



**SCOPE School Global  
Obesity across the lifespan**

**Thursday 22<sup>nd</sup> - Saturday 24<sup>th</sup> October 2020**

**Learning objectives:**

The overall objective of this event is primarily to advance knowledge of the epidemiology and cost of obesity, both globally and locally in the GULF region. Speakers will expand on the causes of obesity, the role of physical activity and appetite regulation in prevention efforts. Moreover, the complications for patients living with obesity and means of managing the disease.

**By the end of the event you will:**

1. Understand the etiology and risk factors for obesity, including the current prevalence globally.
2. Recognise the health complications associated with obesity, as well the costs of the consequences of obesity on a global scale.
3. Understand the association between obesity and its comorbidities (cancer, diabetes, NASH) and the link between COVID-19 and obesity
4. Manage patients presenting with obesity effectively and conduct comprehensive initial assessments.

## AGENDA

### Thursday 22<sup>nd</sup> October 2020 – An introduction to obesity

<b>Chairs: Sara Suliman</b>		
<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER</b>
19:00 to 19:10	Opening remarks	Dr Sara Suliman
19:10 to 19:30	Epidemiology and cost of obesity – global perspective	Dr Donna Ryan
19:30 to 19:50	Epidemiology and cost of obesity – regional perspective	Dr Omniyat Alhajeri
<b>Q&amp;A. Audience Interaction (25 minutes)</b>		
<b>COMFORT BREAK (10 minutes)</b>		
20:25 to 20:45	Causes of obesity and appetite regulation	Dr Mohgah Elsheikh
20:45 to 21:05	Can you outrun a bad diet: physical activity, and diet in the treatment of obesity?	Dr Stuart Gray
<b>Q &amp; A and Wrap Up for the Day (25 minutes)</b>		

### Friday 23<sup>rd</sup> October 2020- - Obesity Complications

<b>Chairs: Sara Suliman</b>		
<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER</b>
15:00 to 15:05	Opening Remarks	Dr Mohgah El-Sheikh
15:05 to 15:25	Type 2 diabetes mellitus (TD2M) and obesity, what is the link?	Dr Sara Suliman
15:25 to 15:45	Cardiovascular Disease (CVD) and Obesity – can we break the cycle?	Dr Faisal Hassan
<b>Q&amp;A. Audience Interaction (25 minutes)</b>		
<b>COMFORT BREAK (10 minutes)</b>		
16:20 to 16:40	Non-alcoholic steatohepatitis (NASH) and Obesity	Dr Nigel Beejay
16:40 to 17:00	Obesity and COVID-19: cause or effect?	Dr Donna Ryan
17:00 to 17:20	Obesity and Cancer	Dr Caroline Apovian
<b>Q &amp; A and Wrap Up for the Day (25 minutes)</b>		

**Saturday 24<sup>th</sup> October 2020 – Management of Obesity**

<b>Chairs: Sara Suliman</b>		
<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER</b>
15:00 to 15:10	Opening remarks	Dr Mohamed AlHaddad
15:10 to 15:30	Assessment of obesity and its clinical implications	Dr Noor Al Busaidi
15:30 to 15:50	Diet, nutrition, and obesity	Dr Ebaa Al Ozairi
<b>Q&amp;A. Audience Interaction (30 minutes)</b>		
<b>COMFORT BREAK (10 minutes)</b>		
16:30 to 16:50	Medical management of obesity	Dr Donna Ryan
16:50 to 17:10	Surgical management of obesity - obesity surgery, and its role in weight management.	Dr Mohammad Al Haddad
17:10 to 17:30	Weight re-gain after surgery?	Dr Nasreen Alfaris
<b>Q &amp; A, Audience Interaction &amp; Final Remarks (30 minutes)</b>		