

Meeting on Guidelines Controversies on Obesity Management in Cardiovascular Disease

ONLINE MEETING, 23 JULY 2024, 13:30-17:30 CEST

You can join the on-line meeting at <https://us06web.zoom.us/j/83537225869>

Meeting Chairs: Fausto Pinto, Stefan Anker, Shelley Zieroth

Welcome / Opening: Stefan Anker

All talks are 5 minutes, with discussion at the end of each session

Participants are kindly requested to note any questions or discussion points until the dedicated discussion period at the end of each session.

Session 1 (35 min) Impact and burden of Obesity – Starts 13:35

- The Global Implementation Guideline project of TMA with the iCARDIO Alliance (*Starts – 13:35*) Shelley Zieroth
 - Obesity burden and its impact on cardiovascular healthcare (*13:40*) Naveed Sattar
 - The role of primary care in obesity management: GP's voice (*13:45*) Kamlesh Khunti
 - Patient voice (*13:50*) Reynolda Duret
- (Discussion – 15 Minutes)*

Session 2 (20 min) Obesity in international CKM/CRM guidelines controversies and differences (Screening and evaluation) – Starts 14:10

- Patient evaluation (*14:10*) Robert F Kushner
 - Therapeutic objectives (*14:15*) Robert F Kushner
- (Discussion – 10 Minutes)*

Session 3 (40 min) Obesity in international CKM/CRM guidelines controversies and differences (Therapeutic aspects) – Starts 14:30

- Controversies in Dietary Advice (*14:30*) Danielle Belardo
 - Controversies regarding physical activity advice (*14:35*) Alison Bailey
 - Controversies regarding pharmacotherapy (*14:40*) Antonio Ceriello
 - Controversies regarding bariatric/metabolic surgery recommendations (*14:45*) Tammy Kindel
- (Discussion – 20 Minutes)*

(15:10 – BREAK – 10 Minutes)

Session 4 (60 min) Controversies about obesity in guidelines for associated clinical conditions – Starts 15:20

- Obesity and diabetes GLs (15:20) Antonio Ceriello
 - Obesity and HF GLs (15:25) Javed Butler
 - Obesity and CKD GLs (15:30) Peter Rossing
 - Obesity and Prevention GLs (15:35) Alison Bailey
 - Obesity and Hypertension GLs (15:40) Michael Böhm
 - Obesity and NASH/MASH GLs (15:45) Sven Francque
- (Discussion – 30 Minutes)*

Session 5 (50 min) Hot topics for future obesity management guidelines – Starts 16:20

- Incretin drugs for obesity: is weight loss really relevant? (16:20) Milton Packer
 - Exercise to build muscle; what do/should guidelines recommend? (16:25) Stefan Anker
 - Epicardial fat and LV mass changes (16:30) Subodh Verma
 - Should obesity guidelines recommend how to end treatment with incretins (if ever)? (16:35) Julio Rosenstock
 - Should guideline recommendations be adjusted for race and ethnicity? (16:40) Vijay Chopra
- (Discussion – 25 Minutes)*
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