



Nutraceuticals in balancing redox status in ageing and age-related diseases

**WGs Meeting of the NutRedOx COST Action CA16112
Belgrade, March 2-3, 2020**



Book of Abstracts

SCIENTIFIC COMMITTEE

Prof. Mustapha Cherkaoui Malki, University of Burgundy, Dijon, France
Prof. Agnieszka Bartoszek, Gdansk University of Technology, Gdansk, Poland
Prof. Claus Jacob, University of Saarland, Saarbrücken, Germany
Prof. Patrick Chaimbault, University of Lorraine, Metz, France
Prof. Josep A. Tur, University of the Balearic Islands & CIBEROBN, Palma, Mallorca, Spain
Prof. Elke Richling, University of Kaiserslautern, Germany
Prof. Nina Hermans, University of Antwerpen, Antwerpen, Belgium
Dr. Claudia Santos, Instituto Biologia Experimental e Tecnologica, Oeiras, Portugal
Prof. Marc Diederich, LBMCC Hopital Kirchberg, Luxembourg, Luxembourg
Dr. Linda Giblin, Teagasc Food Research Centre, Fermoy, Co. Cork, Ireland
Prof. Slađana Šobajić, University of Belgrade, Belgrade, Serbia

LOCAL ORGANIZING COMMITTEE

from University of Belgrade (UB), Belgrade, Serbia

Dr. Svetlana Dinić, Institute for Biological Research „Siniša Stanković“ National Institute of Republic of Serbia
Dr. Miloš Šunderić, Institute for the Application of Nuclear Energy
Dr. Aleksandra Uskoković, Institute for Biological Research „Siniša Stanković“ National Institute of Republic of Serbia
Dr. Ana Đorđević, Institute for Biological Research „Siniša Stanković“ National Institute of Republic of Serbia
Dr. Dragana Robajac, Institute for the Application of Nuclear Energy
Dr. Vesna Vučić, Institute for Medical Research, National Institute of Republic of Serbia
Prof. Ivana Đuričić, Faculty of Pharmacy
Prof. Bojana Vidović, Faculty of Pharmacy
Dr. Vanja Todorović, Faculty of Pharmacy

CONFERENCE SECRETARIAT

Dr Miloš Đorđević, Institute for Biological Research „Siniša Stanković“ National Institute of Republic of Serbia
Email: milos.djordjevic@ibiss.bg.ac.rs
Phone: +381 11 2078343

Conference website: <https://sites.google.com/view/costmeetingbelgrade/home>
Contact: Dr Ana Đorđević
Email: djordjevica@ibiss.bg.ac.rs

EDITORS

Svetlana Dinić, Miloš Šunderić, Vesna Vučić, Bojana Vidović

The word of welcome

Dear colleagues,

We would like to welcome you to the 3rd Group meeting within the NutRedOx CA16112 COST Action, which is entitled: “Nutraceuticals in balancing redox status in ageing and age-related diseases”. We hope that this gathering will enable us to shed more light on the healing nature of proper nutrition. Since ancient times, food was regarded as something more than a fuel for survival. The Greek doctor Hippocrates once said: “Let food be thy medicine and medicine be thy food.” Nutraceuticals or “nutritional medicines” could be the answer to difficulties encountered during aging, without neglect of official medications. In a society living longer than ever, health has become one of the most valuable assets. It would be comforting to know that in the near future old age is not associated with deteriorating quality of life.

This COST action was initiated in 2017, as a consortium of countries and scientists whose primary goal was to “focus on the impact of redox active compounds in food on healthy ageing, chemoprevention and redox control in the context of major age-related diseases”. By now, 34 COST participating countries and 6 Near Neighborhood Countries took part in this project, showing that there is great interest in this problem.

We are pleased that you have decided to take part in this mutual conversation, where many will present their recent work, through poster sessions, oral communications or simply by asking questions. One of the goals of this action is cooperation between laboratories by short term scientific missions, so we look forward hearing the results of these encounters. Although we are approaching the end of this joint venture, it is satisfying to know that participants are not yet tired, which is supported by the number of registrations and abstracts that will be presented. On this meeting 67 participants from 24 countries will take part.

Belgrade, an old city which is always young, embraced by two rivers, will be your host. We hope that you will enjoy its rugged charm and warm hospitality, its streets, restaurants and cultural heritage.

At the confluence of new ideas and experiences we again wish you a warm welcome.

Your Local Organising Committee

P15. OLIVE OIL CONSUMPTION AS AN INDICATOR OF MEDITERRANEAN DIET ADHERENCE IS NOT EDUCATION LEVEL-RELATED IN NORTH MACEDONIA

¹Smilkov, K., ¹Maksimova, V., ¹Gjorgieva Ackova, D., ¹Miloseva, L., ²García-Conesa, M.-
T., ³Deligiannidou, G-E., ⁴Pinto, P. & ¹Ruskovska, T.

¹ Faculty of Medical Sciences, Goce Delcev University, Stip, North Macedonia

² Food Science and Technology Department, CEBAS-CSIC, Murcia, Spain

³ Department of Medicine, Democritus University of Thrace, Alexandroupolis, Dragana,
Greece

⁴ Department of Food Technology, Biotechnology and Nutrition, Polytechnic Institute of
Santarem, Santarem, Portugal

katarina.smilkov@ugd.edu.mk

The consumption of olive oil is one of the hallmarks of the Mediterranean diet (MD). Being rich in polyphenols, olive oil is considered to underlie, at least in part, the much appreciated positive influence of MD on health preservation and longevity. The work to be presented is a part of a larger project, MeDiWeB (Mediterranean Diet and Wellbeing), conducted using an on-line questionnaire. One of the goals of MeDiWeB is to study the adherence to the MD among the citizens of North Macedonia, as a sub-Mediterranean country. The aim of the present work was to study the association between the education level of the participants and the amount of the consumed olive oil per day; therefore, only data obtained from these questions have been analyzed and will be presented. Our results demonstrate that in general, the citizens of North Macedonia do not use the olive oil as main cooking oil, and have a low amount of olive oil intake on a daily basis. This result was expected, since sunflower oil is used traditionally for cooking purposes. The results also demonstrate the lack of association between the level of participants' education and olive oil intake. It is expected that further analyses of the data collected with the MeDiWeB questionnaire will give a deeper understanding of the reasons for the low intake of olive oil in North Macedonia. In order to increase the olive oil intake, the general population should be better informed about the health benefits of regular olive oil consumption.