

CYPRUS INTERNATIONAL INSTITUTE  
FOR THE ENVIRONMENT AND PUBLIC HEALTH  
IN ASSOCIATION WITH  
HARVARD SCHOOL OF PUBLIC HEALTH



**Continuing Professional Education Program**

**Environmental Lung Disease: Bench to Bedside**

**June 9-10, 2009**

**Workshop on Childhood Asthma**

**June 11, 2009**

**A 3-day training course | The Fulbright Center, Buffer Zone, Nicosia**



[www.hsph.harvard.edu/cyprus](http://www.hsph.harvard.edu/cyprus)

**Sponsored by:**





## Continuing Professional Education Program

### PART 1 Environmental Lung Disease: Bench to Bedside

#### OVERVIEW

##### ABSTRACT

This 2-day seminar will provide training on current concepts in environmental lung disease. Asthma, chronic obstructive pulmonary disease and pulmonary fibrosis continue to be major public health problems in Cyprus and its neighboring countries. Environmental exposures can cause or exacerbate these common diseases. Understanding the pathogenesis, treatment and prevention of environmental lung disease is essential for general physicians, internal medicine specialists, pathologists, nurses and other individuals involved in public health policy. Internationally recognized faculty will cover new developments in the causes, prevention and therapy of environmental lung disease, using a comprehensive 'bench to bedside' approach.



##### Who Should Attend:

- Physicians (Primary Care Physicians, Pediatricians, Allergists, Pulmonologists, Thoracic Surgeons) Nurses Practitioners
- Health Educators and Policy Makers
- Researchers
- Public Health Professionals

##### Why you should attend:

Understanding how environmental exposures impact the very common diseases of asthma, COPD and lung fibrosis is essential to physicians, nurse practitioners, and other health-care professionals. Asthma and COPD are leading causes of chronic morbidity and suffering. Environmental influences, especially air pollution, have a great impact on the course of these diseases. Understanding environmental effects on these common diseases will improve diagnosis, therapy and public health management, and will also guide future basic and applied research.

##### Upon completion of this program you should be familiar with:

- Major trends in air pollution health effects
- Role of oxidants in environmental lung disease
- Environmental effects on asthma pathobiology
- Recent advances in COPD
- Current trends in the cause and treatment of lung fibrosis
- Public health impact of environmental lung disease





## Continuing Professional Education Program

# Environmental Lung Disease: Bench to Bedside

## AGENDA

### DAY 1

**Tuesday, June 9 2009**

08:30 - 9:00	Registration	
09:00 - 10:00	Mechanisms of Air Pollution Health Effects: What's new? <i>Dr. Lester Kobzik</i>	Bench
10:00 - 11:00	Oxidants and Antioxidants: Key to Lung Health and Disease <i>Dr. Sadis Matalon</i>	Bench / Bedside
11:00 - 11:30	Coffee break	
11:30 - 12:30	Environment & Asthma: Laboratory Insights <i>Dr. Lester Kobzik</i>	Bench
12:30 - 13:45	Lunch / Registration	
13:45 - 14:45	Asthma Therapy 2009 <i>Dr. Oliver Eickelberg</i>	Bedside
14:45 - 15:30	Q & A / Case discussion <i>Faculty</i>	Bench / Bedside

### DAY 2

**Wednesday, June 11 2009**

08:30 - 9:00	Registration	
09:00 - 10:00	COPD: Clinical Advances and Challenges <i>Dr. Thomas Geiser</i>	Bedside
10:00 - 11:00	Influenza: a Radical Update <i>Dr. Sadis Matalon</i>	Bench
11:00 - 11:30	Coffee break	
11:30 - 12:30	Lung Fibrosis Mechanisms <i>Dr. Oliver Eickelberg</i>	Bench
12:30 - 13:45	Lunch / Registration	
13:45 - 14:45	Lung Fibrosis: Therapies Old and New? <i>Dr. Thomas Geiser</i>	Bedside
14:45 - 15:30	Summary & Perspective <i>Faculty</i>	Bench / Bedside



## Continuing Professional Education Program

# Environmental Lung Disease: Bench to Bedside

## FACULTY



**Lester Kobzik, M.D.** *Course Director*

**Professor, Department of Environmental Health, Harvard School of Public Health, Boston**

**Professor of Pathology, Harvard Medical School, Boston**

**Special Interests:**

- Lung host defense
- Lung macrophage scavenger receptors
- Environmental exposures and asthma susceptibility



**Thomas Geiser, M.D.**

**Associate Professor of Pulmonary Medicine at the University of Bern, Switzerland**

**Head of the Pulmonary Division, University Hospital, Bern, Switzerland**

**Special Interests:**

- Lung inflammation, injury and repair
- Mechanisms and novel treatments in pulmonary fibrosis
- Airway diseases (COPD, asthma, cystic fibrosis)
- Pulmonary hypertension



**Oliver Eickelberg, M.D.**

**Chairman, Experimental Pneumology**

**Comprehensive Pneumology Centre**

**Ludwig-Maximilians University and Helmholtz Zentrum Munich**

**Director, Institute of Lung Biology and Disease (iLBD)**

**Helmholtz Zentrum Munich, Germany**

**Special Interests:**

- TGF- $\beta$  signal transduction and protein metabolism



**Sadis Matalon, M.D.** *Course Co-Director*

**Alice McNeal Professor of Anesthesiology**

**Director of Research, Division of Critical Care & Perioperative Medicine, Dept. of Anesthesiology**

**Director, Pulmonary Injury & Repair Center, School of Medicine**

**Professor of Physiology & Biophysics & Microbiology**

**Professor of Environmental Health Sciences, University of Alabama at Birmingham**

**Special Interests:**

- RSV induced injury to vectorial alveolar Na<sup>+</sup> transport
- Chlorine injury to the lungs
- RONS and ion channels



## Continuing Professional Education Program

# Environmental Lung Disease: Bench to Bedside

## LOGISTICS

### Application Deadline and Policies:

All applications and payments must be received by May 25, 2009. No refunds will be issued after May 15, 2009 and a cancellation fee of 25 Euro will be charged for all cancellations.

To apply electronically, visit <http://www.hsph.harvard.edu/cyprus.registration.shtml> and for more information on the initiative please visit our website at <http://www.hsph.harvard.edu/cyprus> Alternatively please fill the attached registration form and send by fax to 22449293 or send by mail to the address below.

### Payment:

Please send an International Money Order / check payable to "Cyprus International Institute for the Environment and Public Health" for 50 Euro to:

**Cyprus International Institute for the Environment and Public Health  
in Association with Harvard School of Public Health**

**P.O. Box 24440**

**1703 Nicosia**

**CYPRUS**

Once payment is received, you will be sent acknowledgement confirming your registration.

Please note that the 50 Euro registration fee include lunch, coffee, refreshments, and course materials for days 1-3.

In the event that participants wish to attend only one part of the course, this should be stated on the attached registration form and respective fee should be sent.

A certificate will be awarded to each participant at the end of the short course.

Continued Medical Education (CME) credits will be awarded.

### Hotel Accommodations:

A special rate has been negotiated for attendees of this training course at the Hilton Park Hotel in Nicosia.

For more information contact Lenia Josephides at **+357 22449269**  
or by e-mail: [leniaj@cyprusinstitute.org](mailto:leniaj@cyprusinstitute.org)



## Continuing Professional Education Program

### PART 2 Workshop on Childhood Asthma

#### ABSTRACT

Asthma is the most common chronic disease among children. This half-day workshop will present all available data on childhood asthma prevalence in Cyprus and will review epidemiological associations between asthma, air pollution and lifestyle. Important issues in primary asthma prevention, such as allergen avoidance and approaches for mitigating the impacts of modern lifestyle, will be discussed. Clinical issues, including the use of lung function testing and the employment of appropriate therapeutic modalities for effective asthma control will be outlined. Knowing and understanding the scientific evidence about the causes, the prevention and the management of asthma in Cyprus is essential for pediatricians, family physicians and nurses caring for children with asthma and for government and corporate officials responsible for the development of public health policy. The workshop will be conducted by faculty and researchers from Cyprus with extensive knowledge of the local epidemiology and management of this important disease.

#### Who should attend?

- Pediatricians
- Family Physicians
- Pediatric Nurses
- Researchers
- Public Health Professionals

#### Why you should attend?

Understanding the scientific evidence about the role of environment and lifestyle in determining the risk and severity of childhood asthma in Cyprus and learning modern approaches in prevention and management are essential for physicians and nurses who care for children with asthma. Asthma and allergies have been on the rise in Cyprus, and around the world, for the

past few decades. Changes in exposure to air pollution (e.g., indoor allergens and endotoxins, outdoor pollens, and traffic-related pollution) and changes in lifestyle (increased obesity, poor diet, decreased physical activity, and changes in housing conditions) are thought to be among the key causes of the asthma epidemic. Modern approaches for the diagnosis and management of asthma have the potential to mitigate the impact of the disease. Health care providers should be familiar with them in their everyday practice.

#### Upon completion of this workshop you should be familiar with:

Trends in prevalence of childhood asthma and allergies in Cyprus and their associations with air pollution and lifestyle factors

The scientific evidence of the potential of lifestyle and environmental interventions on asthma prevention

When to do and how to interpret lung function testing in the asthmatic child

Recent advances in childhood asthma management

15.30 - 16.00	Registration
16.00 - 16.45	“Overview of recent epidemiological data on childhood asthma in Cyprus” <b>Dr . Ourania Kolokotroni &amp; Dr Huseyin Koksoy</b>
16.45 - 17.15	“Aeroallergens and endotoxins in the household: Do they matter to the growing child?” <b>Dr. Nicolas Nicolaou</b>
17.15 - 17.45	Coffee Break
17.45 - 18.15	“Lung function tests in childhood asthma: When to do them and how to interpret their results?” <b>Dr. Panayiotis Yiallourous</b>
18.15 - 18.45	“Treating children with asthma: What has changed in recent international guidelines?” <b>Dr . Spyros Pipis</b>

## FACULTY



### **Ourania Kolokotroni, M.D., M.R.C.P.**

Dr Ourania Kolokotroni specialized in Paediatrics in Manchester, U.K. and became a Member of the Royal College of Paediatrics and Child Health, U.K. in 2004. In 2005, she joined the Cyprus International Institute (CII) for the Environment and Public Health as a Research Fellow and has been involved in the conduction of the research studies relating to asthma, allergies and the environment in Cyprus.



### **Dr. Huseyin Koksoy, M.D.**

Dr Hüseyin Köksoy specialized in Paediatrics and Paediatric Allergy at the Aegean University in İzmir Turkey. He is currently practicing paediatrics and paediatric allergy in Lefkoşa Burhan Nalbantoğlu Public Hospital. He is the principal investigator of the childhood asthma and allergies survey (ISAAC) in the Turkish Cypriot community.



### **Dr. Nicolas Nicolaou, M.D., M. Phil.**

Dr Nicolaou received his specialist training in Paediatrics in Cyprus and Greece and currently serves as a Clinical Research Fellow in Paediatric Respiratory Medicine and Allergy at the School of Translational Medicine, University of Manchester, UK, and an Honorary Consultant Paediatrician at the Paediatric Allergy Clinic, Manchester Children's Hospital. Dr Nicolaou specializes in the field of Childhood Asthma and Food Allergy.



### **Dr. Panayiotis Yiallourous, M.D., Ph.D.**

Dr Panayiotis Yiallourous trained in General Pediatrics at “A Kyriakou” Childrens Hospital in Athens Greece and subsequently in Pediatric Pulmonology at St Thomas’ and Great Ormond Street Hospitals in London UK. He is currently the Director of the Pediatric Pulmonology Clinic at the tertiary Childrens’ Hospital in Cyprus (Hospital Archbishop Makarios III) and Lecturer at the Harvard - Cyprus International Institute for the Environment and Public Health.

Dr Yiallourous is currently involved in a number of research projects on Primary Ciliary Dyskinesia in Cyprus and large scale population studies on asthma, allergy and obesity in schoolchildren.



### **Dr. Spyros Pipis, M.D., F.R.C.P.**

Dr Spyros Pipis trained in Paediatrics in Manchester UK and then was appointed Consultant Paediatrician at the South Manchester University Hospital. He was involved in the Manchester Asthma and Allergy Study (MAAS) and researched the effects of Allergen Avoidance in the development of Asthma during Childhood. He currently works as a Consultant Paediatrician at the Aretaieon Hospital in Nicosia and also serves as an adjunct Lecturer at the Cyprus International Institute for Environment and Public Health in association with Harvard School of Public Health.



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## REGISTRATION FORM

**Name:**

**Profession:**

**Employer:**

**Mailing Address:**

**Tel:**

**Fax:**

**E-Mail:**

All registrations and payments must be received by **May 25, 2009**.

Please register me for:

**Part 1 - Enviromental Lung Disease: Bench to Bedside :**  €40,00

**Part 2 - Workshop on Childhood Asthma :**  €10,00

For more information, contact Lenia Josephides at +357 22449269



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