



/ Venue

The Aristotle University of Thessaloniki

/ Learning Objectives

The objective of the event is to enhance knowledge regarding the epidemiology, pathophysiology, and treatment of obesity. At the end of the symposium, participant will be able to:

- Recognise the extent of the obesity epidemic in Greece and globally
- Discuss the inflammatory milieu engendered by obesity and its relationship to cardiovascular disease
- Understand the mechanisms involved in hunger and satiety regulation and their role in the pathophysiology of obesity
- Discuss the extent of weight loss needed for a clinically significant beneficial effect
- Recognise the various dietetic interventions that can be employed for the management of obesity and their effects on comorbidities
- Discuss the present and future pharmacologic therapeutic options and their indications
- Be cognisant of the long-term outcomes of the various bariatric procedures available, and how to choose among them

/ Provisional Programme

| | |
|-----------------------------------|---|
| 09.00 - 09.20 | Introduction and welcome Profs M Hassapidou and C Le Roux |
| 09.20 - 09.40 | Obesity prevalence; why the sudden increase? Are we reaching a plateau? Prof V Lambadiari, National and Kapodistrian University of Athens |
| 09.40 - 10.00 | Discussion |
| 10.00 - 10.20 | Obesity as an inflammatory condition; is this the link to cardiovascular disease? Dr. A Miras, Imperial College London |
| 10.20 - 10.40 | Discussion |
| 10.40 - 11.00 Coffee break | |
| 11.00 - 11.20 | Hunger and satiety regulation; is obesity a chronic disease of the subcortical areas of the brain? Prof C Le Roux, University College Dublin |
| 11.20 - 11.40 | Discussion |

World Obesity Federation

Charles Darwin 2, 107 Gray's Inn Road, London, WC1 X8TZ

T: +442076852580 E: enquiries@worldobesity.org

www.worldobesity.org

Registered charity number 1076981. Registered in England and Wales, 3802726. A company limited by guarantee.



| | |
|----------------------------|---|
| 11.40 - 12.00 | How much weight loss is needed for a substantial improvement in comorbidities? Dr T Tzotzas, Ag Pavlos Hospital, Thessaloniki |
| 12.00 - 12.20 | Discussion |
| 12.20 - 13.20 Coffee break | |
| 13.20 - 13.40 | Dietary management of obesity; does the presence of diabetes change the landscape? Prof M Hassapidou, Alexander Technological Institution of Thessaloniki |
| 13.40 - 14.00 | Discussion |
| 14.00 - 14.20 | Dietary interventions and diabetes remission; the DIRECT experience. Prof A Leeds, Cambridge Diet |
| 14.20 - 14.40 | Discussion |
| 14.40 - 15.00 | Pharmacotherapy for obesity. A solid present and a brilliant future. Prof A Kokkinos, National and Kapodistrian University of Athens |
| 15.00 - 15.20 | Discussion |
| 15.20 - 15.40 | Bariatric surgery: long term outcomes. Are there any truly promising novel procedures? Mr D Pournaras, North Bristol Trust, UK |
| 15.40 - 16.00 | Discussion |
| 16.00 - 16.20 | How can we put it all together? Prof C Le Roux, University College Dublin |

/ Accreditation

- CPD – 16 Points
- SCOPE – 4 Points