

**13<sup>th</sup>  
MAY  
2021**

**12:30 - 2:00 PM**

 **LIVE  
STREAMING**

**PronoKal Group<sup>®</sup>**

Science and nutrition for weight loss

**ECO<sup>ONLINE</sup> 2021**  
28<sup>TH</sup> EUROPEAN CONGRESS ON OBESITY  
10-13 MAY, 2021

**EASO**  
European Association for the Study of Obesity

Satellite Symposium

## Use of VLCKD for weight loss management in combination with digital strategies and molecular genetic diagnosis



**MODERATOR**

**Dr. Felipe Casanueva**

Professor of Medicine  
Santiago de Compostela University  
IDIS Complejo Hospitalario U de Santiago



**DISCUSSION TABLE**

**Dr. Francisco Tinahones**

President of the Spanish Society  
for the Study of Obesity (SEEDO).  
Málaga (Spain)



**Dra. Annamaria Colao**

Department of Clinical Medicine and Surgery at the  
University of Naples Federico II, and President-elect SIE -  
Italian Society of Endocrinology



**Dra. Ana Belén Crujeiras**

Head of Epigenomics in Endocrinology  
and Nutrition group at IDIS-SERGAS.  
Santiago de Compostela (Spain)



**Dr. Philip Bazire**

International Scientific Advisor in the field  
of Metabolism and Obesity. London (UK)

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# Use of VLCKD for weight loss management in combination with digital strategies and molecular genetic diagnosis

### **12.30-12.40 Welcome and Introduction**

Dr. Felipe Casanueva (Spain).

### **12.40-13.00 European Guidelines for Obesity Management in Adults with a Very Low-Calorie Ketogenic Diet**

Dra. Annamaria Colao (Italy).

This presentation will present the recently published European Guidelines for the management of obesity in adults, endorsed by the Obesity Management Task Force (OMTF) of the EASO. The novelty of these Guidelines is that for the first time VLCKD is evidenced as an effective and safe approach for the treatment of obesity. The main objective is to provide reference data and suggest a common protocol for VLCKD.

### **13.00-13.20 Past, present and future of the very low calorie ketogenic diet (VLCKD)**

Dra. Ana Belén Crujeiras (Spain).

This presentation will tackle the most relevant scientific evidence in last years regarding the Very Low Calorie Ketogenic Diet (VLCKD) for the treatment of obesity or even type 2 diabetes. There will be presented different studies which are related to the acid-base status of obese patients during the course of a VLCKD; changes in resting metabolic rate and the associated hormonal alterations in obese patients with VLCKD; influence on sexual activity and life quality; or even how a VLCKD could modulate myokine levels, in addition to changes in body composition.

### **13.20-13.40 Real world evidence – the role of digitalization and genetic studies in the management of obesity**

Dr. Philip (UK).

The aim of this presentation is to analyze the importance of Real World Evidence (RWE) in relation to the assessment of obesity and related chronic diseases. Two RWE studies performed by Pronokal will be presented, which will provide information about how digitalization and genetic studies of metabolism are going to become essential tools for the management of obesity in an increasing precision medicine environment.

### **13.40-13.55 Discussion**

Dr. Felipe Casanueva / Dr. Francisco Tinahones / Dra. Annamaria Colao / Dra. Ana Belén Crujeiras / Dr. Philip Bazire.

### **13.55-14.00 Wrap-up and conclusions**

Dr. Felipe Casanueva (Spain) / Dr. Francisco Tinahones (Spain).