



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

16:30 – 17:00 Registration

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

08:30 – 09:00 Registration

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

