



## VLAG NUTRIM TIFN International Protein Summit: Interactions of protein intake and metabolism, Maastricht 29-30 October 2009

Overweight and obesity have become a major health problem, especially because of related comorbidities such as cardiovascular disease, diabetes type 2, and certain types of cancer. The last decade numerous studies have been published on the effects of relatively high protein diets on body-weight loss. Results indicate that a high protein diet may decrease body weight more compared with control diets and improve weight maintenance after weight loss. The work presented and discussed in this Protein Summit relates to the effects of dietary proteins on energy intake as well as on energy expenditure and further metabolic targets.

The somatotrophic axis, also known as the growth hormone (GH) - Insulin-like growth factor-1 (IGF-1) axis, originates in the hypothalamus and pituitary gland. Through the central release of GH and peripheral production of IGF-1, the somatotrophic axis is involved in linear growth and intermediary metabolism. Disorders as visceral obesity and growth retardation in children are characterised by a low activity of the somatotrophic axis. Repeated injection of GH, also named GH therapy, decreases visceral adipose tissue, increases muscle mass and bone density and furthermore stimulates linear growth in children. In addition to GH therapy, sleep, physical activity and nutrition influences the endogenous GH secretion. These issues are dealt with during the protein summit, from a neuroendocrinological, physiological and pathophysiological perspective.

### Course design

The course is a Masterclass approach with lectures and interactive discussions.

Each session lasts for 30 minutes:

- 20 minutes lecture
- 10 minutes discussion
- The participants are asked to prepare questions beforehand, from the papers they are suggested to read beforehand.

### Venue and accommodation

The course is organized at Maastricht University, Universiteitssingel 50, room 0.480.

At [Hotel Randwijck](#) rooms have been taken in option until September 6th. The costs of a room are € 96 (€ incl. breakfast). Reservation after 6 September will not guarantee accommodation. The hotel is situated across Maastricht University. Please state: 'Protein Summit' when making a reservation.

### Organization

Prof. dr. M.S. Westerterp-Plantenga, Maastricht University

Y. Sondejker, NUTRIM

### Faculty

- Prof. Dr. R.J. Brummer, MUMC+ and Örebro University, Sweden
- Prof. Dr. N.E.P. Deutz, University of Arkansas, Little Rock, USA
- Dr. W.J. Gerver, MUMC+

- Prof. Dr. H. van Goudoever, Erasmus Medical Centre, Rotterdam
- Prof. Dr. Gudmundur Johannsson, Sahlgrenska Academy, Goteborg University
- Prof. Dr. B. Heitmann, Copenhagen University
- R. Hursel, MSc, MUMC+
- Prof. Dr. W. Lamers, MUMC+
- S. Soenen, MSc, MUMC+
- Prof. Dr. D. Tomé, Institut National Agronomique de Paris-Grignon
- Dr. M. Veldhorst, MUMC+
- Dr. A. van Vught, MUMC+
- Prof. Dr. K. R. Westerterp, MUMC+
- Prof. Dr. M.S. Westerterp-Plantenga, MUMC+

### Study load

The study load of this course is 0.43 ECTS credits.

### Contact / information

More information about the course contents can be obtained from Prof. dr. M.S. Westerterp-Plantenga, [m.westerterp@HB.unimaas.nl](mailto:m.westerterp@HB.unimaas.nl)

Other information can be obtained from Yvonne Sondejker, [y.sondeijker@nutrim.unimaas.nl](mailto:y.sondeijker@nutrim.unimaas.nl), +31-43-3882117.

### Registration and course fee

Please register by completing the [registration form](#) before September 25. You will be notified on acceptance of your registration and you will receive

instructions for payment and further information after the deadline of registration.  
The course fee is € 500 (including lunches/tea/coffee).  
PhD-students not affiliated with the Graduate School

VLAG will be charged € 100. Cancellations may be made free of charge until September 25. After this date the charge will be 25% of the fee paid or due. Substitutions may be made at any time.

## Programme

<b>29 October, Universiteitsingel 50, room 0.480</b>		
08.30	Coffee	
08.45	Opening and welcome	Prof. M. Westerterp-Plantenga
09.00	Dietary proteins and energy balance	Dr. M. Veldhorst
09.30	Protein leverage in long term weight loss and weight maintenance	S. Soenen, MSc
10.00	Protein intake and green tea catechins in long term weight loss and weight maintenance	R. Hursel, MSc
10.30	Break	
11.00	Protein intake and the somatotrophic axis in adults	Dr. A. van Vught
11.30	Reduced Growth Hormone secretion in abdominal obesity	Prof. Gudmunder Johannsson
12.00	Nutrition, metabolism and the somatotrophic axis in children	Dr. W.J. Gerver
12.30	Growth Hormone and body composition in children	Prof. Dr. R.J. Brummer
13.00	Lunch	
14.00	Protein intake and protein metabolism	Prof. D. Tomé
14.30	Small is ugly	Prof. H. Van Goudoever
15.00	Amino acid supplements, inflammation and muscle metabolism	Prof. N.E.P. Deutz
15.30	Break	
16.00	Protein intake and gluconeogenesis in knock-out mice	Prof. W. Lamers
16.30	Protein turnover, energy and substrate metabolism	Prof. K. Westerterp
17.00	Obesity, genes and environment	Prof. B. Heitmann
17.30	Closing and drinks	
<b>30 October, Minderbroedersberg 4-6, Aula</b>		
10.00	Thesis defence A. van Vught	
12.00	Thesis defence M. Veldhorst	
13.30	Drinks and lunch	

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