

2023 ESPE

Science Symposium

Obesity in Childhood and Adolescence



ORGANIZER

ESPE

European Society for
Paediatric Endocrinology
www.eurospe.org

13 & 14

OCTOBER 2023

Megaron International
Conference Centre

ATHENS GREECE

FINAL PROGRAM

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Aneta Gawlik | Research Unit



Welcome Message

Dear Colleagues and Friends,

We are delighted to welcome you to the 2023 ESPE Science Symposium, which is held at the Megaron International Conference Center, Athens, Greece, on October 13th & 14th, 2023. This is the fourth in a series of high-profile conferences devoted to future research directions in Child Health. The ESPE Science Symposium (<https://www.eurospe.org/education/espe-science-symposium/>) aims to promote the development of an interactive network between clinicians and researchers, helping to reduce the gap between research and patient care. It also aims to disseminate new scientific knowledge in Pediatric Endocrinology.



The first ESPE Science Symposium was on 'The science of gender: Evidence for what influences gender development and gender dysphoria and what are the respective influences of nature and nurture', and was held in London, UK, in October 2018. The second ESPE Science Symposium focused on 'Congenital adrenal hyperplasia: From molecular medical research to clinical application' and was held in Nijmegen, The Netherlands, in October 2021. The third ESPE Science Symposium was on 'Hypothalamic dysfunction in childhood: Etiology, consequences and new ways of management to improve outcome' and took place in Utrecht, The Netherlands, in October 2022.

The fourth ESPE Science Symposium is a continuation of the above series, and aims to bring together clinical and basic science researchers to offer their expertise on the topic of 'Obesity in Childhood and Adolescence'.

Obesity represents one of the most challenging public health problems of the 21st century owing to both its epidemic proportions worldwide and the associated significant morbidity and mortality. During the last four decades, the prevalence of overweight and obesity in childhood and adolescence has risen substantially in most high-income countries and appears to be rising rapidly in low-income and middle-income countries. According to the World Health Organization (WHO), 41 million children under the age of 5 years, and more than 340 million children and adolescents aged 5–19 years are estimated to be overweight or obese. Childhood obesity is the most prevalent pediatric endocrine disorder.

Obesity is characterized by low-grade, systemic, chronic inflammation, increased production and release of pro-inflammatory, atherogenic cytokines and oxidative stress. Therefore, it is associated with several complications, including insulin resistance, dyslipidemia, hypertension, endothelial dysfunction, diabetes mellitus type 2, early onset atherosclerotic cardiovascular disease, orthopedic problems, fatty liver disease, cholecystitis, social stigmatization, and increased incidence of malignancies. In addition to the increased morbidity and mortality, overweight and obesity account for a significant increase in public health costs. The global economic impact from obesity is approximately \$2.0 trillion USD or 2.8% of the global gross domestic product (GDP), which is almost equivalent to the global impact from smoking or armed violence, war and terrorism.

The progressively increasing prevalence of overweight and obesity in childhood and adolescence indicates that our current health policies are not effective, and further developments in health policy strategies are required.

The 2023 ESPE Science Symposium aims to provide an overview of the pathophysiology, etiology and metabolic complications of childhood obesity, strategies for its prevention, and the role of pharmacotherapy and bariatric surgery. The program covering the topics of the Symposium is attached below.

We truly hope that you will participate actively and enjoy the 2023 ESPE Science Symposium!

With best wishes,
Yours sincerely,

On behalf of the Scientific and Local Organizing Committee

Evangelia Charmandari

MD, MSc, PhD, MRCP(UK), CCT(UK)

Professor of Pediatrics - Pediatric and Adolescent Endocrinology

President, Hellenic Society for Pediatric and Adolescent Endocrinology

Speakers & Chairs – Faculty Members

(In alphabetical order)

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MD, MSc, Consultant Pediatrician - Pediatric Endocrinologist, WHO National Focal Point for Patient Safety

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Francis de Zegher

MD, PhD, Professor of Pediatric and Adolescent Endocrinology, University of Leuven, Leuven, Belgium





2023ESPE

Scientific Program





Friday 13 October 2023

07:30 – 08:15 **Registration**

08:15 – 08:30 **Welcome and Short Introduction**
Evangelia Charmandari (Athens, Greece)

I/ The Obesity Epidemic: A Global Perspective

Chairs: George Chrousos, Evangelia Charmandari

08:30 – 09:00 **Introduction to Childhood Obesity: Definition, Clinical and Diagnostic Evaluation**
Martin Wabitsch (Ulm, Germany)

09:00 – 09:30 **Epidemiology of Obesity in Childhood and Adolescence and Financial Implications**
Constantine Athanasakis (Athens, Greece)

II/ Physiology and Pathophysiology of Energy Homeostasis

Chairs: Nikolaos Tentolouris, Bessie E. Spiliotis

09:30 – 10:00 **Central Control of Energy Metabolism**
Hanneke M. van Santen (Utrecht, The Netherlands)



10:00 – 10:30 **Molecular Determinants Linking Adipose Tissue (Dys)function and Metabolism**
Antje Körner (Leipzig, Germany)

10:30 – 11:00 **White Adipose Tissue Accumulation and Dysfunction in Children with Obesity**
Constantine Tsigos (Athens, Greece)

11:00 – 11:30 **Coffee Break**

III/ Etiology of Childhood Obesity

I/ Genetics and Epigenetics of Childhood Obesity

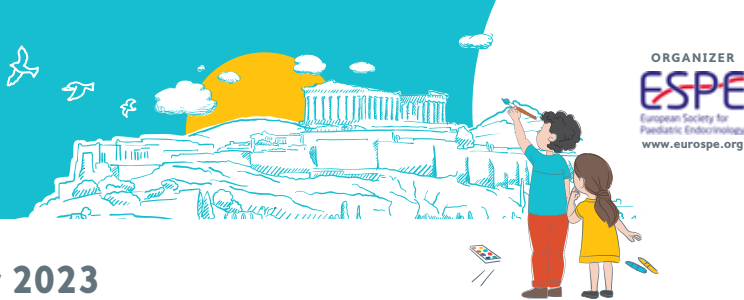
Chairs: Constantine Stratakis, Antonis Voutetakis

11:30 – 12:00 **Monogenic Disorders of Childhood Obesity**
Sadaf Farooqi (Cambridge, UK)

12:00 – 12:30 **Polygenic Obesity**
Erica van den Akker (Rotterdam, The Netherlands)

12:30 – 13:00 **Syndromic Obesity**
Elena Frysira (Athens, Greece)

13:00 – 13:30 **Epigenetics of Human Obesity and its Comorbidities**
Wieland Kiess (Leipzig, Germany)



Friday 13 October 2023

13:30 – 14:30 **Lunch Break**

ii/ Pre-, Peri- and Postnatal Determinants of Childhood Obesity

Chairs: Eri Hatziaggelaki, Dionysis Chrysis

14:30 – 15:00 **Maternal and In Utero Determinants of Childhood Obesity**
George Mastorakos (Athens, Greece)

15:00 – 15:30 **Fetal and Infancy Growth**
Ken K. Ong (Cambridge, UK)

15:30 – 16:00 **Hypothalamic Inflammation and Obesity in Childhood and Adolescence**
George Valsamakis (Athens, Greece)

16:00 – 16:30 **Endocrine Disruptors as obesogens**
Maria Papagianni (Trikala, Greece)

16:30 – 17:00 **Development of Obesity Following Treatment for Childhood Malignancies**
Elpida Vlachopapadopoulou (Athens, Greece)

17:00 – 17:30 **Coffee Break**

17:30 – 18:00 **Opening Ceremony – Welcome Addresses**

iii/ The Role of Nutrition and Exercise in Childhood Obesity and its Complications

Chairs: Maria Karantza, Aris Giannakopoulos

18:00 – 18:30 **Early Feeding Practices and Development of Childhood Obesity**
Evangelia Karaglani (Athens, Greece)

18:30 – 19:00 **Lessons from the Implementation of Childhood Obesity Prevention Programs in Real World Settings**
Odysseas Androutsos (Trikala, Greece)

19:00 – 19:30 **Group Discussion**

19:30 **End of Day 1 Sessions**

20:30 **Dinner**



Saturday 14 October 2023

IV/ Metabolic and Other Complications of Childhood Obesity

Chairs: Alexander Kokkinos, Vaia Lambadiari

- 08:30 – 09:00 **From Insulin Resistance to Diabetes Mellitus type 2**
Antje Koerner (Leipzig, Germany)
- 09:00 – 09:30 **Ontogeny of Postpubertal Central Obesity Syndrome**
Francis de Zegher (Leuven, Belgium)
- 09:30 – 10:00 **Management of Adolescent Polycystic Ovary Syndrome (PCOS):
Central Fat Takes Center Stage**
Lourdes Ibanez (Barcelona, Spain)
- 10:00 – 10:30 **Childhood Obesity and Cognitive Function**
Chrysoula Kostogiannis (Athens, Greece)
- 10:30 – 11:00 **The Effect of Childhood Obesity on Growth: Interpretation
of Growth-Hormone Provocation Tests**
Feneli Karachaliou (Athens, Greece)

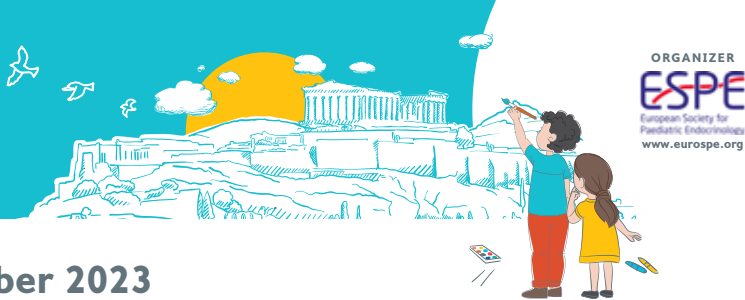
11:00 – 11:30 **Coffee Break**

V/ Prevention and Treatment of Childhood Obesity: Lifestyle Interventions

Chairs: Athanasios Christoforidis, Ioanna Bakopoulou

- 11:30 – 12:00 **Identifying Families at Risk for the Prevention and/or Early Treatment
of Childhood Obesity**
Yannis Manios (Athens, Greece)
- 12:00 – 12:30 **Health Policies to Prevent Childhood Obesity**
Eirini Agapidaki (Athens, Greece)
- 12:30 – 13:00 **Data Integration and Digital Health Tools for the Management
of Eating Behavior of Children and Adolescents**
Nicos Maglaveras (Thessaloniki, Greece)
- 13:00 – 13:30 **The Role of Big Data in the Prevention and Management
of Childhood Obesity**
Anastasios Delopoulos (Thessaloniki, Greece)
- 13:30 – 14:00 **The Effectiveness of Novel E-health Applications in the Prevention
and Management of Childhood Obesity**
Evangelia Charmandari (Athens, Greece)

14:00 – 15:00 **Lunch Break**



Saturday 14 October 2023

VI/ Pharmacotherapy and Bariatric Surgery for Obesity and its Co-morbidities

Chairs: Feneli Karachaliou, Flora Bacopoulou

15:00 – 15:30 **The Role of Pharmacotherapy in the Treatment of Pediatric Obesity and Its Comorbidities**

Martin Wabitsch (Ulm, Germany)

15:30 – 16:00 **Bariatric Surgery in Adolescents**

Claude Marcus (Stockholm, Sweden)

16:00 – 16:30 **Patient Representative Group - IMEROESSA**

Kyriaki Tsiiranidou, Alexandros Mourouglakis (Thessaloniki, Greece)

16:30 – 17:00 **Group Discussion – Future perspectives**

17:00 **End of Day 2 Sessions – Closing Remarks**



General Information



Conference Venue

MEGARON THE ATHENS CONCERT HALL
Giannis Marinos Hall – Music Library of Greece
Vas. Sofias & Kokkali Str. , 115 21 Athens
<https://www.megaron.gr>



Registration Secretariat Operating Hours

The Registration Secretariat will be situated at the foyer of the Meeting Hall and will be operating according to the following schedule:
Friday October 13/10/2023 → 07:30-19:30
Friday October 14/10/2023 → 08:00-17:00



Coffee Breaks & Light Lunches

Coffee Breaks & Light Lunches will be offered to all registered participants, according to the time schedule announced in the Program.



Conference Badges

It is essential that all participants wear their personal badge at all times in the symposium area, as it is the official entrance pass to scientific sessions.



Symposium Dinner

The Symposium dinner is free of charge for all delegates who have already confirmed their attendance to the Secretariat. The badge is mandatory for the dinner. The dinner will be held on Friday October 13th at the Crowne Plaza Hotel. Address: 50, Michalakopoulou Avenue, 11528, Athens, Greece



Certificates of Attendance

A certificate of attendance will be sent to all registered participants after the Symposium via email immediately after completing the online questionnaire. The accredited certificate will be sent to participants at a later stage.



CME Accreditation

The 2023 ESPE Science Symposium is under the procedure of CME Accreditation. Delegates will be informed at a later stage by the Symposium Secretariat.



Scientific presentations and PC reception

The Symposium Hall is fully equipped with audio-visual equipment. A PC Reception desk will be available at the Symposium area. All speakers are kindly requested to contact the PC Reception at least 1 hour prior to the session they participate.



Insurance & Liability

The Organizers accept no liability for any personal injury, loss or damage of property or additional expenses incurred to conference participants either during the conference or as result of delays, strikes or any other circumstances. Participants are requested to make their own arrangements with respect to health and travel insurance.



Symposium Secretariat and Travel Agency



congresses
and events

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