

**13th
MAY
2021**

12:30 - 2:00 PM

 **LIVE
STREAMING**

Pronokal Group®

Science and nutrition for weight loss

ECO ONLINE 2021
28th 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)



Dr. Philip Bazire

International Scientific
Advisor specialized in
Metabolism and Obesity.
London (UK)



Dra. Ana Belén Crujeiras

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

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12.30-12.40

Welcome and Introduction

Dr. Felipe Casanueva (Spain).

12.40-13.10

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 diferent 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.

13.10-13.40

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 enviroment.

13.40-13.55

Discussion

Dr. Felipe Casanueva (Spain) / Dr. Francisco Tinahones (Spain) / Dra. Ana Belén Crujeiras (Spain) / Dr. Philip (UK).

13.55-14.00

Wrap-up and conclusions

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