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GRUPPO OSPEDALIERO SAN DONATO

THE LEADING ITALIAN HOSPITAL GROUP
Luigi Rotelli established Casa di Cura Città di Pavia Hospital.

Luigi Rotelli founded the Policlinico San Donato.

The group grew internally and externally thanks to Giuseppe Rotelli, President of Gruppo San Donato.

The hospitals owned by Gruppo Ligresti were acquired.

Ospedale San Raffaele was acquired.

Paolo Rotelli became Chairman of Gruppo San Donato.
WHERE WE ARE

Dubai Healthcare City
Building 26 - 7th Floor
18 Hospitals
5,069 Hospitals beds
5,246 Doctors
16,624 Employees
4,321,312 Patients

Outpatients 3,847,090
Inpatients 200,651
Patients from emergency room services 273,571
COMPETITIVE POSITION

IN EUROPE

IN ITALY

TURNOVER IN MILLION EUROS
SCIENTIFIC RESEARCH

With more than 1,000 researchers, 1,818 number of scientific publications per year, Gruppo Ospedaliero San Donato is the LARGEST MEDICAL RESEARCH INSTITUTION OF ITALY.

OUR MAIN SUCCESS

San Raffaele Telethon Institute for Gene Therapy (SR-Tiget)

Ospedale San Raffaele is the only hospital in the world which currently can treat with gene therapy adenosine deaminase-deficient severe combined immune deficiency (ADA SCID), better known as ‘bubble babies’ syndrome. Strimvelis is the first life-saving treatment in the world using ex vivo gene therapy for ADA SCID.

SR-Tiget is an internationally renowned center which develops NEW TECHNOLOGIES FOR GENE TRANSFER AND GENE EDITING.

In line with its translational nature, SR-Tiget commits itself to establish strategic alliances with pharmaceutical multinational corporations (GlaxoSmithKline and Biogen), with whom it cooperates to translate research into therapies for all patients who need them.

San Raffaele Diabetes Research Institute (DRI)

San Raffaele Diabetes Research Institute (DRI) has been the first center in the world (in 1990) to perform pancreatic islet transplantation to treat patients with type 1 diabetes. Today, with a history of more than 200 patients and 400 cell infusions, the Diabetes Research Institute is a leading center worldwide for the implementation and enhancement of this experimental treatment, which aims at recreating the function of insulin-producing cells in a host organ like the liver.

The main objectives of DRI researchers working on islet transplantation are improving the procedure to guarantee cells engraftment, finding new and affordable beta cells sources (using stem cells) and controlling immune response after transplant to avoid degeneration of the newly transplanted cells.
The Vita-Salute San Raffaele University was inaugurated in 1996 with its Psychology course, soon followed by the courses of Medicine, in 1998, and Philosophy, in 2002. Since its establishment, the University has been characterized by a strong integration of teaching and research, in each of its facets: basic, philosophical and social.

The Vita-Salute San Raffaele University is a point of reference in the field of university education, as one of the top academic institutions in Italy. Each department is a complex structure including, other than the undergraduate and graduate courses, research centers, doctoral schools and masters.

The mission of Vita-Salute San Raffaele is to answer to the question Quid est homo, What is the man, strongly believing that the human kind is biologically, psychologically and spiritually unique.

308 University Professors
performing all the clinical and teaching activities in Gruppo San Donato Hospitals

2,976 Undergraduates

539 Postgraduates
performing clinical learning in Gruppo San Donato Hospitals
EAT EDUCATIONAL

A teaching program for prevention
For the first time in history, new generations may spend more years in bad health than their parents. The main reasons are overweight, obesity and diabetes.

**EAT EDUCATIONAL** is a teaching program for secondary and high schools composed of 4 annual lessons taught by a team of nutritionists. The program lasts two years and includes meetings outside school, too.

1,500 students per year are involved in our educational program in Italy

(13 secondary schools - 3 high schools)

**TOOLS FOR INDIVIDUAL USE:**

- A useful guide to learn how to eat well and follow a healthy lifestyle
- A pedometer to encourage daily exercise
- A flask to encourage the use of water networks
- Healthy vending machines
- Weekly suggestions via SMS to students and families
RESULTS

**Improving adiposity**

Consumption of fruits and vegetables
(After a two-year intervention)

Consumption of water
(After a two-year intervention)

Consumption of sugary drinks and snacks
(After a two-year intervention)

**Increased physical activity**

Physical activity
(After a two-year intervention)
EAT RESTAURANT
A Fooding Concept
EAT RESTAURANT represents the “tasty” side of EAT Program.

The Italian tradition has made food of one of the most enjoyable moment.

EAT RESTAURANT conjugates Italian haute cuisine and healthy eating and proves that we can all live a healthier life and at the same time eat good food.
Cooperation between starred chef and nutritionists;

A mosaic of new natural ingredients colours the dishes;

New matches surprise your taste

Healthier cooking systems exalt raw materials and return authenticity to flavors
FOOD & NUTRITION

The healthy diet
EAT developed a new tool for healthy eating – the balanced plate.

The **balanced plate** represents a well-balanced and healthy meal that satisfies you, keeps your body healthy and prevents many of the diseases that affect Western people. It is composed of four sections, each one containing the right quantity of a specific food.

**VEGETABLES AND FRUITS**

are a major source of protective substances – antioxidants with anti-inflammatory action, fibers, minerals and vitamins – which allow our metabolism to work properly.

**WHOLE GRAINS**

are a source of complex unrefined carbohydrates, rich in fiber and with a low glycemic index.

**HEALTHY PROTEINS**

fish and legumes, are a great alternative to red meat and cheese, which contain saturated fats, dangerous for our health.
Add healthy nutrients to your diet: eat more fruit and vegetables.

It’s best to consume a variety of foods than taking supplements.
Vegetables
There are a lot of **vegetables** – eat them at every meal.

Choose them according to their **seasonality** and do not eat potatoes every day because they are rich in starch.
Fruits
There are many **fruits** with many different colors. Follow their **seasonality** and eat them at the end of your meal.

**Dried fruits** (almonds, hazelnuts, walnuts, pine nuts) contain high-quality oils.
Whole grains
Choose **whole grains**.

Reduce refined grains to avoid bad control of your weight and glycaemia over time.
Proteins
Reduce meat and cheese.

Remember that fish, legumes and eggs (twice a week) are excellent alternatives and contain useful substances.

Check carefully their quality and origin.
Water
Drink a lot of water throughout the day – it has zero calories.

Eat yoghurt every day and reduce sugary drinks.

Choose fruit juices without added sugar.
Condiments
Use **extra-virgin olive oil**, aromatic herbs and seeds to cook or season food.

Try to reduce butter and sauces and avoid margarine, palm oil and coconut oil. They contain unhealthy fats.

Use **little amounts of iodized salt** for the proper functioning of heart, kidneys and thyroid.
WALK EVERYDAY

According to international scientific literature and GSD healthcare professionals experience

10,000 footsteps per day are the minimal physical activity needed to stay healthy.
LET'S WALK!

10,000 FOOTSTEPS MINIMUM

EVERY DAY & AS MUCH AS POSSIBLE
Exercise improves your health

Along with healthy eating, exercise plays a crucial role for your health.

We recommend aerobic activities, which allow muscles to use oxygen. Some examples are brisk walking, running (on treadmill, too), cycling, dancing and jumping rope.

Regular aerobic exercise has a lot of benefits
10 REASONS WHY YOU SHOULD HAVE PHYSICAL ACTIVITY EVERY DAY

01 Energy
It gives you more ENERGY to get through the day

02 Self-image
It improves your SELF-IMAGE

03 Resistance
It improves your fatigue RESISTANCE

04 Brain
Heart, lungs and BRAIN WORK BETTER

05 Sleep
It helps you FALL ASLEEP faster and sleep better

06 Socialize
It helps you SOCIALIZE

07 Healthy food
It makes you choose HEALTHIER FOOD, which gives you the right energy

08 Appetite
It helps you CONTROL YOUR APPETITE

09 Productivity
It helps you study and work better because it improves your CONCENTRATION AND PRODUCTIVITY

10 Memory
It helps your brain MEMORIZE CONCEPTS
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