



# 8th ESPEN Symposium

## OBESITY AND MALNUTRITION The double burden

[www.espen.org](http://www.espen.org)

VIRTUAL  
EVENT

April 18-19, 2021

### FACULTY

#### CHAIRS

Yves Boirie | Clermont-Ferrand, France

Dileep Lobo | Nottingham, UK

#### FACULTY

Osman Abbasoglu | Ankara, Turkey

Rocco Barazzoni | Trieste, Italy

Stephan Bischoff | Stuttgart, Germany

Yves Boirie | Clermont-Ferrand, France

Anja Bosy-Westphal | Kiel, Germany

João Breda (WHO Moscow) | Porto, Portugal

Luca Busetto | Padua, Italy

Tommy Cederholm | Uppsala, Sweden

Irit Chermesh | Haifa, Israel

Michael Chourdakis | Thessaloniki, Greece

Cristina Cuerda | Madrid, Spain

Pierre Dechelotte | Rouen, France

Nathalie Delzenne | Louvain, Belgium

Kubilay Demirag | Izmir, Turkey

Lorenzo Maria Donini | Rome, Italy

Abdul Dulloo | Freiburg, Switzerland

Graham Finlayson | Leeds, UK

Meltem Halil | Ankara, Turkey

Dileep Lobo | Nottingham, UK

Manfred Müller | Kiel, Germany

Bulent Okan Yildiz | Ankara, Turkey

Anders Thorell | Stockholm, Sweden

Darija Vranešić Bender | Zagreb, Croatia

Kremlin Wickramasinghe | Colombo, Sri Lanka

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*

Epigenetic modulation of eating behaviour

*P. Dechelotte*

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](http://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).

**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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**ORGANIZING SECRETARIAT**

N O E M A

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