

CORSO GRATUITO

# Obesity and Health

## Multidisciplinary Approaches and New Therapeutic Perspectives

Responsabile Scientifico: Hellas Cena

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CREDITI  
ECM

16 APRILE 2025

Palazzo Vistarino - Via Sant'Ennodio, 26 - 27100 Pavia



ANSISA

ASSOCIAZIONE NAZIONALE SPECIALISTI IN SCIENZA DELL'ALIMENTAZIONE

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**Scientific Coordinator:** Hellas Cena

**Educational Objective:** 31 - Epidemiology - health prevention and promotion - diagnostics - toxicology with acquisition of system notions

**Number of participants:** 50

**Scientific rationale:** Obesity is one of the most pressing global health challenges, with its prevalence steadily rising over the past decades. Currently, over 650 million adults worldwide are living with obesity, and this number continues to grow. The condition is associated with significant health risks, including type 2 diabetes, hypertension, dyslipidemia, cardiovascular diseases, and non-alcoholic fatty liver disease (NAFLD). Severe obesity can reduce life expectancy by approximately 10 years, and it is estimated that at least 2.8 million deaths annually are attributable to overweight and obesity. Recent scientific advancements have highlighted the need to view obesity not merely as an excess of body fat but as a chronic, complex condition characterized by pathological changes in adipose tissue. This "adiposopathy" is marked by chronic low-grade inflammation and alterations in the structure and function of adipose tissue, contributing to the onset of obesity-related comorbidities. The multifactorial nature of obesity underscores the importance of a comprehensive, multidisciplinary approach to its management. Factors such as genetics, metabolic biology, hormonal regulation, environmental influences, and individual behavior must be considered when designing effective treatment strategies. Addressing these dimensions requires collaboration across disciplines, allowing specialists to provide a personalized care plan that goes beyond weight reduction to include the management of obesity-related complications. This course will explore cutting-edge developments in the understanding and treatment of obesity through an interdisciplinary lens. The sessions will cover a range of topics, including epidemiology, nutritional interventions, pharmacotherapy, and the management of nutritional deficiencies and gastrointestinal disorders. By fostering a collaborative dialogue, the program aims to equip healthcare professionals with the knowledge and tools necessary to address obesity in a more effective and patient-centered manner.

## PROGRAMMA

- 1:45 pm **Participants' registration**
- 2:15 pm **The Epidemiology of Obesity and Related Conditions**  
*Hellas Cena*
- 2:45 pm **Types of Nutritional Treatments: Benefits and Limitations**  
*Dorothy Sears*
- 3:30 pm **Pharmacotherapy: Current Status and Emerging Medications**  
*Fatima Cody Stanford*
- 4:15 pm **Nutritional Therapy: Supporting Nutritional Deficiencies and Managing Gastrointestinal Disorders Associated with Pharmacotherapy**  
*Cara Ruggiero e Francesca Sottotetti*
- 5:15 pm **Comprehensive patient well-being: from intake to nutritional and pharmacological treatment and follow-up**  
*Valentina Braschi*
- 6:00 pm **Take home message**  
*Hellas Cena*
- 6:15 pm **Closing of the scientific works**
- CME questionnaire**

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