

the evolution of



Obesity Management

Incorporating a maturing science into clinical practice



Date:

Tuesday, 12 May 2026
16:15 – 17:45



Location:

Istanbul Congress Center (ICC)
Hall 5

Faculty Speakers:



Alexander Miras, FRCP, PhD
Clinical Professor of Endocrinology
Ulster University



Matthias Blüher, MD
Professor of Obesity Medicine
Helmholtz Institute for Metabolism,
Obesity and Vasculature, Munich
Faculty of Medicine,
University of Leipzig

With ongoing scientific advances, obesity is increasingly recognized as a complex and heterogeneous disease that requires lifelong comprehensive management. As obesity medicine continues to mature as a therapeutic area, key chronic disease management principles are becoming more embedded in clinical practice. These principles include personalized treatment selection, the use of combination therapy when monotherapy does not meet treatment targets, and continued therapy to maintain clinical outcomes, including secondary benefits.

Using a case-based approach, the faculty will share their experience and offer practical considerations for applying these principles in real-world practice. Together, they will highlight how obesity treatment can be tailored to meet each individual's needs, goals, and expectations.

Do not miss this session led by world-class experts to improve the cardiometabolic care offered to your patients!