



CURSO ONE HEALTH

ONE HEALTH: A Metabolic Approach from the Cell to Society

FEBRUARY 2-6, 2026

Organisers:

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 Anfiteatro,
iCBR, Polo 3



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DOCTORAL EXPERIMENTAL
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A Metabolic Approach from the Cell to Society

February 2, 2026 – ONE HEALTH

Anabela Marisa Azul

PROGRAM

- 9:00 – 9:30 ♦ Introduction to the Course
- 9:30 - 10:15 ♦ **Maria de Jesus Fernandes** (Bastonária da Ordem dos Biólogos); "One Health", da sensibilização à prática e ao trabalho em equipas interdisciplinares"
- 10:15 – 11:00 ♦ **Alexandra Aragão** (Faculdade de Direito, Universidade de Coimbra); "Right to a healthy Exposome: evidence and causality in the courts"
- 11:00 – 11:30 ♦ BREAK
- 11:30 – 12:15 ♦ **Lorena Calderón Pérez** (Eurecat, Technology Centre of Catalonia); "Switching Mediterranean families too sustainable healthy dietary patterns – Insights from the SWITCHtoHEALTHY Project" (Zoom)
- 12:15 – 12:35 ♦ Short Talk – **Beckett Moser** (Faculty of Health, Medicine, and Life Sciences, University of Maastricht); "Opportunities for culinary medicine in health professional training programs in Portugal" (Zoom)
- 14:00 – 14:45 ♦ **Ricardo Almendra** (Faculdade de Letras, Universidade de Coimbra); "Cities, lifestyle and metabolic disorders"
- 14:45 – 17:00 ♦ **Ricardo Almendra** and **Marisa Azul**, Outdoor activity



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February 3, 2026 – LIFESTYLES, ENVIRONMENT AND HEALTH
João Malva

PROGRAM

- 9:30 – 10:15** ◆ **Kiran Patil** (University Cambridge); From pharmaceuticals to pollutants - how chemicals affect gut microbes (Zoom)
- 10:15 – 11:00** ◆ **Paula Macedo** (Universidade NOVA de Lisboa); Invisible Threats in Midlife: Environmental Stressors and Menopausal Health
- 11:00 – 11:30** ◆ BREAK
- 11:30 – 12:15** ◆ **Lino Ferreira** (Universidade de Coimbra); Environmental pollutants as possible triggers of blood-brain barrier dysfunction
- 12:15 – 12:35** ◆ Short Talk – Peer PhD student talk, **Daniela Simões** (PHDHS) Mediterranean diet and blood brain barrier function
- 14:00 – 14:45** ◆ **Corinne Benakis** (Ludwig-Maximilians-Universität München) Possible links between Environmental pollutants, gut dysbiosis and susceptibility to stroke and Parkinson's disease (Zoom)
- 14:45 – 15:05** ◆ Short talk – Peer PhD student talk – **Diana Sousa** (PDBEB) Mediterranean diet and gut-brain hormonal signalling
- 15:05 – 17:00** ◆ Group Work



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February 4, 2026 – OBESITY AND ITS COMPLICATIONS I
Paulo Oliveira

- 9:30 – 10:15 ◆ **Mariusz Wieckowski** (Nencki Institute, Warsaw, Poland), "The unseen burden: decoding the 50 shades of obesity"
- 10:15 – 11:00 ◆ **John Jones** (CNC/CIBB, University of Portugal), "Obesity and liver disease"
- 11:00 – 11:15 ◆ BREAK
- 11:15 – 12:00 ◆ **Amalia Gastaldelli** (CNR, University of Pisa, Italy) "Importance of fat distribution (rather than BMI) for metabolic complications" (Zoom)
- 14:00 – 14:45 ◆ **Elisabet Borsheim** (University of Arkansas, USA), "Pediatric obesity and cardiometabolic health" (Zoom)
- 14:45 – 15:05 ◆ **Sónia Pinho** (CNC/CIBB, University of Coimbra, Portugal) "Bioactive molecules in the Mediterranean Diet: an initial screening for the metabolic activity and the anti-inflammatory potential"
- 15:05-15:20 ◆ BREAK
- 15:20 – 15:45 ◆ **Barbara Pakula** (Nencki Institute, Warsaw, Poland), "The dual role of autophagy in MASLD: functionality and dysregulation in the disease development and progression"
- 15:45 – 17:00 ◆ Group Work



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February 5, 2026 – OBESITY AND ITS COMPLICATIONS II
Paulo Oliveira

PROGRAM

- 9:30 – 10:15** ◆ **Danika Schepis** (Università degli studi "Aldo Moro", Bari, Italy)
“Developing a clinical trial in PAS GRAS”
- 10:15 – 11:00** ◆ **Vilma Sardão** (MIA, University of Coimbra, Portugal), “Obesity and bone physiology”
- 11:00 – 11:30** ◆ BREAK
- 11:30 – 12:15** ◆ **Xavier Escote Miró** (Universitat Rovira i Virgili, Tarragona, Spain), “New trends in the treatment of obesity and its associated comorbidities”
- 12:15 – 12:35** (Zoom)
- 14:00 – 14:45** ◆ **Luís Grilo** (CNC/CIBB, University of Portugal) “Developmental imprinting of cardiometabolic dysfunction in offspring Exposed to maternal malnutrition”
- 14:45 – 15:05** ◆ **Silvia Conde** (NOVA Medical School, Lisbon, Portugal) “Obesity and cognitive decline: from mechanisms to preventive and therapeutic strategies”
- 15:05 – 17:00** ◆ **José Teixeira** (CNC/CIBB/DCV, University of Coimbra, Portugal)
“Metabolism and mechanotransduction in MASLD”
- ◆ Group Work



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February 6, 2026 – Students' Evaluation

9:30 – 12:00

Students' Evaluation

14:00 – 15:00

CNC Seminar: Casper Schalkwijk (University of Maastricht, the Netherlands) “Endogeneous and Exogeneous Advanced Glycation Endproducts (AGEs): friend or foe for human health?”



Auditório do CNC, Polo 1



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