

Sommario Rassegna Stampa

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LO STUDIO

Tumori nuova via per potenziare la chemio

Regolare il traffico degli amminoacidi in ingresso nelle cellule tumorali può renderle più sensibili alla chemio: è quanto emerge dallo studio realizzato col sostegno di Fondazione Airc dai ricercatori dell'Ifom e dell'Università di Milano coordinati da Marco Foiani, a capo del programma "Integrità del Genoma" dell'Ifom e direttore scientifico dello stesso Istituto. I risultati potranno aprire la strada a nuove strategie terapeutiche personalizzate.

«Da oltre 15 anni - spiega Foiani - il nostro gruppo sta indagando come le condizioni metaboliche della cellula, influenzate anche dall'alimentazione, possono influenzare la stabilità del genoma».

In precedenza, i ricercatori avevano scoperto che la proteina Beclin ha un ruolo cruciale nel condizionare la risposta della cellula al danno al Dna indotto dai farmaci chemioterapici, ma non era chiaro come e perché. «Quando è emerso ora dalle nostre ricerche effettuate combinando approcci di genetica, metabolica e proteomica - prosegue Foiani - è che la funzione protettiva di Beclin è dovuta all'influenza che esercita sul trasporto degli amminoacidi a livello della membrana cellulare».

«In particolare - spiega Arta Ajazi, prima autrice dell'articolo - la perdita di funzione di Beclin comporta un incremento del trasporto di diversi amminoacidi, tra cui il triptofano e la leucina, dall'esterno all'interno della cellula. Gli amminoacidi entrati sono essenziali per produrre proteine che consentono alle cellule di riparare il Dna. Le cellule sopravvivono allo stress causato, per es., da farmaci chemioterapici».



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u]v} Œ μv — •%o Œš}] %o]PŒ]]] iμv l (}} —X]%oo}u š} }u] Z] Œ Z & Œu }o}P] Z D Œ]] E PŒ]U Z]v]] š} o À}Œ Œ oo- >-]v }všŒ} %o]¶]u%o}Œš vš oo •μ À]š %oŒ} (••}}v o •š š} v }v μ] }oo }Œ vv] }u]ÀμoP š}Œ •] vš]({} X •] }u Z • o μ]v •š š} Œ À X , %oμ o] š} u}oš] o] Œ]U P]Œ o- /š]všŒ šš v]u vš} •}•š] v u%o Pv]• v•]]o]îî]}}v •μ š u] oμ] u} /v š o À]•}}v Z %o Œš]%o š} ' } ~ ' }U šš} & šš} U > %oŒ}À o %o Œ & }Æ >](šŒ }μrŒ o]šÇ] š] oo Œ] μ î]]v À Œ•} μv • Z }v }šš} %o Œ &}} E šÁ}Œ] o šŒ •u}••}}v] > u] μ]v oo u s Œ •š š X }•%o]š (}••}] μ}vP]]Œv} v •• Œ U • u%oŒ •μ Z]íX ^μ /v•š PŒ u U }À }vš %o]¶] ðiïu]o (}oo}Á ŒU }v]À] Œ] šš

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4XHVWR LO ULVXOWDWR GL XQR VWXGLR FRQGRWWR GDL
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2SHUDUHPHWDEROLVPR GHJOLSIPLOQRD FUGHLULUH FRQ OD
 VWDELQOLW¢ JHQRPLFD GHODLFHOONQDOWXPRUDOWHSRVWD
 GHODFHODJHODWJFKHPLRWHWVSLFL' SURWHJJHQGR OH
 FHOOXOH VDQH GDJOL HIIHWL WRVVLFL H SRWHQJLDQGR OIHILFDFLD GH
 WUDWWDPHQWR VXOOH FHOOXOH WXPUDOL , ULVXOWDWL RWWHQXWL VR
 UHFHQWH SXEEOLFDDW VXOOD ULYLVWD 'HYHORSPHQWDO &HOO D FXUD G
 JUXSSR GL ULFHU)20 W GULQGHODVLW¢ GHJOL 6WXGL GL
 OLODQRRUGLQDWL GDDUFR)RIVDQD SR GHO
 SURJUDPPD Í,QWHJULW¢ GHOOH)HQRPHÍGLUHWWRUH
 VFLHQWLILFR GHOR VWHVVR ,VWLWXWR

Í'D ROWUH É VQDWD ODUFRL)RORWÉR JUXSSR GL ULFHUFD
 VWD LQGDJDQGR FRPH OH FRQGLJLRQL PHWDEROLFKH GHOD FHOOXOD F
 VRQR LQIOXHQJDWH DQFKH GDO QRVWUR UHJLPH QXWULJLRQDOH SRVVRQR
 LQIOXHQJDUH OD VWDELQOLW¢GFKHQRPHÍJH RJJL GDL
 ODERUDWRUL GL ,)20 º FKH XQ FLUFXLWR PROHFRODUH QRWR SHU PRGXOD
 OD ULVSRVWDGDQQR DDFQDWR GDJOL DJHQWL FKHPLRWHUDSLFL
 VWDELQOLVFH XQ HYLGHQWH QHVVR GL FDXVD HG HIIHWWR WUD LO PHWDEF
 GHJOL DPLQRDFLGL H OILQWHJULW¢ GHO '1\$

Í(UD JL¢ QRWR GD XQ SUHFHGHQWH VÉXODRQWODQRVWUR JUXSSR
)RLDQLOÉIDWWR FKH OD SURWHLQD %HFOLQ KD XQ UXROR FUXFLDOH
 QHOOLQIOXHQJDUH OD ULVSRVWD FHOOXODUH DO GDQQR DO '1\$ LQGRWW
 IDUPDFL FKHPLRWHUDSLFL FKH GDQQHJJLDQR OD UHSOLFJLRQH GHO 'QD
 OD QRQ HUD FKLDUR FRPH)HQRPHÍRUD GDOOH
 QRVWUH ULFHUFKH HIIHWXDWH FRPELQDQGR DSSURFFL GL JHQHWLFD
 PHWDERORPLFD H SURWHRPLFD º FKH OD IXQJLRQH SURWHWWLYD GL %HF
 º GRYXWD DOOLQIOXHQJD FKH HVHUFLWD VXO WUDVSRUWR GHJOL DPLQR
 OLYHOOR GHOD PHPEUDQD FHOOXODUHÍ

Í,Q SDUWÉFRQDISHUWD \$MDJLPD DXWULFH GHODDIDUWLFRRR É
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 YROWD HQWUDWL QHOOD FHOOXOD WDOL DPPLQRDFLGL VRQR HVVHQJLDQ
 SURGXUWH SURWHLQH FKH FRQVHQWRQR DOOH FHOOXOH GL ULSDUDUH LO
 FRQVHQWHQGR DOOH FHOOXOH GL VRSUDYYLYHUH DOOR VWUHV JHQRWR
 FDXVDWR SHU HVHPSLR GD IDUPDFL FKHPLRWHUDSLFL 4XHVWR HIIHWWR
 SX' VSLHJDUH OD FDSDFLW¢ GHOOH FHOOXOH PXWDWH QHO JHQH FKH
 FRGLILFD %HFOLQ GL UHVLVWHUH DL IDUPDFL FKHPLRWHUDSLFLÍ

Í&jª GLÉSDWJLXQJH)RUDQWÉR ULVXOWDWR KD LPSRUWDQWL
 LPSOLFJLRQL GLDJQRVWLFKH LQ TXDQWR SRWUHEEH FRQVHQWLUH LQ
 SURVSHWWLYD GL WUDWWDUH L SDJLHQWL FRQ DSSURFFL GL PHGLFLQD
 SHUVRQDOLJJDWD HYLWDQGR GL XWLOLJJDWH OD FKHPLRWHUDSLD ODGGRY
 WHVW JHQRPLFR HYLGHQJL PXWDJLRQL LQ %HFOLQÍ

/R VWXGLR FRQGRWWR LQ ,)20 ROWUH DG DPSOLDUH OD FRQRFVHQJD
 UHODWLYD DOOH PRGDOLW¢ FRQ FXL OH FHOOXOH VL SURWHJJRQR GD L G
 'QD DWUDYHUVR OD PRGXODJLRQH GHO ORUR PHWDEROLVPR DSUH OD
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FRPELQLQR OD FKHPLRWHUDSLD FRQ VXSSOHPHQWDJLRQL QXWULJLRQDOL
YROWH D LQIOXHQJDUH OD FRQFHQWUDJLRQH GHJOL DPPLQRDFLGL
QHOOİDPELHQWH LQ FXL LO WXPURH FUHVFH /R VFRSR ^a UHQGHUH OH FH
FDQFHURVH PDJJLRUPHQWH VHQVLELOL DOOD FKHPLRWHUDSLD
SRWHQJLDQGR OİHIIHWWR GHO WUDWWDPHQWR H ULGXFHQGRQH DO FRQW
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4XHVWR VWXGLR QRQ VDUHEEH VWDWR SRVLELOH VHQJD LO VRVWHJQR
ULFHYXWRQGDJLRQHFLQFQ JUDQW D 0DUFR)RLDQL H XQD
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VFLHQJLDWL VSHFLDOLJJDWL LQ GLYHUVL VHWWRUL GHOOD ULFHUFD RQFR
FXL HVSHDODGL SURWHRERFKH\$QJHOD %DFKL
,)20 GHUDDGXJLRQH GHJOLSP516WNRDQR %LIIR
GHOOİ8QLYHUVLWç 6WDWDOH GPHWDEROLVPR GH H GHO
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7XPRUL LO PHWDEROLVPR GHJOL DPLQRDFLGL LQIOXHQJD OD ULVSRVWD
GHOOİRUJDQLVPR DOOD FKHPLRWHUDSLD
/LQIRPD QRQ +RGJNLQ WXWWR TXHOOR FKH Fĭ^a GD VDSHUH
9LUXV VLQFLJLDOH OH UDFFRPDQGDJLRQL GHJOL HVSHUWL GHO 0H\HU
5HIOXVVR JDVWURHVRIJHR VLQWRPL FDXVH ULPHGL H SUHYHQJLRQH
%HOJLR DYUHEEH ULODVFLDWR PLOD IDOVL FHUWLILFDWL SHU RWWHQHU
3DVV PHGLFR VRWWR DFFXVD

1XUVH7LPHV *LRUQDOH GL LQIRUPDJLRQH 6DQLWDULD
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KWWSV ZZZ IDFHERRN FRP 1XUVH7LPHV 17

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5HGDJLRQH 1RYHPEUH V 5LFHUFD H XQLYHUVLWj

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JHQRPLFD GHOOD FHOOXOD WXPRUDOH H LQIOXHQJDUDH OD ULVSRVWD GHOOD FHOOXOD DJ
FKHPLRWHUDSLFL 7XWWR FLz SURWHJJHQGR OH FHOOXOH VDQH GDJOL HIIHWL WRVVLFL
SRWHQJLDQGR OTHILFDLFDL GHO WUDWWDPHQWR VXOOH FHOOXOH WXPRUDOL , ULVXOWD
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ULYLVWD 3'HYHORSPHQWDO &HOO' D FX)2D HG GHOODHMSWjGHLCHHVDXGRUL GHOOR
GL OLODORUJLQDWL GDOFRUJHVDVSR GHO SURJUDPPD 3,QWHJULWIKYER*HWRP ROL
GHOOR,)20 H 'LUHWWRUH 6FLHQWLILFR GHOOR VWHVVR ,VWLWXWR

3'D ROWUH DQQL ± VSLHJD ODUFR)RLDQL ± LO QRWUR JUXSSR GL ULFHUFDVWD LQGDJ
PHWDEROLFKH GHOOD FHOOXOD FKH VRQR LQIOXHQJDWH DQFKH GDO QRWUR UHJLPH QX
LQIOXHQJDUDH OD VWDELQDWj GHO JHQRPD 4XH OOR FKH HPHUJH RJJL GDL ODERUDWRUL G
PROHFRODUH QRWR SHU PRGXODUH OD ULVSRVWD DO GDQQR DO '1\$ FDXVDWR GDJOL DJH
VWDELQLVFH XQ HYLGHQWH QHVVR GL FDXVD HG HIIHWWR WUD LO PHWDEROLVPR GHJOL I
'1\$

6HOJLRQD LO PHVF

3(UD JLj QRWR GD XQ SUHFHGHQWH VWXGLR GHO QRWUR JUXSSR ± LOOXVWUD)RLDQL ± L
KD XQ UXROR FUXFLDOH QHOORLQIOXHQJDUDH OD ULVSRVWD FHOOXODUH DO GDQQR DO '1\$
FKHPLRWHUDSLFL FKH GDQQHJJLDQR OD UHSOLFJLRQH GHO '1\$' OD QRQ HUD FKLDUR FR
q HPHUVR RUD GDOOH QRWUH ULFHUFDKH HIIHWXDWH FRPELQDQGR DSSURFFL GL JHQHV
SURWHRPLFD ± SURVHJXH OR VFLHQJLDWR ± q FKH OD IXQJLRQH SURWHWWLYD GL %HFOLQ
HVHUFLWD VXO WUDVSRUWR GHJOL DPLQRDFLGL D OLYHGDVHOOD PHPEUDQD FHOOXODL
\$MDJ\$ULPD DXWULFH GHOORDUWLFRRR ± OD SHUGLWD GL IXQJLRQH GL %HFOLQ FRPSRUWE
GHO WUDVSRUWR GL GLYHUVL DPPLQRDFLGL WUD FXL LO WULSQRIDQLFRDOLGHFLQRV GI
LQWHUQR DOOD FHOOXOD 8QD YROWD HQWUDWL QHOOD FHOOXOD WDOL DPPLQRDFLGL V
SURWHLQH FKH FRQVHQWRQR DOOH FHOOXOH GL ULSDUDUH LO '1\$ FRQVHQWRQR DOOH I
VWUHVJHQRWRVVLFR FDXVDWR SHU HVHPSLR GD IDUPDFL FKHPLRWHUDSLFLD4XHVWR
FDSDFLWj GHOOH FHOOXOH PXWDWH QHO JHQH FKH FRGLILFD %HFOLQ GL UHVLVWHUH D
GL SL• ± DJJLXQJH)RLDQL ± 4XHVWR ULVXOWDWR KD LPSRUWDQWLFDFJLRQL GLDJQI
FRQVHQWLUH LQ SURVSHWWLYD GL WUDWWDUH L SDJLHQWL FRQ DSSURFFL GL PHGLFLQD
XWLOLJJDUDH OD FKHPLRWHUDSLD ODGGRYH LO WHVW JHQRPLFR HYLGHQDQLDWRQRQLQ
/R VWXGLR FRQRWRWR LQ ,)20 ROWUH DG DPSOLDUH OD FRQRVHQVHGHQVYKDOOA PF
SURWHJJRQR GDL GDQQL DO '1\$ DWWUDYHUVR OD PRGXODJLRQH 1RYHPEUH PHWDEROLVPR
DOORLQGLYLGXDJLRQH GL DSSURFFL PHWDEROLFL VSHFLILFL GDDELDQDUH DOOH WHUDSL
DXPHQWUQH OTHILFDLFDL
1RYHPEUH

3,O SURVVLPR SDVVR FKH LQWHQGLDPR FRPSLHUH ± FRQFOXGH)RLDQL ± q PLUDWR DOOR
VSHULPHQWDOL DQWLWXPRUDOL FKH FRPELQLQR OD FKHPLRWHUDSLD FRQ VXSSOHPHQWD

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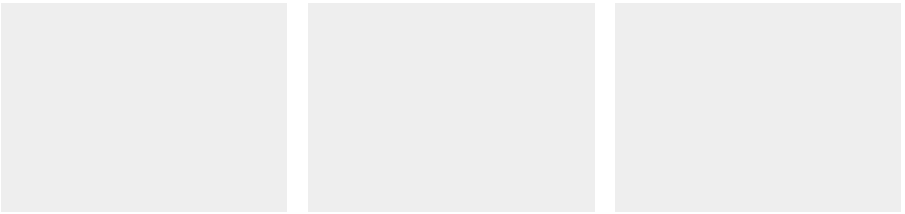
LQIOXHQJDUH OD FRQFHQWUDJLRQH GHJOL DPPLQRDFLGL QHOOD...
UHQQGHUH OH FHOOXOH FDQFHURVH PDJJLRUPHQWH VHQVLELOL DOOD FKHPLRWHUDSLD SI
WUDWWDPHQWR H ULGXFHQGRQH DO FRQWHPSR OD WRVVLFLW&RQQ\$FWLRQ 7HFQRORJ
4XHVWR VWXGLR QRQ VDUHEEH VWDWR SRVVLELOH VH QJD LO VRVWHJQR ULFHVLRQ VWR GD)R
JUDQW D 0DUFR)RLDQL H XQD ERUVD GL VWXGLR DG \$UWD \$MDJL /D ULFHUFD KD FRLQYR
VSHFLDOLJJDWL LQ GLYHUVL VHWWRUL GHOOD ULFHUFD RQFRPJLED WUD EXLHVSHUWL
WUDGXJLRQH GHJOL P51\$ H GHO PHWDEROLVPR GHV WXPRL XPRQLGLVHJQDQR OD FKL
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\$UWLFROL FRUHHODWL

7XPRL VFRSHUWD XQD GHOOH FDXVH GHOOD FKHPLRUHV &RFXQLFDJLRQH H SUHY
6FRSHUWD OJDLRQH GL FRPSRVWL FKLPLFL FKH SRVVRQR VWLPRDUH LO VLVWHPD
FHOOXOH WXPRLDOL \$ RFFKL DSHUWL OD V
&DVFLR
8Q QXRYR WUDWWDPHQWR SHU SRWHQJLDUH LO VLVWHPD LPPXQLDULR QHOOD ORWV
\$QJHLPHU LGHQWLILFDWD XQD SURWHLQD FKH SURWHJH LQ XPRVH FHOOXOHVH G
8Q DSSURFFLR WHUDSHXWLFK FKHPLR IUHH SHU LO WUDWWDPHQWR GHV WXPRL LQIC
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R 3RVW 9LHZV
E DPLQRDFKHLPLRWRPHVSDERDQVPR

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&RURQDYLVX ,Q \$RXS DUULYD)RQGDJLRQH 5RFK
UHFHWWRUH \$&(ODERUDWRULR FRQ PLOD HXUR
SRUWD GL LQJU DOOJDYDQJXDUGL ULFHUFDWRUL 8QL
FHOOXOH XPI GHO PHWDERO 0LODQR H)RQG

@&DQFUR GHOOD PDPHOOD 6I *OL LWDOLDQL VRQR XQD GHC
ULFHYH GDOOD &RPPLVLRQH GLFKLDUD LO PLJLRU
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7HFQRPHGLFLQD WH' 7HFQRPHGLFLQD SURC 3HU LQYLDUH FRPXQ ,VFULJLRQH ZH D OOH WH
JLRUQDOLVWLFD VSH HGLWR GD ULFKLHVWH GL LQIRI HPDLO DGGUHVV
WHPL GHOOD ULFHUF 5%0 *URXS 6UOV FRPXQLFDWL H VHJQ 6XEVFU
GHOOD PHGLFLQD H 9LD 'RPRGRVVROD HQWUDUH GLUHWWD
UHJLVWUDWD SUHV 0LODQR FRQ UHG DJLRQH 7HFQRPHGLFLQD VFI
6WDPDSD GHO 7ULEXQ 3 ,9\$,VFULJLRQH 5 2 & Q UHG DJLRQH #WHFQR
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UHJLPH QXWUL]LRQDOH SRVVRQR LQIOXHQ]DUH OD VWDELOLWj GHO JHQRPD ' 4XHOOR F
RJJL GDL ODERUDWRUL GL ,)20 q FKH XQ FLUFXLWR PROHFRODUH QRWR SHU PRGXODUH O
DO GDQQR DO '1\$ FDXVDWR GDJOL DJHQWL FKHPLRWHUDSLFL VWDELOLVFH XQ HYLGHQ
FDXVD HG HIIHWWR WUD LO PHWDEROLVPR GHJOL DPLQRDFLGL H O]LQWHJULWj GHO '1\$

3(UD JLj QRWR GD XQ SUHFHGHQWH VWXGLR GHO QRVWUR JUXSSR ± LOOXVWUD)RLDQL ±
OD SURWHLQD %HFOLQ KD XQ UXROR FUXFLDOH QHOOR]LQIOXHQ]DUH OD ULVSRVWD FHO
'1\$ LQGRWWR GD IDUPDFL FKHPLRWHUDSLFL FKH GDQQHJJLDQR OD UHSOLF]LRQH GHO '
QRQ HUD FKLDUR FRPH H SHUFKp 34XDQWR q HPHUVR RUD GDOOH QRVWUH ULFHUFKH HI
FRPELQDQGR DSSURFFL GL JHQHWLFD PHWDERORPLFD H SURWHRPLFD ± SURV
VFLHQ]LDWR ± q FKH OD IXQ]LRQH SURWHWWLYD GL %HFOLQ q GRYXWD DOO]LQIOXHQ]I
VXO WUDVSRUWR GHJOL DPLQRDFLGL D OLYHOOR GHOOD PHPEUDQD FHOOXODUH' 3,Q
VSLHJD \$UWD \$MD]L SULPD DXWULFH GHOOR]DUWLFRR ± OD SHUGLWD GL IXQ]
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HQWUDWL QHOOD FHOOXOD WDOL DPPLQRDFLGL VRQR HVVHQ]LDOL SHU SURGXU
FRQVHQWRQR DOOH FHOOXOH GL ULSDUDUH LO '1\$ FRQVHQWHQGR DOOH FHOOXOH GL VR
VWUHVV JHQRRVVLFR FDXVDWR SHU HVHPSLR GD IDUPDFL FKHPLRWHUDSLFL 4XHVV
SXz VSLHJDUH OD FDSDFLWj GHOOH FHOOXOH PXWDWH QHO JHQH FKH FRGLILFD %HFOLQ
DL IDUPDFL FKHPLRWHUDSLFL' 3&]q GL SL• ± DJJLXQJH)RLDQL ± 4XHVVUR ULVX
LPSRUWDQWL LPSOLF]LRQL GLDJQRVFLKH LQ TXDQR SRWUHEEH FRQVHQWLUH LQ S
WUDWWDUH L SD]LHQWL FRQ DSSURFFL GL PHGLQD SHUVRQDOL]]DWD HYLWDQGR G
FKHPLRWHUDSLD ODGGRYH LO WHVV JHQRPFR HYLGHQ]L PXWD]LRQL LQ %HFOLQ

/R VWXGLR FRQGRWWR LQ ,)20 ROWUH DG DPSOLDUH OD FRQRVVFHQ]D UHODWLYD DO
FRQ FXL OH FHOOXOH VL SURWHJJRQR GDL GDQQL DO '1\$ DWWUDYHUVR OD PRGXOD]L
PHWDEROLVPR DSUH OD VWUDGD DOO]LQGLYLGXD]LRQH GL DSSURFFL PHWDEROLF
DEELQDUH DOOH WHUDSLH FRQYHQ]LRQDOL SHU DXPHQWUDUH O]HILFDL

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3,O SURVVLPR SDVVR FKH LQWHQGLDPR FRPSLHUH ± FRQFOXGH)RLDQL ± q PLUI
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VXSSOHPHQWD]LRQL QXWUL]LRQDOL YROWH D LQIOXHQ]DUH OD FRQFHQWUD]LRQH GHJOL
QHOO]DPQLHQWH LQ FXL LO WXPRUH FUHVH /R VFRSR q UHQGHUH OH FHOOX
PDJJLRUPHQWH VHQVLELOL DOOD FKHPLRWHUDSLD SRWHQ]LDQGR O]HHIHWWR GHO W
ULGXFHQGRQH DO FRQWHPSR OD WRVVFLWj

4XHVWR VWXGLR QRQ VDUHEEH VWDWR SRVLELOH VHQJD LO VRVWHJQR ULFHXYWR GD
\$,5& FRQ XQ JUDQW D 0DUFR)RLDQL H XQD ERUVD GL VWXGLR DG \$UWD \$MD]L /D ULF
FRLQYROWR ULFHUFDWRUL H VFLHQ]LDWL VSHFLDOL]]DWL LQ GLYHUVL VHWWRUL GHOOD
WUD FXL HVSHUWL GL DQDOLVL SURWHRPLFKH OD GRWW VVD \$QJHOD %DFKL GL
WUDGX]LRQH GHJOL P51\$ LO SURI 6WHIDQR %LIIR GHOO]8QLYHUVLWj 6WDWDOH GL
,1*0 H GHO PHWDEROLVPR GHL WXPRUL XPDQL LO GRWW &ODXGLR 9HUQLHUL GL
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&RPPHQWD TXHVWR DUWLFRRR

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'1\$ FDXVDWR GDJOL DJHQWL FKHPLRWHUDSLFL VWDELQLV
LO PHWDEROLVPR GHJOL DPLQRDFDGLJHQ]VLRGHJXQWVGH
GHO QRVWUR JUXSSR ± LOOXVWUD)RLDQL ± LO IDWW
QHOO]LQIOXHQ]DUH OD ULVSRVWD FHOOXODUH DO GDQQ
GDQQHJJLDQR OD UHSOLF]LRQH GHO '1\$' 0D QRQ H
HPHUVR RUD GDOOH QRVWUH ULFHUFKH HIIHWW)
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L'ALLARME

Per le donne maltrattate rischio bulimia e anoressia

■ Salute, equilibrio psicofisico e longevità per le ospiti accolte dalla Casa di Accoglienza delle Donne Maltrattate. Fondazione Valter Longo Onlus e la Casa di Accoglienza, che fa parte del network nazionale dei centri anti-violenza di D.i.Re, hanno dato vita ad una collaborazione per accompagnare le donne che intraprendono un cammino di uscita dalla violenza. Obiettivo: garantire una vita in salute attraverso la sana nutrizione e uno stile di vita corretto, con un focus particolare per quelle donne che si trovano in una situazione di emergenza e necessità. «La violenza ha un forte impatto sulla salute, sia fisica che mentale, e sulla longevità delle donne, che

spesso faticano a riacquistare uno stile di vita sano ed equilibrato. Sulla base delle nostre esperienze possiamo affermare che il vissuto dei maltrattamenti può creare le condizioni per un rapporto malsano con il cibo, fino ad arrivare a veri e propri disturbi alimentari, quali anoressia o bulimia», spiega Manuela Ulivi, Presidente di CADMI. Da qui il perchè della collaborazione con la Fondazione Valter Longo Onlus, nata a Milano nel 2017 per volere di Valter Longo, Direttore del Laboratorio Longevità e Cancro dell'IFOM di Milano, conosciuto in tutto il mondo per l'inven-

IL PROGETTO

Con la Fondazione Longo incontri per promuovere l'alimentazione «sana»

zione del Programma che mira il digiuno. «Questo accordo ci offre un'importante opportunità per scendere in campo a sostegno delle donne impegnate nella riscoperta di se stesse e nella ripartenza, per le quali abbiamo messo a punto un percorso di assistenza nutrizionale basato sulle linee guida della Dieta della Longevità», ha spiegato Antonluca Matarazzo, dg della Fondazione.

Il Progetto si articolerà nella for-

mazione di nutrizioniste e psicologhe per creare un percorso condiviso di collaborazione tra Fondazione e CADMI, organizzazione di eventi di sensibilizzazione a un'alimentazione e stile di vita sani, consulenza nutrizionale gratuita e personalizzata per le ospiti. Parte integrante del progetto la realizzazione delle «Linee guida nutrizionali e di stile di vita per rafforzare il sistema immunitario». Declinate per le donne di diverse fasce di età racchiudono consigli per il benessere e ricette rivisitate in base ai principi della Dieta della Longevità.

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o š μ u}Œ %o Œ Z o o o μ o Z v v}]•}P v}] o]%o]] %o Œ }•š Œ μ]Œ
•}v}]• %o}v]]o] v] š •• μ š]U o o o μ o š μ u}Œ o] • v (Œ] v
• š μ Œ •] ~ ^ • U μ v v ì]u Z }v À Œ š P o]]] P Œ ••] • š μ Œ]]
< μ o o Z š}P v] Z v v} Œ] }š š} o - š š]À]š v ì]u š]] ^ U u] š %
]• %o} •] ì]]v] P Œ ••] •• μ v š] }v o 2 o]u v š ì]]v U u v š Œ > μ o u] v }š
%o ì] v }Œ]•}P v •• Œ Z] Œ]W < μ •š } •š μ]} v }v •]P v] (] Z] u (
μ v] < μ •š] š %o Œ μ Œ Œ •]X D Z < μ v š } •š š } • } %o Œ š } u O
< μ v š }]v Z u } }] ((Œ v š] Œ P]u] o]u v š Œ] •] %o }š Œ Œ } :
%o ì] v š]X D š š Z Á s v Œ ,] v U]Œ š š}Œ o < } Z /v•š]š μ š (} O
u] } o v r & Œ Œ v Œ /v•š]š μ š μ š}Œ • v }Œ o o %o μ o]
}u v • μ] %o }š v ì] o] v (]] •• }] š] oo 2 o]u v š ì]]v X 2 D }o š] <]
] %o} o}Œ] Z U Z Œ] μ }v}]o }v • μ u}] o}Œ] o ì ñ o ñ i %o Œ v
•] v š] (] Z • μ ([] v š] %o Œ Œ }v •]P o] (]v]š]À]X] •}v} u }o š À]
o v Œ}U u v }v •š] u } %o Œ o v }] μ v š Œ %o] X v Z •] Œ]• μ o
] •]v P }o] %o ì] v š] }À Œ Œ } %o Œ o Œ] P] μ •š]]v š Œ À v š]] š š
Z] •}v}]v P]Œ} r Z À À Œ š]š }]v }o š Œ >] v r v }v •}v} v •• Œ] u

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h v] š]%o} o}Œ] U u v}v Z š}P v] U • u
šµu}Œ]

h v } • š µ] } o D • • Z µ • š š • / v • š] š µ š } (d Z v } o } P Ç % µ o] š } • µ E
š µ u } Œ] o % v Œ • v] š } % X / Œ] • µ o š š] } À Œ v v } • • Œ }
/ / d E K o % Œ } o o] u v š] } v v Œ } • µ ' } } P o U] v u] } • } v } U
] v] š } Œ r o À o }] š o u } o] À }] 2 o o 2] v š Œ • • Z v] Œ]
š µ u } Œ] X D v Z r (} Œ • r µ v] v] š } Œ] < µ v š } U % Œ } u % Œ v (
•] • š (v } X h v } • š µ] } U % µ o] š } • µ E š µ Œ Œ] Œ š } Œ] o
À o µ š š } } • • µ < µ v } š } %]] o } Œ š } Œ] } U] < µ o] Œ • š š }
µ u v } U À v P } v } • } š } % } • š] µ v o] u v š] } v] % } o } Œ] } µ v]
Z o Œ • š Œ] } } v o } Œ] Z µ v ((š š } • µ o o Œ •] š o š µ u } Œ
((u Œ o ' o Œ µ o Z Œ] v } v µ • v }] o v Œ } U } u • % • • } •] • v š]
} v • µ u v } P o µ } • } } µ v Œ] š u } u } o š } %] [À o } Œ] • % š š } o o o o µ
Z š } P v] Z < µ o o • š • µ o o Œ • š Œ] } } v o } Œ] U Œ] µ v
v š Œ u Œ o o v š Œ o Œ •] š o v Œ } X >] š Z š } P v] }
Œ • š] }] Œ }] Œ š] ~ }] µ Z Œ] • µ u v š v }] v À o 2 % > % } • Œ š /
Œ] Œ š } Œ] Z v v } < µ] v] v o]] š } o Œ •] š š µ u } Œ o o } v v :
• } š š } % } • š] µ v] š Z š } P v] ~ } v µ v o] À o o }] o } Œ] v } Œ u (
% Œ] š] v % Œ o 2 í 9] Œ }] Œ š] • } % % µ Œ µ v] % } o } Œ] ~ Œ
o] À o o]] P o µ } • } • } v }] u] v µ] š]] v v š Œ u]] P Œ µ % %] u v š Œ U
• } % Œ š } r Œ] % } Œ š v } P o] µ š } Œ] r Z • } o } o Œ • š Œ] } } v o } Œ]
• µ P P Œ] • Z •] v }] v P] } D o š Œ] u o š Œ] • u] 2 X v] • u] M ^ } v t } o š µ Œ] >
o o 2 / • š] š µ š]] v } o } P] [] o Œ] D] o v } r / (} u U E Z µ Œ Œ u] o } Œ]
} • • Œ À š } v o o] š] % } o } Œ] • Œ u] š } u }] (] } } v] v]
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• š µ] } u } • š Œ Z 2 o Œ •] š o š µ u } Œ % µ ~ • • Œ Œ o o v š š µ
µ o š Œ] } Œ] Œ] Œ Z Z À o µ š] v }] o }] v À } o P] u v š }] o š Œ] u š } •]
2 v š Œ v } } o] %] P M] } v (} Œ v] š P o] µ š } Œ] o • P µ v š X > Œ
o š µ u } Œ % Œ Z o o o µ o Z v v }] • } P v }] o] %]] % Œ } • š Œ µ] Œ
• } v }] • % } v]] o] v] š • • µ š] U o o o µ o š µ u } Œ o] • v (Œ] v
• š µ Œ •] ~ ^ • U µ v v] u Z } v À Œ š P o]]] P Œ • •] • š µ Œ]]
< µ o o Z š } P v] Z v v } Œ] } š š } o - š š] À] š v] u š]] ^ U u] š } %
] • % } •] } } v] P Œ • •] • • µ v š] } v o 2 o] u v š] } v U u v š Œ > µ o u] v } š
%]] v Œ] } } P v • • Œ Z] Œ] W < µ • š } • š µ] } v } v •] P v] (] Z] u (
µ v] < µ • š] š % Œ µ Œ Œ •] X D Z < µ v š } • š š } • } % Œ š } u O
< µ v š }] v Z u } }] ((Œ v š] Œ P] u] o] u v š Œ] •] % } š Œ Œ } :
% Œ] v š] X D š š Z Á s v Œ ,] v U] Œ š š } Œ o < } Z / v • š] š µ š (} O
u] } o v r & Œ Œ v Œ / v • š] š µ š µ š } Œ • v } } Œ o o % µ o]
} u v • µ] % } š v]] o] v (]] • • }] š] o o 2 o] u v š] } v X 2 D } o š] <]
] % } o } Œ] Z U Z Œ] µ } v }] o } v • µ u }] o } Œ] o ñ ñ o ñ i % Œ v
•] v š] (] Z • µ ([] v š] % Œ Œ } v •] P o] (] v] š] À] X] • } v } u } o š À]
o v Œ } U u v } v • š] u } % Œ o v }] µ v š Œ %] X v Z •] Œ] • µ o
] •] v P } o] % Œ] v š] } À Œ Œ } % Œ o Œ] P] µ • š]] v š Œ À v š]] š š
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