

## THEMES

Sport and nutrition
 Cardiovascular capacities and practice of sport
 Sports activity and cancer

Scientific Committee chairman: Dr André MONROCHE, MD. Scientific committee vice-chair: Pr Xavier BIGARD, MD, PhD.

Founding and honorary President: Mme Liliane LAPLAINE-MONTHEARD

June 26th, 2019

## Sport and nutrition

09.00-09.10: Welcome allocution (Allocution de bienvenue) – Dr MD André MONROCHE

**09.10-09.40:** Nutritional strategies for the management of body weight – Pr Xavier BIGARD.

09.40-10.00: A practical case of individual management of body weight – Jérémie Azou.

#### **Educational objectives**

- Review the current strategies used to los body weight just before competition; what type of sport? which methods are most used today?

- Describe the balance between effectiveness and side effects of the most used methods;

- For the body weight control, provide the scientific evidence for long-term nutritional strategies.

### Physical activity, sport, sedentary, and cardiovascular diseases

**10.30-11.00**: Physical activity and sedentary, two opposite determinants of cardiovascular health.

11.00-11.20:

# 11.20 - 11.30: BREAK (Pause)

#### Educational objectives

- Describe the clinical evidence of the benefit of sport on cardiovascular health;

- Consider the respective effects of physical activity and sedentary on cardiovascular diseases;

- Prescribe appropriate preventive examinations, according to the medical condition, age and sport practiced by the patient;



Offer certain physical activity programs that can play a positive role in cardiovascular health;
The role played by reducing the time spent in sedentary behavior on the prevalence of cardiovascular diseases.

# Sports activity and cancer

11.30-12.00: Physical activity: an efficient weapon against cancer - Dr Hélène BOYER

**12.30-13.00**: What biological mechanisms support the beneficial effects of exercise on the initiation, progression and metastasis of cancer? Pr Xavier BIGARD MD, PhD.

## Educational objectives

- Define the protective effect of physical activity;

- Describe the effects of repeated physical activity on intratumoral vascular maturity and perfusion, cellular hypoxia, energy metabolism, and immune responses. Taken together, these biological responses can support the beneficial effects of exercise on cancers.

- List recommendations before, during and after cancer treatment.

# 12.30: END (Fin)

# THE SPEAKERS

- Pr Xavier BIGARD
- Dr Hélène BOYER
- Dr Sylvie BIDOT-MAURANT
- Dr André MONROCHE
- Mr Jeremy AZOU