

EASO YIU Summer School: Obesity – A Multi-Systemic Disease

June 24-26, 2015 Lisbon, Portugal



This 2-day Summer School, organized by EASO's Young Investigators United Board, will focus on the development of knowledge and skills in the field of obesity research. Topics that will be covered include metabolic and cardiovascular risk in obesity, appetite regulation, psychological aspects of obesity, complications of obesity (e.g. erectile dysfunction and skin problems), dietary and pharmacological treatment of obesity, and web-based approaches to tackle the obesity epidemic. The program is based on both lectures and practical trainings (e.g. anthropometric measurements, psychological counseling), which will be provided by international experts in the field of obesity research. On completion of the course, participants will have a thorough grounding in multiple aspects of obesity research and will have developed certain skills to facilitate their research.

Registration is free and we will also provide hotel accommodation (2 nights) for **all** delegates. A limited number of travel grants (€250) will also be available. Candidates are expected to complete an application process which will be announced on the YIU section of the EASO website.

Draft Programme

Wednesday June 24th

Arrival

Thursday June 25th

- 08.30-09.00** Welcome and Introduction – YIU Board
09.00-09.30 Vascular dysfunction in obesity (**Coen Stehouwer, Netherlands**)
09.30-10.00 Sleep apnea in morbid obesity: From diagnosis to treatment (**John Wilding, UK**)
10.00-10.30 Coffee break
10.30-11.00 Endocrine pathology and obesity: thyroid and adrenal axes (**Zdravko Kamenov, Bulgaria**)
11.00-11.30 Obesity and reproductive health: Bidirectional interactions and clinical consequences (**Manolo Tena-Sempere, Spain**)
11.30-12.00 Obesity: A psychological disorder? Causation and consequences (**Jason Halford, UK**)
12.30-13.30 Lunch
13.30-15.00 Controversies – The metabolically healthy obese: fact or fiction? (**Norbert Stefan, Germany**)
15.00-15.30 Coffee break
15.30-17.00 Controversies – Obesity: is the individual the one to blame? (**Claudia Sikorski, Germany**)
17.00-17.30 New players in energy balance regulation (**Miguel López, Spain**)
20.00 Networking Dinner

Friday June 26th

- 9.00-09.30** Obesity in the pediatric population (**Nathalie Farpour-Lambert, Switzerland**)
09.30-10.00 Skin changes in obesity and prediabetes (**Razvigor Darlenski, Bulgaria**)
10.00-10.30 Coffee break
10.30-11.00 What is new in dietary treatment of obesity? (**Maria Hassapidou, Greece**)
11.00-11.30 What is new in drug treatment of obesity? (**Arne Astrup, Denmark**)
11.30-12.00 Digital behaviour change tools in obesity management (**Pedro Teixeira, Portugal**)
12.30-13.30 Lunch
13.30-15.00 Practical training 1 (Leg 1, n=15) Practical training 2 (Leg 2, n=15)
15.00-15.30 Coffee break
15.30-17.00 Practical training 2 (Leg 1, n=15) Practical training 1 (Leg 2, n=15)
17.00-17.30 Summing Up and Close

N.B. Practical trainings will be structured in small group of students (n=15).

Practical training 1: Anthropometric measurements in obesity (**Arne Astrup, Denmark**)

BMI is the most frequently used surrogate measure of adiposity. However, BMI, although easy to calculate, exhibits notable inaccuracies not precisely reflecting body fat. The practical training 1 will focus on the most relevant anthropometric measurements to obesity, namely body mass index (BMI), waist circumference, waist-to-hip ratio and percentage of body fat, in order to better characterize the obese patient.

Practical training 2: Motivational interviewing of the obese patient (**TBC**)

Motivational interviewing, a directive, patient-centred counselling approach focused on exploring and resolving ambivalence, has emerged as an effective therapeutic approach. The practical training 2 will explain several methods in order to ensure an effective motivational interviewing in weight-loss interventions.