



09.00 – 09.20	Introduction and welcome Profs Maria Hassapidou and Carel Le Roux
09.20 – 09.40	Obesity prevalence; why the sudden increase? Are we reaching a plateau? Prof Vaia 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. Alex 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 Carel Le Roux, University College Dublin
11.20 – 11.40	Discussion
11.40 – 12.00	How much weight loss is needed for a substantial improvement in comorbidities? Dr Themistoklis 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 Maria Hassapidou, Alexander Technological Institution of Thessaloniki
13.40 – 14.00	Discussion
14.00 – 14.20	Dietary interventions and diabetes remission; the DIRECT experience. Prof Antony Leeds, Cambridge Diet
14.20 – 14.40	Discussion
14.40 – 15.00	Pharmacotherapy for obesity. A solid present and a brilliant future. Prof Alexander 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 Dimitri Pournaras, North Bristol Trust, UK
15.40 – 16.00	Discussion
16.00 – 16.20	How can we put it all together? Prof Carel Le Roux, University College Dublin

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