



DIETETICS & CLINICAL NUTRITION  
LABORATORY  
DEPARTMENT OF PUBLIC HEALTH,  
EXPERIMENTAL  
AND FORENSIC MEDICINE  
UNIVERSITY OF PAVIA

Master of Dietetics and Clinical Nutrition presents

# TREATING OBESITY

SEMINAR FREE & OPEN TO THE STUDENTS AND THE PUBLIC

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With the participation of:

Dr Fatima Cody Stanford

MD, MPH, MPA, FAAP, FACP, FTOS

*Obesity Medicine, Health Policy, Health Disparities, Health Broadcast and Print Media*

HARVARD  
UNIVERSITY



Aula Magna,

Corso Strada Nuova 65 – Pavia

<https://goo.gl/maps/o57VWksiQZN2>

May 25, 2018

9.30 – 13.00

# TREATING OBESITY

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The worldwide prevalence of obesity has been rising in the past 30 years both in developed and developing countries.

Prevention of obesity requires a multi-disciplinary approach starting from nutrition and life style.

Counteracting a obesity development is a major challenge for NCD prevention around the world.

New therapeutic and preventative strategies are needed and this seminar is aimed at understanding and addressing the epidemic of obesity, providing knowledge on the complexity of the disease and its treatment.

## Speakers

**Cena Hellas** - MD, Post Doc in Dietetics and Clinical Nutrition  
Academic Director of Dietetics and Clinical Nutrition Master course  
Department of Public Health, Experimental and Forensic Medicine  
Laboratory of Dietetics and Clinical Nutrition  
University of Pavia

*Main research interests: Childhood obesity, Eating Behavior Disorders, Nutrition in women of childbearing age, Clinical Nutrition, Sustainable Food System.*

**Frontini Andrea** - Associate Professor of Human Anatomy  
Department of Public Health, Forensic and Experimental Medicine  
University of Pavia

*Main research interests: Functional anatomy of white and brown adipose tissues in pathophysiological conditions and in relation to the pathogenesis of obesity and diabetes.  
Characterization of neuroanatomical circuits and molecular mechanisms involved in central and peripheral modulation of energy balance in mammals.*

**Rotondi Mario** –Associate Professor of Endocrinology  
Department of Internal Medicine and Medical Therapy  
ICS-Maugeri University of Pavia

*Main research interests: Physiopathology and clinics of thyroid diseases, with particular regards to thyroid autoimmunity and thyroid diseases in pregnancy and in obesity. Role of chemokines in autoimmune endocrine disorders and in low grade chronic inflammation associated with obesity.*

**Stanford Fatima** - MD, MPH, MPA, FAAP, FACP, FTOS  
Obesity Medicine Physician Scientist  
Department of Internal Medicine and Pediatrics  
Massachusetts General Hospital and Harvard Medical School

*Main research interests: the use of medications as an adjunct to weight loss surgery for inadequate weight loss and weight regain; Shared Decision Making in Adolescents and Young Adults Undergoing Weight Loss Surgery; utilization of Weight Loss Surgery in Adolescents and Young Adults; role of Weight Promoting Drugs in Weight Gain over the Life Course; bone metabolism and micro-architecture in adolescents who undergo weight loss surgery*

## SEMINAR PROGRAM

9.30 - 9.40

**Presentation**

9.40 - 10.15

*Convertible visceral fat as a  
therapeutic target to curb obesity*  
**Frontini Andrea**

10.15 – 10.25

Question time

10.25 – 11.00

*Dietary treatment of Obesity*  
**Cena Hellas**

11.00 – 11.20

*Coffee break*

11.20 – 12.00

*Pharmacotherapy for the treatment of  
obesity*  
**Stanford Fatima**

12.00 – 12.10

Question time

12.10 – 12.45

Thyroid and obesity: An intriguing  
relationship  
**Rotondi Mario**

12.55

**Conclusions**



## Master of Dietetics and Clinical Nutrition

The Master of Dietetics and Clinical Nutrition is designed for health professionals and recent graduates, who are passionate about nutrition.

The program offers a **multidisciplinary curriculum** of advanced study in nutrition science, aiming at an **increased understanding of how diet influences health**.

This goal is accomplished through the **education of practitioners** and the **dissemination of nutrition information**, acquiring knowledge on how human health can be improved through better nutrition and on medical nutrition management of diseases.

Besides this master course **offers to the participants the opportunity to meet international lecturers and to attend seminars and conferences with leading experts**, thanks to the international research and academic collaborations of the Dietetics and Clinical Nutrition Laboratory, run by Professor Hellas Cena.

The Master provides a total of 60 University credits, divided into:

Live lessons;

Workshops;

Internships at health facilities;

Seminars;

Short research team experiences;

Thesis preparation

About the Job opportunities:

This Master degree, will enrich individual curriculum and provide the participants **higher skills to apply for job opportunities**, both in private and public institutions interested in integrated nutrition experts.