

ESPEN



THE EUROPEAN  
SOCIETY  
FOR CLINICAL  
NUTRITION  
AND  
METABOLISM

# 8th ESPEN Symposium

**OBESITY AND MALNUTRITION**  
**The double burden**

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



**ISTANBUL**

**November 15-16, 2020**

## CHAIRS

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# LLL Course

## on Nutrition in Obesity

Sunday 15 November

08.30-12.30

- Obesity - Aetiopathogenesis and Complications
- Obesity - Assessment and Prevention
- Obesity Therapy
- Bariatric Surgery - Nutritional and Metabolic Complications

# Symposium

Sunday 15 November | 13.00-18.20

12.30-13.00 Lunch

13.00-13.10

Opening - Introduction and welcome

13.10-14.50 **Session I**

**Weight control, central regulation and changes in body composition**

13.10-13.30

Physiological mechanisms controlling weight and body compartments

13.30-13.50

Epigenetic modulation of eating behaviour

13.50-14.10

Are all adipocytes equal? Implications for body weight regulation

14.10-14.30

Metabolic adaptation in different weight states and biological factors impeding weight loss

14.30-14.50

Measuring body composition in obesity

14.50-16.10 **Session II**

**(Joint session with EASO)  
Sarcopenia, sarcopenic obesity and malnutrition**

14.50-15.10

The effects of obesity on protein turnover and requirements

15.10-15.30

Sarcopenic obesity: Relevance and nutritional approach

## OBEESITY AND MALNUTRITION - The double burden

15.30-15.50

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

15.50-16.10

GLIM criteria for malnutrition - Implications in the obese patient

16.10-16.40 Coffee Break

16.40-18.00 **Session III**

**New approaches in obesity management**

16.40-17.00

The microbiome in weight management

17.00-17.20

Physical exercise in weight gain and weight loss

17.20-17.40

Alternate fasting and feasting

17.40-18.00

Formula meals and ketogenic diets in obesity

18.00-18.20

Childhood obesity: the power of prevention

**Monday 16 November | 09.00-12.40**

09.00-10.40 **Session IV**

**Bariatric surgery and outcomes**

09.00-09.20

New obesity drugs and bariatric surgery: shifting the options?

09.20-09.40

Bariatric surgery: When to operate and what procedure?

09.40-10.00

Bariatric surgery: lose fat and preserve muscle?

10.00-10.20

Nutritional supplements after bariatric surgery

10.20-10.50 Coffee Break

10.50-12.40 **Session V**

**Obesity, chronic diseases and nutritional aspects**

10.50-11.10

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

11.10-11.30

Optimal nutritional care of obese patients with liver and GI disease

11.30-11.50

Optimal nutritional care of obese patients with frailty and disability

11.50-12.10

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

12.10-12.30

Double burden of malnutrition: can we expand the concept?

12.30-12.40 Closing Remarks

**ORGANIZING SECRETARIAT**

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