

Newsletter

Tuesday

31st of March

2026

EVENTS



4-6

FEBRUARY

56th Meeting of the Portuguese Society of Pharmacology

In this meeting held in Coimbra, Ana Isabel Duarte (PhD), Daniela Simões (PhD student), Diana Sousa (PhD student) and Liliana Santos (PhD) presented oral communications showcasing CHAngeing-related research, covering topics from neuroprotection and blood-brain barrier integrity to Mediterranean diet bioactives and metabolic signalling.



2-6

FEBRUARY

One Health Course

During the PDBEB Advanced Course "One Health: From the Cell to Society", part of the PhD Programme in Experimental Biology and Biomedicine in Coimbra, the PhD students Daniela Simões and Diana Sousa presented their research results to the students, contributing to the interdisciplinary discussion on how cell metabolism interacts with lifestyle, environment, and health. This course is co-organized by Anabela Marisa Azul (PhD), Paulo J. Oliveira (PhD) and João Malva (PhD).



5-7

MARCH

22º Congresso Português de Diabetes

Diana Sousa (PhD student) delivered an oral presentation in Coimbra entitled "Precision nutrition and intestinal endocrine function: release of GLP-1 and PYY by natural compounds from the Mediterranean region in L cells".

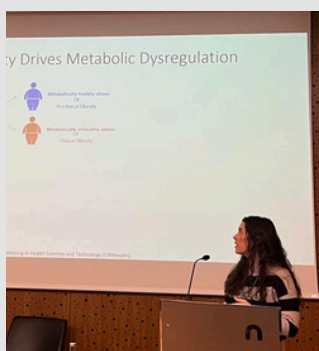


13

MARCH

Brain Awareness Week 2026

Ana Duarte (PhD) visit the primary school - Escola Básica de São Martinho do Bispo in Coimbra, where she led interactive activities with students focused on the Mediterranean diet, healthy habits, and the link between nutrition and brain health.

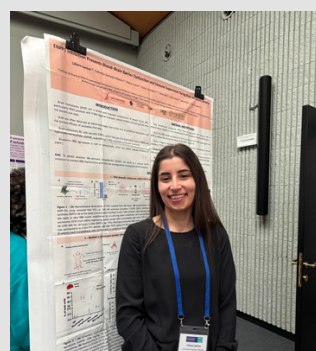


13-14

MARCH

Coimbra International Meeting in Health Sciences and Technology

Diana Sousa (PhD student) delivered an oral presentation in Coimbra entitled "Mediterranean Diet-Derived Compounds Regulate GLP-1 and PYY Expression and Secretion in L-Cells" during the Coimbra International Meeting in Health Sciences and Technology.



17-19

MARCH

Tumour Ecosystem: From Mechanisms to Novel Therapeutics

Liliana Santos(PhD) presented a poster in Bergamo entitled "ENPPI inhibition prevents Blood-Brain Barrier dysfunction and immune suppression during brain metastasis initiation".

NEW PUBLICATIONS

Nutritional Neuroscience
From Bench to Bedside
2026, Pages 221-233

Chapter 16 - Neuroprotection and antiaging effects of caloric restriction

Roberto A. Dias ^{1,2}, Catarina Mendes ^{1,2,3,4,5}, Nuno Raimundo ^{1,2,6}, Neuzia Domingues ^{1,2}



Nutritional Neuroscience
From Bench to Bedside
2026, Pages 235-247

Chapter 17 - Neurovascular dysfunction, stroke, and age-related cognitive impairment: the benefits of the Mediterranean diet

Alexandros Zampetakis ^{1,2}, Ioannis Zaganas ^{1,2}, Ana Duarte ^{3,4}, Débora Mena ^{3,4}, Eliane Sanches ³, João O. Malva ^{3,4}



Nutritional Neuroscience
From Bench to Bedside
2026, Pages 249-262

Chapter 18 - The impact of hypercaloric diet on inflammation and blood-brain barrier function

Filipa Isabel Baptista ¹, Joana Margarida Gaspar ^{2,3}, Catarina Muralha Leiria ^{4,5}, Ana Rita Garcia ^{4,5}, Maria Alexandra Brito ^{4,5}, Ana Paula Silva ¹



Nutritional Neuroscience
From Bench to Bedside
2026, Pages 361-374

Chapter 26 - Obesity and metabolic changes in neurodegenerative diseases

Diana Sousa ^{1,2,3}, Beatriz Caramelo ^{1,3,4}, Christos Tsatsanis ^{5,6}, Miguel Castelo-Branco ^{4,7}, Paulo Matafome ^{1,8}



Original Research Article

Maternal Longevity is Associated With Reduced Risk but an Earlier Onset of Alzheimer's Disease in Offspring

Journal of Geriatric Psychiatry and Neurology
2026, Vol. 00 1-7
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DOI: 10.1177/08919887261424534
journals.sagepub.com/home/jgp
MaryAnn Liebert
A member of Sage

Miguel Tábuas-Pereira, MD^{1,2,3}, Francisco Mano, MD⁴, Catarina Bernardes, MD^{1,2,3}, João Durães, MD^{1,2,3}, Marisa Lima, PhD⁵, Kaitlyn DenHaan, BSc⁶, Kimberly Paquette, BSc⁶, Célia Kun-Rodrigues, BSc⁵, Susana Carmona, PhD⁵, Teresa Tábuas, MSc⁶, Pedro Faustino, MD^{1,2,3}, Mariana Ruth Coelho, MD⁷, Anuschka Silva-Spinola, PhD^{2,7}, Diana Duro, PhD⁷, Maria Rosário Almeida, PhD^{1,3}, João Malva, PhD^{1,3,8,9}, Inês Baldeiras, PhD^{1,3}, José Brás, PhD^{2,*}, Rita Guerreiro, PhD^{5,*}, and Isabel Santana, PhD^{1,2,3,*}



DECEMBER Science for Citizens - The gut's hormonal symphony is conducted by food

To bring science closer to society, a science communication these comic strips have been published in local newspapers and shared through digital platforms, illustrating how food conducts the gut's hormonal "symphony." It explains how different nutrients influence hormones that regulate appetite, metabolism, and mood. A QR code directs readers to the CHAging website, where clear infographics and accessible texts provide further insights into how diet shapes gut health.



DANI EXPLAINS, THROUGH DRAWING, THE SECRET OF THE MEDITERRANEAN DIET

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**Science for Citizens -
Protecting the brain through the Mediterranean Diet: The power of fisetin**

Additionally, other comic strips have also been published, highlighting how the Mediterranean diet can protect the brain, with a focus on fisetin found in foods like strawberries. These stories illustrate how diet influences brain cells and may help prevent stroke, and include a QR code directing readers to the CHAngeing website for clear infographics and accessible explanations.



FIND MORE HERE

DANI EXPLICA, PELO DESENHO, O SEGREDO DA DIETA MEDITERRÂNICA

Panel 1: In the brain, microglia cells... I haven't stopped putting out fires this week!

Panel 2: If they don't reduce their intake of more processed foods, I'm going to start the REVOLT!!

Panel 3: Something tells me that if you don't want to get seriously ill... you'll have to change your diet.

DANI EXPLAINS, THROUGH DRAWING, THE SECRET OF THE MEDITERRANEAN DIET

Panel 1: MOM, DID YOU KNOW THAT Fisetin IS A COMPOUND THAT CAN REBALANCE FAT METABOLISM IN BRAIN CELLS AND RETURN ENERGY TO THE MITOCHONDRIA?

Panel 2: NO!

Panel 3: THAT'S RIGHT! AND ONE OF THE BEST SOURCES FOR YOU TO FIND Fisetin IS IN STRAWBERRIES!

Panel 4: THAT'S WHY WE NEED TO EAT MORE STRAWBERRIES AND FRESH FRUIT!

DANI EXPLAINS, THROUGH DRAWING, THE SECRET OF THE MEDITERRANEAN DIET

Panel 1: See?! You're at risk of having a stroke.

Panel 2: You need reduce your intake of red meat and processed foods.

Panel 3: You need to eat more strawberries, apples, and persimmons!

DANI EXPLAINS, THROUGH DRAWING, THE SECRET OF THE MEDITERRANEAN DIET

Panel 1: DANI, DO YOU THINK SUPERHEROES CAN TURN INTO VILLAINS?

Panel 2: YES... WHEN YOU EAT A LOT OF HAMBURGERS, FOR EXAMPLE, YOU INTRODUCE A LARGE AMOUNT OF PALMITIC ACID INTO YOUR BODY, WHICH THEN BECOMES THE VILLAIN!

Panel 3: THE VILLAINS END UP ALTERING A SUPERHEROINE IN YOUR BRAIN, SUCH AS MICROGLIA, WHICH THEN BECOMES HARMFUL, CAUSING CHRONIC INFLAMMATION!

Panel 4: ALL SUPERHEROES CAN TURN INTO VILLAINS IF YOU'RE NOT CAREFUL ABOUT WHAT YOU EAT!

FUTURE EVENTS

CHANGEING
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Funded by the European Union
Grant Agreement: 101087071

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14 April to 22 of May

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COIMBRA - PORTUGAL

For Medical Students
(4th - 6th year), 4 ECTS

Online Component
April - June 2026

Academic Coordinator
Ioannis Zaganas
Associate Professor of Neurology

Info: bip_neurogenetics@med.uoi.gr

In Campus
April 20-24, 2026
Heraklion, Crete, Greece

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HERAKLION, CRETE - GREECE
VALENCIA - SPAIN
ISTANBUL - TURKEY
COIMBRA - PORTUGAL

For Medical Students
(4th - 6th year), 4 ECTS

Online component
April - June 2026

Academic Coordinator
Ioannis Zaganas
Associate Professor of Neurology

Local Organizer
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In Campus
May 4-8, 2026, Coimbra
Portugal

