



**GIS-CRONO**

Gruppo Italiano di Studio  
in Cronobiologia e Cronomedicina

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

**April 11-12, 2026**

**Hotel degli Arcimboldi**

Viale Sarca 336, Milan, Italy

# SATURDAY 11/04/2026

08:30 - 08:45	<b>Welcome and Registration</b>
08:45 - 09:00	<b>Presentation and Greetings from the Authorities</b>
<b>SESSION 1</b>	<b>CIRCADIAN PATHWAYS IN NEUROSCIENCE AND NEURODEGENERATIVE DISEASES</b> <i>Chair: Charalambos Kyriacou, University of Leicester, UK</i>
09:00 - 09:30	<b>Keynote - Early history of molecular chronobiology</b> <i>Charalambos Kyriacou, University of Leicester, UK, EBRS President</i>
09:30 - 10:00	<b>Keynote - Light, the circadian clock and mood regulation in the mouse</b> <i>Urs Albrecht, University of Fribourg, Switzerland</i>
10:00 - 10:15	<b>Autonomic nervous system, sleep and circadian rhythms</b> <i>Nicola Montano, University of Milan, Italy</i>
10:15 - 10:30	<b>Actigraphy-based sleep behavior and rest-activity circadian rhythm in metabolic syndrome</b> <i>Letizia Galasso, University of Milan, Italy</i>
10:30 - 11:00	<b>Coffee Break</b>
11:00 - 11:45	<b>Keynote - Alzheimer's disease: mapping risk for better therapy and prevention</b> <i>Claudia Balducci, "Mario Negri" Institute for Pharmacological Research IRCCS, Milan, Italy</i>
11:45 - 12:00	<b>Convergent evolution in circadian entrainment of Homo Sapiens during extreme latitudes colonization</b> <i>Valter Tucci, Italian Institute of Technology, Genua, Italy</i>
12:00 - 12:45	<b>Keynote - Beyond the clock: optimizing melatonin's efficacy by targeting the physiology of when</b> <i>Ugo Faraguna, University of Pisa, Italy</i>
12:45 - 13:00	<b>Questions &amp; Answers</b>
13:00 - 14:00	<b>Lunch</b>
<b>SESSION 2</b>	<b>CIRCADIAN MECHANISMS IN METABOLISM AND METABOLIC DISEASES</b> <i>Chair: Charna Dibner, University of Geneva, Switzerland</i>
14:00 - 14:45	<b>Keynote - Brain-body communication: from autonomic output to melatonin in the maintenance of glucose homeostasis</b> <i>Andries Kalsbeek, Amsterdam University Medical Center, The Netherlands</i>
14:45 - 15:00	<b>Impairment of sleep quality and quantity and increased central adiposity in tendinopathic patients</b> <i>Marco Alessandro Minetto, University of Turin, Italy</i>
15:00 - 15:15	<b>Role of immunometabolism in MASLD to MASH progression</b> <i>Moris Sangineto, University of Foggia, Italy</i>
15:15 - 16:00	<b>Keynote - Circadian pathways and metabolic diseases</b> <i>Charna Dibner, University of Geneva, Switzerland</i>
16:00 - 16:30	<b>Coffee Break</b>

<b>SESSION 3</b>	<b>CIRCADIAN MEDICINE, CHRONOPHARMACOLOGY AND CHRONONUTRITION</b> <i>Chair: Urs Albrecht, University of Fribourg, Switzerland</i>
<b>16:30 - 17:15</b>	<b>Keynote - Circadian medicine at a pediatric hospital</b> <i>John Hogenesch, Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio, USA</i>
<b>17:15 - 17:30</b>	<b>Chrononutrition and metabolic health: emerging insights from clinical research</b> <i>Monica Dinu, University of Florence, Italy</i>
<b>17:30 - 17:45</b>	<b>Pleiotropic effects of the Mediterranean diet: a chronobiological analysis for integrated health</b> <i>Ramona De Amicis, University of Milan, Italy</i>
<b>17:45 - 18:00</b>	<b>Circadian control of skeletal muscle catecholamine sensitivity</b> <i>Kenneth A Dyar, Institute for Diabetes and Cancer, Helmholtz Munich, Germany</i>
<b>18:00 - 18:30</b>	<b>Keynote - Decoding circadian clock heterogeneity at single-cell resolution</b> <i>Felix Naef, École Polytechnique Fédérale, Lausanne, Vaud, Switzerland</i>
<b>18:30 - 19:00</b>	<b>Questions &amp; Answers</b>



# SUNDAY 12/04/2026

<b>SESSION 4</b>	<b>CIRCADIAN PATTERNS IN CARDIOVASCULAR AND CEREBROVASCULAR DISEASES</b> <i>Chair: Filippo Pigazzani, Ninewells Hospital and Medical School, Dundee, UK</i>
09:00 - 09:30	<b>Keynote - Sleep disturbances as a cause of cardio-metabolic disease: insights from sleep epidemiology</b> <i>Francesco P Cappuccio, University of Warwick, UK</i>
09:30 - 09:45	<b>Circadian rhythmicity in cardiac physiology: implications for chronomedicine</b> <i>Carolina Greco, Humanitas University, Milan, Italy</i>
09:45 - 10:00	<b>Blood pressure and heart rate as risk factors for cardiovascular and cerebrovascular events</b> <i>Stefano Masi, University of Pisa, Italy</i>
10:00 - 10:15	<b>Chronoepidemiology of cardiovascular and cerebrovascular events</b> <i>Roberto Manfredini, University of Ferrara, Italy</i>
10:15 - 10:30	<b>Chronotype-driven therapeutic strategies for arterial hypertension</b> <i>Filippo Pigazzani, Ninewells Hospital and Medical School, Dundee, UK</i>
10:30 - 10:45	<b>Circulating histones as potential biomarkers of non-communicable diseases</b> <i>Manlio Vinciguerra, LUM, Bari, Italy; Medical University of Varna, Bulgaria</i>
10:45 - 11:15	<b>Coffee break</b>
<b>SESSION 5</b>	<b>LIGHT POLLUTION AND CIRCADIAN SYSTEMS</b> <i>Chair: Ugo Faraguna, University of Pisa, Italy</i>
11:15 - 11:45	<b>Keynote - Circadian disruption: implications for health and treatment</b> <i>Achim Kramer, Charité Medical University of Berlin, Germany</i>
11:45 - 12:00	<b>The role of circadian pathways in a One-Health perspective: light pollution as an environmental disruptor</b> <i>Rocco Santarone, International Society of Doctors for the Environment (ISDE), Italy</i>
12:00 - 12:15	<b>From physiology to behavior: the effects of light pollution on biological rhythms in plants and animals</b> <i>Elena Maggi, University of Pisa, Italy</i>
12:15 - 12:30	<b>Natural light, artificial nights: from circadian entrainment to loss of temporal organization</b> <i>Cristiano Bertolucci, University of Ferrara, Italy</i>
12:30 - 12:45	<b>Light and color: physiology and psychology for the design of lighting systems</b> <i>Andrea Siniscalco, Polytechnic University of Milan, Italy</i>
12:45 - 13:00	<b>The dark side of light: artificial lighting and health in residential facilities</b> <i>Marco Pirovano, Hemato-Oncology Santi Paolo e Carlo, Milan, Italy</i>
13:00 - 13:15	<b>Questions &amp; Answers</b>
13:15 - 14:15	<b>Lunch</b>

<b>SESSION 6</b>	<b>NEOPLASTIC DISEASES AND CIRCADIAN MEDICINE: THE ROLE OF THE BIOLOGICAL CLOCK</b> <i>Chair: Tommaso Colangelo, University of Foggia, Italy</i>
<b>14:15 - 14:45</b>	<b>Keynote - Role of the circadian clock circuitry in cancer pathogenesis</b> <i>Gianluigi Ubaldo Mazzoccoli, IRCCS Casa Sollievo della Sofferenza, San Giovanni Rotondo, Italy</i>
<b>14:45 - 15:00</b>	<b>Tumor tissue-specific alterations of the molecular clockwork in different cancer types</b> <i>Benedetto Grimaldi, Italian Institute of Technology, Genua, Italy</i>
<b>15:00 - 15:15</b>	<b>Epigenetic mechanisms and circadian pathways in cancerogenesis</b> <i>Tommaso Colangelo, University of Foggia, Italy</i>
<b>15:15 - 15:30</b>	<b>Clocks, timers and thresholds: do tumors remodel these programmes to shape cancer trajectories?</b> <i>Ian Marc Bonapace, University of Insubria, Varese, Italy</i>
<b>15:30 - 15:45</b>	<b>Rest-activity circadian rhythm and sleep in sporadic and genetic breast cancer</b> <i>Lucia Castelli, University of Milan, Italy</i>
<b>15:45 - 16:00</b>	<b>Questions &amp; Answers</b>
<b>16:00 - 16:30</b>	<b>Coffee break</b>
<b>SESSION 7</b>	<b>BIOLOGICAL CLOCKS TICKING EVERYWHERE</b> <i>Chair: Nazzareno Capitanio, University of Foggia, Italy</i>
<b>16:30 - 17:00</b>	<b>Keynote - Mitochondrial dynamics and function show circadian and ultradian patterns</b> <i>Nazzareno Capitanio, University of Foggia, Italy</i>
<b>17:00 - 17:15</b>	<b>Rhythmic host-microbe metabolic cross-talks during infections</b> <i>Marina Maria Bellet, University of Perugia, Italy</i>
<b>17:15 - 17:30</b>	<b>Chronotherapeutic applications in dermatology</b> <i>Giovanni Damiani, University of Milan, Italy</i>
<b>17:30 - 17:45</b>	<b>New frontiers in chronotherapy with phytoconponents</b> <i>Albertina Onsea, University of Alicante, Spain</i>
<b>17:45 - 18:00</b>	<b>AI, single-cell data and circadian rhythmicity</b> <i>Francesca M. Buffa, Bocconi University, Milan, Italy</i>
<b>18:00 - 18:15</b>	<b>Questions &amp; Answers</b>
<b>18:15 - 18:30</b>	<b>Closing of the Workshop</b>



## Speakers and Chairs

- 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*  
Bonapace Ian Marc, *University of Insubria, Varese, Italy*  
Buffa Francesca M., *Bocconi University, Milan, Italy*  
Capitanio Nazzareno, *University of Foggia, Italy*  
Cappuccio Francesco P, *University of Warwick, UK*  
Castelli Lucia, *University of Milan, Italy*  
Colangelo Tommaso, *University of Foggia, Italy*  
Damiani Giovanni, *University of Milan, Italy*  
De Amicis Ramona, *University of Milan, Italy*  
Dibner Charna, *University of Geneva, Switzerland*  
Dinu Monica, *University of Florence, Italy*  
Dyar Kenneth A, *Institute for Diabetes and Cancer, 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*  
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*  
Naef Felix, *École Polytechnique Fédérale, Lausanne, Vaud, Switzerland*  
Onsea Albertina, *University of Alicante, Spain*  
Pigazzani Filippo, *Ninewells Hospital and Medical School, Dundee, UK*  
Pirovano Marco, *Hemato-Oncology Department of the ASST Santi Paolo e Carlo, Italy*  
Sangineto Moris, *University of Foggia, Italy*  
Santarone Rocco, *International Society of Doctors for the Environment (ISDE), Italy*  
Siniscalco Andrea, *Polytechnic University of Milan, Italy*  
Tucci Valter, *Italian Institute of Technology Genua, Italy*  
Vinciguerra Manlio, *LUM, Bari, Italy; Medical University of Varna, Bulgaria*

## Organizing and Scientific Committee

Colombini Barbara, *University of Florence, Italy*

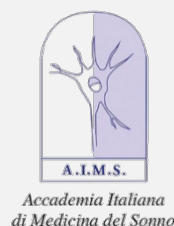
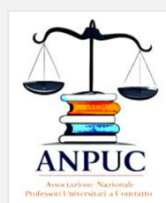
Damiani Giovanni, *University of Milan, Italy*

De Amicis Ramona, *University of Milan, Italy*

Dinu Monica, *University of Florence, Italy*

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

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