

FILE UNICO

World Congress on Carnosine and β -Alanine (WCCB 2026)

Program schedule

Day 1 - 22 September 2026

13:30 – 14:30 Registration

14:30 – 15:00 Opening remarks and Welcome: Rector introduction - Giuseppe Caruso

I SESSION – Biochemical, molecular and pharmacological profile

Chair: Haavik J.- Caruso G.

15:00 – 15:30 The role of the enzyme glutamic acid decarboxylase-like 1 (GADL1) in the synthesis of β -alanine and carnosine and protection against oxidative stress - **Jan Haavik**

15:30 – 16:00 Unveiling the hidden therapeutic potential of carnosine, a molecule with a multimodal mechanism of action - **Giuseppe Caruso**

16:20 – 16:40 Discussion

16:40 – 17:00 Coffee Break

17:00 – 17:30 Impact of carnosine-mediated antigen silencing on inflammation in heart failure - **Shahid P Baba**

17:30 – 18:00 Carnosine beyond antioxidants: Nrf2 activation through redox-active electrophilic adducts - **Giancarlo Aldini**

18:20 – 19:00 Discussion

Day 2 - 23 September 2026

II SESSION – Homeostasis and Metabolism

Chair: Baba S. P. - Peters V.

09:00 – 09:30 Invited Speaker #5 (30 min) **Benito Yard/Bryan Saunders (to be confirmed)**

09:30 – 10:00 Carnosine and beyond: emerging dipeptide candidates - **Verena Peters**

10:00 – 10:40 Discussion

10:40 – 11:00 Coffee Break

11:00 – 12:00 Oral Abstract Session #1–4 (4 × 10 min)

III SESSION – Conventional and advanced analytical methods

Chair: Aldini G.- Turner M.

12:00 – 13:00 Oral Abstract Session #1–4 (4 × 10 min)

IV SESSION – Nutritional and Exercise Biology

Chair: Artioli G.- Wim Derave

13:00 – 14:30 Lunch + Poster Session

14:30 – 15:00 Carnosine as a vasodilatory agent and its use as an acute supplement to improve exercise performance - **Guilherme G Artioli**

15:00 – 15:30 Profiling and physiological role of carnosine analogs in mammalian skeletal muscle and the potential of their exogenous supplementation in humans - **Wim Derave**

15:30 – 16:00 Discussion

16:00 – 16:30 Oral Abstract Session #1–3 (3 × 10 min)

16:30 – 17:00 Coffee Break

17:00 – 18:45 Oral Abstract Session #5–8 (4 × 10 min)

18:45 – 19:45 **Round Table: New directions: from preclinical and clinical research to industrial and biotechnological development**

Day 3 - 24 September 2026

V SESSION – Pharmacokinetics and clinical interventions

Chair: Majid A. - de Courten B.

09:00 – 09:30 Does escalation safety and tolerability studies in healthy volunteers? - **Arshad Majid**

09:30 – 10:00 Carnosine analogues as potential therapeutic agents - **Mark Turner**

10:00 – 10:40 Discussion

10:40 – 11:00 Coffee Break

11:00 – 12:00 Oral Abstract Session #9–12 (4 × 10 min)

12:00 – 12:30 Effects of carnosine on cardiometabolic health in humans - **Barbora de Courten**

12:30 – 12:45 CME final test

12:45 – 13:00 Awards Ceremony and Closing Remarks

FACULTY

Caruso Giuseppe	Laurea in Scienze Biologiche e Chimica Biomolecolare	Biochimica clinica	Professore Associato Unicamillus - Roma
Baba Shahid P	Laurea in Scienze Biologiche	Biochimica clinica	Assoc Professor Term School of Medicine University of Louisville, KY (USA)
Artioli Guilherme G	Laurea in Educazione Fisica	Fisiologia	Laboratory of Nutritional & Exercise Biology, Instituto de Ciências Biomédicas, Universidade de São Paulo (Brazil).
de Courten Barbora	Laurea in Scienze Biologiche	Epidemiologia	Health & Biomedical Sciences, STEM College, RMIT University, Melbourne, Australia
Derave Wim	Laurea in Medicina e chirurgia	Fisiologia	Department of Movement and Sport Sciences, Ghent University, Ghent, Belgium
Haavik Jan	Laurea in Medicina e chirurgia	Neuroscienze e fisiologia	Department of Biomedicine, University of Bergen, Norway
Arshad Majid	Laurea in Medicina e chirurgia	Neurologia	School of Medicine and Population Health, University of Sheffield, UK, Western Bank, Sheffield;
Turner Mark	Laurea in Scienze Biologiche	Biologia	Biomedical Molecular Biosciences at Nottingham Trent University, Nottingham, UK
Aldini Giancarlo	Laurea in Farmacia	Chimica Farmaceutica	Department of Pharmaceutical Sciences, University of Milan, Milan
Peters Verena	Laurea in Medicina e chirurgia	Neurologia	Metabolism Center of Heidelberg University Hospital, Heidelberg University, Heidelberg, Germany

Responsabile scientifico: Giuseppe Caruso

Sede di svolgimento: Auditorium Unicamillus Roma - Via di Sant'Alessandro, 8, 00131 Roma RM

Obiettivo formativo: Documentazione clinica. Percorsi clinico-assistenziali diagnostici e riabilitativi, profili di assistenza - profili di cura

Ore formative: 16

Destinatari: Medico Chirurgo; Farmacisti

Discipline di riferimento: Fisiologia, Biochimica, Biologia Molecolare, Farmacologia, Chimica Generale ed Analitica, Chimica Farmaceutica. Biologia Computazionale

Dimensione territoriale: Internazionale

Provider ECM: Didactika S.r.l. – rif. Albo Nazionale n. 4795

ACRONIMI:

GADL1 - Glutamate decarboxylase like 1

Nrf2 - Nuclear Factor Erythroid 2-related factor 2