



16 - 18 OCT, 2025 | IAȘI, ROMÂNIA

# CECON 2025

THE 10TH CENTRAL EUROPEAN  
CONGRESS ON OBESITY

& ANNUAL CONFERENCE OF THE ROMANIAN  
ASSOCIATION FOR THE STUDY OF OBESITY

INTERNATIONAL HOTEL  
IAȘI



## ORGANIZERS:

**EASO**

**RASO**  
Romanian Association for  
the Study of Obesity

## PARTNERS:



ROMANIAN FEDERATION OF DIABETES  
NUTRITION AND METABOLIC DISEASES



Iasi College of Physicians



GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI

**Annual Conference of the Romanian Association for the  
Study of Obesity**

**The 10<sup>th</sup> Central European Congress on Obesity**

**SCIENTIFIC PROGRAM**

**October 16–18, 2025  
Iași, Romania**

Dear Colleagues,

It is our great honor and pleasure to welcome you to the **Annual Conference of the Romanian Association for the Study of Obesity** and the **10<sup>th</sup> Central European Congress on Obesity – CECON 2025**, jointly organized by the Romanian Association for the Study of Obesity (RASO) and the European Association for the Study of Obesity (EASO), which is held in Iași, Romania, at Hotel International, from 16 to 18 October 2025.

This anniversary edition represents a milestone in European scientific collaboration, providing an exceptional platform for interdisciplinary dialogue and the exchange of experiences among national and international experts dedicated to obesity research and management. In today's rapidly changing world, where the burden of obesity is increasingly evident, uniting our knowledge and resources is essential for developing effective and sustainable solutions.

Over the course of three days, we invite you to take part in a rich and diverse scientific program, featuring multidisciplinary sessions, cutting-edge research presentations, and interactive discussions. This congress brings together healthcare professionals from across disciplines – physicians, researchers, dietitians, psychologists, nurses, and educators – to foster meaningful exchange of knowledge, experiences, and best practices in the care of people living with obesity.

We are deeply grateful to all colleagues, collaborators, and partners who contributed to the organization of this special edition, and to you, the participants, for your active involvement. Together, we can transform knowledge into meaningful action for the benefit of patients and society as a whole.

### **Welcome to Iași for the Annual Conference of RASO and CECON 2025!**

With warm regards,  
**Assoc. Prof. Dr. Laura MIHALACHE**  
President, RASO



## **National Scientific and Organizing Committee – Romania**

Cornelia BALA  
Anca CERGHIZAN  
Dana Mihaela CIOBANU  
Anca Elena CRĂCIUN  
Gabriela Ileana CREȚEANU  
Lidia Iuliana GRAUR  
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## **International Scientific Committee**

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Jozef UKROPEC, Slovak Republic  
Barbara UKROPCOVÁ, Slovak Republic  
Volkan Demírhan YUMUK, Turkey

## **Speakers and Moderators**

### **Annual Conference of RASO & CECON 2025**

Prof. Dr. Cornelia BALA (Cluj-Napoca/Romania)

Prof. Dr. Doina CATRINOIU (Constanța/Romania)

Prof. Dr. Simona CERNEA (Târgu Mureș/Romania)

Prof. Dr. Andreea CIUDIN MIHAI (Barcelona/Spain)

Prof. Dr. Adrian COVIC (Iași/Romania)

Prof. Dr. Mariana FLORIA (Iași/Romania)

Prof. Dr. Martin FRIED (Prague/Czech Republic)

Prof. Dr. Dan-Ionuț GHEONEA (Craiova/Romania)

Prof. Dr. Liliana Simona GHEORGHE (București/Romania)

Prof. Dr. Cristian GUJA (București/Romania)

Prof. Dr. Eszter HALMY (Budapest/Hungary)

Prof. Dr. Martin HALUZÍK (Prague/Czech Republic)

Prof. Dr. Nicolae HÂNCU (Cluj-Napoca/Romania)

Prof. Dr. Sanja KLOBUČAR (Rijeka/Croatia)

Prof. Dr. Mariana MRÁZOVÁ (Bratislava/Slovak Republic)

Prof. Dr. Ionuț NISTOR (Iași/Romania)

Prof. Dr. Liviu OPREA (Iași/Romania)

Prof. Dr. Ionela PAŞCANU (Târgu Mureș, Romania)

Prof. Dr. Cătălina POIANĂ (București/Romania)

Prof. Dr. Cristina PREDA (Iași/Romania)

Prof. Dr. Gabriela RADULIAN (București/Romania)

Prof. Dr. Gabriela ROMAN (Cluj-Napoca/Romania)

Prof. Dr. Alexandra Christa SIMA (Timișoara/Romania)

Prof. Dr. Bogdan TIMAR (Timișoara/Romania)

Prof. Dr. Anca TRIFAN (Iași/Romania)

Prof. Dr. Barbara UKROPCOVÁ (Bratislava/Slovak Republic)

Prof. Dr. Volkan Demírhan YUMUK (Istanbul/Turkey)

Prof. Jozef UKROPEC (Bratislava/Slovak Republic)

Assoc. Prof. Dr. Mihaela BLAJ (Iași/Romania)

Assoc. Prof. Dr. Gina Eosefina BOTNARIU (Iași/Romania)

Assoc. Prof. Dr. Ľubomíra FÁBRYOVÁ (Bratislava/Slovakia)

Assoc. Prof. Dr. Lidia Iuliana GRAUR (Iași/Romania)

Assoc. Prof. Dr. Letiția LEUȘTEAN (Iași/Romania)  
Assoc. Prof. Dr. Laura MIHALACHE (Iași/Romania)  
Assoc. Prof. Dr. Peter MINÁRIK (Bratislava/Slovak Republic)  
Assoc. Prof. Dr. Daniela MINÁRIKOVÁ (Bratislava/Slovak Republic)  
Assoc. Prof. Dr. Andreea MOROȘANU (Galați/Romania)  
Assoc. Prof. Dr. Magdalena MOROȘANU (Galați/Romania)  
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Assoc. Prof. Dr. Anca PANTEA STOIAN (București/Romania)  
Assoc. Prof. Dr. Emilia RUSU (București/Romania)  
Assoc. Prof. Dr. Anca SÎRBU (București/Romania)  
Senior Lecturer Dr. Ștefana BÎLHĂ (Iași/Romania)  
Senior Lecturer Dr. Dana CIOBANU (Cluj-Napoca/Romania)  
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Senior Lecturer Dr. Andreea GHERASIM (Iași/Romania)  
Senior Lecturer Dr. Otilia NIȚĂ (Iași/Romania)  
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Dr. Delia Reurean PINTILEI (Iași/Romania)  
Dr. Deiana ROMAN (Timișoara/Romania)  
Ing. Michal MRÁZ (Bratislava/Slovak Republic)  
Alina CONSTANTIN (Paris/France)  
Lorenzo RADU (București/Romania)

Dear colleagues,

This year, a special **Conference of the Romanian College of Dietitians** is hosted within the framework of the 10th Central European Congress on Obesity (CECON) — a valuable recognition of the growing contribution of dietitians to the prevention and management of obesity.

This event provides an important platform for scientific exchange, encouraging dietitians to share research findings, clinical experience, and innovative approaches that support multidisciplinary collaboration in nutrition and health.

We warmly invite you to take part in the sessions of this conference and to join our collective efforts to promote an integrated, evidence-based approach to patient care and public health improvement.

Our sincere appreciation goes to the CECON Organizing Committee for their support in including this professional platform dedicated to dietitians.

With kind regards,

**Adina RUSU**

President, College of Dietitians Iași

## **Conference of the Romanian College of Dietitians Organizing Board**

**President, College of Dietitians Iași:**  
Adina RUSU

**National Vice-Chair, College of Dietitians:**  
Oana DUMITRĂSCU

**Members of the National General Assembly:**  
Mădălina ALBU  
Ana Maria GAL

Dear colleagues,

This year, the **RAEDO Conference** takes place within the framework of the 10<sup>th</sup> Central European Congress on Obesity, a high-level scientific event where you will have the opportunity to contribute to the dialogue and professional development regarding the care and treatment of people with obesity.

Therefore, I invite you to participate in the congress sessions, our aim being to develop an interdisciplinary approach focused on improving the health of people with obesity, while also contributing to the professional growth of all participants.

Special thanks to President Laura Mihalache for her support and assistance in organizing this conference.

With warm regards,

**Adina SÂNPETREANU**

President, RAEDO

## **RADOE Board of Directors**

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Livia DANCIU

## **Speakers and Moderators**

### **Conference of the Romanian College of Dietitians**

Mădălina ALBU (Iași/Romania)  
Sorina BOARIU (Iași/Romania)  
Oana DUMITRAȘCU (Iași/Romania)  
Ana-Maria GAL (Iași/Romania)  
Camelia Oana IAȚCU (Suceava/Romania)  
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Mihaela RĂDEANU (Iași/Romania)  
Oana ROȘU (Iași/Romania)  
Adina RUSU (Iași/Romania)

### **National Conference of the Romanian Association for Education in Diabetes and Obesity (RAEDO)**

Mariana Cristina ACHIȚEI (Iași/Romania)  
Oana Maria ANIȚEI (Iași/Romania)  
Corina APETROAIE (Suceava/Romania)  
Cornelia BALA (Cluj-Napoca/Romania)  
Tania BĂRARU (Iași/Romania)  
Mihaela BLAJ (Iași/Romania)  
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Claudia Maria PANTESCU (Iași/Romania)  
Adina SÂNPETREANU (Cluj-Napoca/Romania)  
Gina SIMION (Iași/Romania)

**SECRETARIAT SCHEDULE DURING THE EVENT:**

Thursday, October 16, 2025: 10:00 AM - 7:00 PM

Friday, October 17, 2025: 8:00 AM - 7:00 PM

Saturday, October 18, 2025: 8:00 AM - 3:30 PM

**LOCATION:**

Hotel International Iași

Address: Palat Street, No. 5A, Iași, Romania

**OFFICIAL LANGUAGE:**

The official language of the event is English.

**PARTICIPATION CERTIFICATE:**

The participation certificate will be issued in electronic format, within a maximum of 2 weeks from the conclusion of the event, and will be sent to the email address provided during participant registration.

**CREDITS:**

The RASO Conference is accredited with 17 EMC credits by CMR (Romanian College of Physicians).

The RAEDO Conference is accredited with 15 EMC credits by OAMGMAMR (Romanian Association of General Practitioners).

The Conference of the Romanian College of Dietitians is accredited by CDR (Romanian College of Dietitians):

- Participation: 10 EMCD credits
- Author of scientific papers: 15 EMCD credits
- Co-author of scientific papers: 13 EMCD credits

**MOBILE PHONES:**

Mobile phones should be set to silent mode in the conference rooms.

**REFRESHMENT BREAKS:**

Access to all refreshment breaks will be granted exclusively to participants wearing their badges.

**Badges must be worn at all times throughout the event.**

**EVENT OPERATING AGENCY:**

Event Consulting - *Cristina Negrean*

Email: [cristina.negrean@event-consulting.ro](mailto:cristina.negrean@event-consulting.ro)

**CONTACT PERSONS:**

Conference President: *Assoc. Prof. Dr. Laura Mihalache*

Secretary: *Assoc. Prof. Dr. Lidia Iuliana Graur*

Email: [contact@arso.ro](mailto:contact@arso.ro)

# Annual RASO Conference

## CECON 2025

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*International Hotel, Iași, October 16-18, 2025*

## Scientific Program

**Thursday, 16 October 2025**

### Joint Sessions (Magnum Hall)

#### **12.00-12.10 Opening of the Event**

#### **12.10-14.15 Scientific Session I**

**Moderators: Gina Botnariu, Mariana Floria**

12.10-12.30 The Hidden Link Between Obesity and Endometrial Cancer – *Gina Botnariu*  
12.30-12.50 Metabolic and Reproductive Restoration in PCOS: The Promise of GLP-1 Agonists – *Letitia Leustean*  
12.50-13.05 Weight Regain and Weight Cycling: Lifestyle Determinants, Biological Mechanisms, and Sustainable Solutions – *Deiana Roman*  
13.05-13.25 CAREMELI-O: A New Concept of Metabolic Syndrome – *Anca Pantea Stoian*  
13.25-13.45 Obesity and Atrial Fibrillation: What We Need to Know in Clinical Practice? – *Mariana Floria*  
13.45-14.05 Obesity & Inflammation: Bonnie & Clyde Redivivus? – *Marilena Linca, Dan Gaita*  
14.05-14.15 Discussion

#### **14.15-14.45 Session AstraZeneca**

Dapagliflozin: The Synergy between Type 2 Diabetes, Obesity, and Cardio-Renal Prevention – *Alina Onofriescu*

#### **14.45-16.35 Scientific Session II**

**Moderators: Anca Trifan, Cristian Guja**

14.45-15.05 Obesity and the Kidney: A Continuously Evolving Relationship – *Adrian Covic*  
15.05-15.25 Nephroprotective Effects of GLP-1 Receptor Agonists – *Cristian Guja*  
15.25-15.45 At the Crossroads of Obesity and MASLD/MASH: Need for Screening and Early Intervention – *Liliana Simona Gheorghe*  
15.45-16.05 Obesity and Digestive Tract Cancers – *Anca Trifan, Robert Nastase*  
16.05-16.25 TBA – *Catalina Poiana*  
16.25-16.35 Obesity-Driven MASH: High-Risk Case Leading to Liver Transplant – *Alexandru Nastase, Irina Girleanu, Cristian Lupascu*

#### **16.35-16.45 Coffee Break (Magnum Hall Foyer)**

**16.45-18.30 Scientific Session III****Moderators: Cristina Preda, Ionut Nistor**

16.45-17.05 Selenium Supplementation in People with Obesity and Chronic Autoimmune Thyroiditis – *Cristina Preda*  
17.05-17.25 Obesity and Obstructive Sleep Apnea – *Gabriela Radulian*  
17.25-17.45 Intermittent Fasting in the 21st Century – *Alexandra Sima*  
17.45-18.05 Management of the Patient with Obesity and Chronic Kidney Disease on the Renal Transplant Waiting List – *Ionut Nistor*  
18.05-18.25 Patient-Centered Care in Obesity: Practical Ethics – *Liviu Oprea*  
18.25-18.30 Discussion

**18.30-19.30 Official Opening Ceremony****Moderator: Lidia Iuliana Graur****19.30 Welcome Cocktail (Magnum Hall Foyer)****Parallel Sessions (Training 2 Room)****Conference of the Romanian College of Dietitians****13.00-13.10 Opening of the Romanian College of Dietitians' Conference****13.10-15.15 Scientific Session I****Moderators: Adina Rusu, Oana Camelia Iatcu**

13.10-13.30 Obesity and Quality of Life: Scientific Data and Clinical Perspectives – *Adina Rusu, Elena Mihaela Carausu*  
13.30-13.50 Adherence in Obesity: Lessons from an Interdisciplinary Case Study – *Oana Dumitrascu*  
13.50-14.10 Obesity Phenotypes and Eating Behaviors: Current Nutritional Challenges – *Ana-Maria Gal*  
14.10-14.30 Impact of the Gut Microbiome in Pediatric Obesity: Case Study – *Iulia Margasoiu, Laura Mihaela Trandafir*  
14.30-14.50 The Obesity Paradox in Colorectal Cancer: From Excess Weight to Muscle Loss – *Oana Rosu*  
14.50-15.10 Modulation of the Gut Microbiota in Obesity: From Probiotics and Prebiotics to Polyphenols and New Perspectives – *Oana Camelia Iatcu*  
15.10-15.15 Discussion

**15.15-15.30 Coffee Break****15.30-17.40 Scientific Session II****Moderators: Ana-Maria Gal, Oana Dumitrascu**

15.30-15.50 Virtual Supermarket and Food Choices: Adolescents' Response to Virtual Stress – *Cristiana Amalia Onita, Veronica Mocanu, Diana Petrescu-Miron, Elena Chelarasu, Robert Lupu*  
15.50-16.10 Impact of Stress on Eating Behavior: Neurobiological Mechanisms and Dietetic Interventions in Obesity Management – *Mihaela Radeanu*

16.10-16.30 Management of Obesity in Patients with Diabetes: Therapeutic Strategies and Future Directions – *Sorina Boariu*

16.30-16.50 New Directions in Obesity Research: Body Image Perception and Clinical Implications of Virtual Reality Explorations – *Diana Petrescu-Miron, Cristiana Amalia Onita, Veronica Mocanu*

16.50-17.10 Nutritional Management of Obesity Under the Lens of Mental Health: Therapeutic Challenges and Legislative Obstacles in a Multidisciplinary Approach – *Madalina Albu, Marius Cociu*

17.10-17.30 Importance of the Interdisciplinary Approach in Obesity Management: Case Study – *Alexandra Pompas, Anamaria Hrisca*

17.30-17.40 Discussion

**17.40-18.00 Conclusions and Closing of the Event**

*Friday, 17 October 2025*

**Joint Sessions (Magnum Hall)**

**09.00-09.40 Session Boehringer Ingelheim**

Why We Gain Weight and Why It's So Hard to Lose It: From Biology to Behavior – *Bogdan Timar*

**09.40-11.10 Scientific Session IV**

**Moderators: Anca Craciun, Mihaela Ionela Vladu**

09.40-10.00 Interorgan Crosstalk in Obesity: Focus on the Skeletal Muscle – *Anca Craciun*

10.00-10.20 Online Coaching in the Management of Patients with Obesity – *Jozef Ujkovc, Barbara Ujkovcova*

10.20-10.40 The Hidden Burden: Interplay Between Sarcopenic Obesity and Diabetes – *Mihaela Ionela Vladu*

10.40-11.00 Endoscopic Treatment of Obesity – *Dan Ionut Gheonea*

11.00-11.10 Discussion

**11.10-11.25 Coffee Break & Short Oral Communications I (Magnum Hall Foyer)**

**11.25-13.00 Scientific Session V**

**Moderators: Gabriela Roman, Bogdan Timar**

11.25-11.45 Type 1 Diabetes and Obesity: Might Be GLP-1RAs a Solution? – *Gabriela Roman*

11.45-12.05 EASO-EASL-EASD Clinical Practice Guidelines on the Management of MASLD – *Volkan Yumuk*

12.05-12.25 How to Apply the New Lifestyle for PwO Treated with Wegovy or Mounjaro – *Nicolae Hancu, Cornelia Bala*

12.25-12.45 The Pipeline of Obesity Medications: How the Future Looks Like in 2025? – *Bogdan Timar*

12.45-13.00 Discussion

**13.00-14.00 Lunch Break (Panoramic Restaurant) & Short Oral Communications II (Magnum Hall Foyer)**

**14.00-15.50 Scientific Session VI**

**Moderators: Lubomira Fabryova, Cornelia Bala**

14.00-14.20 Prevalence, Trends and Characteristics of Obesity in Hungary's Comprehensive Health Screening and Prevention Program Between 2010-2023 – *Eszter Halmy*

14.20-14.40 Occurrence, Risk Factors and Complications of Obesity in V4 Countries – *Michal Mraz, Marianna Mrazova*

14.40-15.00 New Concepts in the Management of Diabesity – *Lubomira Fabryova*

15.00-15.20 National Guideline on Adult Obesity Care: Recommendations of the Romanian Forum of Obesity – *Cornelia Bala*

15.20-15.40 Food-Based Dietary Guidelines for Adults in Slovakia and Prevention of Obesity – *Minarikova Daniela, Minarik Peter, Fabryova Lubomira, Babjakova Jana, Penesova Adela, Golian Jozef*

15.40-15.50 Discussion

**15.50-16.20 Session Novo Nordisk**

Wegovy®: Innovation in Obesity, Beyond Weight Loss – *Delia Reurean Pintilei*

**16.20-16.35 Coffee Break & Short Oral Communications III (Magnum Hall Foyer)**

**16.35-18.00 Scientific Session VII**

**Moderators: Doina Catrinoiu, Anca Cerghizan**

16.35-16.55 Adipose Tissue and Metabolic Health – *Doina Catrinoiu, Gabriel Panculescu, Nejla Dervis*

16.55-17.15 Adaptive Responses of the Body That Work Against Long-Term Maintenance of Weight Reduction – *Dana Mullerova*

17.15-17.35 Peri- and Intra-Organ Adipose Tissue: The Good, the Bad and the Ugly – *Anca Cerghizan*

17.35-17.55 Readiness to Change Body Weight – *Minarik Peter, Minarikova Dana, Lubomira Fabryova*

17.55-18.00 Discussion

**18.00-18.40 Scientific Session VIII**

**Moderator: Dana Ciobanu**

18.00-18.20 Impact of Weight Bias and Stigma on People Living with Obesity's Mental and Physical Health – *Alina Constantin*

18.20-18.40 Obesity and Stigma: A Personal and Collective Journey – *Lorenzo Radu*

**18.40-19.00 Session Worwag**

Hepatic Steatosis: Toward a New Paradigm Disease Management – *Lidia Iuliana Graur*

**19.00-19.10 Closing of the Second Day**

**19.10 Dinner (Panoramic Restaurant)**

## Parallel Sessions (Belvedere Room)

### National Conference of the Romanian Association for Education in Diabetes and Obesity (RAEDO)

**09.00-09.15 Opening of the RAEDO Conference – *Laura Mihalache, Adina Sanpetreanu, Cornelia Bala***

**09.15-10.25 Scientific Session I**

**Moderators: *Cornelia Bala, Adina Sanpetreanu***

09.15-09.35 Recommendations of the Romanian Obesity Forum 2025 - The Role and Place of Therapeutic Education – *Cornelia Bala*

09.35-09.55 Uterine Fibroids and Obesity: New Approaches with Interventional Radiology – *Corina Apetroaie*

09.55-10.15 Multidimensional Challenges in Cardiopulmonary Resuscitation of Patients with Obesity – *Claudia Maria Pantescu, Simona Hurjui*

10.15-10.25 Discussion

**10.25-10.45 Coffee Break**

**10.45-12.00 Scientific Session II**

**Moderators: *Adina Sanpetreanu, Gina Simion***

10.45-11.05 The Role of Education in the Management of People with Obesity – *Adina Sanpetreanu*

11.05-11.25 The Weight Stigma: Social Barriers and Implications in Obesity Treatment – *Maricela Istrate*

11.25-11.45 The Importance of Early Diagnosis of Sleep Apnea Syndrome – *Tania Bararu*

11.45-12.00 Discussion

**12.00-12.50 Scientific Session III**

**Moderators: *Simona Hurjui, Gina Simion***

12.00-12.20 Kinesiotherapy Approach in the Management of Patients with Respiratory Insufficiency Due to Obesity – *Mariana Cristina Achitei, Oana Maria Anitei, Mihaela Blaj*

12.20-12.40 Practical Aspects of Treatment with Tirzepatide – *Gina Simion*

12.40-12.50 Discussion

**12.50-13.00 Conclusions and Closing of the Event – *Adina Sanpetreanu, Gina Simion***

## Saturday, 18 October 2025

### Joint Sessions (Magnum Hall)

**08.30-10.30 Scientific Session IX**

**Moderators: *Andreea Morosanu, Emilia Rusu***

08.30-08.45 Changes in Bone Mass in the Context of Weight Loss – *Stefana Bilha*

08.45-09.00 The Brain in Obesity: Driver, Victim, or Both? – *Delia Reurean Pintilei*

09.00-09.20 Adipose Tissue Characteristics in Obesity – *Dana Ciobanu*

09.20-09.40 Do We Still Need Bariatric Surgery and Bariatric Endoscopy for the Treatment of Diabetes in the Context of Novel Incretin-Based Therapies? – *Martin Haluzik*  
09.40-10.00 Obesity and Gestational Diabetes: A Bidirectional Risk Loop and Clinical Challenges – *Emilia Rusu*  
10.00-10.20 Stigma and Obesity – *Andreea Morosanu*  
10.20-10.30 Discussion

**10.30-10.45 Coffee Break & Short Oral Communications IV (Magnum Hall Foyer)**

**10.45-12.15 Scientific Session X**

**Moderators: Simona Cernea, Lidia Iuliana Graur**

10.45-11.05 Beyond the One-Size-Fits-All Approach to Weight Loss: Is a Personalized Strategy Needed? – *Simona Cernea*  
11.05-11.25 Beyond the Scale: Monogenic and Syndromic Obesity in Clinical Practice – *Ionela Pascanu*  
11.25-11.45 EASO Algorithm for Pharmacological Treatment of Obesity – *Andreea Ciudin*  
11.45-12.05 Modern Obesity Care and the Changing Narrative of Obesity as a Disease – *Lidia Iuliana Graur*  
12.05-12.15 Discussion

**12.15-13.15 Session Eli Lilly: Mounjaro – A New Dawn in Obesity Care**

A New Era in Obesity Treatment – *Gabriela Roman*

Mounjaro: The Only GIP and GLP-1 Receptor Agonist approved in Weight Management – *Andreea Ciudin*

Mounjaro Around the World: Croatia - Insights from Clinical Experience – *Sanja Klobucar*

**13.15-14.00 Lunch Break (Magnum Hall Foyer)**

**14.00-15.40 Scientific Session XI**

**Moderators: Otilia Nita, Andreea Gherasim**

14.00-14.20 Obesity and Its Comorbidities – Surgical Treatment Options: When and How? – *Ionut Hutopila, Catalin Copăescu*  
14.20-14.35 Time Matters: How Circadian Rhythms Shape Metabolism and Weight – *Otilia Nita*  
14.35-14.50 Thyroid Function and MASLD – Beyond Obesity – *Anca Sarbu*  
14.50-15.05 Endocrine Disruptors in Obesity – *Anca Matei*  
15.05-15.20 Nutrition as First-Line Therapy in Obesity Management: From Theory to Clinical Practice – *Andreea Gherasim*  
15.20-15.35 Matcha and Weight Management: Proven Benefits or Popular Myth? – *Alina Delia Popa*  
15.35-15.40 Discussion

**15.40-16.00 Closing of the Event**

**16.00 Farewell Snack (Magnum Hall Foyer)**

## SHORT ORAL COMMUNICATIONS

### 11.10-11.25 Short Oral Communications I

**Moderators: Alexandra Sima, Alina Onofriescu**

11.10-11.13 GPR180 Receptor Regulates Mitochondrial Metabolism in Adipocytes and Beta Cells: A Molecular Link Between Obesity and Diabetes – *Matus Antal*

11.13-11.16 Irisin at the Crossroads of MASLD and Fatty Kidney – *Miruna Maria Popa*

11.16-11.19 Weight Reduction Strategies in Patients with Type 2 Diabetes and Obesity: Results from a National Epidemiological Study – *Dana Ciobanu*

11.19-11.22 Social Determinants of Overweight, Obesity and Unhealthy Eating: Results of a Cross-Sectional Online Survey – *Cristina Bolfa*

11.22-11.25 The Role of Ghrelin Axis in the Obesity - Breast Cancer Relationship: Clinical and Metabolic Correlations – *Ioana Armasu*

### 13.00-13.24 Short Oral Communications II

**Moderators: Anca Cerghizan, Andreea Morosanu**

13.00-13.03 Ultrasound Assessment of Subcutaneous Adipose Tissue: A Tool for Cardiometabolic Risk Stratification – *Carolina Piterschi*

13.03-13.06 Effects of Medical Nutrition Therapy with the Carpatho-Danubian Diet in the Management of Metabolic Syndrome: A Case Study – *Alexandra Cornelia Vlad*

13.06-13.09 Anthropometric Predictors of Cardiovascular Autonomic Neuropathy in Diabetes: The Dominant Role of WHtR and BMI – *Cirlescu Robert-Dorinel*

13.09-13.12 Complex Interplay of Obesity, Hemochromatosis, and Ectopic ACTH Syndrome in Secondary Diabetes: A Case Report – *Alexandru Munteanu*

13.12-13.15 Abdominal Obesity and Metabolic Dysfunction in a Patient with Normal BMI: A Case Presentation – *Andreea Apostol*

13.15-13.18 The Central Role of Obesity in Insulin Resistance Among Individuals with Type 2 Diabetes: Insights from a Cross-Sectional Study – *Andrei Catalin Oprescu*

13.18-13.21 Benefits of Dual GLP-1 and GIP Receptor Agonist Treatment in People with Type 2 Diabetes – *Ioana Isac*

13.21-13.24 Integrated Management of Dyslipidemia in Type 2 Diabetes With Very High Cardiovascular Risk – *Madalina Elena Benea*

### 16.20-16.35 Short Oral Communications III

**Moderators: Anca Craciun, Otilia Nita**

16.20-16.23 Impact of Gastric Sleeve Surgery on Weight Trajectory and Body Composition, Over Four Years – *Elisabeta Malinici*

16.23-16.26 Adherence to a Modified Mediterranean Diet Pattern and Relationship with Weight Status: An Online Survey in Romania – *Maria Teodora Pintilie*

16.26-16.29 GLP-1 Receptor Agonists in Severe Obesity and Secondary Diabetes: A Case Report of Multimorbidity in a Young Patient – *Nejla Dervis*

16.29-16.32 Pediatric Obesity – From Risk to Diagnosis: The Comorbidity Profile in Children and Adolescents – *Lorena Mihaela Manole*

16.32-16.35 Correlations Between Metabolic Control and Quality of Life in Patients with Obesity and Diabetes Mellitus – *Andreea Ilie*

**10.30-10.42 Short Oral Communications IV****Moderators: *Emilia Rusu, Andreea Gherasim***

10.30-10.33 Endoscopic Management of Postoperative Hemorrhagic Complications Following Gastric Bypass – *Madalina Maxim*

10.33-10.36 Pediatric Obesity in the Era of Artificial Intelligence: Early Prediction, Personalized Prevention, and Clinical Integration – *Elena-Lia Spoiata*

10.36-10.39 Eating Behavior and Metabolic Control in Individuals with Obesity and Diabetes Mellitus – *Bianca-Elena Costin*

10.39-10.42 Metabolic Surgery as a Successful Alternative After Pharmacological Treatment in a Patient with Type 2 Diabetes and Obesity – *Raluca-Elena Oniciuc*

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