

On March 10, the School of Medicine and Surgery of the University of Palermo hosted the second international conference in collaboration with the University of Vermont (USA) as part of the Project, "Nursing Care - Aging Well" entitled: "Approach to longevity: the Mediterranean style".

This year's widely debated theme was the study of "centenarians" living in the Madonie's district, a special population due to their peculiar clinical features, eating habits and lifestyles, i.e. a model of "healthy aging".

The conference, organized by Prof. Anna Licata, Coordinator of the Bachelor's Degree in Nursing of the School of Medicine, which has had a scientific collaboration agreement with the School of Nursing and Health Science of the University of Vermont since last year, was attended by the group of immunologists led by Professor Emeritus Calogero Caruso and Prof. Giuseppina Candore who, with Giulia Accardi and Anna Aiello, analyzed the aspects related to immune-senescence and inflammaging in this population; the group of dieticians led by Prof. Silvio Buscemi who, together with Anna Barrile and Carola Buscemi, studied the nutritional aspects and endothelial function of centenarians; and finally Professors Janelle Sarnevitz and Mary Val Palumbo who arrived in Palermo with a group of 12 students from Vermont (7 from Nursing, 2 from Social Science, 3 from Nutrition and one from Public Health) illustrated similarities and differences in lifestyle between the Vermont population and the centenarian patients of Prizzi's district, where last year, on the occasion of the first meeting, the clinical-nutritional investigation was carried out in collaboration with the School of Specialization in Geriatrics, directed by Prof. Mario Barbagallo.

The topic of the first conference, held on March 11, 2024 in the prestigious Accademia delle Scienze Mediche, and like this year, inaugurated by the President of the School of Medicine, Prof. Marcello Ciaccio, was the nutrition and lifestyle of the elderly patient, which was followed by the investigation in Prizzi.

The undisputed success of the two conferences, which were attended by an attentive and large audience, including students of the bachelor's in Nursing, residents of the specialization school in Geriatrics, students of the degree course in Medicine and Dentistry, led Prof. Anna Licata to start an educational as well as scientific collaboration, which will allow the exchange of teachers and students with the University of Vermont.

This agreement, after the one signed with the South West Medical University of Luzhu, China, and the one already signed with the Carlow University of Pittsburgh, USA, is the third prestigious international collaboration agreement that the School of Medicine and the Promise Department, directed by Professor Antonio Carroccio, sign thanks to the Degree Course in Nursing, the only Bachelor's Degree entirely in English of the University of Palermo.