



8th ESPEN Symposium

OBESITY AND MALNUTRITION The double burden

www.espen.org

VIRTUAL
EVENT

April 18-19, 2021

FACULTY

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Dileep Lobo | Nottingham, UK

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Darija Vranešić Bender | Zagreb, Croatia

Kremlin Wickramasinghe | Moscow, Russia

Volkan Yumuk | Istanbul, Turkey

SCIENTIFIC PROGRAM | DAY ONE - APRIL 18

9.30-12.30

LLL Course on Nutrition in Obesity

Obesity - Aetiopathogenesis and Complications | R. Barazzoni

Obesity - Assessment and Prevention | M. Chourdakis

Obesity Therapy | S. Bischoff

Bariatric Surgery - Nutritional and Metabolic Complications | I. Chermesh

13.30-18.40

Symposium > OBESITY AND MALNUTRITION - The double burden

Opening - Introduction and welcome

Y. Boirie and D. Lobo

13.40-15.20

Session I: Weight control, central regulation and changes in body composition

Chairs: O. Abbasoglu and D. Lobo

Physiological mechanisms controlling weight and body compartments

M. Müller

Modulation of eating behaviour: a central clue to treatment of obesity

A. Laviano

Are all adipocytes equal? Implications for body weight regulation

B. Okan Yildiz

Metabolic adaptation in different weight states and biological factors impeding weight loss

A. Dulloo

Measuring body composition in obesity

M. Müller

15.20-16.40

Session II (Joint session with EASO): Sarcopenia, sarcopenic obesity and malnutrition

Chairs: V. Yumuk and S. Bischoff

The effects of obesity on protein turnover and requirements

Y. Boirie

Sarcopenic obesity: relevance and nutritional approach

R. Barazzoni

New definitions of sarcopenia, obesity and sarcopenic obesity: do they make a difference?

L. Donini

GLIM criteria for malnutrition - Implications in the obese patient

T. Cederholm

Break

17.00-18.40

Session III: New approaches in obesity management

Chairs: N. Delzenne and Y. Boirie

The microbiome in weight management

N. Delzenne

Physical exercise in weight gain and weight loss

G. Finlayson

Alternate fasting and feasting

A. Bosy-Westphal

Formula meals and ketogenic diets in obesity

S. Bischoff

Childhood obesity: the power of prevention

D. Vranešić Bender

VIRTUAL EVENT

Due to the ongoing pandemic situation, ESPEN has decided to transform the 8th ESPEN Symposium, previously planned to be held in Istanbul in 2020, in a fully VIRTUAL EVENT.

The content has been enhanced and updated with the important interactions between obesity and COVID-19. More details about the technical features will follow.

REGISTRATION

Online registration at www.espen.org

REGISTRATION FEES**LLL Course**

ESPEN member*: € 30,00 + VAT 22%

ESPEN non member: € 50,00 + VAT 22%

Symposium

ESPEN member*: € 40,00 + VAT 22%

ESPEN non member: € 60,00 + VAT 22%

Package: LLL Course + Symposium

ESPEN member*: € 60,00 + VAT 22%

ESPEN non member: € 90,00 + VAT 22%

* 2021 regular membership is required.

LANGUAGE

English is the official language of the event.

TIME ZONE

The times indicated in the program are CEST (GMT +2).

RECORDING OF THE VIRTUAL EVENT

The live sessions will be recorded (except those where the faculty member did not agree with the recording) and will be available to registered attendees for 2 months after the end of the event.

13.30-18.20**Symposium > OBESITY AND MALNUTRITION - The double burden****13.30-14.50****Session IV: COVID-19, obesity and nutrition**

Chairs: S. Bischoff and C. Cuerda

Impact of micronutrient deficiencies in obesity during the COVID-19 pandemic
C. Cuerda

Obesity and risk for poor COVID-19 outcomes: a pathophysiological perspective
Y. Boirie

Obesity and COVID-19: nutritional risk, epidemiology and treatment
R. Barazzoni

Lifestyle changes during the COVID-19 pandemic: impact on obesity and NCD risk factors
K. Wickramasinghe

14.50-16.10**Session V: Bariatric surgery and outcomes**

Chairs: M. Müller and K. Demirag

New obesity drugs and bariatric surgery: shifting the options?
L. Busetto

Bariatric surgery: When to operate and what procedure?
A. Thorell

Bariatric surgery: lose fat and preserve muscle?
A. Bosy-Westphal

Nutritional supplements after bariatric surgery
I. Chermesh

16.10 Break**16.30-18.20****Session VI: Obesity, chronic diseases and nutritional aspects**

Chairs: R. Barazzoni and A. Thorell

Does obesity or weight loss protect in chronic and critical illness?
R. Barazzoni

Optimal nutritional care of obese patients with liver and GI disease
S. Bischoff

Optimal nutritional care of obese patients with frailty and disability
M. Halil

Prescribing nutrients and fluids in the obese: ideal or actual body weight
I. Chermesh

Double burden of malnutrition: can we expand the concept?
J. Breda and K. Wickramasinghe

Closing Remarks
Y. Boirie

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THANKS TO THE UNCONDITIONAL SUPPORT OF



ORGANIZING SECRETARIAT

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