

PRELIMINARY PROGRAMME

Mediterranean Diet ,Fmt and Gut Microbiota

in Inflammatory Bowel Diseases:

The IV Rome Consensus Diet

Type of event: Advanced Scientific Course with Consensus Conference

Duration: 1 days

Presidente: ANTONIO GASBARRINI

RESPONSABILI SCIENTIFICI: FRANCO SCALDAFERRI, LORIS R. LOPETUSO

Scientific Committee: TBD

ECM Provider: EVENT LAB

Location/Date: Policlinico Agostino Gemelli IRCCS (Largo Agostino Gemelli, 8, 00136 Roma RM), 11- dicembre 2026

Rationale

In recent years, nutrition has emerged as a major area of clinical and scientific interest in the field of IBD. Alongside the increasing availability of effective therapies for inflammatory control, growing attention has been directed toward modifiable factors that may influence disease risk, clinical course, treatment response, and patients' quality of life. In this context, the Mediterranean diet represents one of the most relevant dietary models, not only because of its metabolic and systemic benefits, but also for its potential impact on the gut microbiota, intestinal barrier function, mucosal immunity, and inflammatory pathways involved in IBD pathogenesis.

Despite the expanding body of evidence, the integration of the Mediterranean diet into routine IBD care remains heterogeneous, and several areas of uncertainty persist. At the same time, the gut microbiota is increasingly recognized as a central biological mediator linking diet, environmental exposures, and host response, thus requiring an interdisciplinary perspective that integrates nutrition, immunology, gastroenterology, and translational medicine.

This course is designed to bring together national and international experts to discuss the most recent evidence on the interplay between the Mediterranean diet, gut microbiota, and IBD. In line with the structure of previous consensus initiatives, the meeting is intended not only as an educational event, but also as a structured scientific platform aimed at developing a shared consensus document, identifying established evidence, unresolved issues, and future research priorities.

Objectives

The course aims to provide a structured scientific framework for the development of the final Rome Consensus on Mediterranean diet, gut microbiota, and inflammatory bowel disease.

Specifically, the meeting is intended to:

- review and discuss the current evidence on the relationship between Mediterranean diet, gut microbiota, and IBD.
- identify areas of agreement, controversy, and unmet needs in both mechanistic and clinical research.
- define the key principles supporting the role of Mediterranean diet in IBD prevention, disease course, and integrated management.
- facilitate multidisciplinary discussion among international experts to draft, refine, and agree upon the final consensus statements.
- define future research priorities and implementation strategies to support the integration of consensus recommendations into clinical practice.

PROGRAM

Friday, 11 December 2026

09:30 – 09:45

Opening Remarks

Antonio Gasbarrini, Giovanni Cammarota, Franco Scaldaferri, Loris Lopetuso, Joao Sabino

Session 1. Mediterranean Diet, Microbiota and Host Response in IBD

Moderators: **Gert D'Haens**, Nitsan Maharshak, Emanuele Rinninella

09:45 – 10:00

Mediterranean Diet, Microbiota, and Intestinal Inflammation: Translating Mechanisms into Clinical Practice

Joao Sabino / Sara Deleu

10:00 – 10:15

How the Mediterranean Diet Shapes the Gut Microbiota: Composition, Diversity, and Resilience

Gianluca Ianiro

10:15 – 10:30

How the Mediterranean Diet Shapes the Immune System: Host–Microbiome–Immune Interactions

Theresa T. Pizarro

10:30 – 10:40

Discussion Pierluigi Puca, Lucrezia Laterza

10:40 – 11:00

Coffee Break

Session 2. Diet, Exposome and IBD Risk

Moderators: Daniela Pugliese (streaming from San Camillo)

11:00 – 11:15

Shaping IBD Risk: Prevention Strategies Targeting the Exposome and Gut

Microbiota Joanna Torres (online straming to San Camillo)

11:15 – 11:30

Mediterranean going global- implementation and modulation

Iris Dotan (streaming to San Camillo)

11:30 – 11:45

The Global Shift in Diet: Impact of Ultra-Processed Foods on Gut Health and

Inflammation Lihi Godny

11:45 – 12:00

Discussion

Olga Nardone, Maria Cristina Mele, Giovanni Marasco

Session 3. Metabolism, Exposome and Systemic Perspectives in Modern Gastroenterology

Moderators: Olga Nardone, Iris Dotan, Gabriele Dragoni

12-12.15

The Pharmacological Treatment of Obesity: Why It Matters for Modern Gastroenterology

Herbert Tilg

12:15 – 12.30

Environmental and Dietary Predictors of Disease Course in IBD

Charles W Lees

12.30-12.45

Discussion

Joao Sabino, Fabiana Castiglione, Gionata Fiorino

13-14

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Session 4. Diet and Disease Modification in IBD: From Nutritional Therapy to Inflammation Control

Moderators: Lucrezia Laterza, Flavio Caprioli, Massimo Fantini

14:15 – 14:30

Dietary Therapy in Crohn's Disease: The Role of CDED in Modern IBD Management

Nitsan Maharshak

14:30 – 14:45

The Role of the Immune System in IBD-Associated Colorectal Cancer: From Pro- to Anti-Tumorigenic Mechanisms

Gert D'Haens

14:45 – 15:00

Discussion

Lihi Godny, Maria Chiara Mentella, Joanna Torres

15:00 – 15:30

The Gastroenterologist of the Future: Hormones, Brain and Systemic Inflammation

Antonio Gasbarrini

(streaming from San Camillo)

Session 5. Microbiota Modulation and Therapeutic Optimization in IBD

Moderators: Gionata Fiorino, Emma Calabrese, Silvio Danese

15:30 – 15:50

Lectio Magistralis

Revisiting IBD Pathogenesis: New Insights into a Complex Disease

Fabio Cominelli / Claudio Fiocchi

15:50 – 16:05

Controlling Inflammation in IBD beyond diet: treat to target approach in CD

Alessandro Armuzzi

16:05 – 16:20

Optimization of Advanced Therapies and Drug Monitoring in UC

Edoardo Savarino

16:20 – 16:35

Targeting the Microbiota in Ulcerative Colitis and Pouchitis: The Role of Probiotics

Flavio Caprioli

16:35 – 16:50

Discussion

Loris Lopetuso, Pierluigi Puca

16:50 – 17:30

Coffee Break

17:30 – 18:30

Introduction to the Consensus

Rome Consensus on Mediterranean Diet and Gut Microbiota in IBD

Moderators: Antonio Gasbarrini, Franco Scaldaferri, Silvio Danese
