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In collaboration with:
*the Hellenic Society for Pediatric and Adolescent Endocrinology,
the Hellenic Society for Neuroscience,
the UNESCO Chair of Adolescent Health Care,
and the University Research Institute of Maternal and Child Health
and Precision Medicine, National and Kapodistrian University of Athens (NKUA)*



SYMPOSIUM: Early life Stress in Narrative & Precision Medicine

Choremeion Amphitheater, Choremeion Research Laboratory,
First Dept. of Pediatrics, National and Kapodistrian University of Athens
"Aghia Sophia" Children's Hospital, Athens, Greece

Athens, 25-9-2018



Under the auspices of
*The School of Medicine, National
and Kapodistrian University of Athens*



**ORGANIZATIONAL
SUPPORT**

Welcome

Dear Colleagues and Friends,

It is our great pleasure to invite you to our Symposium **“Early Life Stress in Narrative and Precision Medicine”** organized by the **“Institute of Stress Biology & Medicine- ISBM”** in Athens, on 25 September 2018. ISBM was founded in Athens in 2015 by 24 colleagues with specific expertise on basic preclinical and clinical research on stress. The goal of this Institute is to promote research collaborations, transdisciplinary education and public awareness on stress by bringing together scientists from different fields, at an international level.

The aim of the Symposium is to provide an overview of the science of Early Life Stress. Young children who experience toxic stress or suffer from stress-related conditions or disorders are at high risk for developing adverse health outcomes in later life, including cardiovascular disease, asthma, cancers, etc. In this Symposium we aim to summarize research evidence on the development of the neuroendocrine-immune network and its functional alterations by early life stressors and how these alterations increase the vulnerability to chronic diseases later in life.

It is our hope that this Symposium will provide pediatric health care providers knowledge on early life toxic stress and its relations to disease, in the context of contemporary pediatric practice.

The President of ISBM,

George P. Chrousos

8.30–9.00 am: Registration

9.00–9.15 am: Welcome, Prof. George Chrousos

9.15 am–11.00 am: Session I

Early Life Stress (ELS) and Pediatrics

Chairperson: G.P. Chrousos, M. Tsolia

- **Stress in Narrative and Precision Medicine: Genetic and Epigenetic Networks and Human Disease**
G.P. Chrousos

- **Early Life Stress: Effects on Growth and Puberty**
C. Kanaka-Gantenbein

- **The Role of Chronic Stress in Pediatric Obesity, Metabolism and Diabetes**
N. Nicolaides

- **Early Life Toxic Stress, Brain Development and Vulnerability to Disease**
N. Pervanidou

11.00–11.30: Coffee Break

11.30 am–1.30 pm:

Early Life Stress in Neuroscience and Mental Health

Chairperson: C. Papageorgiou, M. Panayotakopoulou

- **Perinatal Mental Disorders**
Y. Zervas
- **Sex differences in perinatal stress and antidepressant drug exposure: insights from animal models**
C. Dalla
- **Early Life Stress and Pediatric Posttraumatic Stress Disorder**
G. Kolaitis
- **Influence of early life experiences on frontal cortex structure and function in adulthood: A rodent model of maternal neglect**
A. Stamatakis

Chairpersons and Speakers

- **Chrousos George**, Professor of Pediatrics and Endocrinology, School of Medicine, NKUA, President of ESPE, “Aghia Sophia” Children’s Hospital, Athens, Greece
- **Dalla Christina**, Assistant Professor of Psychopharmacology, Dep. of Pharmacology, School of Medicine, NKUA, Athens, Greece
- **Kanaka-Gantenbein Christina**, Professor of Pediatrics – Pediatric Endocrinology, School of Medicine, NKUA, “Aghia Sophia” Children’s Hospital, Athens, Greece
- **Nicolaides Nicolas**, MD, PHD, Pediatrician, First Department of Pediatrics, NKUA, Athens, Greece
- **Kolaitis Gerasimos**, Professor of Child and Adolescent Psychiatry, Division of Child and Adolescent Psychiatry, School of Medicine, NKUA, “Aghia Sophia” Children’s Hospital, Athens, Greece
- **Panayotakopoulou Maria**, Professor of Neurobiology, First Department of Psychiatry Laboratory of Neurobiology and Histochemistry, School of Medicine, NKUA, Athens, Greece
- **Papageorgiou Charalambos**, Professor of Psychiatry, Chair of the First Department of Psychiatry, School of Medicine, NKUA “Eginiteion Hospital”, Athens, Greece
- **Pervanidou Panagiota (Neny)**, Assistant Professor of Pediatrics-Developmental and Behavioral Pediatrics, First Department of Pediatrics, School of Medicine, NKUA, “Aghia Sophia” Children’s Hospital, Athens, Greece
- **Stamatakis Antonis**, Associate Professor of Biology-Biology of Behavior, Faculty of Nursing, NKUA, Athens, Greece
- **Tsolia Maria**, Professor of Pediatrics-Infectious Diseases, Chair of Pediatrics, Second Department of Pediatrics, School of Medicine, NKUA, “P. & A. Kyriakou” Children’s Hospital, Athens, Greece
- **Zervas Yannis**, Professor of Psychiatry, First Department of Psychiatry, School of Medicine, NKUA, “Eginiteion Hospital”, Athens, Greece