



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

**April 11-12, 2026 Via Festa del Perdono 3
State University of 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 09:30	Charalambos Kyriacou, University of Leicester, UK	<i>Key note</i> Early History of Molecular Chronobiology
09:30 10:00	Urs Albrecht, University of Fribourg, Switzerland	<i>Key note</i> Light, the circadian clock and mood regulation in the mouse
10:00 10:15	Nicola Montano, University of Milan, Italy	Autonomic nervous system, sleep and circadian rhythms
10:15 10:30	Letizia Galasso, University of Milan, Italy	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 & 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 Andries Kalsbeek, Amsterdam University Medical *Key note*

14:45	Center, Netherlands.	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>	
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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	Alberto Corsini, University of Milan, Italy	Present and future of chronopharmacology in metabolic diseases
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 & 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, Full 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 <i>Chair: Ugo Faraguna, University of Pisa, Italy</i>		
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 12:00	Rocco Santarone, International Society of Doctors for the Environment (ISDE), Italy	The role of circadian pathways in a One-Health 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 & Answers</i>	
13:15 14:15	<i>Buffet Lunch</i>	
SESSION 6 NEOPLASTIC DISEASES AND CIRCADIAN MEDICINE: THE ROLE OF THE BIOLOGICAL CLOCK <i>Chair: Pasquale Innominato, University of Warwick, UK</i>		
14:15 14:30	Gianluigi Ubaldo Mazzoccoli, IRCCS Casa Sollievo della Sofferenza, San Giovanni Rotondo, Italy	Role of the circadian clock circuitry in cancer pathogenesis
14:30	Benedetto Grimaldi, Italian Institute of Technology,	Tumor tissue-specific alterations of the

14:45	Genua, Italy	molecular clockwork in different cancer types
14:45 15:00	Pasquale Innominato, University of Warwick, UK	Cancer Chronotherapy: Principles and Issues
15:00 15:15	Tommaso Colangelo, University of Foggia, Italy	Epigenetic mechanisms and circadian pathways in cancerogenesis
15:15 15:30	Lucia Castelli, University of Milan, Italy	Rest-activity circadian rhythm and sleep in sporadic and genetic breast cancer
15:30 15:45	<i>Question & Answers</i>	
15:45 16:15	<i>Coffee break</i>	

SESSION 7

BIOLOGICAL CLOCKS TICKING EVERYWHERE

Chair: Nazzareno Capitanio, University of Foggia, Italy

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



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Speakers and Moderators

Albrecht Urs, University of Fribourg, Switzerland

Balducci Claudia, Mario Negri Institute, Milan, Italy

Bellet Marina Maria, University of Perugia, Italy

Bertolucci Cristiano, University of Ferrara, Italy

Buffa Francesca M., Bocconi University, Milan, Italy

Capitano Nazzareno, University of Foggia, Italy

Cappuccio Francesco P., University of Warwick, UK

Castelli Lucia, University of Milan, Italy

Colangelo Tommaso, University of Foggia, Italy

Corsini Alberto, University of Milan, Italy

Damiani Giovanni, University of Milan, Italy

De Amicis Ramona, University of Milan, Italy

Dibner Charna, University of Geneva, Switzerland

Dinu Monica Rodica, University of Florence, Italy

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

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Damiani Giovanni

De Amicis Ramona Silvana

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Mazzoccoli Gianluigi Ubaldo

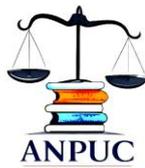
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