



B&M dalla sua nascita nel 2011...

all'anno dell'EXPO 2015

Guarda cosa abbiamo fatto...

SITO – www.bm-association.it

The screenshot shows a web browser window with the address bar displaying www.bm-association.it. The website header features the logo for "BRAIN AND MALNUTRITION Chronic Diseases Association ONLUS" on the left and a navigation menu with the following items: HOME, SOCIETÀ, REFERENTI & ESPERTI, PROGETTI, LINK UTILI, and CONTATTI. Below the header is a secondary navigation bar with categories: PATOLOGIE >, NUTRIZIONE & PARKINSON, NUTRIZIONE & ALZHEIMER, NUTRIZIONE & SARCOPENIA, and PLANNING. The main content area is divided into two columns. The left column contains a large image of a neuron with the text "IL SISTEMA NERVOSO CONTROLLA TUTTI GLI STIMOLI DEL NOSTRO CORPO,". The right column contains two sections: "AREA RISERVATA" with the text "Registrandoti potrai ricevere news, scaricare slide e avere consigli e schede patologie" and an "entra" button; and "AREA FORMAZIONE" with the text "Accedi al nostro catalogo on line per visualizzare la lista dei corsi disponibili e i congressi" and another "entra" button. The "AREA FORMAZIONE" section is highlighted with a red border.

700 nuovi visitatori
al mese

FORMAZIONE – CORSI E CONGRESSI

3 CONGRESSI NAZIONALI



3 CORSI MONOTEMATICI



CORSI DI ELABORAZIONE DIETE



IV CONGRESSO NAZIONALE B&M

**BRAIN AND
MALNUTRITION**
Chronic Diseases Association CMAA



Nutrizione e Neurodegenerazione

Nutrition & Obesity

Parkinson's Disease

Plasticity & Rehabilitation



PROSSIMO CONGRESSO

CORSO DI AGGIORNAMENTO
Neurodegenerazione e Neuroriabilitazione
nella Malattia di Parkinson

MILANO → 14-15-16 MAGGIO → **2015**

FORMAZIONE – SLIDE SCARICABILI

The screenshot shows the website for the Brain & Malnutrition Chronic Diseases Association. The browser address bar displays 'www.bm-association.it'. The main navigation menu includes 'HOME', 'SOCIETÀ', 'REFERENTI & ESPERTI', 'PROGETTI', 'LINK UTILI', and 'CONTATTI'. A secondary menu highlights 'PATOLOGIE >', 'NUTRIZIONE & PARKINSON', 'NUTRIZIONE & ALZHEIMER', 'NUTRIZIONE & SARCOPENIA', and 'PLANNING'. A red-bordered box highlights the 'AREA RISERVATA' section, which contains the text: 'Registrandoti potrai ricevere news, scaricare slide e avere consigli e schede patologie' and an 'entra' button. Below this, a white box shows the breadcrumb 'Home > Area riservata - SLIDE' and the title 'Area riservata - SLIDE'. A sub-menu has 'CONSIGLI' and 'SLIDE' (highlighted in red). The list of slides includes:

- I Corso B&M: Il trattamento del paziente Parkinson oltre la terapia farmacologica - Chiara Pusani - Presentazione del Poster selezionato tra i primi 10 AAN 2011
- I Corso B&M: Il trattamento del paziente Parkinson oltre la terapia farmacologica - Emanuele Cereda - Il razionale scientifico per il trattamento dietologico nella malattia di Parkinson
- I Corso B&M: Il trattamento del paziente Parkinson oltre la terapia farmacologica - Giuseppe Frazzitta - La fisioterapia nella Malattia di Parkinson
- I Corso B&M: Il trattamento del paziente Parkinson oltre la terapia farmacologica - Michela Barichella - Caso Clinico - DBS

Home > Area riservata - SLIDE

Area riservata - SLIDE

CONSIGLI SLIDE

I Corso B&M: Il trattamento del paziente Parkinson oltre la terapia farmacologica - Chiara Pusani - Presentazione del Poster selezionato tra i primi 10 AAN 2011

I Corso B&M: Il trattamento del paziente Parkinson oltre la terapia farmacologica - Emanuele Cereda - Il razionale scientifico per il trattamento dietologico nella malattia di Parkinson

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I Corso B&M: Il trattamento del paziente Parkinson oltre la terapia farmacologica - Michela Barichella - Caso Clinico - DBS

INFORMAZIONE - NEWSLETTER

Più di
1100 iscritti

ISCRIVITI ALLA NEWSLETTER

NEWSLETTER SCIENTIFICHE

ARCHIVIO NEWSLETTER

2012

24 NEWSLETTER

4 NEWSLETTER SCIENTIFICHE

2013

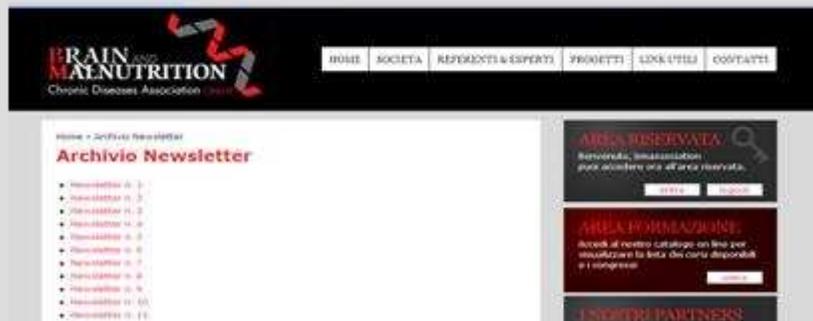
26 NEWSLETTER

5 NEWSLETTER SCIENTIFICHE

2014

18 NEWSLETTER

3 NEWSLETTER SCIENTIFICHE



SITO – COLLABORAZIONI ED ONLUS

BRAIN&MALNUTRITION

Benvenuto nel portale

Qui puoi trovare le indicazioni per un corretto trattamento nutrizionale dedicato alle patologie che necessitano di una terapia di tipo dietetico. Attualmente sono coinvolti più di 50 esperti e referenti per patologia, dedicati alle diverse aree della nutrizione clinica e distribuiti su tutto il territorio italiano. Tra questi specialisti sono presenti personalità di grande rilievo nazionale ed internazionale. Registrati all'area riservata e scopri i vantaggi che possiamo offrirti.

ONLUS Come Sostenerci e Perché

NutriAMO
la tua salute

Brochure
patrocinate B&M

Atlante
Fotografico

Progetto
Africa



Conoscere le Abitudini per prevenire e curare Sovrappeso e Obesità

Indagine conoscitiva condotta da nutrizionisti volontari B&M-
dati antropometrici, abitudini alimentari e stili di vita
di una popolazione del Nord Italia



NutriAMO la tua salute



PROGETTI PER IL SOCIALE – NOSTRA CAMPAGNA

BRAIN&MALNUTRITION

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Qui puoi trovare le indicazioni per un corretto trattamento nutrizionale dedicato alle patologie che necessitano di una terapia di tipo dietetico. Attualmente sono coinvolti più di 50 esperti e referenti per patologia, dedicati alle diverse aree della nutrizione clinica e distribuiti su tutto il territorio italiano. Tra questi specialisti sono presenti personalità di grande rilievo nazionale ed internazionale. Registrati all'area riservata e scopri i vantaggi che possiamo offrirti.

ONLUS Come Sostenerci e Perché

NutriAmo
la tua salute

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patrocinate B&M

Atlante
Fotografico

Progetto
Africa

NUTRIAMO LA TUA SALUTE

1. PROMUOVERE CORRETTI STILI DI VITA

Realizzazione di una collana di libretti informativi rivolti ad utenti e degenti.



2. COMBATTERE LA MALNUTRIZIONE OSPEDALIERA

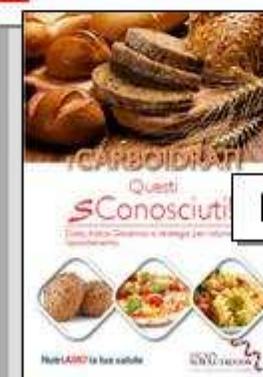
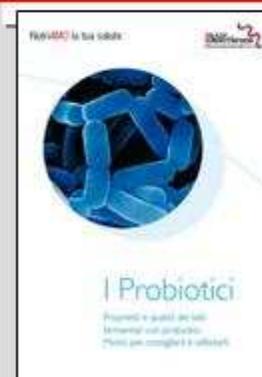
Esecuzione di test di Screening Nutrizionali.

Creazione di un network tra le Strutture Ospedaliere



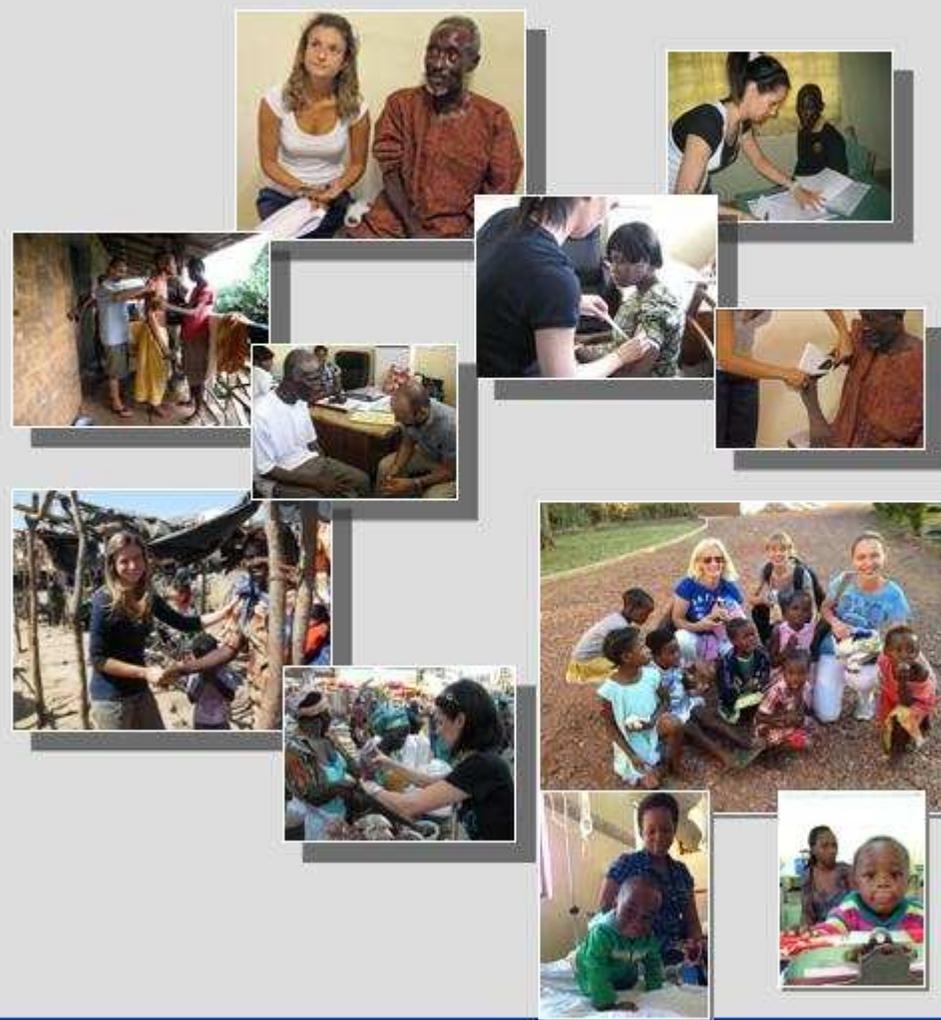
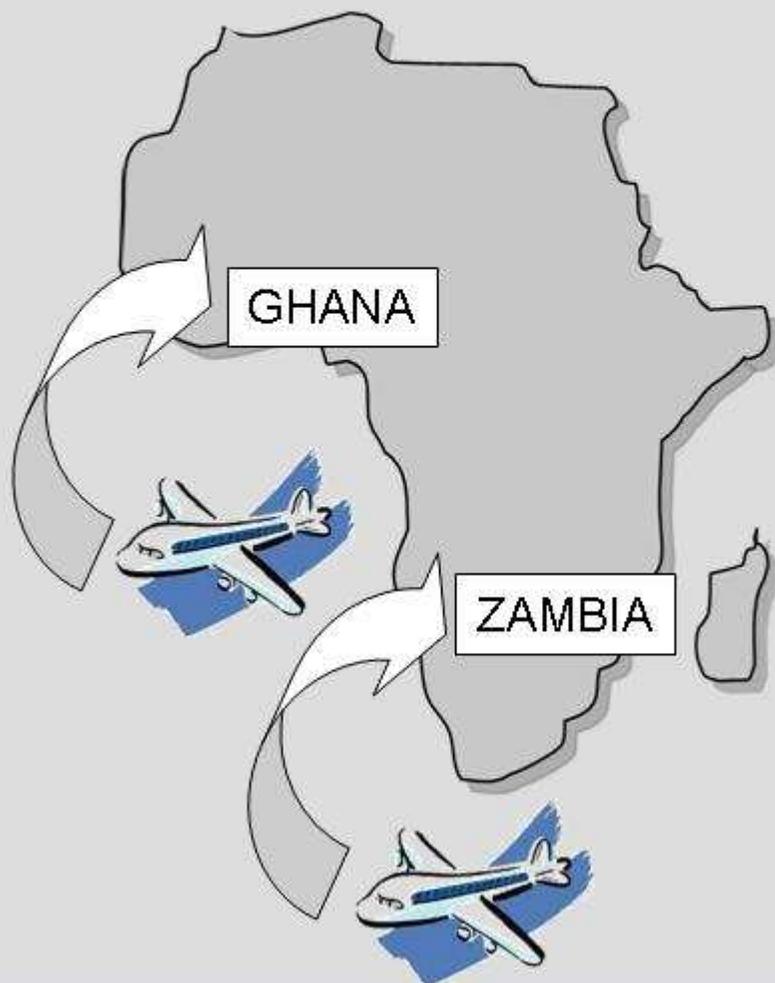
3. INCENTIVARE L'ASSISTENZA SUL TERRITORIO

Nutrire ed educare al proprio domicilio



PROSSIMO PROTEINE

PROGETTI PER IL SOCIALE - AFRICA



REALIZZAZIONE DI ATLANTI RICETTE E TRADIZIONI

BRAIN MALNUTRITION
Chronic Diseases Association (CDA)

ATLANTE AFRICA RICETTE E IMMAGINI

Ghana

Con il patrocinio di:

MINISTERO DELLA SANITÀ
GHANA HEALTH SERVICE

BRAIN MALNUTRITION
Chronic Diseases Association (CDA)

ATLANTE AFRICA RICETTE E IMMAGINI

Zambia

Con il patrocinio di:

MINISTERO DELLA SANITÀ
ZAMBIA HEALTH SERVICE

BRAIN MALNUTRITION
Chronic Diseases Association (CDA)

ATLANTE AFRICA RICETTE E IMMAGINI

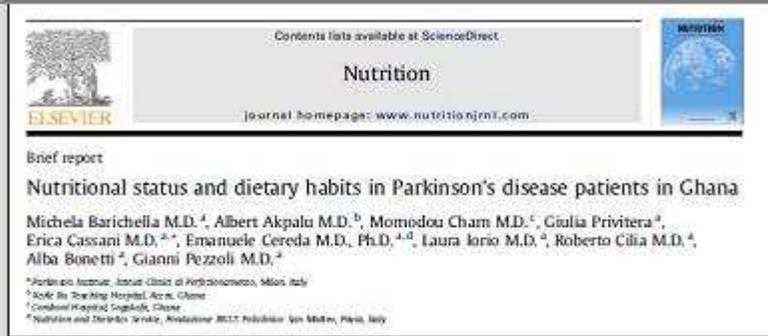
Tunisia

Con il patrocinio di:

MINISTERO DELLA SANITÀ
TUNISIA HEALTH SERVICE

PROGETTI PER IL SOCIALE - AFRICA

PUBBLICAZIONE SCIENTIFICA



CONGRESSO INTERNAZIONALE

Neurology training for non-Neurologists in West Africa:
Focus on Parkinson's Disease and other
Neurodegenerative Disorders



A-459-0002-02454

AFRICA: THE IMPORTANCE OF LEGUMES CONTAINING HIGH CONCENTRATIONS OF LEVODOPA IN PARKINSON'S DISEASE TREATMENT

E. Casani¹, M. Berichella¹, A. Alajolo², M. Chini³, F. C. Olay⁴, G. Pristina¹, R. De Marco¹, A. Zaccaro¹, L. A. Bonari¹, L. J. J. van 't Hof⁵, J. E. Spruiell⁶, G. Rossi¹

¹ Parkinson Institute - Istituto Italiano di Parkinsonismo, Milano, Italy; ² Università del Piemonte Orientale, Alessandria, Italy; ³ Università Federico II, Napoli, Italy; ⁴ Universidad Nacional de Agronomía, Havana, Cuba; ⁵ University of Guelph, Ontario, Canada; ⁶ University of Tennessee, Knoxville, TN, USA

BACKGROUND

Mucuna pruriens (Muc) seeds, which have not been processed, belonging to the family Papilionaceae, produce levodopa (L-Dopa) in high concentrations, up to 10% of the seed weight, and are rich in protein, fiber, and other nutrients. Mucuna seeds are a natural source of levodopa, which is the precursor of dopamine, the neurotransmitter that is deficient in Parkinson's disease (PD). Mucuna seeds are a natural source of levodopa, which is the precursor of dopamine, the neurotransmitter that is deficient in Parkinson's disease (PD). Mucuna seeds are a natural source of levodopa, which is the precursor of dopamine, the neurotransmitter that is deficient in Parkinson's disease (PD).

OBJECTIVE AND METHODS

The objective of the present study was to assess the bioavailability of levodopa contained in Mucuna seeds, and to evaluate the effect of cooking and soaking on the levodopa content of Mucuna seeds. The levodopa content of Mucuna seeds was determined by HPLC. The effect of cooking and soaking on the levodopa content of Mucuna seeds was evaluated by HPLC. The levodopa content of Mucuna seeds was determined by HPLC. The effect of cooking and soaking on the levodopa content of Mucuna seeds was evaluated by HPLC.

RESULTS

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CONCLUSIONS

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PROGETTO MUCUNA

Mucuna pruriens: new strategy for Parkinson's disease treatment in Africa. An update

Erica Casani¹, Michela Berichella¹, Roberto Cilla¹, Albert Alajolo², Evahant Ogburn-Budu³, Almondine Chini⁴, Emmanuelle Ferrario⁵, Eliza Fiacchi¹, Luigi Zacco⁶, Francesca Sparvoli⁴, Giulio Pristina¹, Patricia De Marco¹, Anna Zaccaro¹, Lilla Bonari¹, Laura Joris¹, Marianne Amboni⁷, Emmanuelle Cavelli¹, Gianni Pezzoli¹

¹ Parkinson Institute - Istituto Italiano di Parkinsonismo, Milano, Italy; ² Kadir Has Teaching Hospital, Ankara, Turkey; ³ Institute of Agricultural Research, College of Agriculture & Consumer Sciences, University of Ghana; ⁴ Coimbra Hospital, Sepulveda, Ghana; ⁵ Università Maria SS. Assunta, Catania, Italy; ⁶ Institute of Biomedical Technologies, National Research Council, Segrate (Milan), Italy; ⁷ University of Genova, Genova, Italy

BACKGROUND

We have opened clinics for Parkinson's disease (PD) patients in Ghana and Zambia, which are already affected by more than 100 PD patients. Pharmacological treatment is a problem in most persons because of the cost. Levodopa costs on average 1.35 daily and the average monthly wage is approx. 60\$ a month.

In India the seed powder of a leguminous plant (*Mucuna pruriens* Linn. SP), which contains 5-6g levodopa / 100 g of dry leaved seeds, has been used for parkinsonism in Ayurvedic medicine for centuries. M.P grows also in South America, Eastern and Southern Africa.

Our objective is to assess whether M.P could be used as a therapeutic alternative in PD patients in developing countries.

METHODS

The Institute of Agricultural Research (University of Ghana) supplied us with 12 different kinds of Ghanaian M.P seeds. We measured the content in levodopa and in possible anti-oxidants (such as alkaloids and nitrogen compounds) in the dried seeds.

Cooking may reduce the levodopa concentration; the extent of the reduction may vary according to the methods of preparation. For this reason, we also assessed the following in the 4 most easily available species:

- >Change in levodopa content after moderate boiling (also in cooking and soaking water)
- >Change in the content in levodopa after toasting (also in preparation)
- >Concentration in dried seeds, of Oxidants (i.e. dopa-decarboxylase inhibitor), which is well known to occur in other legumes, such as vicia. Oxidants may reduce peripheral levodopa degradation - thus improving its absorption through the blood-brain barrier.

We also wanted to assess the bioavailability of levodopa contained in M.P. A healthy volunteer (woman, aged 60) ate a portion of 11 g of water boiled M.P, containing about 5 mg of levodopa/kg of body weight (body weight 51 kg, about 250 mg of levodopa), in the morning, after an 8 h fast. Plasma levodopa levels were measured at 0, 15', 30', 45', 60', 120' after M.P ingestion.

RESULTS

Concentrations of Levodopa, Alkaloids and Nitrogen Compounds in all the dried seeds analyzed (N.S.= Not significant + Significant values = \pm mg/kg)

Species	Lev	Alk	Nitrogen
White Mucuna (Muc1)	5.0	0.27	1.13
Black Mucuna (Muc2)	1.5	0.20	0.79
Black Mucuna (Muc3)	1.7	0.20	0.79
Black Mucuna (Muc4)	1.5	0.20	0.79

Change in the concentration of Levodopa and Nitrogen compounds in toasted seeds (Significant value = \pm mg/kg)

Species	Lev	Alk	Nitrogen
White Mucuna (Muc1)	5.0	0.27	1.13
Black Mucuna (Muc2)	1.5	0.20	0.79
Black Mucuna (Muc3)	1.7	0.20	0.79
Black Mucuna (Muc4)	1.5	0.20	0.79

Mean change in the concentration of Levodopa and Nitrogen compounds after boiling with standardized ratios between legume weight and cooking water (N.S.= Not significant + Significant Value = \pm mg/kg)

Species	Lev	Alk	Nitrogen
White Mucuna (Muc1)	5.0	0.27	1.13
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PLASMAIC LEVODOPA TIME EXTRATION (log₁₀)

CONCLUSIONS

We have ascertained that levodopa occurs in all the various types of M.P. The content in levodopa is reduced by cooking, but is nevertheless still significant. Also the essential concentrations of nitrogen compounds is reduced by cooking to non significant values in all species - a finding that is favorable for the safety of the product.

We have also found that, after ingestion of seeds, levodopa is absorbed from the human gut and that M.P could therefore be used for the treatment of PD in developing countries.

Our objective for the continuation of the project:

- To establish the best method to cook M.P providing sufficient levodopa concentration.
- To establish the quantity of M.P that the patient must eat to receive sufficient levodopa (able to improve symptoms in mild to moderate cases).
- To measure plasma levodopa levels after ingestion of M.P also in other countries and to perform studies from PD beds in Italy and in developing countries.
- To search a species that can provide the quantity of levodopa required to improve the effects of the levodopa contained in M.P with a risk of Mucuna's Toxicity.
- To measure a good method of cooking (boiling) to provide seeds, possibly providing an increase in food intake.

PARKINSON'S DISEASE TREATMENT IN AFRICA: THE IMPORTANCE OF THE LEVODOPA CONTENT OF LEGUMES

E. Casani¹, M. Berichella¹, A. Alajolo², M. Chini³, F. C. Olay⁴, G. Pristina¹, R. De Marco¹, A. Zaccaro¹, L. A. Bonari¹, L. J. J. van 't Hof⁵, J. E. Spruiell⁶, G. Rossi¹

¹ Parkinson Institute - Istituto Italiano di Parkinsonismo, Milano, Italy; ² Kadir Has Teaching Hospital, Ankara, Turkey; ³ Institute of Agricultural Research, College of Agriculture & Consumer Sciences, University of Ghana; ⁴ Coimbra Hospital, Sepulveda, Ghana; ⁵ Università Maria SS. Assunta, Catania, Italy; ⁶ University of Genova, Genova, Italy

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BEST PRACTICES > SEARCH FOR BSDP

A legume that unites continents: efficacy and safety of food that can treat a neurological disease



Associazione Italiana Parkinsoniani
Fondazione Originale Per il Morbo di Parkinson/Associazione
www.parkinson.it

[Stampa](#)

Pagina 1 / 5

Titolo

Un legume che unisce i continenti: efficacia e sicurezza di un alimento che può curare una malattia neurologica

Riassunto

Il Centro Parkinson di Milano, dall'anno 2009, ha attivato una collaborazione con il Ghana per curare i malati di Parkinson in Africa. I parkinsoniani africani spesso non possono sostenere i costi giornalieri della terapia farmacologica. Pertanto, ci siamo orientati sulla possibilità di identificare una soluzione proveniente dal mondo vegetale, che fosse quindi sostenibile e a basso costo.

Acronimo

MU-SIC : Mucuna-Safety Inter Continental

INFORMAZIONE - FACEBOOK

facebook

E-mail o telefono

Resta collegato

Password

Accedi

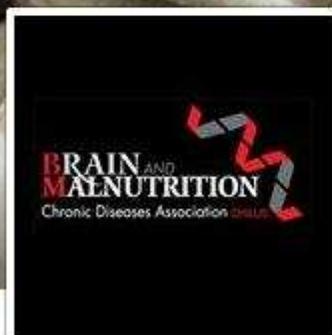
[Hai dimenticato la password?](#)

Brain and Malnutrition Chronic Diseases Association ONLUS
è su Facebook.

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Iscriviti

Accedi



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ONLUS

Organizzazione no profit

Diario

Informazioni

Foto

Persone a cui piace

Altre ▾

PERSONE



463 "Mi piace"



Brain and Malnutrition Chronic Diseases Association
ONLUS ha aggiunto 2 nuove foto.

14 marzo alle ore 11.10 · 🌐