Advancing Obesity and Metabolic Disease Research: From Pathophysiology to Innovative Treatments
27–28 novembre 2025
Responsabile Scientifico: Prof.ssa Geltrude Mingrone
SEDE: Royal Continental Hotel, Napoli
Indirizzo: Via Partenope, 38, 80121 Napoli NA

Ble & Associates srl – ID: 5357
Numero Ecm: 5357 - 459514 - Edizione: I
Responsabile Scientifico: Prof.ssa Geltrude Mingrone
TIPOLOGIA EVENTO: EVENTO RES
Obiettivo formativo: Linee Guida - Protocolli - Procedure
Destinatari dell'attività formativa: Accreditato per 100 PAX tra MEDICO CHIRURGO: Endocrinologia; Malattie Metaboliche e Diabetologia, Cardiologia, Medicina Interna, Medicina Generale (Medici Di Famiglia), Gastroenterologia, Scienza dell'Alimentazione e Dietetica; BIOLOGO; DIETISTA; Iscritto nell'elenco speciale ad esaurimento PSICOLOGO: Psicologia; Psicoterapia
Data di inizio e di fine: 27- 28 Novembre 2025
Ore formative: 12 ore
Numero dei crediti assegnati: 12 crediti ECM

RAZIONALE

Obesity and its related metabolic disorders remain some of the most pressing public health challenges of our time, requiring a multidisciplinary approach to understand their pathophysiology, clinical implications, and treatment strategies. This meeting brings together experts from various fields to provide a comprehensive overview of obesity, metabolic dysfunction-associated steatotic liver disease (MASLD), and their interconnections with metabolic and cardiovascular health. The meeting begins with an introduction, setting the stage for discussions that blend scientific insights with broader reflections on competition and perseverance, as illustrated by the historical rivalry between Bernini and Borromini. This thematic introduction serves as a metaphor for scientific progress, emphasizing the importance of collaboration and innovation in advancing medical research. A key focus of the meeting is the dysfunction of adipose tissue and its impact on obesity and liver health. The presentation on this topic provides a foundation for understanding the mechanisms driving metabolic diseases, setting the stage for subsequent discussions on MASLD/MASH pathophysiology. Given the increasing prevalence of metabolic-associated liver disease, emerging insights into its underlying mechanisms and new diagnostic and treatment strategies are crucial. The second day begins with discussions on the distinction between clinical and preclinical obesity, an evolving concept that has significant implications for both treatment and prevention. Clarifying these definitions is essential for refining diagnostic criteria, identifying

individuals at risk, and implementing targeted interventions. The prevalence of these obesity subtypes will be explored, followed by a round table discussion where experts will debate the most effective approaches for diagnosing and managing clinical obesity. Pharmacological treatment remains a cornerstone of obesity management, and recent advancements in weight loss medications warrant a dedicated session to provide a comprehensive overview of their efficacy, safety, and place in therapy. Additionally, obesity in type 1 diabetes—a less frequently discussed but clinically significant condition— will be examined to shed light on its prevalence and treatment implications. Bariatric surgery continues to play a pivotal role in obesity management, even as pharmacological approaches advance. The evolving relationship between surgery and medication-based treatments will be explored, with a focus on optimizing patient outcomes. Furthermore, MASLD/MASH will be examined from both hepatic and cardiometabolic perspectives, emphasizing the need for tailored treatment strategies based on disease subtypes. The meeting will also highlight novel insights into the role of leptin deficiency and leptin receptor defects in insulin resistance and diabetes, further expanding our understanding of obesity- related metabolic dysfunction. Finally, the conference will address the cardiovascular benefits of GLP- 1 receptor agonists, reinforcing their role beyond glucose control in the secondary prevention of cardiovascular events. By fostering discussions across disciplines—including endocrinology, hepatology, pharmacology, and bariatric surgery—this meeting aims to drive innovation in obesity research, refine diagnostic and therapeutic strategies, and ultimately improve patient care. The concluding remarks will summarize key takeaways and outline future directions for research and clinical practice.

PROGRAMMA SCIENTIFICO

27 novembre 2025

- 13:30-14:00 – Welcome and meeting introduction – Geltrude Mingrone
- 14:00-14:30 –The Pompei Tales: misteries, miseries and mischiefs – Nicola Basso
- 14:30 -14:45 Coffee Break
- 14:45-15:15 Chairmen: Maurizio De Luca Rovigo, Roberto Vettor
  The Impact of Adipose Tissue Dysfunction on Obesity and Liver Health – Antonio Vidal Puig
- 15:15-16:30 Moderator: Castagneto Gissey
  Oral Communications

- 16:30-17.00 Weight loss medications an overview - Ebaa Al Ozairi

- 17:00-18:00 – Leveraging university networks to drive innovation in research and education Stefan Bornstein

- 18:00-19:30 Moderators: Castagneto Gissey
  Oral Communications

- 19:30 – Take Home Messages - Geltrude Mingrone

28.11. 2025

- 8:30-9:00 Chairmen: Andrea Lenzi, Geltrude Mingrone
  Round table on pharmacological approaches to Obesity treatment in Italy and National Health System: Francesco Rubino, Roberto Vettor

- 9:00-9:30 Chairmen: Giorgio Sesti

  Clinical and PreClinical Obesity: implications for obesity treatment and prevention - Francesco Rubino

- 9:30-10:00 Prevalence of Clinical and PreClinical Obesity - Josè Manuel Fernandez

- 10:00-11:00 Round table on Clinical Obesity diagnosis

  Chairman: Nicola Di Lorenzo
  Discussants: Francesco Rubino, Marco Raffaelli, Martine Laville, Silvio Buscemi

- 11:00-11:30 Coffee Break

- 11:30-12:00 Chairmen: Giovanni Casella, Mario Musella
  The evolving role of Bariatric Surgery in the era of advanced weight-loss medications - Francois Pattou

- 12:00-12:30 Advances in endoscopic surgery - Ivo Boskoski

- 12:30-13:00 Moderators: Bozzetto Lutgarda
  Oral Communications

- 13:00-14:15 Lunch

- 14:15-14:45 Chairmen: Luigi Angrisani
  Prevalence of obesity in childhood and adolescence and treatment - Melania Manco

- 14:45-15:15 Liver-Specific MASH vs Cardiometabolic MASH - Stefano Romeo

- 15:15-15:45 Present and near future of MASH diagnosis and treatment - Philip Newsome

- 15:45-16:15 Decoding the pathophysiology of MASLD/MASH: emerging insights - Amalia Gastaldelli

- 16:15-16:45 Coffee Break

- 16:45-17:15 Chairmen: Esmeralda Capristo
  Moderator: Bozzetto Lutgarda

  Oral Communications

- 17:15-17:45 Secondary prevention of cardiovascular events with GLP1- Ras - Alexander Kokkinos

- 17:45-18.00 Conclusive remarks - Geltrude Mingrone

ACRONIMI

MASLD – *Metabolic dysfunction-associated steatotic liver disease*

MASH – *Metabolic dysfunction-associated steatohepatitis*

GLP-1 – *Glucagon-Like Peptide-1* (usato in "GLP-1 receptor agonists")

FACULTY

COGNOME	NOME	LAUREA	SPECIALIZZAZIONE	AFFILIAZIONE
Al Ozairi	Ebaa	Medicina e Chirurgia	Diabetes & Endocrinology	Dasman Institute Kuwait
Angrisani	Luigi	Medicina e Chirurgia	Chirurgia dell'Apparato Digerente ed Endoscopia Digestiva	University Federico II Naples Italy
Basso	Nicola	Medicina e Chirurgia	Chirurgia Generale	University Sapienza Rome Italy
Bornstein	Stefan R.	Medicina e Chirurgia	Endocrinologia e Diabetologia,	Dranscampus Dean Dresden London
Boskoski	Ivo	Medicina e Chirurgia	Gastroenterologia ed Endoscopia Digestiva	Università Cattolica S. Cuore Rome Italy
Bozzetto	Lutgarda	Medicina e Chirurgia	Medicina interna	University Federico II Naples Italy
Buscemi	Silvio	Medicina e Chirurgia	Medicina interna	University of Palermo, Italy
Capristo	Esmeralda	Medicina e Chirurgia	Endocrinologia e Malattie del Ricambio	Università Cattolica S. Cuore Rome Italy
Casella	Giovanni	Medicina e Chirurgia	Chirurgia Generale	University Sapienza Rome Italy
Castagneto Gissey	Lidia	Medicina e Chirurgia	Chirurgia Generale	Università La Sapienza, Roma
De Luca	Maurizio	Medicina e Chirurgia	Chirurgia Generale	Ospedale di Rovigo
Di Lorenzo	Nicola	Medicina e Chirurgia	Endocrinologia e Malattie del Metabolismo	University Sapienza Rome Italy
Fernandez	Josè Manuel	Medicina e Chirurgia	Endocrinologia	Real University of Girona Spain
Gastaldelli	Amalia	Medicina e Chirurgia	Endocrinologia e Malattie del Metabolismo	National Council of Research Pisa Italy
Kokkinos	Alexander	Medicina e Chirurgia	Medicina interna	University of Athens Greece
Laville	Martine	Medicina e Chirurgia	Endocrinologia	University Claude - Bernard, Lyon
Lenzi	Andrea	Medicina e Chirurgia	Endocrinologia e Malattie del Metabolismo	University Sapienza Rome Italy
Manco	Melania	Medicina e Chirurgia	Endocrinologia e Malattie del Metabolismo	Ospedale Pediatrico Bambin Gesu' Rome Italy
Mingrone	Geltrude	Medicina e Chirurgia	Endocrinologia e Malattie del Metabolismo	Università Cattolica S. Cuore Rome Italy
Musella	Mario	Medicina e Chirurgia	Endocrinologia e Metabolismo	University Federico II Naples Italy

Newsome	Philip	Medicina e Chirurgia	Gastroenterologia ed Epatologia	King's College London UK
Pattou	Francois	Medicina e Chirurgia	Chirurgia Generale	University of Lille France
Raffaelli	Marco	Medicina e Chirurgia	Chirurgia Generale e Oncologica	Università Cattolica S. Cuore Rome Italy
Romeo	Stefano	Medicina e Chirurgia	Endocrinologia e Malattie del Ricambio	Karolinska University Stockholm Sweden
Rubino	Francesco	Medicina e Chirurgia	Endocrinologia e Metabolismo	King's College London UK
Sesti	Giorgio	Medicina e Chirurgia	Endocrinologia e Metabolismo	University Sapienza Rome Italy
Vettor	Roberto	Medicina e Chirurgia	Endocrinologia e Metabolismo	Humanitas, Milan, Italy
Vidal Puig	Antonio	Medicina e Chirurgia	Endocrinologia e Metabolismo	Cambridge University UK

DICHIARAZIONE DEL LEGALE RAPPRESENTANTE

La sottoscritta Barbara Colombo, in qualità di legale rappresentante di Ble&Associates srl (provider 5357)

DICHIARA

Di essere in possesso di tutti i curriculum vitae dei relatori e moderatori dell'evento in corso, ma di non poterli allegare al sito in quanto il file nella sua interezza supera i 4MB.

Caserta, 16/07/2025

Dott.ssa Barbara Colombo

BLE & ASSOCIATES S.R.L.
V. Paul Harris, snc
81100 CASERTA
P. IVA 04104580610