

Read & Watch: Lecture Summary



Professor Alessandro Laviano, MD, PhD

Head of Clinical Nutrition Unit of the Sapienza University
Hospital Sant'Andrea, Rome, Italy.

Introduction

Speaker biography

Prof. Alessandro Laviano, MD, is associate professor of Internal Medicine at the Department of Translational and Precision Medicine, Sapienza University of Rome, Italy. He is Chief of the Clinical Nutrition Unit at Sant'Andrea University Hospital in Rome.

With a strong focus on disease-associated malnutrition, particularly cancer anorexia-cachexia, Prof. Laviano is dedicated to researching and developing strategies for the prevention and treatment of these conditions. In recent years, he has expanded his research scope to include the impact of biological aging in the pathogenesis of sarcopenia, and the development of nutritional strategies to reduce accelerated aging and favour healthy aging.

Prof Laviano has played integral roles within the central committees of the European Society for Clinical Nutrition and Metabolism (ESPEN) over the past decade. Currently, he serves as the Director of the ESPEN LLL program, the Coordinator of the Supervisory Board of the nutritionDay project, and the Coordinator of the ESPEN Cancer Task Force.

In addition to his leadership roles, Prof. Laviano holds prestigious editorial positions. He serves as the Editor-in-Chief of Nutrition and is an Associate Editor of the Journal of Cachexia, Sarcopenia and Muscle.

Prof. Laviano's contributions to the field of nutrition and clinical research are highly regarded, evident in his extensive publication record. He has authored over 320 publications in international peer-reviewed journals, as documented by Scopus (accessed February 2024). His impactful research has garnered significant recognition, with an impressive H-index of 64 (source: Scopus, accessed February 2024).

Since 2019, Prof. Laviano has been honored as one of the top 2% all-time world scientists in the Stanford-Elsevier ranking list, further highlighting his exceptional contributions to the scientific community.

Prof. Alessandro Laviano's expertise, leadership, and dedication to advancing the understanding and treatment of disease-associated malnutrition and the impact of aging on health make him a highly respected and influential figure in the field of clinical nutrition and metabolism.

Abstract

When compared to the early 2000s, healthcare professionals are now facing more complex and more fragile patients. This epidemiological shift would require more attention to the patients' needs and early implementation of supportive care. Unfortunately, it appears that nutritional care is still largely overlooked and its use is delayed until it may be considered futile. In contrast with the general understanding of the role of nutritional care, new solid and robust publications, including the EFFORT trial, show that early integration of individualized nutrition support in patients at risk of malnutrition improves quality of life and survival. Then, why malnutrition remains the likely largest co-morbidity in patients suffering from acute and chronic diseases? Decades of nutritional research showed us that also in our field the „one-size-fits-all“ approach does not yield nutritional benefits. Therefore, it is now essential to quantitatively and qualitatively balance protein and energy intakes to optimize their anabolic potential. Also, it is key to mitigate the metabolic barriers to anabolism, including inflammation. It is important to set realistic protein and caloric targets, paying more attention to where the patient starts rather than where he should arrive. In this respect, the informed and individualized use of oral nutritional supplements addresses most of the metabolic needs of the patients. The aim of this symposium is to provide the most recent evidence to inform and improve our „traditional“ nutritional plans to optimize their anabolic potentials and provide a greater benefit to the patients.

Watch the 4:50 minutes conference talk with Professor Alessandro Laviano and hear about INTRODUCTION



<https://youtu.be/q0P1k44BAD4>

