



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

**Workshop of the Italian Study Group in Chronobiology and  
Chronomedicine (GIS-CRONO)**

**April 11-12, 2026 Via Festa del Perdono 3  
State University of Milan, Italy**

## SATURDAY 11/04/2026

09:00 09:30	<i>Welcome, Registration and Presentation - Greetings from the Authorities</i>	
SESSION 1	CIRCADIAN PATHWAYS IN NEUROSCIENCE AND NEURODEGENERATIVE DISEASES <i>Chair: Charalambos Kyriacou, University of Leicester, UK</i>	
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	Maria Paola Mogavero, Vita-Salute San Raffaele University, Milan, Italy	Ferroptosis and Circadian Dysregulation: Emerging Mechanisms in Restless Legs 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 &amp; Answers</i>	
13:15 14:15	<i>Buffet Lunch</i>	
SESSION 2	CIRCADIAN MECHANISMS IN METABOLISM AND METABOLIC DISEASES <i>Chair: Charna Dibner, University of Geneva, Switzerland</i>	

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	Fabio Marra, University of Florence, Italy	Cardiovascular and malignant complications of MASLD/MASH
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 &amp; Answers</i>	
16:00 16:30	<i>Coffee Break</i>	
SESSION 3	CIRCADIAN MEDICINE, CHRONOPHARMACOLOGY AND CHRONONUTRITION <i>Chair: Urs Albrecht, University of Fribourg, Switzerland</i>	
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 18:15	Letizia Galasso, University of Milan, Italy	Actigraphy-based sleep behavior and rest-activity circadian rhythm in metabolic syndrome
18:15 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, 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

*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 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 &amp; 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 Mazzocchi, 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 &amp; Answers</i>	
15:45 16:15	<i>Coffee break</i>	
SESSION 7	BIOLOGICAL CLOCKS TICKING EVERYWHERE <i>Chair: Nazzareno Capitanio, University of Foggia, Italy</i>	
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 phytoconponents
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 &amp; Answers</i>	
18:15 18:30	<i>Closing of the Workshop</i>	
	<p>Speakers and Moderators</p> <p><i>Albrecht Urs, University of Fribourg, Switzerland</i></p> <p><i>Balducci Claudia, Mario Negri Institute, Milan, Italy</i></p> <p><i>Bellet Marina Maria, University of Perugia, Italy</i></p> <p><i>Bertolucci Cristiano, University of Ferrara, Italy</i></p> <p><i>Buffa Francesca M., Bocconi University, Milan, Italy</i></p> <p><i>Capitanio Nazzareno, University of Foggia, Italy</i></p> <p><i>Cappuccio Francesco P, University of Warwick, UK</i></p> <p><i>Castelli Lucia, University of Milan, Italy</i></p> <p><i>Colangelo Tommaso, University of FoggiaItaly</i></p> <p><i>Corsini Alberto, University of Milan, Italy</i></p> <p><i>Damiani Giovanni, University of Milan, Italy</i></p> <p><i>De Amicis Ramona, University of Milan, Italy</i></p> <p><i>Di Luca Monica Maria, University of Milan, Italy</i></p> <p><i>Dibner Charna, University of Geneva, Switzerlan</i></p> <p><i>Dinu Monica Rodica, University of Florence, Italy</i></p> <p><i>Dyar Kenneth A, Institute for Diabetes and Cancer (IDC), Helmholtz Munich, Germany</i></p> <p><i>Faraguna Ugo, University of Pisa, Italy</i></p> <p><i>Galasso Letizia, University of Milan, Italy</i></p>	

	<p><i>Greco Carolina, Humanitas University, Milan, Italy</i></p> <p><i>Grimaldi Benedetto, Italian Institute of Technology, Genua, Italy</i></p> <p><i>Hogenesch John, Cincinnati Children's Hospital Medical Center, USA</i></p> <p><i>Innominato Pasquale,, University of Warwick, UK</i></p> <p><i>Kalsbeek Andries, Amsterdam UMC, The Netherlands</i></p> <p><i>Kyriacou Charalambos, University of Leicester, UK</i></p> <p><i>Kramer Achim, University of Berlin, Germany</i></p> <p><i>Maggi Elena, University of Pisa, Italy</i></p> <p><i>Manfredini Roberto, University of Ferrara, Italy</i></p> <p><i>Marra Fabio, University of Florence, Italy</i></p> <p><i>Masi Stefano, University of Pisa, Italy</i></p> <p><i>Mazzocchi Gianluigi Ubaldo, IRCCS Casa Sollievo della Sofferenza, San Giovanni Rotondo, Italy</i></p> <p><i>Mogavero Maria Paola, Vita-Salute San Raffaele University, Milan, Italy</i></p> <p><i>Montano Nicola, University of Milan, Italy</i></p> <p><i>Onsea Albertina , University of Alicante, Spain</i></p> <p><i>Pigazzani Filippo, Ninewells Hospital and Medical School, Dundee, UK</i></p> <p><i>Pirovano Marco, Hemato-Oncology Santi Paolo e Carlo,Milan, Italy</i></p> <p><i>Sanginetto Moris, University of Foggia, Italy</i></p> <p><i>Santarone Rocco, ISDE, Italy</i></p> <p><i>Siniscalco Andrea, Polytechnic University of Milan, Italy</i></p> <p><i>Tucci Valter, Italian Institute of Technology Genua, Italy</i></p> <p><i>Vedovati Maria Cristina, University of Perugia, Italy</i></p>	
	<p><b>Organizing and Scientific Committee</b></p> <p><i>Colombini Barbara</i></p> <p><i>Damiani Giovanni</i></p> <p><i>De Amicis Ramona Silvana</i></p> <p><i>Dinu Monica Rodica</i></p> <p><i>Mazzocchi Gianluigi Ubaldo</i></p>	



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