

SCIENTIFIC PROGRAMME

DAY 1 FRIDAY, 5 th of December, 2025	
08:30-09:00	PARTICIPANT REGISTRATION & WELCOME COFFEE
09:00-09:30	Official Opening Welcome address and presentation of course objectives Francesco Giorgino Bogdan Timar Anca Pantea Stoian
09:30-11:20	SESSION I: Obesity as a Risk Factor and Complication in Diabetes Chair: Francesco Giorgino, Bogdan Timar 09:30-09:50 Adipose tissue dysfunction: Pathological mechanisms Richard Bracken (United Kingdom) 09:50-10:10 Obesity and CVD Manfredi Rizzo (Italy) 10:10-10:30 Obesity classification Josep Vidal (Spain) 10:30-10:50 Obesity Complications Anca Pantea Stoian (Romania) 10:50-11:10 Excess adipose tissue: mechanic complications Bogdan Timar (Romania) 11:10-11:30 Prevalence and clinical implications of obesity Francesco Giorgino (Italy) 11:30-11:40 Q&A
11:40-12:00	COFFEE BREAK
12:00-13:10	SESSION II: Assessing Patients with Diabetes and Obesity: Clinical and Imaging Tools Chairs: Dimitri Puranaras, Catharina Conte 12:00-12:20 Body mass index (BMI), waist circumference, waist-to-hip ratio, waist-to-height ratio Caterina Conte (Italy) 12:20-12:40 Body composition (bioimpedance, MRI, DEXA) Johanna Brix (Austria) 12:40-13:00 Assessing other risk markers



13:00-13:10	Dimitri Purnaras (United Kingdom) Q&A
13:10-14:00	LUNCH BREAK
14:00-15:20	SESSION III: Common Complications of Diabetes and Obesity: Prevention and Management Chairs: Manfredi Rizzo, Maria Mota
14:00-14:10	CKD Maria Mota (Romania)
14:10-14:30	MASLD Bernhard Ludvik (Austria)
14:30-14:50	Heart failure and Atherosclerosis Doina Catrinoiu (Romania)
14:50-15:10	OSAS Matthias Blüher (Germany)
15:10-15:20	Q&A
15:20-18:15	SESSION IV: The Pharmacological Therapy and The Role of the Multidisciplinary Team in Managing Diabetes and Obesity Chairs: Cornelia Bala, Bernhard Ludvik
15:20-15:40	Stronger Together: The Power of a Multidisciplinary Team in Diabetes and Obesity Care - Collaboration among diabetologists, nutritionists, psychologists, and physical medicine specialists Cornelia Bala (Romania)
15:40-16:00	New Diabetes Medications with Impact on Body Weight Francesco Giorgino (Italy)
16:00-16:20	Future Diabetes Medications with positive impact on body weight. The pipeline Bernhard Ludvik (Austria)
16:20-16:40	Mechanisms of action of the most important medication, clinical use, and recent evidence from studies Cristian Guja (Romania)
16:40-17:00	Surgical Antidiabetic Therapies Dimitri Pournaras (United Kingdom)
17:00-17:20	Muscle loss during weight loss: what to know Caterina Conte (Italy)
17:20-17:40	Communication with the patient and between specialists Dominic Ehrmann (Germany)



17:40-18:00	Q&A and Closing remarks
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DAY 2 Saturday, 6 th of December, 2025	
08:30-09:00	Participants Arrival and Welcome Coffee
09:00-10:40	SESSION IV: Workshop Hands-On: Assessing Obesity and Calculating Risks Practical tools: BMI, waist circumference, waist-to-hip ratio, waist-to-height ratio. Cardiovascular and metabolic risk calculations. Applied case discussions Matthias Blüher (Germany) Josep Vidal (Spain) Caterina Conte (Italy) Delia Reurean Pintilei (Romania) Lidia Arhire (Romania)
10:40-11:00	COFFEE BREAK
11:00-12:40	SESSION V: Workshop Hands-On: Personalized Management of Patients with Diabetes and Obesity - Treatment planning and tailoring interventions Bernhard Ludvik (Austria) Dimitri Puranaras (United Kingdom) Delia Reurean Pintilei (Romania) Mihaela Vladu (Romania) Richard Bracken (United Kingdom)
12:40-13:40	LUNCH BREAK
13:40-15:40	SESSION VI: Workshop Hands-On: Initiating Lifestyle Changes and Maintaining Results Effective communication for patient motivation. Planning nutritional interventions. Personalized exercise plans: creating realistic goals for the 4 cases previously proposed. Delia Reurean Pintilei (Romania) Anca Pantea Stoian (Romania) Adina Mitrea (Romania) Diana Protasiewicz (Romania)
15:40-16:00	COFFEE BREAK



16:00-17:00	SESSION VII: Interactive Case Study: Managing a Complex Patient with Diabetes and Obesity and Long-Term Management: Monitoring, Relapse Prevention, and Treatment Adjustment Johanna Brix (Austria) Matthias Blüher (Germany) Caterina Conte (Italy) Delia Reurean Pintilei (Romania) Lidia Arhire (Romania) Cornelia Bala (Romania)
17:00-17:30	Recap and Final Conclusions – All together Summary of key ideas: ➤ Plans for implementing new practices in clinical activity. ➤ Participant feedback