

VegMed Web 2021 - Program

Europe's largest medical congress on plant-based nutrition

All sessions will be held in English (unless otherwise stated). **Translations into German** by a live interpreter will be available for **all sessions in stream A**. Live interpretation into English is available for German-language sessions marked with a German flag.

28 February – 2 March 2021

Interactive online scientific event

Certified with 18 CME points by the Berlin Chamber of Physician (ÄKB)

All times in CET		Sunday 28 February, 2021	
09:00 - 09:15 Welcome			
Stream A	PLANT-BASED MEDICINE	Stream B	CLIMATE CHANGE & PANDEMICS
A1	Food as Medicine	B1	Climate Change & Diet
09:15	Prof. Dr. Andreas Michalsen Food as medicine: An introduction to the various effects of food on our health with a focus on intermittent fasting	09:15	Dr. Martin Herrmann Medical emergency climate crisis: Climate change as a health hazard
10:00	Dr. Conor Kerley Plant-based nutrition and heart failure	10:00	Martin Schlätzer Sponsored by Alpro Foundation On the edge of the Anthropocene: Plant-based diets as a key for solving climate and multiple crises
10:20	Prof. Dr. Krasimira Aleksandrova Plant-based nutrition: The way towards a healthy immune system		
10:45 - 11:00 Networking Break			
A2	Disease Prevention & Treatment	B2	The Future of Food
11:00	Dr. Matthias Riedl Change of paradigms: Treating the metabolic syndrome with optimised plant-based nutrition.	11:00	Dr. Marco Springmann The healthiness and sustainability of national and global food-based dietary guidelines
11:45	PEER REVIEW SESSION 01 Chronic diseases, psychology	11:45	Roberta Alessandrini Plant-based meats: How alternative meat might transform global nutrition and public health
12:30 - 13:30 Lunch			
A3	Mechanisms	B3	Climate Change & Diet - What Can I Do?
13:15	PEER REVIEW SESSION 02 Lifestyle, sports	13:30	PANEL DISCUSSION Dr. Martin Herrmann, Dr. Esther Putman & Roberta Alessandrini How can we, as health professionals, implement the findings around nutrition, climate change and health effectively in everyday practice?
14:15	Dr. Jennifer Trilk Mechanisms of nutrition in the development, prevention, and reversal of chronic disease		
15:00 - 15:15 Networking Break			
A4	Plant-based Nutrition in Treatment	B4	Antimicrobial Resistance
15:15	Prof. Dr. Carsten Büning & Amelie Kahl Sponsored by Krankenhaus Waldfriede Vegan nutrition and irritable bowel syndrome	15:15	PD Dr. Bernd-Alois Tenhagen Food as a source of resistant bacteria for humans
16:00	Dr. Shireen Kassam The role of nutrition in cancer prevention and treatment	16:00	Dr. Reyes Tirado Which role does our food system play in the emergence of zoonotic diseases and subsequent pandemics?
16:45 - 17:00 Networking Break			
A5	Neurology & Psychology	B5	Food System Resilience
17:00	Team Sherzai - Dr. Ayesha and Dr. Dean Sherzai Live an unforgettable life: How to avoid Alzheimer's and build a better brain	17:00	Prof. Dr. Matin Qaim Food system resilience in times of pandemics
17:45	Dr. Mary Yannakoulia Mediterranean plant-based diet and cognitive decline	17:45	PANEL DISCUSSION Dr. Reyes Tirado, Prof. Dr. Matin Qaim & Stephanie Wunder Resilient food systems: What do they look like and how can health professionals support their implementation?
18:05	 TALK + WORKSHOP (German) Dr. Bianca Schwennen		
18:45	Orthorexia: Restrictive eating behaviour or a new nutritional trend?		
19:30 - 19:45 Closing Remarks			

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All times in CET		Monday 1 March, 2021	
09:00 - 09:15 Welcome			
Stream A	NUTRITION IN MEDICAL PRACTICE	Stream B	THE LATEST IN PLANT-BASED SCIENCE
A1	Plant-Based Medicine In Practice	B1	Plant-Based Diets
09:15	TALK + DISCUSSION Dr. Gemma Newman & Dr. Florian Sauer Plant-based nutrition in daily medical practice: Perspectives from Great Britain and Germany	09:15	Prof. Dr. François Mariotti Protein in plant-based diets: Classical and emerging topics
10:00	 Thomas Voß & Sonja Schönberg (German) Learning from pioneers: Plant-based nutrition on hospital menus	10:00	Prof. Dr. Markus Keller The latest findings on vegan and vegetarian nutrition
10:45 - 11:00 Networking Break			
A2	Plant-Based Medicine - Where to start?	B2	Supplementation
11:00	PANEL DISCUSSION Prof. Dr. Matthias Pirlich & Dr. Fraser Birrell (more speakers tba) Nutritional medicine in medical practice, hospitals and healthcare systems: Reality and opportunities	11:00	Prof. Dr. Clemens von Schacky Sponsored by NORSAN Omega-3 fatty acids: Myths and reality. Time for scientific facts on supply and vegan nutrition.
		11:45	Dr. Shama Virani Evaluating the role of vitamin B12 in lung cancer using multiple sources of evidence
		12:05	Dr. Nico Steckhan To supplement or not to supplement? Survey results from a medical congress on plant-based nutrition
12:30 - 13:30 Lunch			
A3	Healthcare Systems	B3	From Epigenetics to Iron
13:30	WORKSHOP Niklas Oppenrieder, Michael P. Blasius, Rainer Röhl & Robin Krielke A guide for plant-based food in hospitals and health institutions and how to implement it	13:30	Dr. ir. Trudy Voortman Diet across the life-course and its impact on epigenetics
14:15	WORKSHOP Uta Köpcke Finding nutritional therapy in the jungle of the German healthcare system	14:15	Prof. Dr. Klaus Günther Iron supply in plant based diets
15:00 - 15:15 Networking Break			
A4	Behavioral Diet Change	B4	Peer Review Sessions
15:15	Dr. Sue Kenneally Evidence-based weight loss	15:00	PEER REVIEW SESSION 03 Inflammation, metabolism, miscellaneous
16:00	Nina Effenberg Living the change: As if transforming our diet were easy...	16:15	PEER REVIEW SESSION 04 Attitudes, food marketing
16:45 - 17:00 Networking Break			
A5	Motivational Interviewing	B5	Plant-Based Families
17:00	PD Dr. Ralf Demmel Motivational interviewing in medical practice: An introduction	17:00	Brenda Davis & Reshma Shah Plant-based nutrition for families
17:45 - 18:00 Closing Remarks			

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All times in CET		Tuesday 2 March, 2021	
09:00 - 09:15 Welcome			
Stream A	NUTRITION EDUCATION: FROM KIDS TO CAREERS	Stream B	PUBLIC HEALTH NUTRITION
A1	Plant-Based Kids I	B1	Public Health Nutrition: An Introduction
09:15	 PANEL DISCUSSION (German) Prof. Dr. Markus Keller, Carolin Wiedmann, Prof. Dr. Georg Seifert, Prof. Dr. Alfred Längler & Prof. Dr. Bernhard Watzl Plant based nutrition during childhood: Hype, hysteria and households	09:15	Dr. Peter von Philipsborn An introduction to public health nutrition
		09:45	Nikolai Pushkarev Public health nutrition in the European Union
		10:15	Niklas Oppenrieder The Physicians Association for Nutrition: Let's transform healthcare! The 2021 agenda and beyond
10:45 - 11:00 Networking Break			
A2	Plant-Based Kids II	B2	Public Health Nutrition: Best Practices
11:00	PEER REVIEW SESSION 05 Pediatric nutrition	11:00	Dr. Jonneke Brouwers From general practice to public health: How to implement lifestyle medicine in your community
11:45	 WORKSHOP (German) Edith Gätjen Eating with children: Education and relationships	11:45	Prof. Dr. Heike Englert Healthy lifestyle communities: Research around chances and challenges
12:30 - 13:30 Lunch			
A3	Plant-Based in Science	B3	Plant-Based Nutrition at Medical Schools
13:30	WORKSHOP Dr. Eliska Selinger Plant-based nutrition, research, and you: A practical approach to your scientific career	13:30	PAN University Groups & Nutritank (requested) Nutrition in the curriculum of medical students: What's going on in Europe?
		13:50	Health for Future Students & IFMSA (requested) Planetary health in the medical curriculum: The status quo, what works and what doesn't
14:15	Dr. Eva Katharina Kühner Animal experimentation in science and research: An overview and the links to health and nutrition	14:10	Dr. Jennifer Trilk Lifestyle medicine at the University of South Carolina School of Medicine Greenville: The classroom-clinic-community model.
15:00 - 15:15 Networking Break			
A4	Advancing Medical Education: A Students' Perspective	B4	The Future of Public Health Nutrition
15:15	TALK + PANEL DISCUSSION PAN University Groups, EMSA (requested) & IFMSA (requested) The role of medical students in advancing medical education and public health	15:15	PANEL DISCUSSION Heike Dierbach & Dr. Simone K. Frey (more speakers tba) Demanding political change: How can health professionals support sound public health policies?
16:45 - 17:15 Closing Remarks: Wrap up of learnings and take-homes from VegMed Web 2021			

VegMed Web 2021 official sponsors:

Alpro Foundation, Alpro GmbH, BKK ProVita, Krankenhaus Waldfriede, Mycovital, Norsan (San Omega GmbH), Reformhaus eG and Stiftung Reformhausakademie.
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