

Invitation

The uniquely important role that diet plays in regulating inflammatory and immune responses throughout history, across all life forms, and in our everyday life.

Thursday
19th of May 2022
12:00

CII Building
(1st floor)
Irinis 95, 3041 Limassol



Cyprus
University of
Technology

Cyprus International Institute
for Environmental and
Public Health

The Cyprus International Institute of Environmental and Public Health of Cyprus University of Technology invites you to a talk on:

The uniquely important role that diet plays in regulating inflammatory and immune responses throughout history, across all life forms, and in our everyday life.

– A talk delivered by James R. Hébert, ScD at the Cyprus University of Technology, Cyprus International Institute for Environmental and Public Health on the 19th of May 2022

In this talk Dr. Hébert will provide background on the role of inflammation in health and the importance of dietary factors as the primary modulators of inflammatory and immune responses needed to protect organisms from the myriad dangers that we all face. These range from infections and injuries to the trillions of mutations that humans experience every day. The subject matter will span the temporal expanse of what we know about inflammation – from the beginning of life on earth through the emergence of eukaryotic organisms to the many challenges faced by modern humans. The goal is to provide information and an appreciation of both the complexity and elegance of biological processes needed to sustain life and our profound ability to control and regulate these processes through our life choices.



James R. Hébert is Health Sciences Distinguished Professor of Epidemiology and Founding Director of the South Carolina Statewide Cancer Prevention and Control Program at the University of South Carolina, and Founder, President and Scientific Director of Connecting Health Innovations LLC (CHI). Dr. Hébert received his masters degree in Environmental Health from the University of Washington and his doctorate in Nutritional Epidemiology from Harvard University. One of the most highly cited research scientists in the world, Dr. Hébert is well known for his research into the role of diet in health and for developing the Dietary Inflammatory Index (DII®), which is revolutionizing research into chronic systemic inflammation as a cause of numerous chronic diseases ranging from diabetes to depression, cardiovascular disease, and cancers of many anatomic sites.