

ESPEN



THE EUROPEAN
SOCIETY
FOR CLINICAL
NUTRITION
AND
METABOLISM

8th ESPEN Symposium

OBESITY AND MALNUTRITION
The double burden

ISTANBUL

November 15-16, 2020

www.espen.org



Recommended by



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Symposium

Sunday, November 15

13.00-13.10

Opening - Introduction and welcome
O. Abbasoglu and D. Lobo

13.10-14.50

Session I

Chairs: O. Abbasoglu and D. Lobo

Weight control, central regulation and changes in body composition

13.10-13.30

Physiological mechanisms controlling weight and body compartments
M. Müller

13.30-13.50

Epigenetic modulation of eating behaviour
P. Dechelotte

13.50-14.10

Are all adipocytes equal? Implications for body weight regulation
B. Okan Yildiz

14.10-14.30

Metabolic adaptation in different weight states and biological factors impeding weight loss
A. Dulloo

14.30-14.50

Measuring body composition in obesity
M. Müller

14.50-16.10

Session II (Joint session with EASO)

Chairs: V. Yumuk and S. Bischoff

Sarcopenia, sarcopenic obesity and malnutrition

14.50-15.10

The effects of obesity on protein turnover and requirements
Y. Boirie

15.10-15.30

Sarcopenic obesity: relevance and nutritional approach
R. Barazzoni

LLL Course on Nutrition in Obesity

Sunday, November 15

08.30-12.30

- Obesity - Aetiopathogenesis and Complications > *R. Barazzoni*
- Obesity - Assessment and Prevention > *M. Chourdakis*
- Obesity Therapy > *S. Bischoff*
- Bariatric Surgery - Nutritional and Metabolic Complications > *I. Chermesh*

OBESITY AND MALNUTRITION - The double burden

15.30-15.50

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

L. Donini

15.50-16.10

GLIM criteria for malnutrition - Implications in the obese patient

T. Cederholm

16.10-16.40 *Coffee Break*

16.40-18.20

Session III

Chairs: N. Delzenne and Y. Boire

New approaches in obesity management

16.40-17.00

The microbiome in weight management

N. Delzenne

17.00-17.20

Physical exercise in weight gain and weight loss

G. Finlayson

17.20-17.40

Alternate fasting and feasting

A. Bosy-Westphal

17.40-18.00

Formula meals and ketogenic diets in obesity

S. Bischoff

18.00-18.20

Childhood obesity: the power of prevention

D. Vranešić Bender

Monday, November 16

09.00-10.20

Session IV

Chairs: M. Müller and K. Demirag

Bariatric surgery and outcomes

09.00-09.20

New obesity drugs and bariatric surgery: shifting the options?

L. Busetto

09.20-09.40

Bariatric surgery: When to operate and what procedure?

A. Thorell

09.40-10.00

Bariatric surgery: lose fat and preserve muscle?

A. Bosy-Westphal

10.00-10.20

Nutritional supplements after bariatric surgery

I. Chermesh

10.20-10.50 *Coffee Break*

10.50-12.40

Session V

Chairs: R. Barazzoni and A. Thorell

Obesity, chronic diseases and nutritional aspects

10.50-11.10

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

R. Barazzoni

11.10-11.30

Optimal nutritional care of obese patients with liver and GI disease

S. Bischoff

11.30-11.50

Optimal nutritional care of obese patients with frailty and disability

M. Halil

11.50-12.10

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

I. Chermesh

12.10-12.30

Double burden of malnutrition: can we expand the concept?

J. Breda

12.30-12.40

Closing Remarks

Y. Boirie

GENERAL INFORMATION

VENUE

Radisson Blu Hotel, Istanbul Sisli

19 Mayıs Street No 2
34360 Sisli - Istanbul (Turkey)

How to get there

Easily reach transport options like bus and metro via a 5-minute walk from the hotel.

The Sisli neighborhood offers easy access to the rest of the city. Taxi service is also available.

From Istanbul Airport

By public transport: take metro M1A to Yenikapi and connect with M2 to Haciosman. Exit at Sisli and the hotel will be 400 meters away.

By taxi: the airport is 22km away from the hotel. A taxi ride can last up to an hour depending on the traffic.

By car: take the Istanbul Airport exit, and take the left from roundabout to E-5 motorway towards Kadikoy. After 16 kilometers leave the motorway at Sisli junction and follow the main road. Make U turn to the left from Sisli Mosque. The Radisson Blu Hotel, Istanbul Sisli will be on the right at 19 Mayıs Caddesi (Mayis Street).

From Karakoy ferry terminal

By public transport: take the funicular to Beyoglu and make a connection with the metro M2 to Haciosman. Exit at Sisli and walk 400 meters to the hotel.

By taxi: the terminal is 6km from the hotel. A taxi ride usually takes about 20 minutes depending on the traffic.

REGISTRATION

Online registration at www.espen.org
or www.noemacongressi.it

Registration fees

Symposium

ESPEN member*: € 144,00
ESPEN non member: € 180,00

LLL Course

ESPEN member*: € 40,00
ESPEN non member: € 60,00

** 2020 regular membership is required.*

The fees include: admittance to the Scientific Sessions; Conference kit; Certificate of attendance; CME credits (if achieved); Coffee break.

Cancellation policy

Cancellation of registration must be made in writing to the organizing secretariat (by email or fax). If received before October 2, 2020, 70% of the amount paid will be refunded. No refunds will be made after this date.

CME CREDITS

International CME credits will be requested from UEMS/EACCME for the 8th ESPEN Symposium.

LANGUAGE

English is the official language of the event.

HOTEL RESERVATION

The Organizing Secretariat is available for Hotel reservations.

ORGANIZING SECRETARIAT

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