SHORT DESCRIPTION
VegMed is a unique international scientific conference on medicine and plant-based nutrition. The congress is dedicated to provide a scientific base and practical guidelines for the establishment of a sustainable plant-based nutrition in medical practice and research.

VegMed aims at physicians, medical students, scientists, nutritionists, academic healthcare professionals and related disciplines. On the public day, the congress is open to all visitors. Participants can expect a large number of scientific lectures from world-leading researchers and renowned physicians in the field, hands-on workshops, panel debates and platforms for professional networking. Additionally, mind-body- and yoga-sessions, a selection of exhibitors and vegan food trucks will be offered.

GENERAL INFORMATION
Conference location:
Freie Universität Berlin, Henry-Ford-Bau
Garystraße 35, 14195 Berlin

Dates:
Scientific Symposium: 20th -21st April 2018
Public day: 22nd April 2018

Opening hours & registration
Friday, 20th April 2018, 12.30 pm- 09.00 pm
Saturday, 21st April 2018, 08.30 am -09:00 pm
Sunday, 22nd April 2018, 09.00 am - 04:45 pm (Public Day)

Registration fees:
Standard fee 290 €
Student fee 120 €
Public Day standard fee 25 €
Public Day reduced fee 15 €
Online-Streaming of the plenary session for all days 60 €

CONTACT
Organisation/industrial exhibition:
VegMed2018@mes-berlin.com

CONGRESS MANAGEMENT
Yvonne Bodden
medical event solutions GmbH
Tel.: +49 (0)30 700 78 950

SCIENTIFIC RESPONSIBILITY
Prof. Dr. med. Andreas Michalsen, M.D.
Charité - Universitätsmedizin Berlin and Immanuel Hospital Berlin
Dr. med. Christian Kessler, M.D.
Charité - Universitätsmedizin Berlin and Immanuel Hospital Berlin

For further information:
www.vegmed.org
**MAIN AUDITORIUM**  |  **LECTURE HALL A**  |  **LECTURE HALL C**
---|---|---
12:30 | Registration |  
14:00 | Welcome | Sebastian Joy, Prof. Dr. Andreas Michalsen, Rainer Plum – **Moderation: Elmar Stapelfeldt**
14:30 | Keynote: Fork and Knife: Weapons of Mass Destruction, or Instruments of Health and Healing? | Prof. Dr. Hans Diehl
15:00 | Workshop: Plant based nutrition in cancer chemotherapy: clinical studies and practical experience | Dr. Annette Jänsch, Dr. Daniela Liebscher
15:30 | Oh Lord, endow my sausage with leafy vitamins | Prof. Dr. Anja Kroke
16:00 | Coffee break |  
16:30 | Keynote: Nuts to you! The health effect of regular nuts consumption | Prof. Dr. Joan Sabaté
17:00 | Milk’s software in Health and Disease. | Prof. Dr. Bodo Melnik
17:30 | Peer-Review-Session 1: Nudging, Motivation, Integration | Moderation: assoc. Prof. Dr. Armando Perez-Cueto
18:00 | Vegan nutrition - a neglected field of research | Dr. Markus Keller
18:30 | Panel discussion: The milk controversy | Prof. Dr. Karl Michaelsson, Brenda Davis, Prof. Dr. SN Gupta
19:00 | Palaeo - sense and nonsense of the vegan stone-age diet | Prof. Dr. Andreas Hahn
20:00 | Filmscreening: What the Health |  

* Simultaneous translation will be provided for all lectures in the main auditorium. Yoga- and mindfulness-sessions during breaks.

Friday 20.4. CONFERENCE FOR PROFESSIONALS
<table>
<thead>
<tr>
<th><strong>Saturday 21.4.</strong></th>
<th><strong>CONFERENCE FOR PROFESSIONALS</strong></th>
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<tbody>
<tr>
<td><strong>08:30</strong></td>
<td><strong>Registration</strong></td>
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</table>
| **09:00** | **Welcome**  
Prof. Dr. Karl Lauterbach  
Moderation: Prof. Dr. Christian Kessler, Matthias Rohra |
| **09:30** | **Keynote:** Helping Patients Adopt Healthier Diets in the Hospital Room and Beyond  
Dr. Neal Barnard |
| **10:00** | |
| **10:30** | **Intermittent fasting and plant-based nutrition: A longevity concept?**  
Prof. Dr. Andreas Michelsen |
| **11:00** | **Life Research Experiment:** Survey on the Supplementation of Critical Nutrients  
Dr. Christian Kessler |
| **11:30** | **Coffee break** |
| **11:45** | **Milk intake and risk of mortality and fractures**  
Prof. Dr. Karl Michaelsson |
| **12:00** | **Keynote:** Vegetarian diets as an area of tension in large-scale catering  
Prof. Dr. Arens-Azevedo (Präsidentin der DGE) |
| **12:30** | **Panel discussion:** Nudging vs. Missioning - how to effectively communicate veg*ism?  
Prof. Dr. Claus Leitzmann, Dr. Hannah Enssaff,  
Prof. Dr. Andreas Michelsen, Prof. Dr. Armando Perez-Cueto  
**Moderation Dr. Christian Kessler** |
| **13:00** | **PAN Europe:** Foundation announcement  
Dr. Niklas Oppenrieder |
| **13:15** | **Lunch Break**  
Simultaneously: Poster-session  
(first floor, in front of the upper auditorium entrance) |
| **14:00** | **Workshop:** Plant-based nutrition as a therapeutic option in disease-related malnutrition  
Team Waldfriede Hospital Berlin  
Dr. Gerd Ludescher, Anne Herholz, Amelie Kahl, René Rößger  
**Moderation Dr. Christian Kessler** |
| **14:30** | **Coffee break** |
| **14:45** | **Peer-Review Session 2:**  
Plant-based nutrition in Traditional Medicine  
Moderation: Prof. Dr. S.N. Gupta |
| **15:00** | **Peer-Review Session 3:**  
Economy, Ecology, Miscellaneous  
Moderation: Dr. Michael Teut |
| **15:30** | **Keynote:** Defeating Diabetes with vegan diet  
Brenda Davis |
| **16:00** | **Peer-Review Session 4:**  
Chronic diseases  
Moderation: Dr. Michael Jeitler |
| **16:30** | **Coffee break** |
| **17:00** | **Diet-related greenhouse gas emissions and nutrient intake in the LifeGene study**  
Prof. Dr. Katarina Bälter  
**VeChi study session**  
Moderation: Dr. Markus Keller |
| **17:30** | **Nudging healthier food choices**  
assoc. Prof. Dr. Armando Perez-Cueto |
| **18:00** | **Keynote:** Meeting the protein demand with a plant-based diet  
Prof. Dr. Claus Leitzmann |
| **18:30** | **Cultured Meat: Quo vadis?**  
Dr. Mark Post |
| **19:30** | **Workshop:** Vegetarian Guide for Italy  
(PiattoVeg-Vegplate)  
Dr. Luciana Baroni |
<p>| <strong>20:00</strong> | <strong>Movie Screening:</strong> End of meat |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Main Auditorium</th>
<th>Lecture Hall A</th>
<th>Lecture Hall C</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Registration</td>
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<tr>
<td>10:00</td>
<td>Welcome</td>
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<td></td>
<td>Sebastian Joy, Dr. Christian Kessler</td>
<td>Dr. Neal Barnard</td>
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<td>10:15</td>
<td>Keynote: What about Cheese?</td>
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<td>Dr. Petra Bracht</td>
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<td>11:00</td>
<td>Moving towards a plant-based diet</td>
<td>Roundtable: Forerunners for a healthier society - interview with successful health influencers</td>
<td>How health works - Ask a veggie doctor</td>
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<td>Prof. Dr. Heike Englert</td>
<td>Niko Rittenau, Sarah Gebhardt, Moritz Ulrich, Patrick Schönfeld</td>
<td>Dr. Petra Bracht</td>
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<td>11:30</td>
<td>Coffee break</td>
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<td>11:45</td>
<td>The Future of Nutrition - Cultured meat as an ethical alternative?</td>
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<td>Dr. Mark Post</td>
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<td>Lunch Break</td>
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<td>12:30</td>
<td>Panel discussion: How to save our planet with plant-based nutrition</td>
<td>Slicing into the meaty topic of vegetarianism in India: Boon or Bane?</td>
<td>Plant-based nutrition: boom in sports</td>
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<td>Sebastian Joy, Barbara Unmüßig, Hilal Sezgin</td>
<td>Dr. Vijay Muthy</td>
<td>Dr. Katharina Wirnitzer</td>
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<td>Moderation Dörthe Eickelberg</td>
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<td>13:15</td>
<td>Nudging adolescents towards plant-based food choices</td>
<td>The soy controversy - miracle bean or a source of danger for health?</td>
<td>Vegan in other circumstances - healthy pregnancy</td>
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<td>Dr. Hannah Ensaff</td>
<td>Niko Rittenau</td>
<td>Carmen Hercegfi &amp; Sarah Gebhardt</td>
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<td>15:00</td>
<td>Panel discussion: Ultrasport and vegan - performance from plants</td>
<td>Worldwide vegan - a pragmatic approach</td>
<td>Becoming vegan - how to do it right</td>
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<td>Patrick Baboumian, Prof. Dr. Katharina Wirnitzer, Ben Urbanke</td>
<td>Tobias Lennaert</td>
<td>Dr. Sigrid Siebert</td>
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<tr>
<td>16:00</td>
<td>Keynote: Nutrition and Post-Growth-Economics</td>
<td>Plant-based nutrition for prevention and treatment of chronic diseases</td>
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<td>Prof. Dr. Niko Paech</td>
<td>Brenda Davis</td>
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<td>16:45</td>
<td>Closing</td>
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