



PROGRAM

CONFERENCE „MANAGING THE ABNORMAL WEIGHT AS A SOUND BASIS OF CARDIO-RENAL-METABOLIC HEALTH”

20–22 November 2025
Varna, Bulgaria

Day 1 – 20.11.2025

- 17:00 – 17:20 Official opening & Meeting outline**
Rector, Ministries, Varna Municipality, others
- 17:20 – 19:00 OBESITY OVERVIEW – WORLDWIDE AND IN BULGARIA**
Moderators: Prof. M. Wabitsch, Prof. V. Duleva
- 17:20 – 17:50 Nutrition policy in Bulgaria for the promotion of health and obesity prevention.**
Prof. Vesselka Duleva (Bulgaria)
- 17:50 – 18:20 World obesity trends**
Prof. Majid Ezzati (UK)
- 18:20 – 18:50 Novel approaches for treatment of children and adolescents living with obesity**
Prof. Martin Wabitsch (Germany)
- 18:50 – 19:00 Q&A**
- 19:30 Dinner**

Day 2 – 21.11.2025

- 09:00 – 11:15 EPIDEMIOLOGY OF OBESITY – ADULTS AND CHILDREN**
Moderators: Prof. P. Sbraccia, Prof. T. Handjieva-Darlenska
- 09:00 – 09:30 The evolving determinants and trends of obesity in a changing world**
Prof. Paolo Sbraccia (Italy)
- 09:30 – 10:00 Overweight and obesity – Bulgaria**
Prof. Teodora Handjieva-Darlenska (Bulgaria)
- 10:00 – 10:30 Hypothalamic/central regulation of body weight**
Prof. Martin Wabitsch (Germany)



10:30 – 11:00 Socioeconomic factors of tackling the obesity pandemic

Arkadi Sharkov (Bulgaria)

11:00 – 11:15 Discussion

11:15 – 11:30 Coffee break

11:30 – 13:15 CARDIO-RENAL-METABOLIC SYNDROME (CAREME): CVD AND OBESITY

Moderators: Prof. A. Postadzhiyan, Prof. D. Farmakis

11:30 – 12:00 Hypertension and obesity

Prof. Arman Postadzhiyan (Bulgaria)

12:00 – 12:30 Hypertension treatment in obese

Prof. Theodora Benedek (Romania)

12:30 – 13:00 HFpEF and Obesity

Prof. Dimitrios Farmakis (Greece)

13:00 – 13:15 Discussion

13:15 – 14:30 Lunch

14:30 – 16:50 BEHAVIOR IN OBESITY & TREATMENT STRATEGY

Moderators: Prof. B. Oldenburg, Assoc. Prof. S. Galcheva

14:30 – 15:00 Addressing obesity - From Evidence to Implementation

Prof. Brian Oldenburg (Australia)

15:00 – 15:30 Medical nutrition therapy for the management of overweight and obesity in children and adults"

Prof. Odysseas Androutsos (Greece)

15:30 – 16:00 Dietary and lifestyle measures

Prof. Yannis Manios (Greece)

16:00 – 16:20 Rare forms of pediatric obesity

Assoc. Prof. Sonya Galcheva (Bulgaria)

16:20 – 16:40 Beyond the Spectrum: Understanding Obesity Risk in Children with Autism

Prof. Rouzha Pancheva (Bulgaria)



16:40 – 16:50 Discussion

16:50 – 17:15 Coffee break

17:15 – 18:30 CARDIO-RENAL-METABOLIC SYNDROME (CAREME): CHRONIC KIDNEY DISEASES

Moderators: Prof. L. Tuță, Prof. Y. Yotov

17:15 – 17:35 Visceral adiposity and obesity paradox in CKD patient

Prof. Liliana-Ana Tuță (Romania)

17:35 – 17:55 Stage 5 CKD patients with obesity

Prof. Meltem Gursu (Turkey)

17:55 – 18:15 CVD and cardiovascular risk in CKD

Assoc. Prof. Milena Nikolova (Bulgaria)

18:15 – 18:30 Discussion

18:30 – 20:20 CARDIO-RENAL-METABOLIC SYNDROME (CAREME): METABOLIC DISORDERS IN CHILDREN AND ADULTS

Moderators: Prof. M. Boyanov, Prof. V. Iotova

18:30 – 18:50 Metabolic syndrome and prediabetes

Prof. Tsvetalina Tankova (Bulgaria)

18:50 – 19:10 Type 2 diabetes as part of CaReMe syndrome

Prof. Mihail Boyanov (Bulgaria)

19:10 – 19:30 Type 1 diabetes mellitus and cardiovascular risk

Prof. Yoto Yotov (Bulgaria)

19:30 – 19:50 Obesity – starting from prevention towards eradication

Prof. Violeta Iotova (Bulgaria)

19:50 – 20:10 Legislation views on obesity eradication – Bulgarian Parliament; Ministry of Health

20:10 – 20:20 Discussion

20:30 Dinner



Day 3 – 22.11.2025

- 09:00 – 10:30** **WORKSHOP: Implementation science in the context of the obesity epidemic**
Moderators: Prof. Violeta Iotova (Bulgaria), Prof. Yoto Yotov (Bulgaria)
- 10:30 – 11:00** Coffee break
- 11:00 – 13:00** **ROUND TABLE: Obesity and CaReMe syndrome on the Balkans – perspectives and scientific pursuits**
Moderators: Assoc. Prof. Natalya Usheva (Bulgaria), Maya Victorova (Bulgaria)
- 13:00 – 13:15** Closing remarks
- 13:15 – 14:30** Lunch and departure

