

## *The double role of nutrients in Parkinson's disease*

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### *Abstract*

Among neurodegenerative disease Parkinson's disease (PD) represents the second most widespread. Observational studies have linked the occurrence of PD to environmental exposures and lifestyle habits, signifying a huge field of research in order to improve PD prevention or disease modification in populations but also in individuals. Up to now, gene-environment interactions and other factors as chemical exposure, physical activity, dietary habits or smoking have been deepened. From observational studies several low-risk and potentially high-yield recommendations for lifestyle modification have been formulated, in particular, dietary modifications. So, the role nutrition in both neuroprotection and neurodegeneration has become important for neuroscientists and nutritional neuroscientists. Several studies have emphasized that some nutrients may increase an individual risk for PD, while others may be neuroprotective. Such evidences are not unexpected, as some foods are able to impact on the functions of mitochondria, and therefore on the production of free radicals, while others perform very important antioxidant functions, necessary to block the harmful behavior of free radicals.



### *Biography:*

Gaia Rocchitta has completed her graduation in chemistry in 1999 with a thesis about polyphenols in red wines, then she completed her PhD in Neuroscience at School of Medicine of Sassari University (Italy) in 2004. She was a Postdoctoral fellow at School of Chemistry and Chemical Biology, University College, Dublin (Ireland) in 2006, working on the development of amperometric biosensors for in vivo monitoring of neurochemical compounds. She currently is a tenured researcher and lecturer in Pharmacology and Nutraceutical at School of Medicine of Sassari University (Italy). She has published more than 50 papers in peer-reviewed journals.

### *Speaker Publications:*

1. Implantable (Bio)sensors as new tools for wireless monitoring of brain neurochemistry in real time. Publication date Mar 9, 2014 publication description World Journal of Pharmacology



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