

## The 17<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA) and the First Symposium on Fasting and Health, 6<sup>th</sup>-8<sup>th</sup> December 2016, Tehran, Iran

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### ARTICLE INFO

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Article type:  
Letter to Editor

Article History:  
Received: 19 Apr 2016  
Published: 20 Apr 2016

► Please cite this paper as:

Nematy M, Norouzy A, Mehdizadeh A. The 17<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA) and the First Symposium on Fasting and Health, 6<sup>th</sup>-8<sup>th</sup> December 2016, Tehran, Iran. *J Fasting Health*. 2016; 4(1): 38.

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The 17<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA 2016) and the first Symposium on Fasting and Health will be held on 6<sup>th</sup> to 8<sup>th</sup> December 2016 at Olympic Hotel, Tehran, Iran. The congress is hosted by Tehran University of Medical Sciences, Semnan University of Medical Sciences and Scientific Committee of Iranian Nutrition Society.

The Parenteral and Enteral Nutrition Society of Asia (PENSA) is a society for Asian physicians and personnel working in nutritional support. This society was founded in 1995 including engagement of 10 countries in the Asia-Pacific region to provide a forum for physicians and clinical nutritionists to exchange clinical experiences and scientific data in the field of clinical nutrition which are related to this region. Dr. Abdolreza Norouzy -the current chairperson of this society- is the chairperson of 17<sup>th</sup> congress of PENSA as well. The main goals of this society are creating scientific relationship and exchange among international nutritionists and physicians as well as performing activities aimed at promoting nutritional support for the hospitalized patients and preventing hospital malnutrition among patients.

The 17<sup>th</sup> congress of PENSA presents the first symposium on "Fasting and Health", which

includes all relevant research reports about fasting and its effects on human health, fasting and diseases and update guidelines related to fasting. Dr. Nematy who is director-in-charge of "Journal of Fasting and Health" is the manager of this symposium and several experts from different countries are co-chairpersons. Accepted abstracts in the symposium will be published in winter issue of Journal of Fasting and Health.

The main theme of this congress is "Fighting Malnutrition in Hospital". The congress is comprised of at least 10 sessions where more than 30 national and international lecturers will have their presentations. The 17<sup>th</sup> congress offers valuable opportunities for physicians, nutritionists and medical professionals to get in touch and share their new achievements in the field of medical nutrition management and therapy. Aiming at providing scientific opportunities for younger researchers, the congress designates one panel for graduate and undergraduate students as well.

It is the conductors' honor to provide a scientific friendly meeting and to invite and welcome researchers in fields of clinical nutrition and fasting to kindly share their scientific achievements.

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