I.R.C.C.S. Ospedale San Raffaele

Gruppo San Donato

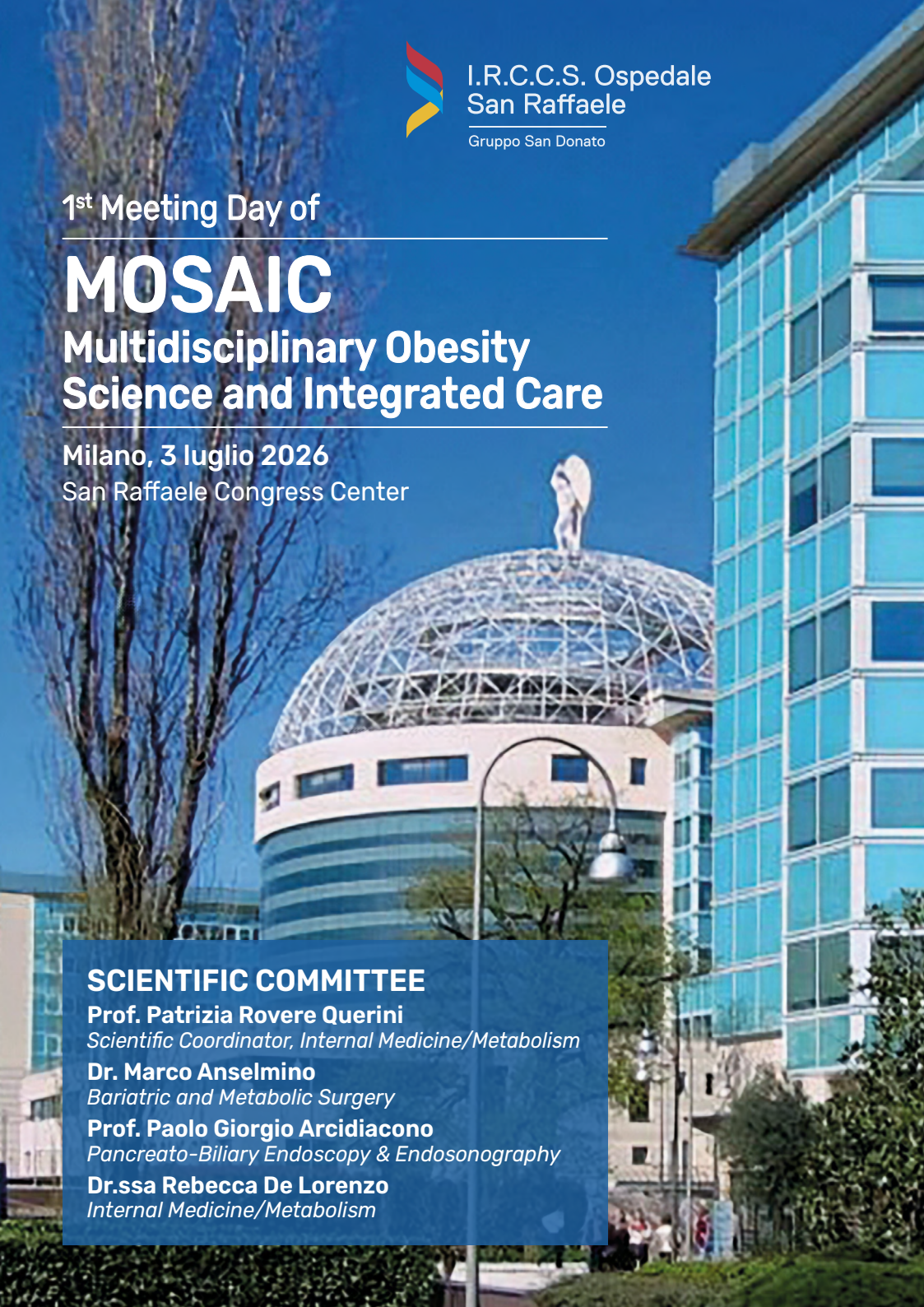
1st Meeting Day of

MOSAIC

Multidisciplinary Obesity Science and Integrated Care

Milano, 3 luglio 2026

San Raffaele Congress Center



SCIENTIFIC COMMITTEE

Prof. Patrizia Rovere Querini
Scientific Coordinator, Internal Medicine/Metabolism

Dr. Marco Anselmino
Bariatric and Metabolic Surgery

Prof. Paolo Giorgio Arcidiacono
Pancreato-Biliary Endoscopy & Endosonography

Dr.ssa Rebecca De Lorenzo
Internal Medicine/Metabolism

SCIENTIFIC PROGRAMME

08.30 – 09.00	Registration
	OPENING AND WELCOME
09.00 – 09.15	**Greetings and Introduction to the Study Day** *Prof.ssa Patrizia Rovere Querini*
	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*
	SESSION II – NON-PHARMACOLOGICAL INTERVENTIONS: BEHAVIOUR, NUTRITION AND PHYSICAL ACTIVITY
	Chairs: Dr.ssa Rebecca De Lorenzo, Dr.ssa Michela Petrone
11.15 – 11.40	**Obesity and Eating Disorders: therapeutic approaches** *Dr.ssa Cinzia Laura Arancio*
11.40 – 12.05	**Nutritional Strategies in Obesity Management: Evidence-Based Approaches and Patient Tailoring** *Dr.ssa Valentina Vinelli*
12.05 – 12.30	**Exercise Prescription in Obesity: From Sedentary Behaviour to Structured Physical Activity** *Dr.ssa Luigia Brugliera*
12.30 – 13.00	**Round table**
13.00 – 14.00	*Lunch Break*

SESSION III – PHARMACOLOGICAL AND INTERVENTIONAL TREATMENT

Chairs: Prof. Paolo Giorgio Arcidiacono, Prof. Lorenzo Donini

14.00 – 14.25	**Bariatric Surgery in the Metabolic Syndrome** *Dr. Marco Anselmino*
14.25 – 14.50	**Bariatric Endoscopy in Class I Obesity: Rationale and Indications** *Dr. Vincenzo Bove*
14.50 – 15.15	**Anti-Obesity Pharmacotherapy: Current Landscape and Emerging Therapies** *Prof.ssa Patrizia Rovere Querini*
15.15 – 15.35	**Medium- and Long-Term Safety and Efficacy: Medical Therapy vs. Surgery vs. Endoscopy** *Dr. Maurizio De Luca*
15.35 – 15.45	**Round table**
15.45 – 16.00	*Coffee Break*

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 Path way** *Dr.ssa Rebecca De Lorenzo*
16.25 – 16.50	**Case 2: Class I Obesity** **When to Refer for Endoscopic Intervention?** *Dr. Matteo Tacelli*
16.50 – 17.15	**Case 3: Weight Regain After Bariatric Surgery** **A Multidisciplinary Approach** *Dr.ssa Giulia Morocutti*

CLOSING SESSION

17.15 – 17.30	**Take-Home Messages and Closing Remarks** *Prof. Patrizia Rovere Querini*

INFORMAZIONI GENERALI

Sede

Centro Congressi San Raffaele
Aula Caravella Pinta – Dibit1
Via Olgettina 58 – 20132 Milano

E.C.M. Educazione Continua in Medicina

Provider n. 7362 - ACHELOIS SRL

L'evento ha ricevuto n. 6 crediti formativi per le seguenti categorie professionali:
■ Medici Chirurghi specialisti in Chirurgia Generale ■ Endocrinologia
■ Gastroenterologia ■ Malattie metaboliche e diabetologia
■ Medicina Fisica e riabilitazione ■ Medicina Interna ■ Radiodiagnostica
■ Scienza dell'alimentazione e dietetica ■ Medicina Generale (Medici di famiglia)
■ Dietista ■ Infermiere ■ Psicologo

Obiettivo formativo

- Contenuti tecnico-professionali (conoscenze e competenze) specifici di ciascuna professione, di ciascuna specializzazione e di ciascuna attività ultraspecialistica, ivi incluse le malattie rare e la medicina di genere (18)

Iscrizioni

La partecipazione è gratuita previa registrazione al link:

REGISTRAZIONE ONLINE MOSAIC

Segreteria Organizzativa

ACHELOÍS
PROFESSIONAL CONGRESS ORGANISER

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Con il patrocinio di

OMCeO Milano
Ordine Provinciale dei Medici Chirurghi e degli Odontoiatri

S.I.C.OB.

SIO ETS
Società Italiana dell'Obesità
STUDIO, PREVENZIONE E CURA