enzymes” and useful against pregnancy toxemia. An extremely important contribution was given by DP Burkitt and H Trowell who, in the early 70th classified the alimentary fibers in “non starchy polysaccharides” presuming a precautionary role for the health and prevention of gastro intestinal pathologies. The present definition of alimentary fiber includes a number of indigestible polysaccharides. The alimentary fiber has been divided into: soluble and insoluble in water; vegetables contain both fractions. Soluble fibers (oats, barley, legumes, asparagus, cabbages, carrots, cauliflowers, onions, pumpkins, apples, pears, apricots, bananas, peaches, soft fruits, grapes, plums, citrus fruits etc.) control important physiological processes: they detoxify, preventing the absorption of possible toxic substances present in foods (i.e. heavy metals, etc); slow down the absorption of glucose, thus increasing the feeling of satiety; bind bile salts helping their elimination with faeces; reduce *cholesterol*, since the liver will use the circulating cholesterol for the production of new bile. Insoluble fibers (cereal bran, fibrous vegetables, certain salads, fruit and legume peels) have the peculiarity of swelling up and absorbing water (4 times their weight, like a sponge!). This stimulates the *feeling of satiety*, speeds up *the intestinal transit* (prevention and cure of constipation by increasing the hydration of faeces) and, in synergy with the soluble fiber, *detoxifies* the body, attracting dangerous substances accidentally introduced (i.e. chemical preservatives), and contributing *to the normalization of cholesterol* too. The danger of losing micronutrients (i.e. mineral salts and oligoelements) described in literature, is not imputable to the alimentary fiber contained in natural food, which is naturally rich of such nutrients, but to the *industrial integrators* of the alimentary fiber. For all the above reasons alimentary fibers are nowadays considered as important components in the health of human beings. The optimal dosage for an adult varies between 20-35 grams per day. For pediatric

age (in grams per day) the level is equal to the age increased by 5. (*American Health Foundation, 1994*). Adequate quantities of alimentary fiber for pediatric age can be obtained by encouraging a regular consumption of fruit, whole-wheat cereals (bread, pasta, rice, corn, etc.), legumes and vegetables. Healthy babies should gradually and progressively start eating some vegetarian food during weaning, (after the 6th month) for a sufficient assumption of fiber so as to encourage a natural acceptance of a correct alimentary regime. At present most adults and children, healthy or with constipation, do not eat an adequate amount of fibers. The therapeutic effect of alimentary food, consists in contributing to prevent and/or control diabetes, overweight and obesity, normalize the level of cholesterol and prevent certain types of intestinal cancer. Recent studies on genomics and nutrigenomics point out a genetic mutation (polymorphism of the nucleotides) that influence, cancel, slow down or forewarn our destiny. A wrong, monotonous, or poor diet, like the current one, is revealing to be responsible for the activation of genes that produce chronic pathologies.