

Hotel degli Arcimboldi



# Chronobiology, Chronomedicine and Chronotherapy: new frontiers in health and disease

April 11-12, 2026 Hotel degli Arcimboldi  
Viale Sarca 336, Milan, Italy

Italian Study Group in Chronobiology and Chronomedicine  
<https://gis-crono.com/>

SATURDAY 11/04/2026

08:30 *Welcome and Registration*  
08:45

08:45 *Presentation and Greetings from the Authorities*  
09:00

SESSION 1 CIRCADIAN PATHWAYS IN NEUROSCIENCE AND NEURODEGENERATIVE DISEASES  
*Chair: Charalambos Kyriacou, University of Leicester, UK*

09:00 Charalambos Kyriacou, University of Leicester, UK  
09:30

*Key note*  
Early History of Molecular Chronobiology

09:30 Urs Albrecht, University of Fribourg, Switzerland  
10:00

*Key note*  
Light, the circadian clock and mood regulation in the mouse

10:00 Nicola Montano, University of Milan, Italy  
10:15

Autonomic nervous system, sleep and circadian rhythms

10:15 Letizia Galasso, University of Milan, Italy  
10:30

Actigraphy-based sleep behavior and rest-activity circadian rhythm in metabolic syndrome

10:30 11:00	<i>Coffee Break</i>	
11:00 11:45	Claudia Balducci, "Mario Negri" Institute for Pharmacological Research IRCCS, Milan, Italy	<i>Key note</i> Alzheimer's Disease: Mapping Risk for Better Therapy and Prevention
11:45 12:00	Valter Tucci, Italian Institute of Technology, Genua, Italy	Convergent evolution in circadian entrainment of Homo Sapiens during extreme latitudes colonization
12:00 12:45	Ugo Faraguna, University of Pisa, Italy	<i>Key note</i> Beyond the Clock: Optimizing Melatonin's Efficacy by Targeting the Physiology of When
12:45 13:00	<i>Question &amp; Answers</i>	
13:00 14:00	<i>Buffet Lunch</i>	



## SESSION 2

### CIRCADIAN MECHANISMS IN METABOLISM AND METABOLIC DISEASES

*Chair: Charna Dibner, University of Geneva, Switzerland*

14:00 14:45	Andries Kalsbeek, Amsterdam University Medical Center, Netherlands.	<i>Key note</i> Brain-Body Communication: from autonomic output to melatonin in the maintenance of glucose homeostasis
14:45 15:00	Marco Alessandro Minetto, University of Turin, Italy	Impairment of sleep quality and quantity and increased central adiposity in tendinopathic patients
15:00 15:15	Moris Sangineto, University of Foggia, Italy	Role of immunometabolism in MASLD to MASH progression
15:15 16:00	Charna Dibner, University of Geneva, Switzerland	<i>Key note</i> Circadian pathways and metabolic diseases
16:00 16:30	<i>Coffee Break</i>	

## SESSION 3

### CIRCADIAN MEDICINE, CHRONOPHARMACOLOGY AND CHRONONUTRITION

*Chair: Urs Albrecht, University of Fribourg, Switzerland*

16:30 17:15	John Hogenesch, Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio, USA	<i>Key note</i> Circadian medicine at a pediatric hospital
17:15 17:30	Giovanni Damiani, University of Milan, Italy	Differences in cutaneous and mucosal prophylaxis and therapy: a chronobiological

		overview
17:30 17:45	Monica Rodica Dinu, University of Florence, Italy	Chrononutrition and metabolic health: emerging insights from clinical research
17:45 18:00	Ramona De Amicis, University of Milan, Italy	Pleiotropic Effects of the Mediterranean Diet: A Chronobiological Analysis for Integrated Health
18:00 18:30	<i>Question &amp; Answers</i>	



**SUNDAY 12/04/2026**

**SESSION 4 CIRCADIAN PATTERNS IN CARDIOVASCULAR AND CEREBROVASCULAR DISEASES**  
*Chair: Filippo Pigazzani, Ninewells Hospital and Medical School, Dundee, UK*

09:00 09:30	Francesco P Cappuccio, University of Warwick, UK	<i>Key note</i> Sleep disturbances as a cause of cardio-metabolic disease: insights from sleep epidemiology
09:30 09:45	Carolina Greco, Humanitas University, Milan, Italy	Circadian rhythmicity in cardiac physiology: implications for chronomedicine
09:45 10:00	Stefano Masi, University of Pisa, Italy	Blood pressure and heart rate as risk factors for cardiovascular and cerebrovascular events
10:00 10:15	Maria Cristina Vedovati, University of Perugia, Italy	Vascular, thrombotic and fibrinolytic patterns as risk factors for cardiovascular and cerebrovascular events
10:15 10:30	Roberto Manfredini, University of Ferrara, Italy	Chronoepidemiology of cardiovascular and cerebrovascular events
10:30 10:45	Filippo Pigazzani, Ninewells Hospital and Medical School, Dundee, UK	Chronotype-driven therapeutic strategies for arterial hypertension
10:45 11:15	<i>Coffee break</i>	

**SESSION 5 LIGHT POLLUTION AND CIRCADIAN SYSTEMS**  
*Chair: Ugo Faraguna, University of Pisa, Italy*

11:15 11:45	Achim Kramer, Charité Medical University of Berlin, Germany	<i>Key Note</i> Circadian disruption: implications for health and treatment
11:45	Rocco Santarone, International Society of Doctors for	The role of circadian pathways in a One-Health

12:00	the Environment (ISDE), Italy	perspective: light pollution as an environmental disruptor
12:00 12:15	Elena Maggi, University of Pisa, Italy	From physiology to behavior: the effects of light pollution on biological rhythms in plants and animals
12:15 12:30	Cristiano Bertolucci, University of Ferrara, Italy	Natural Light, Artificial Nights: from circadian entrainment to loss of temporal organization
12:30 12:45	Andrea Siniscalco, Polytechnic University of Milan, Italy	Light and colour: physiology and psychology for the design of lighting systems
12:45 13:00	Marco Pirovano, Hemato-Oncology Santi Paolo e Carlo, Milan, Italy	The dark side of light: Artificial lighting and health in residential facilities
13:00 13:15	<i>Question &amp; Answers</i>	
13:15 14:15	<i>Buffet Lunch</i>	

**SESSION 6      NEOPLASTIC DISEASES AND CIRCADIAN MEDICINE: THE ROLE OF THE BIOLOGICAL CLOCK**  
*Chair: Pasquale Innominato, University of Warwick, UK*

14:15 14:45	Gianluigi Ubaldo Mazzoccoli, IRCCS Casa Sollievo della Sofferenza, San Giovanni Rotondo, Italy	<i>Key note</i> Role of the circadian clock circuitry in cancer pathogenesis
14:45 15:00	Benedetto Grimaldi, Italian Institute of Technology, Genua, Italy	Tumor tissue-specific alterations of the molecular clockwork in different cancer types
15:00 15:15	Ian Marc Bonapace, University of Insubria, Varese, Italy	TBD
15:15 15:30	Tommaso Colangelo, University of Foggia, Italy	Epigenetic mechanisms and circadian pathways in cancerogenesis
15:30 15:45	Lucia Castelli, University of Milan, Italy	Rest-activity circadian rhythm and sleep in sporadic and genetic breast cancer
15:45 16:00	<i>Question &amp; Answers</i>	
16:00 16:30	<i>Coffee break</i>	

SESSION 7		BIOLOGICAL CLOCKS TICKING EVERYWHERE
<i>Chair: Nazzareno Capitanio, University of Foggia, Italy</i>		
16:30 17:00	Nazzareno Capitanio, University of Foggia, Italy	<i>Key note</i> Mitochondrial dynamics and function show circadian and ultradian patterns
17:00 17:15	Marina Maria Bellet, University of Perugia, Italy	Rhythmic host-microbe metabolic cross-talks during infections
17:15 17:30	Kenneth A Dyar, Institute for Diabetes and Cancer, Helmholtz Munich, Germany	Circadian Control of Skeletal Muscle Catecholamine Sensitivity
17:30 17:45	Albertina Onsea, University of Alicante, Spain	New frontiers in chronotherapy with phytoconstituents
17:45 18:00	Francesca M. Buffa, Bocconi University, Milan, Italy	AI, single-cell data and circadian rhythmicity
18:00 18:15	<i>Question &amp; Answers</i>	
18:15 18:30	<i>Closing of the Workshop</i>	



Speakers and Moderators	
<i>Albrecht Urs, University of Fribourg, Switzerland</i>	
<i>Balducci Claudia, Mario Negri Institute, Milan, Italy</i>	
<i>Bellet Marina Maria, University of Perugia, Italy</i>	
<i>Bertolucci Cristiano, University of Ferrara, Italy</i>	
<i>Buffa Francesca M., Bocconi University, Milan, Italy</i>	
<i>Capitanio Nazzareno, University of Foggia, Italy</i>	
<i>Cappuccio Francesco P., University of Warwick, UK</i>	
<i>Castelli Lucia, University of Milan, Italy</i>	
<i>Colangelo Tommaso, University of Foggia, Italy</i>	
<i>Corsini Alberto, University of Milan, Italy</i>	
<i>Damiani Giovanni, University of Milan, Italy</i>	
<i>De Amicis Ramona, University of Milan, Italy</i>	
<i>Dibner Charna, University of Geneva, Switzerland</i>	
<i>Dinu Monica Rodica, University of Florence, Italy</i>	

*Dyar Kenneth A, Institute for Diabetes and Cancer (IDC), Helmholtz Munich, Germany*

*Faraguna Ugo, University of Pisa, Italy*

*Galasso Letizia, University of Milan, Italy*

*Greco Carolina, Humanitas University, Milan, Italy*

*Grimaldi Benedetto, Italian Institute of Technology, Genua, Italy*

*Hogenesch John, Cincinnati Children's Hospital Medical Center, USA*

*Innominato Pasquale,, University of Warwick, UK*

*Kalsbeek Andries, Amsterdam UMC, The Netherlands*

*Kyriacou Charalambos, University of Leicester, UK*

*Kramer Achim, University of Berlin, Germany*

*Maggi Elena, University of Pisa, Italy*

*Manfredini Roberto, University of Ferrara, Italy*

*Masi Stefano, University of Pisa, Italy*

*Mazzoccoli Gianluigi Ubaldo, IRCCS Casa Sollievo della Sofferenza, San Giovanni Rotondo, Italy*

*Minetto Marco Alessandro, University of Turin, Italy*

*Montano Nicola, University of Milan, Italy*

*Onsea Albertina, University of Alicante, Spain*

*Pigazzani Filippo, Ninewells Hospital and Medical School, Dundee, UK*

*Pirovano Marco, Hemato-Oncology Santi Paolo e Carlo, Milan, Italy*

*Sanginetto Moris, University of Foggia, Italy*

*Santarone Rocco, ISDE, Italy*

*Siniscalco Andrea, Polytechnic University of Milan, Italy*

*Tucci Valter, Italian Institute of Technology Genua, Italy*

*Vedovati Maria Cristina, University of Perugia, Italy*

#### **Organizing and Scientific Committee**

*Colombini Barbara*

*Damiani Giovanni*

*De Amicis Ramona Silvana*

*Dinu Monica Rodica*

*Mazzoccoli Gianluigi Ubaldo*

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