

Megaron International Conference Centre, Athens, Greece

Learning Objectives:

The overall objective of the event is to advance individual medical management of patients with obesity. At the end of the symposium, participant will be able to:

- Recognize obesity as a disease of significance in Greece and nearby countries
- Discuss the diagnosis of obesity and initial assessment and staging of patients
- Relate the efficacy and safety of conventional lifestyle intervention, commercial programs for lifestyle change and the role of on-line programs and apps in achieving lifestyle change
- Discuss the safety, tolerability and efficacy of currently available medications used for chronic weight management in the EU
- Describe the indications, safety and efficacy of bariatric surgical procedures available in the EU
- Recognize the physiologic factors related to weight regain after weight loss
- Identify appropriate approaches among multiple specialties for managing obesity across the lifespan

PROVISIONAL PROGRAMME

08.30 –09:00	Registration & Tea/Coffee
09.00 - 09.30	Welcome – Professors Alexander Kokkinos and Carel le Roux <ul style="list-style-type: none"> • Welcome, Housekeeping items • ARS using 5 Case-based pre-test questions • Setting the stage: Prevalence and impact of obesity in Greece and the EU
09.30-09.55	What should our objectives be when we treat obesity? What should our objectives be when we treat obesity? Prof Vaia Lambadiari, Greece <ul style="list-style-type: none"> • What defines obesity and when is medical intervention needed? • Initial assessing and staging of the patient • How much weight loss is needed to achieve health benefit?
09.55-10.20	Discussion Sample topics for discussion: metabolically healthy obesity, metabolically unhealthy individuals with BMI <25, aging and assessment of excess body fat, and obesity stigma/bias.
10.20-10.45	Maximizing initial weight loss with special low-calorie diets. Strategies for maintaining successful initial weight loss - Dr Tony Leeds, UK <ul style="list-style-type: none"> • Evidence for successful initial and long term weight loss with low-calorie and very-low-calorie liquid diets • Managing low-calorie liquid diets safely • Evidence for success in implementing low-calorie meal replacement diets in general practice • Secrets of long-term success
10.45-11.10	Discussion Sample topics for discussion: differences between low-calorie and very-low-calorie diets; different meal replacement approaches; alternate day fasting; 14-hour fasting; trending diets.
11.10-11.30 Coffee break	

11.30-11.55	<p>How do we achieve changes in behaviours around food intake and physical activity in general medical practices? Dr George Georgantopoulos, Greece</p> <ul style="list-style-type: none"> • What is cognitive behaviour therapy • The gold standard for intensive lifestyle intervention and it's efficacy • How can we make intensive lifestyle intervention work in general medical practices? (commercial programs, internet programs, apps and devices, other approaches)
11.55-12.20	<p>Discussion Sample topics for discussion: slow and steady vs. rapid weight loss, appropriate approaches for special populations (physical or mental disability, lower socioeconomic status, older patients), why do patients 'fail' at lifestyle intervention.</p>
12.20-13.20 Lunch	
13.20-13.45	<p>Medicating the patient with obesity: who qualifies, how should medications be chosen and how long should they be taken? Prof Alexander Kokkinos, Greece</p> <ul style="list-style-type: none"> • Currently available medication in Greece and EU: mechanism of action, safety profiles, tolerability profiles and efficacy profiles • Choosing the 'right' medication for the patient • Strategies for maximizing initial weight loss and successfully maintaining lost weight
13.45-14.10	<p>Discussion Sample topics for discussion: Drug interactions, using multiple medications together, medicating the patient with renal dysfunction, HCG and other unproven therapies, off-label prescribing</p>
14.10-14.35	<p>What is the value of surgery to achieve weight loss and what strategies can be used to maintain the weight loss? Dr Harry Pappis, Greece</p>
14.35-15.00	<p>Discussion Sample topics for discussion: long term nutritional needs of various bariatric procedures; use of medications to treat or prevent weight gain post bariatric surgery; contraindications for surgery.</p>
15.00-15.25	<p>How close are we to a "medical bypass"? Dr Alex Miras, UK</p> <ul style="list-style-type: none"> • Drugs in the pipeline • Devices currently in use and in the pipeline • Combination therapy
15.25-15.50	<p>Discussion Sample topics for discussion: cardiovascular outcome trials in obesity, specialist vs. generalist obesity care, disasters of the past, future of leptin sensitizers.</p>
15.50-16.15	<p>How can we combine surgery and medical care to achieve even better weight loss maintenance? Dr Dimitri Pournaras, UK</p> <ul style="list-style-type: none"> • Obesity risk across the lifespan • Chronic care model of disease • Multidisciplinary approaches to care • Generalist team approach to care
16.15-16.40	<p>Discussion Sample topics for discussion: specialist vs. generalist approaches, public health approaches, known policies that have had an effect on the obesity epidemic.</p>
16.40-16.50	<p>Summary and Post-Test: Professors Alexander Kokkinos and Carel le Roux</p>

Accreditation: CPD – 16 Points, SCOPE – 4 Points