

## PRESS RELEASE

### 1st European Forum on Health and Epigenetics 2020 - 18th to 30th April 2020

#### “European Day for Patients' Rights”

(where the COVID-19 pandemic will also be a hot topic)

As President of AESEP (European Association for Educational and Preventive Health in Epigenetics), I request the best reception in the news dissemination of an event of European expression and value for Health, for Portugal and for the current world reality, such as the **1st European Forum on Health and Epigenetics 2020**.

This **European Forum on Health and Epigenetics 2020** is also a bridge with the celebration of the **“European Day of Patients' Rights”** (18th April) and is linked to the **SARS-Cov-2-COVID-19**. It will also address the **European Charter of Patient Rights**.

Initially planned for the CCB, and due to current circumstances, the Forum was adapted for online format, with communications on the **18<sup>th</sup>, 21<sup>st</sup>, 24<sup>th</sup>, 28<sup>th</sup> and 30<sup>th</sup> April**, which will be broadcast between 11 am and 1 pm (GMT+1) on open access through address:

#### [Program and Access](#)

#### [Informative Video](#)

On each of the aforementioned days (from 18<sup>th</sup> to 30<sup>th</sup> April and twice a week), the Forum will have a **panel of national and international speakers**, in a total of 24 communications.

More information at <https://aesepeu/>

The European Forum on Health and Epigenetics 2020, is carried out through partnerships and support from prestigious institutions that, with AESEP, add synergies, such as Memorandum with Active Citizenship NetWork, ACN (Italy), Invitation to the INTER-INSTITUTIONAL GROUP “SDGs FOR WELL-BEING AND CONSUMERS’ PROTECTION”, Peoples' Health Observatory, World Medicines Summit, Health General Directorate, and Portuguese Red Cross.

The partnership also covers us as a **Partner Member of the Interest Group of the European Parliament on “European Patients' Rights and Cross-Border Health Care”**- with the **Annual Celebration of the European Patients' Rights Day in Portugal**.

“This annual event accompany, learn and practice the best way to make the path of health! Food and all preventive ways of protecting the balance of human beings, may be the most powerful medicine to reduce the risk of disease and we can through new behaviors, modify the expression of our genes (phenotype) and evolve on a path of wisdom and peace between us and the environment where we live!

This is the proposal for a sustainable practice in health, taking into account consideration the study through Epigenetic factors, in the Peoples' Health Observatory “.

### **Paula Mouta**

President of AESEP and Director of the People's Health Observatory and of the USPE in Saint Louis Hospital, Lisbon.

(Attached is the Poster of the European Forum on Health and Epigenetics 2020 and the respective Program).

(I am available for any further clarification on the referred European Forum).

Grateful for the good reception.

### **For the Organization, Paula Cristina Mouta**

\* AESEP Organization: Dr. Paula Cristina Mouta (President), Andreia Rodrigues, Rui Oliveira, M<sup>a</sup> Teresa Flor de Lima, João Geraldes, Rita Ilhéu, Paulo Rojão, Fernando Miguel Rocheta, Filipa Falcão, Manuel Duque, Mariano Votta, Sofia Fonseca, Jaqueline Silva, Diogo OM and César Rodrigues.

\* Some guest speakers:

**Dr.<sup>a</sup> Paula Mouta** - President of AESEP - Director of the People's Health Observatory and of the USPE in Saint Louis Hospital , Lisbon;

**Dr.<sup>a</sup> M<sup>a</sup> Teresa Flor de Lima** - Physician in Anesthesiology, Pain Medicine and Palliative Care, Scientific Director of the Peoples' Health Observatory in Saint Louis Hospital, Lisbon;

**Dr.<sup>a</sup> Sara Cerdas** - MEP President of Public Health Working Group Committee on the Environment, Public Health and Food Safety;

**Dr. Mariano Votta** - Director of Active Citizenship Network, ACN in Italy and Creator the European Charter on Patients' Rights;

**Dr. Francisco George** - President of the Portuguese Red Cross.