

1ST MEETING DAY OF

MOSAIC – Multidisciplinary Obesity Science and Integrated Care

2026: Treatment strategies

San Raffaele Congress Center - 3 luglio 2026

SCIENTIFIC COMMITTEE

Prof. Patrizia Rovere Querini – Scientific Coordinator – Internal Medicine / Metabolism
Dr. Marco Anselmino – Bariatric and Metabolic Surgery
Prof. Paolo Giorgio Arcidiacono – Gastroenterological Endoscopy
Dr.ssa Rebecca De Lorenzo – Internal Medicine / Metabolism

SCIENTIFIC PROGRAMME

08:30 – 09:00 | Registration

09:00 – 09:15	OPENING AND WELCOME	
09:00 – 09:15	Greetings and Introduction to the Study Day	Prof.ssa Patrizia Rovere Querini

09:15 – 10:45		SESSION I – OBESITY: THE BIG PICTURE	
Chairs: Prof.ssa Patrizia Rovere Querini, Prof. Emanuele Bosi			
09:15 – 09:55		Keynote Lecture: Obesity as a Chronic Systemic Disease – Current Understanding and Future Directions	Prof. Lorenzo Donini
09:55 – 10:20		Abdominal MRI and Body Composition: New Insights into Healthy vs. Unhealthy Obesity Phenotypes	Prof. Francesco De Cobelli
10:20 – 10:45		Discussion	

10:45 – 11:15 | Coffee Break

11:15 – 13:00		SESSION II – NON-PHARMACOLOGICAL INTERVENTIONS: BEHAVIOUR, NUTRITION AND PHYSICAL ACTIVITY	
Chairs: <i>Dr.ssa Rebecca De Lorenzo, Dr.ssa Michela Petrone</i>			
11:15 – 11:40	The Psychology of Eating: Behavioural Determinants and Therapeutic Targets in Obesity		<i>Dr.ssa Carola Gatti</i>
11:40 – 12:05	Nutritional Strategies in Obesity Management: Evidence-Based Approaches and Patient Tailoring		<i>Dr.ssa Valentina Vinelli</i>
12:05 – 12:30	Exercise Prescription in Obesity: From Sedentary Behaviour to Structured Physical Activity		<i>Dr.ssa Luigia Brugliera</i>
12:30 – 13:00	Round table		

13:00 – 14:00 | *Lunch Break***14:00 – 15:45 SESSION III – PHARMACOLOGICAL AND INTERVENTIONAL TREATMENT****Chairs:** *Prof. Paolo Giorgio Arcidiacono, Prof. Lorenzo Donini*

14:00 – 14:25	Bariatric Surgery in the Metabolic Syndrome	<i>Dr. Marco Anselmino</i>
14:25 – 14:50	Bariatric Endoscopy in Class I Obesity: Rationale and Indications	<i>Dr. Vincenzo Bove</i>
14:50 – 15:15	Anti-Obesity Pharmacotherapy: Current Landscape and Emerging Therapies	<i>Prof.ssa Patrizia Rovere Querini</i>
15:15 – 15:35	Medium- and Long-Term Safety and Efficacy: Medical Therapy vs. Surgery vs. Endoscopy	<i>Dr. Maurizio De Luca</i>
15:35 – 15:45	Round table	

15:45 – 16:00 | *Coffee Break***16:00 – 17:15 SESSION IV – CLINICAL CASES AND MULTIDISCIPLINARY DISCUSSION****Chairs:** *Prof.ssa Patrizia Rovere Querini, Prof. Angelo Manfredi*

16:00 – 16:25	Case 1: Obesity and MAFLD – Choosing the Right Treatment Pathway	<i>Dr.ssa Rebecca De Lorenzo</i>
16:25 – 16:50	Case 2: Class I Obesity – When to Refer for Endoscopic Intervention?	<i>Dr. Matteo Tacelli</i>
16:50 – 17:15	Case 3: Weight Regain After Bariatric Surgery – A Multidisciplinary Approach	<i>Dr.ssa Giulia Morocutti</i>

17:15 – 17:30 CLOSING SESSION

17:15 – 17:30	Take-Home Messages and Closing Remarks	<i>Prof. Patrizia Rovere Querini</i>
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