



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
09:00

Welcome and Registration

09:00
09:30

Presentation and Greetings from the Authorities

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

09:30 10:00	Charalambos Kyriacou, University of Leicester, UK	<i>Key note</i> Early History of Molecular Chronobiology
10:00 10:30	Urs Albrecht, University of Fribourg, Switzerland	<i>Key note</i> Light, the circadian clock and mood regulation in the mouse
10:30 10:45	Monica Maria Di Luca, University of Milan, Italy	Neuronal and synaptic plasticity: what is the role of circadian pathways (if any)?
10:45 11:00	Nicola Montano, University of Milan, Italy	Autonomic nervous system, sleep and circadian rhythms
11:00 11:30	<i>Coffee Break</i>	
11:30 12:00	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
12:00 12:15	Letizia Galasso, University of Milan, Italy	Actigraphy-based sleep behavior and rest-activity circadian rhythm in metabolic syndrome
12:15 12:30	Valter Tucci, Italian Institute of Technology, Genua, Italy	Convergent evolution in circadian entrainment of Homo Sapiens during extreme latitudes colonization
12:30 13:00	Ugo Faraguna, University of Pisa, Italy	<i>Key note</i> Beyond the Clock: Optimizing Melatonin's Efficacy by Targeting the Physiology of When
13:00 13:15	<i>Question & Answers</i>	
13:15 14:15	<i>Buffet Lunch</i>	



SESSION 2

CIRCADIAN MECHANISMS IN METABOLISM AND METABOLIC DISEASES

Chair: Charna Dibner, University of Geneva, Switzerland

14:15 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 15:45	Charna Dibner, University of Geneva, Switzerland	<i>Key note</i> Circadian pathways and metabolic diseases
15:45 16:00	<i>Question & Answers</i>	
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	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	When Night is Not Night: How Artificial Light Resets the Fish Clock
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**
Chair: Pasquale Innominato, University of Warwick, UK

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 14:45	Benedetto Grimaldi, Italian Institute of Technology, Genua, Italy	Tumor tissue-specific alterations of the 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 phytocomponents
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	Skin, circadian rhythms and implications for topical chronomedicine
18:00 18:15	<i>Question & Answers</i>	

18:15
18:30

Closing of the Workshop



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Gruppo Italiano di Studio
in Cronobiologia e Cronomedicina

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 Foggialtaly
Corsini Alberto, University of Milan, Italy
Damiani Giovanni, University of Milan, Italy
De Amicis Ramona, University of Milan, Italy
Di Luca Monica Maria, University of Milan, Italy
Dibner Charna, University of Geneva, Switzerlan
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

Sangineto 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

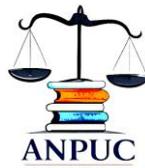
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