

DATE: 20/09/2023

TIME: 8.30 AM

WORKSHOP 10

Understanding Anemia: from diagnosis to integrative treatment

90 minutes

Anemia is not a diagnosis but a sign, a consequence of an underlying picture that must be investigated and understood. Although iron deficiency anemia is the most frequent anemia in the world, there are actually many types of anemia, as well as the causes and clinical pictures that determine its development. This workshop aims to give tools for a correct diagnosis and management of the various causes of hemoglobin reduction, from inflammatory to deficiency or dysplastic ones. Finally, treatment will be considered, according to the various forms of anemia, in an integrated and tailored approach which include supplements and herbal compounds.

1. 40 minutes Dr. Andreazzoli F. (Hematologist and Nutritionist) -
Introduction: the different forms of anemia
 - Anemia of Chronic disease: infections, autoimmune diseases, cancer
 - Iron deficiency anemia
 - Vitamin B12 deficiency anemia
 - Hemolytic Anemia
2. 20 minutes Dr. Bonucci M. Oncologist - Nutrition and integrative treatment in anemia
3. 20 minutes Dr. Andreazzoli F and Bonucci M. - Clinical cases: interactive session
4. 10 minutes Final discussion and take home messages

Speakers

Dr. Andreazzoli F. (Hematologist and Nutritionist)

Dr. Bonucci M. Oncologist