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Euro Global Summit & Medicare Expo on

Weight Loss

August 18-20, 2015 Frankfurt, Germany



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Scientific Program

Euro Global Summit & Medicare Expo on

Weight Loss

August 18-20, 2015 Frankfurt, Germany

Day 1 August 18, 2015

08:30-09:45 Registrations

Raume/Room 8

OMICS International conferenceseries.com 09:45-10:00 **Opening Ceremony**

Keynote Forum

10:00-10:05 **Introduction**

10:05-10:50 **Nikolai Reynolds**
Ipsos Healthcare and Ipsos InnoQuest, Germany

Networking & Refreshments 10:50-11:20 @ Foyer

Track 1: Overweight & Obesity
Track 2: Weight Loss Trends in Modern Era
Track 3: Eating Disorders and Obesity

Session Chair: Nikolai Reynolds, Ipsos Healthcare and Ipsos InnoQuest, Germany
Session Co-Chair: A P J Houdijk, Trial Center Holland Health, The Netherlands

Session Introduction

11:20-11:50 **Title: Weight loss: What are the best outcome measures ??**
A P J Houdijk, Trial Center Holland Health, The Netherlands

11:50-12:20 **Title: Adipocytes as biological promoter of weight regain after weight loss**
Edwin C M Mariman, Maastricht University Medical Center, The Netherlands

12:20-12:50 **Title: Does new approach regarding reversing adipocyte inflammation in obesity really worthy?**
U Deniz Dincer, Bezmialem University, Turkey

Panel Discussion

Lunch Break 13:00-14:00 @ Foyer

14:00-14:30 **Title: Neurobiology implications of obesity and disordered eating**
Rebecca Cooper, Rebecca's House Eating Disorder Treatment Programs, USA

14:30-15:00 **Title: International study on weight Reduction strategies**
Nikolai Reynolds, Ipsos Healthcare and Ipsos InnoQuest, Germany

15:00-15:30 **Title: The use of pharmacotherapy in the treatment of binge eating disorder**
Amalan Karthigeyan, Peterborough City Hospital, UK

Networking & Refreshments 15:30-16:00 @ Foyer

16:00-16:30 **Title: Increasing rate of weight loss for schoolchildren within the epidemic of obesity – A Swedish paradox?**
Bo Werner, Orebro University School of Medicine Sweden

16:30-17:00 **Title: How saliva can be useful in weigh management programs**
Ana Rodrigues Costa, University of Evora, Portugal

Panel Discussion

Day 2 August 19, 2015

Raume/Room 8

Keynote Forum

10:00-10:50 **Yusuf Ozturk**
Anadolu University, Turkey

Networking & Refreshments 10:50-11:20 @ Foyer

Track 4: Surgical Weightloss: Bariatric Surgery and Liposuction
Track 5: Dietary Approaches for Weight Management
Track 6: Current Clinical Research and Interventions in Treatment Approches

Session Chair: Farid Saad, Bayer Pharma, Germany
Session Co-Chair: Mohamed Saleh Ismail, University of Dammam, KSA

Session Introduction

11:20-11:50 **Title: Traditional food and weight loss**
Muneera Q Al-Mssallem, King Faisal University, KSA

11:50-12:20 **Title: Progressive weight loss in 104 obese hypogonadal men with type 2 diabetes mellitus (T2DM) treated with testosterone undecanoate up to 84 in an observational registry study**
Farid Saad, Bayer Pharma, Germany

12:20-12:50 **Title: Postpartum weight retention as a risk factor for the development of midlife obesity**
Greta Kresic, University of Rijeka, Croatia

12:50-13:20 **Title: Intraoperative, early and late complications of Laparoscopic Sleeve Gastrectomy**
Rohit Kumar, International Modern Hospital, Dubai

Lunch Break 13:20-14:20 @ Foyer

14:20-14:50 **Title: Association between dietary calcium intakes and weight loss**
Mohamed Saleh Ismail, University of Dammam, KSA

14:50-15:20 **Title: Sleeve Gastrectomy for weight reduction in personal perspective, results of surgery done in 5 years**
Vinod Kumar Singhal, Prime Hospital and Healthcare Group, UAE

Panel Discussion

Networking & Refreshments 15:30-16:00 @ Foyer

Day 3 August 20, 2015

Raume/Room 8

Track 7: Weight Loss and Preventive Measures
Track 8: Tailoring Lifestyle Approaches for Healthy Future

Session Chair: Yusuf Ozturk, Anadolu University, Turkey

Session Introduction

10:00-10:30 **Title: St. John's wort is a metabolic enhancer to control weight gain**
Yusuf Ozturk, Anadolu University, Turkey

10:30-11:00 **Title: Hypogonadism, obesity and testosterone therapy**
Farid Saad, Bayer Pharma, Germany

Networking & Refreshments 11:00-11:30 @ Foyer

11:30-12:00 **Title: Traditional herbal remedies: Old things, new insights**
Azadeh Nadjarzadeh, Shahid Sadoughi University of Medical Sciences, Iran

12:00-12:30 **Title: YRF - Binge eating disorder and food addiction**
OLIVA Rossella, Outpatient Service for the Treatment of Obesity and Eating Disorders, Italy

Panel Discussion

Thanks giving & Closing Cermony

Lunch Break 12:40 @ Foyer

Bookmark your dates

3rd Global Experts Meeting on
Weight Loss and Medicare Expo
September 19-21, 2016 Vienna, Austria

Website: weightloss.global-summit.com/europe
e-mail: euroweightloss@omicsgroup.com; euroweightloss@omicsgroup.com

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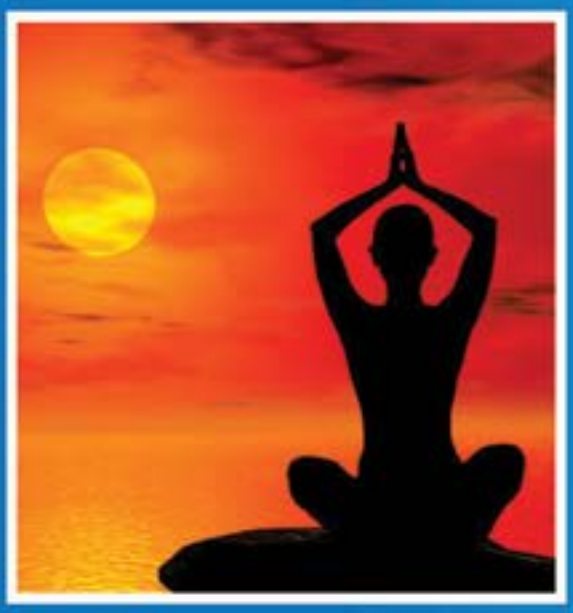
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Nutritional Disorders & Therapy is the provision to cells and organisms of the materials necessary to support life by providing nutrition. Many common health problems can be prevented or alleviated with a healthy diet. This usually involves the modification of an existing dietary lifestyle to promote optimum health.



The Journal of Nutritional Disorders & Therapy is an international, peer-reviewed journal publishing an overview of human research on substance abuse which includes the contents geared towards behavioral, psychological, genetic, neuro-biological, and pharmacological aspects.



The Journal of Nutritional Disorders & Therapy explicates the complicated aspects of addiction, psychological and most probably physical addiction despite of its detrimental consequences and increased tolerance, as deemed by the drug addict himself to his individual health, mental state and unmanageable life style. The Journal is promptly available, and is freely accessible globally through internet to share the innovations of the researchers for scholarly advancement in this field.

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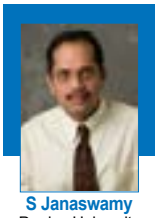
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Herbals
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Jul 14-15, 2016 Brisbane, Australia

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Hypertension and Treatment
Aug 4-6, 2016 Toronto, Canada

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Nov 14-16, 2016 San Francisco, USA

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Biofuels & Bioenergy
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Sep 1-3, 2016 Sao Paulo, Brazil

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Biopolymers and Bioplastics
Sep 15-17, 2016 San Antonio, USA

4th International Conference on
Bioprocess and Biosystems Engineering
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2nd Global Summit and Expo on
Biomass Oct 10-12, 2016 Dubai, UAE

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Nov 14-16, 2016 Atlanta, USA

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Dental & Oral health
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Dentistry & Oral Care
Apr 18-20, 2016 Dubai, UAE

International Conference on
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Periodontics and Prosthodontics
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Oct 10-12, 2016 Rome, Italy

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Dec 8-10, 2016 Philadelphia, USA

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International Conference on
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6th **Global**
Diabetes Summit and Medicare Expo Dubai
Nov 2-4, 2015 Dubai, UAE

3rd International Conference on
Endocrinology
Nov 2-4, 2015 Atlanta, USA

8th **Euro Global**
Diabetes Summit and Medicare Expo
Nov 3-5, 2015 Valencia, Spain

International Conference on
Thyroid Disorders & Treatment
Feb 29-Mar 2, 2016 Philadelphia, USA

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Endocrinologist Annual Meeting
Mar 29-31, 2016 Valencia, Spain

9th **Global Diabetelogists**
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2nd Global Summit on
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Jun 9-10, 2016 Dallas, USA

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Endocrinologist AnnualMeeting
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Targeting Diabetes and Novel Therapeutics
Oct 17-19, 2016 Kuala Lumpur, Malaysia

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Endocrinology
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International Conference and Exhibition on
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Aug 17-19, 2015 Houston, USA

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Signal Processing
Sep 14-16, 2015 Las Vegas, USA

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Nov 16-18, 2015 Dubai, UAE

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Construction and Steel Structure
Nov 16-18, 2015 Dubai, UAE

4th International Conference & Exhibition on
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Nov 16-18, 2015 San Antonio, USA

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Nov 30- Dec 2, 2015 San Antonio, USA

2nd International Conference on
Big Data Analysis and Data Mining
Nov 30 - Dec 2, 2015 San Antonio, USA

2nd **Global Cloud Computing Conference**
Mar 30-31, 2016 Atlanta, USA

2nd International Conference and Business Expo on
Wireless Communication & Networks
Apr 11-12, 2016 Dubai, UAE

World Congress on
GIS & Remote Sensing
May 16-17, 2016 San Antonio, USA

2nd World Congress on
Automation and Robotics
May 19-21, 2016 San Antonio, USA

2nd International Conference and Exhibition on
Automobile Engineering
Jun 9-10, 2016 Cologne, Germany

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Jun 13-14, 2016 Berlin, Germany

World Congress and Exhibition on
Wind Energy
Jun 16-18, 2016 Berlin, Germany

International Conference on
Design and Production Engineering
Jun 27-28, 2016 Berlin, Germany

3rd International Conference on
Computer Graphics and Animation
Sep 12-13, 2016 Phoenix, USA

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Biosensors & Bioelectronics
Sep 15-17, 2016 Phoenix, USA

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Sep 22-23, 2016 Vienna, Austria

2nd World Congress and Exhibition on
Construction and Steel Structure
Sep 22-23, 2016 Las Vegas, USA

3rd International Conference on
Big Data Analysis and Data Mining
Sep 26-28, 2016 London, UK

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Oct 24-25, 2016 Chicago, USA

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Industrial Engineering
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Environmental Sciences

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International Conference on
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May 16-18, 2016 Osaka, Japan

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Recycling
Jun 27-29, 2016 Berlin, Germany

International Conference on
Industrial Pollution Control & Regulation
Jun 30-Jul 1, 2016 Berlin, Germany

5th International Conference on
Earth Science & Climate Change
Jul 28-30, 2016 Bangkok, Thailand

International Conference on
Environmental Chemistry
Aug 25-26, 2016 Sao Paulo, Brazil

2nd **Global Energy Summit & Expo**
Nov 3-5, 2016 Istanbul, Turkey

Experts Meeting on
Environmental Pollution and Global Warming
Nov 28-30, 2016 Baltimore, USA

2nd International Conference on
Green Energy & Expo
Nov 28- 30, 2016 Chicago, USA

Gastroenterology

International Conference and Exhibition on
Gastrointestinal Therapeutics
Aug 25-27, 2015 Valencia, Spain

2nd International Conference on
Hepatology
May 9-11, 2016 Chicago, USA

International Conference on
Pancreatic Disorders and Treatment
May 12-13, 2016 Chicago, USA

6th **Gastroenterology and Gastroenterologists AnnualMeeting**
May 16-18, 2016 San Antonio, USA

7th **Global Gastroenterologists Meeting**
Aug 11-12, 2016 Birmingham, UK

Genetics & Molecular Biology

8th **Euro Biotechnology Congress**
Aug 18-20, 2015 Frankfurt, Germany

9th **American Biotechnology Congress**
Aug 31-Sep2, 2015 Florida, USA

5th International Conference on
Proteomics & Bioinformatics
Sep 1-3, 2015 Valencia, Spain

3rd International Conference on
Genomics & Pharmacogenomics
Sep 21-23, 2015 San Antonio, USA

Internatioanl Conference on
Synthetic Biology
Sep 28-30, 2015 Houston, USA

6th World Congress on
Biotechnology
Oct 5-7, 2015 New Delhi , India

International Conference on
Protein Engineering
Oct 26-28, 2015 Chicago, USA

World Bio Summit & Expo
Nov 2-4, 2015 Dubai, UAE

6th World Congress on
Cell & Stem Cells Research
Feb 29-Mar 2, 2016 Philadelphia, USA

6th International Conference on
Bioinformatics
Mar 29-30, 2016 Valencia, Spain

6th International Conference and Expo on
Proteomics
Mar 28-29, 2016 Atlanta, USA

5th International Conference and Exhibition on
Cell & Gene Therapy
May 19-21, 2016 San Antonio, USA

5th International Conference and Exhibition on
Metabolomics
May 16-18, 2016 Osaka, Japan

International Conference on
Next Generation Sequencing
Jun 16-17, 2016 Berlin, Germany

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Jun 30-Jul 1, 2016 Berlin, Germany

10th **Asia Pacific Biotech Congress**
Jul 25-27, 2016 Bangkok, Thailand

4th International Conference on
Integrative Biology
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2nd International Conference on
Synthetic Biology
Aug 15-16, 2016 London, UK

2nd International Conference on
Geneexpression and Transcriptomics
Aug 15-17, 2016 Portland, Oregon

5th International Conference on
Computational Systems Biology
Aug 22-23, 2016 Philadelphia, USA

2nd **Glycobiology World Congress**
Sep1- 3, 2016 Atlanta, USA

4th International Conference on
Genomics & Pharmacogenomics
Sep 19-21, 2016 Las Vegas, USA

7th International Conference and Expo on
Proteomics
Oct 10-12, 2016 Rome, Italy

11th **Euro Biotechnology Congress**
Oct 10-12, 2016 Rome, Italy

2nd **World Bio Summit & Expo**
Oct 10-12, 2016 Dubai, UAE

7th Internatioanl Conference on
Bioinformatics
Oct 27-28, 2016 Chicago, USA

2nd International Conference on
Genitic and Protein Engineering
Nov 14-16, 2016 Atlanta, USA

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Nov 14-15, 2016 San Francisco, USA

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6th International Conference and Exhibition on
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Nov 28- 30, 2016 Chicago, USA

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Dec 7-9, 2015 Philadelphia, USA

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World Congress on
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Jul 21-23, 2016 Brisbane, Australia

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Healthcare
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Weight Loss and Medicare Expo
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Translational Medicine
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4th International Conference on
Weight Loss and Fitness Expo
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Aug 17-19, 2015 Birmingham, UK

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5th Dubai Global Summit and Expo on
Vaccines & Vaccination
Sep 28-30, 2015 Dubai, UAE

5th American Global Summit and Expo on
Vaccines & Vaccination
Oct 5-7, 2015 San Francisco, USA

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Vaccines & Vaccination
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Vaccines & Vaccination
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International Conference on
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Infectious Diseases
Aug 25-27, 2016 Philadelphia, USA

4th International Conference on
HIV/AIDS, STDs, & STIs
Oct 3-5, 2016 Miami, USA

2nd International Conference on
Influenza
Oct 3-5, 2016 London, UK

3rd World Congress on
Hepatitis and Liver Diseases
Oct 17-19, 2016 Dubai, UAE

2nd International Conference on
Flu Nov 17-19, 2016 San Francisco, USA

5th World Congress on
Virology
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Global Summit and Expo on
Fluid Dynamics & Aerodynamics
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International Conference on
Quantum Physics and Nuclear Engineering
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2nd Global Optometrist Meeting and
Trade fair on Laser Technology
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Physics
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Multimedia & Applications
Aug 15-16, 2016 London, UK

2nd International Conference and Exhibition on
Mesoscopic & Condensed Matter Physics
Oct 27-29, 2016 Chicago, USA

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Aug 11-13, 2015 Frankfurt, Germany

International Conference and Expo on
Ceramics
Aug 17-18, 2015 Chicago, USA

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Materials Science and Engineering
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5th International Conference on
Nanotek and Expo
Nov 16-18, 2015 San Antonio, USA

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Biomaterials
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Materials Science & Engineering
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Nanotek & Expo
Dec 5-7, 2016 Philadelphia, USA

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Applied Microbiology
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International Conference on
Parasitology
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Clinical Microbiology & Microbial Genomics
Oct 5-7, 2015 Philadelphia, USA

International Conference on
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International Conference on
Food Microbiology
Aug 8-10, 2016 Birmingham, UK

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Sep 19-21, 2016 Vienna, Austria

2nd International Conference on
Parasitology
Sep 26-28, 2016 Miami, USA

6th International Conference on
Clinical Microbiology and
Microbial Genomics
Oct 10-12, 2016 Rome, Italy

7th World Congress and Expo on
Applied Microbiology
Oct 31 - Nov 2, 2016 Istanbul, Turkey

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Aug 31–Sep 02, 2015 Toronto, Canada

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2nd International Conference on
Epilepsy & Treatment
Oct 13-14, 2016 Rome, Italy

2nd International Conference on
Brain Disorders and Therapeutics
Oct 27-29, 2016 Chicago, USA

2nd Annual Experts Meeting on
Depression, Anxiety and Stress Management
Nov 3-4, 2016 Valencia, Spain

6th Global Neurologists AnnualMeeting on
Neuro Surgery and Spinal Disorders
Nov 10-12, 2016 Istanbul, Turkey

5th International Conference and Exhibition on
Addiction Research & Therapy
Nov 14-16, 2016 Atlanta, USA

2nd Annual Summit on
Sleep Disorders and Medicine
Nov 28- 30, 2016 Chicago, USA

2nd International Conference on
Parkinsons Disease & Movement Disorders
Dec 8-10, 2016 Philadelphia, USA

Nursing

4th International Conference on
Nursing & Healthcare
Oct 5-7, 2015 San Francisco, USA

International Conference on
Family Nursing
Feb 29-Mar 2, 2016 Philadelphia, USA

Annual Congress & Medicare Expo on
Primary Care
Apr 25-27, 2016 Dubai, UAE

5th **Euro Nursing & Medicare Summit**
Aug 15-17, 2016 London, UK

6th International Conference on
Nursing & Healthcare
Nov 28-30, 2016 Baltimore, USA

Nutrition

4th International Conference and Exhibition on
Nutrition Oct 26-28, 2015 Chicago, USA

4th International Conference and Exhibition on
Probiotics and Functional Foods
Nov 3-5, 2015 Valencia, Spain

Global Summit on
Bioscience of Lipids
Nov 30-Dec 2, 2015 San Francisco, USA

5th International Conference on
Childhood Obesity May 12-14, 2016 Chicago, USA

2nd World Pharm Nutrition and
Nutraceutical Conference and Expo
Jul 14-16, 2016 Kuala Lumpur, Malaysia

5th International Conference on
Clinical Nutrition
Jul 11-13, 2016 Brisbane, Australia

2nd International Conference on
Livestock Nutrition
Jul 21-22, 2016 Brisbane, Australia

International Conference on
Food Chemistry and Hydrocolloids
Aug 4-5, 2016 Toronto, Canada

6th International Conference and Exhibition on
Diet and Nutrition
Aug 18-20, 2016 London, UK

5th International Conference and Exhibition on
Probiotics, Functional and Baby Foods
Sep 26-28, 2016 Miami, USA

International Conference on
Lipid Science Oct 6-8, 2016 Miami, USA

International Conference on
Restorative Medicine
Oct 27-28, 2016 Chicago, USA

7th **Global Dieticians and**
Nutritionists Annual Meeting
Nov 21-23, 2016 Dubai, UAE

7th International Conference and Exhibition on
Obesity and Weight Management
Dec 5-7, 2016 Philadelphia, USA

Oncology & Cancer

6th World Congress on
Cancer Therapy
Sep 28-30, 2015 Atlanta, USA

7th Global Summit on
Cancer therapy Oct 5-7, 2015 Dubai, UAE

9th Indo Global Summit on
Cancer Therapy
Nov 2-4, 2015 Hyderabad, India

8th Euro Global Summit on
Cancer Therapy
Nov 3-5, 2015 Valencia, Spain

International Conference on
Pancreatic and Colorectal Cancer
Mar 30-31, 2016 Atlanta, USA

4th International Conference on
Blood Malignancies and Treatment
Apr 18-20, 2016 Dubai, UAE

2nd International Conference on
Prostate Cancer and Treatment
May 5-7, 2016 Chicago, USA

Experts Meeting on
Gynecologic Oncology
May 19-21, 2016 San Antonio, USA

2nd International Conference on
Antimicrobial Agents and Chemotherapy
Jun 6-7, 2016 Dallas, USA

10th **Global Oncologists Annual Meeting**
Jun 6-8, 2016 Cologne, Germany

International Conference on
Oral, Mouth and Throat Cancer
Jun 30-Jul 1, 2016 Capetown, South Africa

International Conference and Expo on
Molecular & Cancer Biomarkers
Jun 30-Jul 1, 2016 Berlin, Germany

11th **Asia-Pacific Oncologists Annual Meeting**
Jul 11-13, 2016 Kuala Lumpur, Malaysia

International Conference on
Thyroid Cancer and Treatment
Aug 1-3, 2016 Toronto, Canada

International Conference and Exhibition on
Neuro Oncology
Aug 22-23, 2016 Sao Paulo, Brazil

2nd World Congress on
Breast Cancer
Sep 12-14, 2016 Phoenix, USA

International Conference on
Cervical Cancer
Sep 22-23, 2016 Vienna, Austria

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12th Euro Global Summit on
Cancer Therapy
Sep 26-28, 2016 London, UK

International Conference & Expo on
Carcinoma
Oct 13-15, 2016 Rome, Italy

13th Global
Oncologists Summit and Cancer Therapy
Oct 17-19, 2016 Dubai, UAE

Global Summit on
Melanoma and Adrenal Metastasis
Nov 3-4, 2016 Valencia, Spain

International Conference on
Leukemia and Bonemarrow Tranplantation
Nov 10-12, 2016 Istanbul, Turkey

14th World Congress on
Cancer Therapy
Dec 1-3, 2016 Baltimore, USA

Ophthalmology

3rd International Conference and Exhibition on
Lasers, Optics & Photonics
Sep 1-3, 2015 Valencia, Spain

International Conference and Expo on
Cataract & Refractive Surgery
Mar 28-29, 2016 Atlanta, USA

6th **Global Ophthalmologists AnnualMeeting**
May 16-18, 2016 Osaka, Japan

2nd International Conference on
Eye and Vision
Sep 26-28, 2016 Miami, USA

International Conference & Expo on
Optometry and Vision Science
Oct 13-15, 2016 Rome, Italy

7th International Conference on
Clinical & Experimental Ophthalmology
Nov 21-23, 2016 Dubai, UAE

4th International Conference and Exhibition on
Lasers, Optics & Photonics
Dec 1-3, 2016 Chicago, USA

Palliative care

2nd International Conference on
Geriatrics & Gerontology
Aug 24-26, 2015 Toronto, Canada

International Conference on
Palliative Care
Aug 31-Sep2, 2015 Florida, USA

Annual Congress and Medicare Expo on
Trauma & Critical Care
Mar 7-9, 2016 Madrid, Spain

3rd International Conference on
Geriatrics & Gerontology
Aug 18-20, 2016 London, UK

2nd International Conference on
Hospice and Palliative Care
Aug 22-23, 2016 Philadelphia, USA

4th International Conference on
Anesthesia and Intensive Care Treatment
Sep 15-16, 2016 Phoenix, USA

International Conference on
Intensive and Cricalcare Nursing
Nov 21-23, 2016 Dubai, UAE

Pathology

International Conference on
Cytopathology
Aug 31-Sep 02, 2015 Toronto, Canada

3rd International Conference on
Predictive, Preventive and Personalized Medicine & Molecular Diagnostics
Sep 1-3, 2015 Valencia, Spain

Euro Experts Meeting on
Medical Case Reports
Mar 31-Apr 2, 2016 Valencia, Spain

Global Conference on
Clinical Case Reports (Middle East)
Apr 18-20, 2016 Dubai, UAE

5th International Conference and Exhibition on
Pathology
May 9-11, 2016 Chicago, USA

Experts Meeting on
Medical Case Reports Jun 6-8, 2016 Dallas, USA

International Conference on
Dual diagnosis
Jul 21-22, 2016 Brisbane, Australia

International Conference and Exhibition on
Cytology & Histology
Aug 1-3, 2016 Manchester, UK

2nd International Conference on
Cytopathology
Aug 11-12, 2016 Birmingham, UK

Experts Meeting on
Clinical and Forensic Pathology
Aug 25-26, 2016 Philadelphia, USA

4th International Conference on
Predictive, Preventive and Personalized Medicine & Molecular Diagnostics
Sep 12-14, 2016 Phoenix, USA

6th **Global Pathologist Annual Meeting**
Sep 29-Oct 1, 2016 London, UK

International Conference on
Vitiligo
Oct 31 - Nov 1, 2016 Valencia, Spain

International Conference on
Speech-Language Pathology
Nov 14-15, 2016 Atlanta, USA

9th International Conference and Exhibition on
Cosmetic Dermatology and Haircare
Dec 5-6, 2016 Philadelphia, USA

Pediatrics

International Conference and Exhibition on
Pediatric Cardiology
Aug 25-27, 2015 Valencia, Spain

4th International Conference on
Pediatrics
Mar 28-30, 2016 Atlanta, USA

7th International Conference on
Pediatric Dermatology
Jul 21-23, 2016 Brisbane, Australia

International Conference and Exhibition on
Pediatric Oncology
Aug 4-6, 2016 Toronto, Canada

5th International Conference on
Neonatology and Perinatology
Aug 22-24, 2016 Sao Paulo, Brazil

2nd International Conference and Exhibition on
Pediatric Cardiology
Sep 22-24, 2016 Las Vegas, USA

International Conference on
Pediatrics Surgery
Oct 31 - Nov 1, 2016 Valencia, Spain

Pharma Marketing and Industry

Interenational Conference and Expo on
Parenterals & Injectables
Aug 17-19, 2015 Chicago, USA

World Drug Delivery Summit
Aug 17-19, 2015 Houston, USA

6th International Conference and Exhibition on
Analytical & Bioanalytical Techniques
Sep 1-3, 2015 Valencia, Spain

International Conference and Expo on
Biopharmaceutics
Sep 21-23, 2015 Baltimore, USA

World Congress and Expo on
Medical Devices
Sep 21-23, 2015 Miami, USA

4th International Summit on
GMP, GCP & Quality Control
Oct 26-28, 2015 Hyderabad, India

4th International Conference and Exhibition on
Biologics and Biosimilars
Oct 26-28, 2015 Baltimore, USA

Asia Pacific Drug Formulation And Bioavailability
Nov 2-4, 2015 Beijing, China

International Conference on
Advances in HPLC and Chromatographic Techniques
Mar 25-26, 2016 London, UK

International Conference and Expo on
Industrial Pharmacy
Apr 11-12, 2016 Dubai, UAE

2nd International Conference on
Current Trends in Mass Spectrometry
May 9-11, 2016 Chicago, USA

9th **World Drug Delivery Summit**
Jun 30-Jul 2, 2016 New Orleans, USA

7th World Congress on
Bioavailability & Bioequivalence: BA/BE Studies Summit
Aug 29- 31, 2016 Atlanta, USA

5th International Conference and Exhibition on
Biologics and Biosimilars
Sep 12-14, 2016 San Antonio, USA

6th International Conference and Exhibition on
Pharmaceutical Regulatory Affairs and IPR
Sep 12-14, 2016 San Antonio, USA

5th International Conference and Exhibition on
Pharmacovigilance & Clinical Trials
Sep 19-21, 2016 Vienna, Austria

7th International Conference and Exhibition on
Analytical & Bioanalytical Techniques
Sep 29-Oct 1, 2016 Miami, USA

2nd International Conference and Expo on
Parenterals & Injectables
Oct 24-26, 2016 Istanbul, Turkey

2nd **Asia-Pacific**
Drug Formulation & Bioavailability Congress
Oct 24-25, 2016 Chicago, USA

International Conference and Expo on
Generic Drug Market and Contract Manufacturing
Oct 31 - Nov 2, 2016 Valencia, Spain

2nd International Conference and Expo on
Separation Techniques
Nov 3-5, 2016 Valencia, Spain

2nd International Conference and Expo on
Drug Discovery & Designing
Oct 31 - Nov 2, 2016 Istanbul, Turkey

2nd World Congress and Expo on
Medical Devices
Dec 1-3, 2016 Baltimore, USA

Pharmaceutical Sciences

4th Global Summit on **Toxicology**
Aug 24-26, 2015 Philadelphia, USA

International Conference on
Toxicogenomics and Drug Monitoring
Aug 25-27, 2015 Valencia, Spain

European Pharma Congress
Aug 25-27, 2015 Valencia, Spain

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6th International Conference on
Biomarkers & Clinical Research
Aug 31-Sep 02, 2015 Toronto, Canada

2nd International Conference on
Past and Present Research Systems of Green Chemistry Sep 14-16, 2015 Florida, USA

World congress and Exhibition on **Antibiotics**
Sep 14-16, 2015 Las Vegas, USA

International Conference on
Green Energy & Expo
Sep 21-23, 2015 Florida, USA

4th International Conference on
Forensic Research & Technology
Sep 28-30, 2015 Atlanta, USA

Pharmaceutical Summit & Expo
Oct 8-10, 2015 New Delhi , India

3rd International Conference and Exhibition on
Pharmacognosy, Phytochemistry & Natural Products
Oct 26-28, 2015 Hyderabad, India

Pharma Middle East
Nov 2-4, 2015 Dubai, UAE

4th International Conference on
Medicinal Chemistry & Computer Aided Drug Designing Nov 2-4, 2015 Atlanta, USA

3rd International Conference on
Clinical Pharmacy
Dec 7-9, 2015 Atlanta, USA

8th International Conference and Exhibition on
Pharmaceutics & Novel Drug Delivery Systems
Mar 7-9, 2016 Madrid, Spain

International Confernece on
Clinical Chemistry and Laboratory Medicine
May 2-3, 2016 Chicago, USA

2nd International Conference and Exhibition on
Pharmacology and Ethnopharmcology
May 2-4, 2016 Chicago, USA

2nd International Conference on
Therapeutic Drug Monitoring and Toxicogenomics
Jun 9-10, 2016 Dallas, USA

4th **Annual European Pharma Congress**
Jun 13-15, 2016 Berlin, Germany

6th **Asia-Pacific Pharma Congress**
Jul 14-16, 2016 Kuala Lumpur, Malaysia

5th **Global Pharmacists Annual Meeting**
Jul 11-13, 2016 Brisbane, Australia

International Conference and Exhibition on
Cheminformatics and System Chemistry
Jul 18-19, 2016 Brisbane, Australia

7th **Annual Global Pharma Summit**
Aug 1-3, 2016 Toronto, Canada

3rd World Congress on
Pharmacology
Aug 8-10, 2016 Birmingham, UK

International Conference on
Anatomy & Physiology
Aug 11-13, 2016 Birmingham, UK

International Conference on
Stereochemistry
Aug 25-26, 2016 Sao Paulo, Brazil

2nd International Conferences on **Clinical Trails**
Aug 22-24, 2016 Philadelphia, USA

5th Global Summit on
Toxicology and Applied Pharmacology
Aug 29-31, 2016 Sao Paulo, Brazil

4th International Conference and Exhibition on
Pharmacognosy, Phytochemistry & Natural Products
Aug 29-31, 2016 Sao Paulo, Brazil

3rd International Conference on
Past and Present Research Systems of Green Chemistry
Sep 19-21, 2016 Las Vegas, USA

2nd World Congress and Exhibition on
Antibiotics
Oct 3-5, 2016 London, UK

8th **Annual Pharma Middle East Congress**
Oct 10-12, 2016 Dubai, UAE

4th Global Experts Meeting on
Neuro Pharmacology
Nov 14-16, 2016 San Francisco, USA

5th International Conference on
Forensic Research & Technology
Nov 17-19, 2016 San Francisco, USA

7th International Conference on
Biomarkers & Clinical Research
Nov 21-23, 2016 Baltimore, USA

International Conference on
Precision Medicine
Nov 21-22, 2016 Baltimore, USA

5th International Conference on
Medicinal Chemistry & Computer Aided Drug Designing
Dec 1-3, 2016 Chicago, USA

4th International Conference on
Clinical Pharmacy
Dec 5-6, 2016 Philadelphia, USA

Physical therapy Rehabilitation

International Conference on
Myositis May 5-6, 2016 Chicago, USA

2nd International Conference and Exhibition on
Pain Medicine
May 16-18, 2016 San Antonio, USA

International Conference on
Fibromyalgia & Chronic Pain
Jul 14-15, 2016 Brisbane, Australia

4th **Global Acupuncture and Therapists Annual Meeting**
Jul 28-30, 2016 Bangkok, Thailand

4th International Conference and Exhibition on
Physical Medicine & Rehabilitation
Aug 25-27, 2016 Philadelphia, USA

2nd International Conference and Expo on
Novel Physiotherapies
Oct 20-22, 2016 Kuala Lumpur, Malaysia

Psychiatry

International Conference on
Adolescent Medicine & Child Psychology
Sep 28-30, 2015 Houston, USA

2nd International Conference on
Psychiatry and Psychiatric Disorders
May 2-4, 2016 Chicago, USA

2nd International Conference on
Emergency Mental Health and Human Resilience
Jun 9-10, 2016 Cologne, Germany

Experts Meeting on
Forensic Psychology
Jul 18-20, 2016 Brisbane, Australia

Inernational Conference on
Eating Disorders
Aug 15-17, 2016 Portland, Oregon

2nd International Conference on
Adolescent Medicine & Child Psychology
Aug 29- 31, 2016 Atlanta, USA

3rd **Euro Psychiatrists Meeting Psychiatry**
Sep 22-24, 2016 Vienna, Austria

4th International Conference on
Psychiatrist and Geriatric Psychiatry
Dec 1-2, 2016 Chicago, USA

Radiology

3rd International Conference on
Radiology and Imaging
Aug 24-26, 2015 Toronto, Canada

4th **Global Radiologists AnnualMeeting**
Mar 25-26, 2016 London, UK

International Conference on
Imaging and Diagnosis
May 9-10, 2016 Chicago, USA

International Conference on
Nuclear Medicine & Radiation Therapy
Jun 9-10, 2016 Cologne, Germany

5th International Conference on
Radiology and Imaging
Sep 19-20, 2016 Las Vegas, USA

Reproductive Medicine & Women healthcare

World Congress on
Pregnancy Summit
Aug 24-26, 2015 Philadelphia, USA

2nd International Conference on
Gynecology & Obstetrics
Nov 16-18, 2015 San Antonio, USA

Polycystic Ovarian Syndrome Awareness Association
Nov 16-18, 2015 Seattle, USA

2nd **Pregnancy Summit & Child Health**
Aug 29-31, 2016 Sao Paulo, Brazil

International Conference on
Reproductive Health
Sep1- 2, 2016 Atlanta, USA

3rd International Conference on
Gynecology & Obstetrics
Oct 17-19, 2016 Dubai, UAE

Surgery

Euro Global Summit & Medicare Expo on
Surgical Weight loss
Aug 18-20, 2015 Frankfurt, Germany

4th International Conference and Exhibition on
Surgery Oct 5-7, 2015 Dubai, UAE

4th International Conference on
Orthopedics & Rheumatology
Oct 26-28, 2015 Baltimore, USA

Global Summit and Medicare Expo on
Head & Neck Surgery
Nov 30- Dec 2, 2015 Atlanta, USA

International conference and Exhibition on
Haircare & Transplantation
Dec 7-9, 2015 Philadelphia, USA

5th International Conference of
Orthopedic Surgeons and Rheumatology
Mar 31-Apr 1, 2016 Valencia, Spain

International Conference on
Cardiac and Thoracic Surgery
Mar 28-29, 2016 Atlanta, USA

International Conference and Exhibition on
Transplantation Research & Techniques
Mar 28-29, 2016 Atlanta, USA

3rd International Conference and Exhibition on
Rhinology and Otology
Apr 25-27, 2016 Dubai, UAE

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5th International Conference and Expo on
Cosmetology, Trichology & Aesthetic Practices
Apr 25-27, 2016 Dubai, UAE

2nd International Conference and Expo on
Biomechanics and Implant Design
May 12-14, 2016 Chicago, USA

International Conference and Exhibition on
Surgical Oncology
Sep 1-3, 2016 Sao Paulo, Brazil

6th **Orthopedics Expo & Surgeons Meeting**
Sep 15-17, 2016 San Antonio, USA

Podiatrist Meeting on
Foot and Ankle Surgery
Sep 29-30, 2016 Miami, USA

International Conference and Exhibition on
Plastic and Reconstructive Surgery
Oct 3-5, 2016 Miami, USA

7th **Global Orthopedicians Annual Meeting**
Oct 20-22, 2016 Kuala Lumpur, Malaysia

International Conferences on
Vascular Medicine and Surgeons Meeting
Oct 24-25, 2016 Chicago, USA

International Conference on
Oral and Maxillofacial Surgery
Nov 3-4, 2016 Istanbul, Turkey

4th International Conference and Exhibition on
Surgery
Nov 14-16, 2016 Alicantae, Spain

4th Global Summit and Medicare Expo on
Head & Neck Surgery
Dec 1-2, 2016 Chicago, USA

Veterinary

Global Veterinary Summit
Aug 31-Sep2, 2015 Florida, USA

2nd Indo Global Summit and Expo on
Veterinary
Oct 26-28, 2015 Hyderabad, India

2nd International Conferences on
Veterinary
Aug 18-20, 2016 London, UK

3rd **Global Veterinary Summit**
Nov 14-16, 2016 Atlanta, USA

Cinical & Medical Conferences

4th International Conference on
Nephrology & Therapeutics
Sep 14-16, 2015 Baltimore, USA

World Textile Engineering Congress
Oct 5-7, 2015 Philadelphia, USA

3rd International Conference on
Hematology & Blood Disorders
Nov 2-4, 2015 Atlanta, USA

Internatioanl Conference on
Advertising and Marketing
Nov 3-4, 2015 Valencia, Spain

International Conference on
Thrombosis and Hemostasis
Nov 2-4, 2015 Beijing, China

5th **Global Nephrologists Annual Meeting**
Mar 31-Apr 2, 2016 Valencia, Spain

6th International Conference on
Clinical & Experimental Dermatology
May 5-7, 2016 Chicago, USA

2nd International Conference on
Respiratory and Pulmonary Medicine
May 9-10, 2016 Chicago, USA

International Conference on
Plant Physiology
Jun 9-10, 2016 Dallas, USA

2nd International Conference and Expo on
Audiology and Deaf Studies
Jun 30-Jul 1, 2016 New Orleans, USA

4th International Conference and Exhibition on
Lung & Respiratory Care
Aug 1-3, 2016 Manchester, UK

2nd International Conference on
Thrombosis, Bleeding Disorders & Hemostasis
Aug 1-3, 2016 Manchester, UK

2nd International Conference and Exhibition on
Tissue preservation and Bio-banking
Aug 15-17, 2016 Portland, Oregon

6th International Conference on
Nephrology & Therapeutics
Sep 29-Oct 1, 2016 Miami, USA

Specialists Meeting on
Ear, Nose and Throat
Nov 3-5, 2016 Valencia, Spain

International Conference on
Textiles & Manufacturing Expo
Nov 14-16, 2016 Alicantae, Spain

5th International Conference on
Tissue Science and Regenerative Medicine
Nov 7-9, 2016 Istanbul, Turkey

8th **Global Dermatologists Annual Meeting**
Nov 14-16, 2016 Dubai, UAE

5th **Global**
Respiratory and Pulmonologist Annual Meeting
Nov 14-16, 2016 Dubai, UAE

International Conference on
Internal Medicine
Nov 21-22, 2016 Baltimore, USA

International Conference on
Psoriasis
Nov 21-22, 2016 Baltimore, USA

5th International Conference on
Hematology & Lymph
Dec 8-10, 2016 Philadelphia, USA

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344th OMICS International Conference

Euro Global Summit & Medicare Expo on

Weight Loss

August 18-20, 2015 Frankfurt, Germany

Keynote Forum

(Day 1)






Euro Weight Loss 2015

Nikolai Reynolds, J Obes Weight Loss Ther 2015, 5:4
http://dx.doi.org/10.4172/2165-7904.S1.013

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Euro Global Summit & Medicare Expo on

Weight Loss

August 18-20, 2015 Frankfurt, Germany



Nikolai Reynolds

Ipsos Healthcare and Ipsos InnoQuest, Germany

Tackling overweight – Innovations in the food industry to counter obesity

While there exists ample scientific evidence that obesity decreases health-related qualityof life and overall life expectancy, the worldwide prevalence of obesity has more than doubled between 1980 and today. The presentation examines innovations in the food industry that help to tackle this trend. An example study on *Stevia* is presented. The objective of this study is to understand the relevance of *Stevia* as an innovation driver for tackling overweight. The study employs primary and secondary research approaches to examine the relevance of *Stevia* as an innovation along the supply chain. The study also looks at country specific issues during the market entry process of Stevia. The study reveals key differences across US, Japan and the EU. Furthermore, desk research, social media tracking and product tests conducted in this study reveal market barriers and opportunities for *Stevia* as an innovation driver for the food and beverage industry in tackling overweight. The study concludes that *Stevia* fulfills the most important discriminators for a successful innovation in fighting obesity.

Biography

Nikolai Reynolds completed his PhD at the University of Bonnin Germany at the Chair for Market Research and is today, an appointed Lecturer at the same chair. In the private industry, at Ipsos - an international market research company - he heads two business units as a Director: Ipsos Healthcare and Ipsos InnoQuest. He has published more than 30 papers and has been for four years a member of an advisory board for an EU Commission co-financed international research program focusing on supply chain relationships in the LATAM and the EU.

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Weight Loss

August 18-20, 2015 Frankfurt, Germany

Scientific Tracks & Abstracts

(Day 1)



Euro Weight Loss 2015

Track 1: Overweight & Obesity
Track 2: Weight Loss Trends in Modern Era
Track 3: Eating Disorders and Obesity

Session Chair
Nikolai Reynolds
Ipsos Healthcare and Ipsos InnoQuest, Germany

Session Co-chair
A P J Houdijk
Trial Center Holland Health, The Netherlands

Session Introduction

Title: **Weight loss: What are the best outcome measures ?**
A P J Houdijk, Trial Center Holland Health, The Netherlands

Title: **Adipocytes as biological promoter of weight regain after weight loss**
Edwin C M Mariman, Maastricht University Medical Center, The Netherlands

Title: **Does new approach regarding reversing adipocyte inflammation in obesity really worthy?**
U Deniz Dincer, Bezmialem University, Turkey

Title: **Neurobiology implications of obesity and disordered eating**
Rebecca Cooper, Rebecca's House Eating Disorder Treatment Programs, USA

Title: **International study on weight reduction strategies**
Nikolai Reynolds, Ipsos Healthcare and Ipsos InnoQuest, Germany

Title: **The use of pharmacotherapy in the treatment of binge eating disorder**
Amalan Karthigeyan, Peterborough City Hospital, UK

Title: **Increasing rate of weight loss for schoolchildren within the epidemic of obesity – A Swedish paradox?**
Bo Werner, Orebro University School of Medicine, Sweden

Title: **How saliva can be useful in weigh management programs**
Ana Rodrigues Costa, University of Evora, Portugal

A P J Houdijk, J Obes Weight Loss Ther 2015, 5:4
http://dx.doi.org/10.4172/2165-7904.S1.014

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Euro Global Summit & Medicare Expo on
Weight Loss
August 18-20, 2015 Frankfurt, Germany

Weight loss: What are the best outcome measures?

A P J Houdijk
Trial Center Holland Health, The Netherlands

The treatment of the world-wide obesity epidemic remains a problem. Despite many new approaches targeted at dietary improvement and restriction combined with increased physical activity programs, obesity numbers are rising. Body mass index (BMI) and weight assessment are frequently used to monitor weight loss programs. BMI and weight are influenced by weight gain or loss from body stores that have significant different effects on health. An increase in healthy muscle mass as a result of physical activity will obscure the loss of unhealthy visceral fat (VF) and despite health gain will reduce adherence to the program. In recent years much progress has been made on the causal factors involved in the benefit of muscle and the down side of VF in relation to health risks. Muscle has to be regarded as a hormone-producing organ influencing fat and glucose metabolism and VF induces an inflammatory state causing the metabolic syndrome. Health risk is dependent on the balance between muscle and VF. The measurement of VF is important in risk profiling and in follow up of interventions. Combining VF measurements with BMI has identified risk sub-phenotypes in surgical patients corresponding to the lean fit, lean unfit, fat fit and fat unfit phenotypes. These new parameters will help to monitor weight loss programs in the context of loss or gain of health in a particular sub-phenotype.

Biography

A P J Houdijk is a gastrointestinal/endocrine surgeon with a special interest in metabolic derangements related to body composition and complications after surgery. A hallmark of metabolic derangements after surgery is insulin resistance as a result of the stress response. This response is influenced by body composition. The parallels with the insulin resistant state in overweight and obesity has triggered his interest in studying the impact of different body stores in various disease states. In the last few years, he is engaged as the Program Director of the Trial Center Holland Health tackling overweight related problems.

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Edwin C M Mariman, J Obes Weight Loss Ther 2015, 5:4
http://dx.doi.org/10.4172/2165-7904.S1.014

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Euro Global Summit & Medicare Expo on
Weight Loss
August 18-20, 2015 Frankfurt, Germany

Adipocytes as biological promoter of weight regain after weight loss

Edwin C M Mariman
Maastricht University Medical Center, The Netherlands

Overweight is one of the major problems of modern day societies. Although weight reduction is fairly easy, maintenance of the reduced weight is the true challenge. Research has mainly focussed on psychosocial factors as a cause for weight regain, but also biological factors may play a role. We are investigating the possibility that adipocytes act as driving force behind weight regain after weight loss. Mature adipocytes are surrounded by a strong extracellular matrix (ECM). When adipocytes shrink during weight loss, the ECM should adjust in parallel. However, under conditions of energy restriction, this process is hampered, leading to mechanical stress between the adipocyte and the surrounding ECM. We hypothesize that this adipocyte cellular stress is a promoter of weight regain. Using genetic variation in 124 ECM genes as part of the pan-European DiOGenes GWAS, association was found between the risk for weight regain and five ECM genes. In addition, we quantified eight stress proteins in adipose tissue and found some of them to be significantly increased in persons who regained weight, but not in persons who remained weight stable. Together this supports our hypothesis. Moreover, we found that adipocytes during weight loss or shortly thereafter, increase their capacity for fat uptake and storage. A model for weight regain will be presented in which adipocytes try to get rid of their cellular stress by lowering the secretion of leptin to induce food intake by the host followed by re-filling of the adipocytes. As a consequence the host will regain weight.

Biography

Edwin C M Mariman completed his PhD in 1983 at the University of Nijmegen. In 1985, he was appointed as Senior Scientist at the Department of Human Genetics. In 1990, he became Head of the Research Division of Multifactorial Disorders. From 1995, he was Head of the Medical DNA-diagnostics Division. In 2001, he moved to the University of Maastricht as full Professor of Functional Genetics to study molecular and genetic aspects of obesity. He is coordinator of the Maastricht Proteomics Center, member of the committee for NWO-TOP grants, Editorial Board Member of several journals, (co)author of about 200 peer-reviewed articles.

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U Deniz Dincer, J Obes Weight Loss Ther 2015, 5:4
http://dx.doi.org/10.4172/2165-7904.S1.014

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Euro Global Summit & Medicare Expo on
Weight Loss
August 18-20, 2015 Frankfurt, Germany

Does new approach regarding reversing adipocyte inflammation in obesity really worthy?

U Deniz Dincer
Bezmialem University, Turkey

Visceral fat is thought to be the source of adiposopathy, which is characterised by chronic inflammation and necrosis. It produces and releases many bioactive peptides named adipokines, which play important roles in energy production, vascular homeostasis, immunity and metabolic syndrome. When healthy adipocytes are transformed to "sick adipocytes", all the hormones, cytokines, chemokines and growth factors released from fat may change. Thus, a new perspective related to developing new approach against obesity and metabolic syndrome focuses on "reversing inflammation in adipose tissue", which could break the link between inflammation and adiposopathy-associated complications. When clinicians and scientists aim to create an "avant-garde" human body, obesity cannot include on that picture; it is more than aesthetic outfit but certainly related associated complications. Reversing adipocyte inflammation is a "new therapeutic approach" which could reverse adiposity-associated complications in metabolic syndrome, type II diabetes and atherosclerotic cardiovascular disease.

Biography

U Deniz Dincer received her MD, Ankara University School of Medicine, 1986 and her PhD, Ankara University in Pharmacology, 1995. She completed her training as a Postdoc in USA (Indiana University School of Medicine) 1997, 1999-2000. She worked at Ankara University between 2001-2005 as an Associate Professor. She also worked at LSUHSC, New Orleans, USA and IUPUI, Indiana, USA as a faculty (Assistant Prof.) between 2004-2010. Between 2010 and 2012, she was department chair of Pharmacology, Ufuk University School of Medicine, Turkey. She is working as a Professor and Department Chair of Pharmacology, Bezmialem University School of Medicine, Istanbul, Turkey.

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Euro Global Summit & Medicare Expo on

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Neurobiology implications of obesity and disordered eating

Rebecca Cooper
Rebecca's House Eating Disorder Treatment Programs, USA

Many people have a dysfunctional relationship with food where their obsession with food, weight, dieting and body image is impacting their health and quality of life. New advances in weight loss procedures, programs and research into the disruption of the energy homeostasis caused by dieting and the mutation of inheritable genes are resulting in an epidemic of obesity and disordered eating. Disordered eating creates a complex interaction that involves genetics, environmental factors, psychological disturbances, neurochemical and biochemical changes, and disturbed thinking patterns. The world's top scientists and researchers are studying the physical, behavioral, emotional, and mental effects of foods, lifestyle, and experiences that create a dysfunctional relationship with food. Research has shown that neurochemical and genetic expression can be altered and are implicated in obesity and disordered eating. It has also been shown that some people have genetic programming for fewer dopamine receptors. To compensate individuals may use substances (or some foods) to increase dopamine levels in the reward system of the brain.

Biography

Rebecca Cooper is the leading expert in disordered eating, eating disorders and food addictions. She received her Master's degree in Clinical Psychology from Pepperdine University and is a Licensed California Therapist, Licensed Professional Clinical Counselor, Certified Eating Disorder Specialist and holds a World Certificate for Psychotherapy. She authored the book, *Diets Don't Work*®, CDs, DVDs, Eating Disorder Workbooks, and numerous published articles. She created the first transitional living program for people with disordered eating, Rebecca's House Eating Disorder Treatment Programs in California. Her recovery program for disordered eating is used throughout the USA at treatment centers and by therapists.

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International study on weight reduction strategies

Nikolai Reynolds
Ipsos Healthcare and Ipsos InnoQuest, Germany

The objective of this study was to assess factors determining the reaction of individuals to the threats of overweight and obesity. Its aim is also to examine the interdependencies between weight-reducing strategies. The study encompasses a cross-country survey covering 19 countries and 13,155 interviews. Data were analyzed using a bivariate probit model that allows simultaneously analyzing two weight-reducing strategies. Results show that weight-reducing strategies chosen are not independent from each other. Findings also reveal that different strategies are chosen by different population segments. Women are more likely to change their dietary patterns and less likely to become physically active after surpassing a weight threshold. In addition, the probability of a dietary change in case of overweight differs considerably between countries. The study also reveals that attitudes are an important factor for the strategy choice. It is vital for public health policies to understand determinants of citizens' engagement in weight reduction strategies once a certain threshold is reached. Thus, results can support the design of public health campaigns and programmes that aim to change community or national health behaviour trends taking into account, e.g., national differences.

Biography

Nikolai Reynolds completed his PhD at the University of Bonnin Germany at the Chair for Market Research and is today, an appointed Lecturer at the same chair. In the private industry, at Ipsos - An international market research company - he heads two business units as a Director: Ipsos Healthcare and Ipsos InnoQuest. He has published more than 30 papers and has been for four years a member of an advisory board for an EU Commission co-financed international research program focusing on supply chain relationships in the LATAM and the EU.

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The use of pharmacotherapy in the treatment of binge eating disorder

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Peterborough City Hospital, UK

In treating binge eating disorder (BED), pharmacological treatment has proven beneficial. Multiple antidepressants including desipramine and fluvoxamine have demonstrated a decrease in the frequency of binge eating episodes as well as a decrease in the weight. For example, a placebo controlled trial of desipramine demonstrated a 63% decrease in binge eating frequency and mean weight loss of 3.5 kg for patients on desipramine compared to 16% decrease in binge eating frequency and mean weight loss of 1.2 kg for patients on placebo. Four previously published placebo-controlled trials on the effect of selective serotonin reuptake inhibitors (SSRIs) on BED demonstrated a minimum 50% decrease in the frequency of binges by SSRIs compared to placebos. Studies have also shown that in binge eating disorder, there are abnormalities with serotonin and norepinephrine. Anticonvulsants such as topiramate and zonisamide have also proven beneficial as they have been associated with anorexia and weight loss. One placebo controlled trial for topiramate demonstrated that 64% of patients treated with topiramate stopped binge eating while only 30% of patients on placebo demonstrated this. Both of these particular anticonvulsants act by inhibiting glutamate transmission. Anti-obesity agents including orlistat and sibutramine are also being used. An open trial of sibutramine on 10 obese patients over 12 weeks demonstrated that seven out of the ten patients had a reduction in their body weight while a placebo controlled trial on 60 patients demonstrated decreases in binge eating frequency and body weight. New options for pharmacological treatment such as atomoxetine and acamprosate are also emerging.

Biography

Amalan Karthigeyan attended medical school at the University of Debrecen in Hungary. He obtained his MD from there in 2012 and is now working as a Junior Doctor in the UK. He spent a short period of time working in an eating disorders unit in the town of Grimsby. During this time, he had a case report published and participated in an audit analysing cardiac abnormalities in anorexia nervosa patients. The findings of this audit were presented at the 16th World Congress of Psychiatry which took place in Madrid in September 2014.

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Increasing rate of weight loss for school children within the epidemic of obesity – A Swedish paradox?

Bo Werner
Orebro University School of Medicine, Sweden

This paper contrasts two findings from the same national covering material in Sweden for children born in 1973 and 1981 from age 7y to 18y. For both boys and girls obesity is increasing in both prevalence and severity and at the same time there is an increasing rate of weight loss episodes especially among girls. Two questions are put: Does this simultaneously development challenge public health work and can these findings be replicated elsewhere? Like in most of the world, the obesity epidemic among children and adolescents is also present in Sweden. Longitudinal surveys of two national representative samples born in 1973 and 1981 have shown that over a period of eight years the rate of obesity among boys and girls, age 7 to 18years, has increased both in prevalence and severity. The last decade's discussions on whether weight loss and eating disorders, especially among girls, is a growing problem have been ongoing in many countries, but nevertheless it has never been shown convincingly as an increasing phenomenon. In Sweden, by investigating the same data-set as in the study above, it has been shown that there is an increasing rate of weight loss episodes among both boys and girls, especially girls.

Biography

Bo Werner has completed his PhD from Karolinska Institutet, Department of Public Health Sciences Division of Social Medicine Stockholm. Thesis: Growth in Sweden. He has been the head of Department of Public Health and Community Medicine Örebro County Council and has served as a reviewer during the last 10 years for 6 different reputed medical journals. Serve now as a senior lecturer within School of Medicine at Örebro University.

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How saliva can be useful in weight management programs

Ana Rodrigues Costa
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Saliva contains cells and compounds, of local and non-local oral origin, namely inorganic, organic non-protein, protein/ polypeptide, and lipid molecules. This body fluid offers a non-invasive and stress-free alternative to serum, which can reflect real-time levels of biomarkers. In the last few years, steroids and non-steroid hormones have been investigated in saliva, providing particularly useful biomarkers for physical exercise behavior or psychosocial stress evaluation (e.g. cortisol, testosterone, leptin). In recent years, the attention turned also to the non-hormonal protein components of saliva. Salivary α-amylase is one of the major protein components of saliva and its main function is the enzymatic digestion of carbohydrates, but it is also important for mucosal immunity in the oral cavity, as it inhibits the adherence and growth of bacteria. This enzyme is considered a marker for SNS activity and for metabolic energy balance, sensitive to physical exercise and stress. In this context, its activity/expression in overweight and obesity is of interest. Saliva proteome is being analyzed by 2DE in several physiological/pathologic situations in order to identify potential biomarkers. Additionally, saliva can also be useful to follow lipidemic profiles, since a correlation between levels of total cholesterol and HDL has been demonstrated. Despite the convenient assessment, some characteristics of salivary components also entail some pitfalls that might complicate study design and interpretation of results. To overcome some of these problems, the establishment of standard protocols for collection, analysis and expression of results is a priority.

Biography

Ana Rodrigues Costa has completed her PhD in Biochemistry from Évora University in 2012, studying the contribution of Na, K-ATPase to pancreatic B-cell dysfunction in DT2. She is currently Assistant Professor of Biochemistry in the Department of Chemistry at Evora University, Portugal. She developed investigation in ICT research center, as Senior Investigator of the Functional Biochemistry group. Her main scientific interests include: i) Physiopathology of DT2, ii) Signal transduction studies in cellular models of disease; iii) The Identification of salivary biomarkers in pathology.

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Keynote Forum

(Day 2)






Euro Weight Loss 2015

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Yusuf Ozturk

Anadolu University, Turkey

Obesity, diabetes and metabolic syndrome in terms of preventive medicine and healthcare

Preventive medicine engirds both the care of individual patients, and public health practice, and as is apparent in the term, focuses on the prevention of disease rather than treatment, per se. Although there is no general scientific agreement as to whether or not preventive healthcare measures are cost-effective, but they may enhance, at least in certain situations, the quality of life significantly. As in the case of every aspects of human health, World Health Organization (WHO) adheres to the subject of preventive medicine and healthcare of obesity and allied conditions. Experts participating in the first WHO Expert Consultation on Obesity in June 1997 recognized instantly that 'Overweight and obesity represent a rapidly growing threat to the health of populations and an increasing number of countries worldwide.' In addition, WHO has been accepting medicinal plants for many years as an integral part of healthcare by starting the publication of serial monographs on medicinal plants from 1996 to date. Obesity causes important health consequences as a risk for serious chronic diseases. According to a report on actual causes of deaths, poor diet and physical inactivity seem to be second leading cause among preventable deaths in the United States in the year of 2000 with 400,000 person/year and 16.6 % of all death cases. As obesity, diabetes and metabolic syndrome are closely related to poor lifestyle, i.e., poor nutrition, inadequate physical activity, etc., the solution seems to be evident: Changing life style with complementary measures. These speech, therefore, will focus on nutritional and OTC measures against these delaterious health conditions providing concise information on pretty good examples like garlic, thyme, oregano, spirulina, etc

Biography

Yusuf Ozturk has completed his PhD from Ankara University in 1985. He was the Former Director of Graduate Institute of Health and is now the Head of Department of Pharmacology and the Dean of the Faculty of Pharmacy, Anadolu University. He has published more than 150 papers in reputed journals cited around 1600 times and has been serving as an Editorial Board Member of repute. Participating in many scientific juries, boards and commissions, he has various national and international awards and prizes, acknowledging top and distguished review service.

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Scientific Tracks & Abstracts

(Day 2)



Euro Weight Loss 2015

Track 4: Surgical Weightloss: Bariatric Surgery and Liposuction
Track 5: Dietary Approaches for Weight Management
Track 6: Current Clinical Research and Interventions in Treatment Approches

Session Chair
Farid Saad
Bayer Pharma, Germany

Session Co-chair
Mohamed Saleh Ismail
University of Dammam, KSA

Session Introduction

Title: **Traditional food and weight loss**
Muneera Q Al-Mssallem, King Faisal University, KSA

Title: **Progressive weight loss in 104 obese hypogonadal men with type 2 diabetes mellitus (T2DM) treated with testosterone undecanoate up to 84 in an observational registry study**
Farid Saad, Bayer Pharma, Germany

Title: **Postpartum weight retention as a risk factor for the development of midlife obesity**
Greta Kresic, University of Rijeka, Croatia

Title: **Intraoperative, early and late complications of Laparoscopic Sleeve Gastrectomy**
Rohit Kumar, International Modern Hospital, Dubai

Title: **Association between dietary calcium intakes and weight loss**
Mohamed Saleh Ismail, University of Dammam, KSA

Title: **Sleeve Gastrectomy for weight reduction in personal perspective, results of surgery done in 5 years**
Vinod Kumar Singhal, Prime Hospital and Healthcare Group, UAE

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Traditional food and weight loss

Muneera Q Al-Mssallem
King Faisal University, KSA

Obesity is a chronic condition that has been found to be associated with habitual eating patterns and lifestyle. The recent dramatic modification in Saudi diet in particular, modifying the type of carbohydrates content of the diet, was behind the most health problems. This study investigates both, the relationship between consumption of traditional Saudi foods and prevalence of obesity, and the effect of consumption traditional Saudi foods on losing weight. The results have revealed that 28% of subjects were overweight or obese, and 70% of subjects usually consume the traditional Saudi foods. There was a significant inverse correlation between the BMI and the consumption of these traditional Saudi foods (p=0.003). The second part of the study on obese and overweight participants has shown that 4% of weight reduction has been achieved within 6 weeks on low glycaemic index traditional foods. In conclusion, dietary advice should be givento consume the healthy traditional food in order to overcome and diminish the occurrence of health problem escalation.

Biography

Muneera Q Al-Mssallem is a faculty member at King Faisal University, Saudi Arabia. She has got her PhD in dietetics from Surrey University, Guildford, UK. She has been working as an Assistant Professor at King Faisal University since 2011. She has published some of her works in some journals such as *European Journal of Clinical Nutrition, Saudi Medical Journal, Journal of Diabetes & Metabolism, Annals of Nutritional Disorders & Therapy, Proceedings of Nutrition Society, and Arab Gulf Journal of Scientific Research.*

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Progressive weight loss in 104 obese hypogonadal men with type 2 Diabetes mellitus (T2DM) treated with testosterone undecanoate up to 84 in an observational registry study

Farid Saad
Bayer Pharma, Germany

Background: There is a robust bi-directional association between obesity and testosterone (T) deficiency (hypogonadism) in men with a prevalence of hypogonadism in obese men as high as 52%. We investigated effects of normalizing T in obese hypogonadal men on anthropometric parameters.

Methods: Cumulative, prospective, observational registry study of 340 men with T levels ≤12.1 nmol/L receiving parenteral T undecanoate 1000 mg/12 weeks following an initial 6-week interval for up to six years. A subgroup of 104 men (30.6% of the total group) with obesity and T2DM was analyzed.

Results: Mean weight decreased from 112.38±12.87 to 91.4±8.34 kg ($p<0.0001$). The mean change from baseline was -22.87±0.77 kg. Mean BMI decreased from 36.22±4.01 to 29.81±2.46 kg/m2 ($p<0.0001$), waist circumference (WC) from 110.23±7.57 to 99.8±6.43 cm ($p<0.0001$). Decrease in weight and BMI were statistically significant each year compared to previous year for 6 years, in WC for the full 7 years. After 3 months, 25% had gained weight, and no man had lost ≥5%. After 6 months, only 5.9% had gained, and 8.3% had lost ≥5%. At the end of the observation time, all men had lost weight: 52.5% had lost ≥20%, 77.5% ≥15%, 92.5% ≥10%, and 97.5% had lost ≥5% of their baseline weight. HbA1c decreased from 8.08±0.84 to 5.97±0.46% ($p<0.0001$) with statistical significance compared to previous year for the full 7 years.

Conclusions: Raising T to normal resulted in progressive improvements of anthropometric and glycaemic parameters in hypogonadal men over an observation period of 84 months.

Biography

Farid Saad worked for various pharmaceutical companies as specialist for reproductive endocrinology, pediatric endocrinology, andrology, endocrinology of male ageing, and hormonal male contraception in clinical development andrology, scientific and medical affairs. He currently works for Bayer Pharma in Berlin, Germany. He has authored and co-authored more than 100 peer-reviewed papers and more than 500 scientific abstracts. He received honorary Professorships in clinical research and endocrinology at Gulf Medical University, Ajman, U.A.E., and at Men's Health Reproduction Study Center, Hang Tuah University, Surabaya, Indonesia.

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Postpartum weight retention as a risk factor for the development of midlife obesity

Greta Kresic
University of Rijeka, Croatia

The childbearing years are an important life stage for women that may result in substantial weight gain leading to the development of obesity. In the light of early prevention of obesity, special concern should be taken in counselling women in the period after parturition since they are a very vulnerable population, considering the changes in metabolism and in lifestyle which have occurred. Weight gain before, during and after pregnancy not only affects the pregnancy but may also be a primary contributor to the future development of obesity in women during midlife and beyond. Women are often told that breastfeeding will help them lose weight, but they may have concerns about diet and substantial weight loss and its effect either on their breast milk quality or supply or on the growth of their babies. Evidence is limited and conflicting about whether women who breastfeed their infant lose more weight than women who do not breastfeed. From an evolutionary point of view, it appears reasonable to assume that the adipose tissue deposition during pregnancy would serve during breast-feeding as a nutritional reserve to ensure an adequate energy supply for the newborn. Weight change during postpartum and its major determinants such as pre-pregnancy BMI, gestational weight gain and diet will be discussed as a risk factor for obesity development.

Biography

Greta Kresic received her BA (1997), MA (2001) and PhD (2005) in Food Technology and Nutrition from the University of Zagreb, Faculty of Food Technology and Biotechnology. The fields of her scientific interest is human nutrition (dietary intake, dietary habits, maternal and child nutrition). As an author and co-author, she has generated 30 peer-reviewed publications. She has held 15 poster and oral presentations and lectures on international congresses. She is an Editorial Board Member of *Croatian Journal for Food Technology, Biotechnology and Nutrition* and also serving as a reviewer for 14 international scientific journals.

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Intraoperative, early and late complications of Laparoscopic Sleeve Gastrectomy

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International Modern Hospital, Dubai

Laparoscopic sleeve gastrectomy (LSG) is gaining acceptance among bariatric surgeons as a viable option for treating morbidly obese patients. We describe results of a single surgeon's experience with LSG, its intra-operative, early and late complications and their management. We retrospectively reviewed the data of patients who underwent LSG from 2006 to 2015. Patients underwent LSG as a primary procedure or as revisional bariatric surgery. The short-term morbidity and mortality were examined. All patients entering our practice, requesting bariatric surgery, were offered three procedure options: laparoscopic gastric bypass, adjustable gastric banding, and LSG. After a one-on-one consultation with the surgeon, the patients made an informed decision to undergo LSG, and an informed consent was obtained. All patients were required to undergo a psychological screening, routine labs, electrocardiogram, upper gastrointestinal X-rays, pulmonary function studies, and a medical evaluation. All patients were scheduled for LSG as a primary definitive procedure. All patients received intravenous antibiotics, subcutaneous unfractionated heparin and sequential compression devices preoperatively. One-stage LSG was performed. The major complications were late leakage after 4 weeks, with hemorrhaging. Two patients required reoperation & one patient was treated conservatively. Furthermore, one patient had complete Dysphagia, and was treated conservatively. Moreover, one patient who had an injury to the lower esophagus was re-operated, intra-operatively. One patient had mesenteric injury; another patient had an NG tube stapled, while a third patient's GE junction blew up because the balloon was inflated while doing the leak test. In addition, the serosal layer of ten patients came off while firing the first stapler. However, in spite of the presence of many such complications, only one case was aborted. In conclusion, LSG is a relatively safe surgical option for weight loss as a primary procedure.

Biography

Dr. Rohit Kumar has a vast experience in the fields of bariatric, gastrointestinal and general surgery. He has undergone training in laparoscopic bariatric surgery at Sir Ganga Ram Hospital, advanced laparoscopic training in Greece, and has done a fellowship in hepatobiliary and pancreatic surgery in Japan. He has, amongst his patients, a host of dignitaries, leaders, and foreign nationals. His areas of clinical interests include; Laparoscopic adjustable gastric banding, laparoscopic sleeve gastrectomy and laparoscopic Roux en Y gastric bypass, lap cholecystectomy, laparoscopic appendix, laparoscopic hiatus hernia, laparoscopic splenectomy, laparoscopic nephrectomy, laparoscopic colectomy, laparoscopic low anterior resection, laparoscopic gastrectomy, hepato-biliary and pancreatic surgery, laparoscopic inguinal hernia repaired and laparoscopic esophagectomy. His special interests lie in Minimal Access Bariatric surgery and Gastrointestinal Onco Surgery.

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Association between dietary calcium intakes and weight loss

Mohamed Saleh Ismail
University of Dammam, KSA

In recent years, several studies have reported a positive relationship between calcium intakes and weight loss, the highest the calcium intakes, the highest the weight loss. This association has shown in children, men, and younger and older women. Researchers calculated that a 300-mg increase in daily calcium intake was associated with a 3kg difference in body weight (BW). The effect of higher calcium intake on BW is stronger in subjects with a larger fat mass. Two possible physiological mechanisms explained this relation. First: in cell cultures of human adipocytes, increasing 1,25(OH)2D levels can increase lipogenesis and decrease lipolysis. The concentration of 1,25(OH)2D increases when calcium intake is decreased. Second mechanism is fat binding in the gut; increasing dietary calcium intake increases the calcium concentration in the intestine, which in turn induces formation of insoluble fatty acid and bile acid soaps that are excreted through the feces, thus decreasing the amount of dietary fat available for oxidation and/or storage. In clinical trials, increasing dietary calcium intake by 905–4,000/ day increased fecal fat excretion by up to 8.2 g per day. Moreover, diets containing high amounts of proteins and calcium have shown to decrease BW. Nevertheless, studies reported a greater reduction in BMI when calcium is derived from dairy products rather than from supplements. Finally, there may be a threshold for calcium intake (800 mg/day) above which no additive beneficial effect exists. Some researchers believe that suboptimal calcium intake may increase the risk of developing obesity.

Biography

Mohamed Saleh Ismail has completed his PhD from Minufiya University, Egypt. He has supervised 14 PhD and 26 Master theses in the field of human and clinical nutrition; also he published more than 20 papers in reputed journals and has been serving as a reviewer in several reputed journals e.g. *Nutrition and Dietetics, Journal of Public Health etc. In addition, he translated three books from English to Arabic (Principles of Nutritional Assessment, Nutrition and Immunity in Human, and Simplified Diet Manual)*.

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Sleeve gastrectomy for weight reduction in personal perspective, results of surgery done in 5 years

Vinod Kumar Singhal
Prime Hospital and Healthcare Group, UAE

An introduction to history and physiological basis, ideal patient selection and present role of sleeve gastrectomy in management of obese patients will be discussed. Technical details, alternative surgical approaches and intra-operative difficulties during sleeve gastrectomy like size of bougie, size of antrum, handling of hiatus and instrument failure will be discussed. Associated complications and best way to identify prevent and management will also be discussed. Surgical outcome of sleeve gastrectomy on resolution of obesity and associated comorbidities will be reviewed. Video presentation highlighting important steps will also be shown.

Biography

Vinod Kumar Singhal is extensively trained in GI Surgery (2001-2004) from one of the premier institute in India. Subsequently he obtained further education and training in advanced laparoscopic procedures for morbid obesity, from stalwarts in the field. Now working as GI, Bariatric and Advanced Laparoscopic Surgeon (Chair & Head-Department of General, Metabolic and Bariatric Surgery, Prime Healthcare, Dubai), practice is dedicated to the field. He is recognized with fellowship, by Royal College of Surgeons in England, Glasgow, Ireland, America. Serving proudly as member of foundation committee for European board (Metabolic and Bariatric Surgery).

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Scientific Tracks & Abstracts

(Day 3)



Euro Weight Loss 2015

Track 7: Weight Loss and Preventive Measures
Track 8 : Tailoring Lifestyle Approaches for Healthy Future

Session Chair
Yusuf Ozturk
Anadolu University, Turkey

Session Introduction

Title: St. John's wort is a metabolic enhancer to control weight gain
Yusuf Ozturk, Anadolu University, Turkey

Title: Hypogonadism, obesity and testosterone therapy
Farid Saad, Bayer Pharma, Germany

Title: Traditional herbal remedies: Old things, new insights
Azadeh Nadjarzadeh, Shahid Sadoughi University of Medical Sciences, Iran

Title: YRF - Binge eating disorder and food addiction
OLIVA Rossella, Outpatient Service for the Treatment of Obesity and Eating Disorders, Italy

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St. John's wort is a metabolic enhancer to control weight gain

Yusuf Ozturk, Ozgur Devrim Can and **Umide Demir-Ozkay**
Anadolu University, Turkey

Obesity is a complex metabolic disorder being related to important health consequences as a risk for serious chronic diseases. In our laboratories, we have been performing various experiments on the pharmacological effects of St. John's Wort (Hypericum perforatum L; SJW) including metabolic and endocrine actions in animals. It has an effect on the body weight upon its subacute use. Acute and subacute administrations of SJW extracts seem to increase the bile secretion both in healthy and CCl_4-pretreated rats. Choleretic activity observed in our studies is important in the utilization of lipids. Other studies are in general agreement with our findings i.e., hypolipidaemic activity of SJW have been reported in fructose-fed rats. SJW has also beneficial effects on the carbohydrate metabolism. Our studies have shown that SJW extracts normalize hyperglycaemia in rats with streptozotocin-induced diabetes. This observation has been confirmed by the other laboratories which report blood glucose lowering and and blood insulin normalizing actions of SJW. Accordingly, beneficial effects of SJW extracts on insulin resistance and lipid metabolic disorder have been reported in high-fat diet-induced obese mice. Additionally, we have observed a protective effect of SJW on the liver which is the center of metabolism. The hepatoprotective and choleretic activities observed in our laboratories are prominent in hypericin-rich fractions of SWJ extracts. Finally, antioxidant and tissue regerating effects of SWJ extracts are supportive activites observed. All together, findings stronlgy suggest that SJW may be important to control body weight being used for the ethnomedical management of metabolic disorders for many years.

Biography

Yusuf Ozturk has completed his PhD from Ankara University in 1985. He was the Former Director of Graduate Institute of Health and is now the Head of Department of Pharmacology and the Dean of the Faculty of Pharmacy, Anadolu University. He has published more than 150 papers in reputed journals cited around 1600 times and has been serving as an Editorial Board Member of repute. Participating in many scientific juries, boards and commissions, he has various national and international awards and prizes, acknowledging top and distguished review service.

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Hypogonadism, obesity and testosterone therapy

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Adipose tissue produces substances that suppress testosterone production. Low testosterone leads to further accumulation of fat mass. This situation represents a vicious circle. In an ongoing registry study of 347 hypogonadal men (total testosterone ≤12.1 nmol/L and presence of hypogonadal symptoms) being treated with testosterone in a urology office in Germany, only 7.5% had normal weight (BMI <25 kg/m2) at baseline, 22.8% were overweight (BMI 25-29.9 kg/m2) and 69.8% obese (BMI ≥30 kg/m2). The same applies to waist circumference (WC): 4.3% with WC<94, 30.8% 94-101.9, and 64.8% ≥102 cm at baseline. This distribution seems representative for hypogonadal populations. Only when long-term studies (5 years) with injectable testosterone undecanoate (TU) appeared in 2013 and 2014, substantial and sustained weight loss became apparent. In a controlled study, 5-year treatment with TU in men with metabolic syndrome resulted in progressive weight loss of 15.4 kg and decrease in WC of 9.6 cm. In registry studies, patients lost weight in the same magnitude. In none of these studies, patients regained weight during the observation time. In a meta-analysis on TU, the magnitude of effects depends on baseline BMI, duration of treatment, and age. It can be hypothesized that increase in lean mass and behavioural changes are factors in achieving weight loss by testosterone treatment. In conclusion, testosterone may have the potential to decrease obesity in hypogonadal men in a meaningful and sustainable manner.

Biography

Farid Saad worked for various Pharmaceutical companies as specialist for reproductive endocrinology, pediatric endocrinology, andrology, endocrinology of male ageing, and hormonal male contraception in clinical development andrology, scientific and medical affairs. He currently works for Bayer Pharma in Berlin, Germany. He has authored and co-authored more than 100 peer-reviewed papers and more than 500 scientific abstracts. He received honorary Professorships in clinical research and endocrinology at Gulf Medical University, Ajman, UAE, and at Men's Health Reproduction Study Center, Hang Tuah University, Surabaya, Indonesia.

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Traditional herbal remedies: Old things, new insights

Azadeh Nadjarzadeh and **Roghayeh Zare**
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Obesity is a serious global health threat that has been associated with several chronic diseases. Some kinds of complementary medicine such as herbal medicine claim to help shed weight quickly. The effectiveness and safety of these products are under question. Certain herbs such as psyllium, green tea, yohimbe, bitter orange, guarana, and cumin may help in weight loss programs. But no herbal treatment can completely cure obesity without calorie restricted diets. We are going to present plenary discussion regarding the effectiveness of some traditional herbs in weight loss. In our recent clinical trial, we determined the effect of cumin powder as an adjuvant therapy in calorie restricted administered overweight/ obese women. According to our results, adding 3 gram/d of green cumin to a 500 calorie deficient diet resulted in more decrease in body weight, BMI, waist circumference, fat mass, TG, Chol, LDL and increase in HDL compared to only calorie restricted diets ($p<0.05$). Percentage of fat mass decreased 14.64 and 4.91 in cumin and control groups respectively. We have not yet identified the exact components within this herb that are responsible for the effects. But its dietary fibre and some fatty acids may be the active components. It is important to know that simply adding herbs is unlikely to make any significant difference to a person's weight without any change to diet and life style. In fact, such herbs can only be used as an aid through a weight loss program with the emphasis on energy intake and physical activity changes.

Biography

Azadeh Nadjarzadeh has studied nutrition in Tehran University of Medical Sciences, Iran. Currently she is working as a head of Nutrition Department of Shahid Sadoughi University of Medical Sciences (Yazd, Iran). Also, she is the head of Nutrition and Food Security Research Centre. Her research interests are obesity, diabetes and infertility and the effect of dietary supplements on these conditions.

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Binge eating disorder and food addiction

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Now-a-days obesity has become a serious and costly problem and it has reached epidemic proportions globally. One interesting hypothesis to explain the development of this condition involves the relatively young and controversial Food Addiction (FA) model, which looks at similarities between the behavioral indicators of addiction and Binge Eating Disorder (BED), such as diminished control over consumption and continued excessive consumption despite negative consequences. Exploring the food-addiction construct and the co-occurrence with BED, may improve the clinical understanding of the pathophysiology of obesity and eating disorders and may suggest future treatment pathways to reduce their incidence and complications. The purpose of our study was to explore the FA construct in ninety-four obese and overweight patients referring to our patient's services in Italy. In particular, this research aimed; 1) to assess the correlation between the scoring of the YFAS (Yale Food Addiction Scale) and the scoring of Beck Depression Inventory (BDI), Binge Eating Scale (BES) and Three Factor Questionnaire (TFEQ) and 2) to explore the association between YFAS's scoring and measures of eating disorder and associated psychopathology. Based on our results, Binge Eating Disorder (BED) and FA are related but do not totally overlap. Since the subset of BED patients classified as having food addiction with the YFAS appears to represent a more disturbed variant for identifying the person with food addiction-like behaviors could have important clinical implication for the optimization of the treatment.

Biography

OLIVA Rossella holds a Master's degree in Neuroscience and Neuropsychological Rehabilitation. She has undertaken her internships in different centers and outpatient services for the treatment of eating disorders in Italy. She has attended a master practitioner in The National Centre for Eating Disorders in London and has conducted different research projects at the University of Padua. She's now working in an outpatient service for the treatment of obesity and eating disorders in Venice and also attending a four-year specialization school in cognitive-neuropsychological psychotherapy.

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Substantial weight loss in 237 hypogonadal men with obesity class I-III under long-term treatment with testosterone undecanoate (TU): Observational real-life data from a registry study

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Background: Testosterone (T) and obesity are inversely associated. Obesity has a greater impact on T decrease than advancing age.

Methods: Single-center, prospective, cumulative registry study of 340 hypogonadal men (total T ≤12.1 nmol/L and presence of symptoms). 237 men with obesity class I-III were analyzed. All men received TU injections every 3 months for up to 7 years. Anthropometric parameters were measured at every 3-monthly visit.

Results: Class I (n=103, mean age: 58 years): Weight decreased from 102.79 to 85.41 kg by 17.27 kg, per cent change from baseline -16.71%. Waist circumference (WC) decreased from 104.74 to 95.24 cm by 8.93 cm. BMI decreased from 32.85 to 27.65 kg/m^2 by 5.5 kg/m2. Class II (n=97, mean age: 60 years): Weight decreased from 116.67 to 92.19 kg by 25.15 kg, per cent change from baseline -21.52%. WC decreased from 111.97 to 100.96 cm by 12.53 cm. BMI decreased from 37.33 to 29.88 kg/m^2 by 8.06 kg/m^2. Class III (n=36, mean age: 60 years): Weight decreased from 128.92 to 100.75 kg by 29.3 kg, per cent change from baseline -22.79%. WC decreased from 117.56 to 103.63 cm by 12.93 cm. BMI decreased from 41.99 to 33.23 kg/m^2 by 9.59 kg/m^2. No patient gained or re-gained weight. No patient dropped out. There were no major adverse cardiovascular events during the entire observation period.

Conclusions: All changes were clinically meaningful and sustained for the full observation period. T therapy is an effective approach to achieve sustained weight loss in obese hypogonadal men, thereby potentially reducing cardiometabolic risk.

Biography

Farid Saad worked for various Pharmaceutical companies as specialist for reproductive endocrinology, pediatric endocrinology, andrology, endocrinology of male ageing, and hormonal male contraception in clinical development andrology, scientific and medical affairs. He currently works for Bayer Pharma in Berlin, Germany. He has authored and co-authored more than 100 peer-reviewed papers and more than 500 scientific abstracts. He received honorary Professorships in clinical research and endocrinology at Gulf Medical University, Ajman, UAE, and at Men's Health Reproduction Study Center, Hang Tuah University, Surabaya, Indonesia.

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The proteins in the diet (prevention and treatment) of obesity and related disorders

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The proteins have a crucial role in the prevention and treatment of metabolic and cardio-vascular diseases. The author presents his 30-year experience in the treatment and prevention of obesity, dyslipidemias, and related co-morbidities with diets rich of proteins. A diet with 1400 kcal/daily with optimal protein content (25-28% energy) has been given for the treatment of overweight and obesity for a period of one to three months per year. A beneficial effect of the use of Bulgarian yoghurt in different diets has been established for the treatment and prevention of obesity, metabolic syndrome, and atherosclerosis. A total of 1276 shift and night transport workers was given nutritional regiment containing 108.2 g of proteins/daily with beneficial effect on body mass, fat mass, lipid and cardio-vascular status. The results from the pan-European project DiOGenes showed that diet with high protein content had significant positive effect on weight loss maintenance as well as on several cardio-vascular parameters. Our last studies show that the diet with optimal protein content demonstrates its healthy effects in overweight and obese patients.

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Hypothalamic microRNAs suppress development of obesity

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Obesity is a growing epidemic characterized by an excess of fat content in the body. The contribution of neuronal microRNAs in the central control of metabolism is poorly studied. Using either AAV-vector derived or tamoxifen-inducible CamKII dependent Cre recombinases, we show that Dicer-dependent loss of microRNAs in the ARC neurons causes mTOR pathway activation and an imbalance in the levels of neuropeptides, resulting in severe hyperphagic adiposity. Similarly, the activation of mTOR due to Pten deletion in the adult forebrain leads to comparable weight increase. Conversely, delivery of the mTORC1 inhibitor rapamycin or specific microRNA mimics; predicted to target the mTOR pathway components, attenuate adiposity in mice lacking the Dicer1 gene in the forebrain. Our data indicate that non-coding RNAs, expressed in the hypothalamus, might be involved in the body weight control also in humans, which may have implications for treatment of the obesity syndrome. We propose a mechanism, in which microRNAs in the ARC inhibit the excessive activation of the insulin pathway, thus protecting from hyperphagia and obesity.

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Mindful eating, an ancient solution to modern day difficulties: Shifting the focus from weight to well-being

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Despite the significant amount of time, energy and money spent by individuals and organizations on restrictive, weight-focused programs, very little sustainable, large-scale change has been demonstrated. A recent review published in the *Journal of Obesity* concluded that no weight loss initiatives to date have generated long term results for the majority of participants. Clearly, these are not the results individuals or organizations hoped for. This talk will summarize the reasons that traditional weight-focused interventions fail and lay the foundation for a non-diet, weight-neutral, mindfulness-based approach to eating, physical activity, health and self-care. Dr Langman will introduce The Mindful Eating Cycle, a decision-making model developed by Michelle May, M.D. This model uses mindfulness-based strategies to develop greater awareness and make more effective choices about eating, activity, health and self-care.

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Weight loss therapy with acupuncture effecting HbA1c levels

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Therapeutic management of obesity includes exercise, a balanced diet, and healthy living habits. In addition, acupuncture can also be used as an adjunctive treatment for obesity. Acupuncture therapy in Body Weight Reduction (BWR) in obese patients is approved. But there are more effects than BWR. This therapy is affecting glucose metabolism, which is measurable with HbA1c levels before and after the acupuncture therapy for obesity, periodically. The novel study is reduction on HbA1c levels on patients coming for weight loss therapy in acupuncture clinic. Weight, BMI and HbA1c levels were measured both before and after the full course of acupuncture treatments. Co-morbid conditions that influence the development of obesity such as diabetes, age and post-menopausal state were reviewed. Results confer reductions in weight, BMI and HbA1clevels after 20 sessions acupuncture therapy for obesity.

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Impact of obesity on atrial fibrillation hospitalization

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Obesity has been attributed to almost 60% of the increase in atrial fibrillation (AF) incidence. Obese patients have a 45% to 50% increased risk for incident AF compared to participants with normal body mass index (BMI). Projected estimates are that by the year 2050 more than 10 million US citizens will have AF. This is the first study to investigate differences in frequency of AF related hospitalizations in obese vs. non obese patients.There were total 3,229,992 AF related hospitalizations between years 2000 and 2008. The relative increase in AF related hospitalizations among obese patients was 237.2% over the same period. Among obese patients, there is an exponential rise in AF related hospitalizations from 2000 through 2008, while the trend is linear among non obese patients. If the rise in AF related hospitalization continues to increase in a similar fashion, there will be 75,563 (95% CI: 50,229–113,675) AF related hospitalizations among obese population in 2020. Our data indicate that obesity has a major impact in AF related hospitalizations and both are likely to pose a large public health burden in the future. Aggressive risk factor modification, including management of obesity must be pursued to prevent AF related hospitalizations and thus reduce the "weight" on the health care system. It is further important to study the association between obesity and atrial fibrillation since obesity is a potentially reversible risk factor and intervention at this level may have major impact in cutting down the burden of two major epidemics.

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Mindful eating: Supporting us to effectively manage our weight

John Lingley
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Mindfulness can develop much greater levels of self-awareness to our automatic, reactive patterns of eating mindlessly due to trying to cope with our troublesome thoughts, feelings and emotions. Mindful eating can enable us to become more aware of what we are eating, why we are eating, when we are eating and to recognize if we are even hungry at all. Present moment awareness empowers us to fuel our body with nutrients that supports us to take care of ourselves and our health. More importantly we can recognize what the triggers and responses are to eating food when we are not hungry. When we have identified what these triggers are we can seek alternative, more effective methods for dealing with them rather than using food. Mindfulness brings greater self-awareness and enables us to become more aware of the choices that we have in regard to food and habits. In addition, meditative practice can create spaces between the thoughts that we have and the actions that we take. Asking ourselves; 'Is it my body that needs feeding or is it my soul?' Is it beneficial to rediscovering what our true needs are? We can become aware that we need to feed our soul and live by our values by perhaps exercising, spending time socializing, helping someone in need or looking after a neighbour. These are invaluable actions that are important to having a healthy relationship with food and so effectively managing our weight.

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Weight loss: Non-surgical strategies through newer drug therapies

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There has been a flurry of anti-diabetic medications since 2005 and the list is ever-expanding. These newer therapies include, glucagon-like peptide-1 (GLP-1) analogues, dipeptidyl peptidase-4 (DDP-4) inhibitors and sodium glucose co-transporter 2 (SGLT-2) inhibitors. Prior to their introduction, diabetes management was plagued by the invariable notorious side-effect of weight gain with the use of sulfonyl ureas (~2-3 kg), thiazolidinediones (~2–3 kg) and in particular with insulin (~4-10 kg). The latter group of medications remain a massive deterrent to both healthcare professionals in terms of prescribing and patients in respects to adherence as weight gain is undesirable and results in poor body image, depression, hypertension, hyperlipidaemia and an increased rate of micro- and macro-vascular diabetic complications. The newer therapies, apart from their anti-diabetic properties offer the desired effect of weight reduction (~2-3 kg) or at least weight neutrality (DDP-4 inhibitors). More recently, a GLP-1 analogue has been approved for management of obesity with promising efficacy (mean weight reduction of ~4-5 kg) in both non-diabetic and diabetic subjects. These newer therapies add to the armamentarium of therapies in addressing the global pandemic of diabetes and or obesity. Some of these offer other health benefits including a reduction in systolic and diastolic blood pressure (~4/2 mm of Hg) and improvement in some markers of hyperlipidaemia. The mechanisms through which weight loss is targeted, the data from the trials and the use of these newer agents in medically managing the ever-increasing tide of diabetes and obesity will be examined.

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Probiotics and obesity

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Probiotics, prebiotics or their combination (synbiotics) which are accepted as functional foods are attracting attention more and more as they have proved to have positive effects on human health. Probiotics are defined as live microorganisms which affects the host's health beneficially by balancing the gut flora of the host. Prebiotics are non digestible natural carbohydrates and stimulate the proliferation of specific probiotic bacteria as Lactobacilli and Bifidobacteria. Synbiotics are the defined as the combination of probiotics and prebiotics. Probiotics are known as they are able to be used for prevention and/or therapeutically for viral, bacterial or antibiotic associated diarrhea, constipation, lactose intolerance, infectious intestinal diseases such as Irritable Bowel Syndrome, Enterocolitis, Crohn's Disease, gastrointestinal tumors, food allergies, osteoporosis and as immune modulators, and prebiotics have additional proven effects except promoting the proliferation of probiotics; like decreasing blood cholesterol levels, increasing mainly calcium and other mineral's absorption, antimicrobic effect as a result of their fermentation which produces organic acids and decreases pH. Probiotics and prebiotics have a synergistic effect and provide an effective therapy for the diseases reasoned by the abnormal intestinal flora if they are used as a combination (synbiotics). In recent years, it has been discovered that there is a relationship between body weight and intestinal flora and a potential therapy for obesity with probiotics and the action mechanisms of probiotics on preventing from obesity are becoming highlights.

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The effect of visfatin and dyslipidemia on uterine contractility

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Adipose tissue secretes adipokines which have been linked to the pathophysiology of pregnancy-related complications. Visfatin is a recently discovered adipokine whose levels were reported to be increased during obesity and pregnancy. The aim of this study is to examine the effect of visfatin on mouse myometrial contractility, both wild type and APOE knockouts (hyperlipidemia model). Myometrial strips from term non pregnant and pregnant Wild Type (WT) and APOE Knock-Out (KO) mice were dissected, super fused with physiological saline and the effects of visfatin (10 nM–150 nM), on spontaneous and oxytocin-induced contractions (0.5-1 nM) were studied. After regular contractions were established, contractility was examined for control of 100% and test response at 37°C for 10 min. Visfatin had a relaxant effect on pregnant mouse myometrium. This effect was small in pregnant tissue contracting spontaneously. For example, in the pregnant WT myometrium, 10-150 nM visfatin produced a reduction in the 5 min area under the curve (AUC) of 95±3%, (n=8), However under more physiological conditions, oxytocin-induced contractions, a larger decrease was found (AUC=76±9%, n=4), mean±SEM. In the dyslipidemia APOE KO, the stimulation by oxytocin was reduced the AUC by (97±6%, n=4) compared to spontaneous contractions (104±4%, n=5). Together these data suggest that increased output of visfatin and dyslipidemia in obese pregnant women may impair uterine contractility resulting in labor related complications.

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Weight loss and knee osteoarthritis prevention in overweight and obese women

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Overweight is one of the major risk factors for knee osteoarthritis (OA) development. Despite this knowledge, the first ever preventive randomized controlled trial in OA research was recently completed. This study aimed to evaluate the effect of weight loss, through apragmatic tailor-made lifestyle intervention, on the incidence of knee OA after 30 months in a high-risk group of 407 middle-aged overweight and obese women. The lifestyle intervention was effective in reducing body weight at short follow-up (12 months), but not at long-term (30 months). Subgroup analysis, using Latent Class Growth Analysis, showed weight loss in mainly achieved by women with greater weight gain in recent years. The lack of a significant reduction in body weight after 30 months probably led to a non-significant effect on the incidence of knee OA. In total, 17% of all women achieved the predefined target of 5 kg/5% weight loss after 30 months. Incidence of knee OA was significantly reduced in women achieving the weight loss target (OR 0.5 [0.3-0.9] for combined clinical and radiographic knee OA and OR 0.3 [0.1-0.9] for radiographic knee OA). Moreover, blood glucose levels (HbA1c), fat percentage, waist circumference and blood pressure were significantly reduced among women achieving 5 kg/5% weight loss. Using the results of the first ever preventive trial in OA research, we now aim to design a more effective lifestyle intervention that achieves greater weight loss after long-term follow-up. Potentially, this will effectively increase health and reduce the incidence of knee OA among middle-aged women.

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Psychiatric aspects in weight loss interventions

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Purpose of Review: Bariatric surgery and other weight loss interventions have been consistently shown to be effective in short-term or long-term marked weight loss and in bringing significant improvement to medical comorbidities such as metabolic syndrome. Empirical data suggest a high prevalence of psychiatric disorders among weight loss interventions candidates. In this review, we focus on the studies published recently with a high impact on our understanding of the role of psychiatry in those weight loss interventions.

Recent Findings: This article reviews the specific psychopathologies before interventions, changes in psychopathologies after interventions, suicide risk related to interventions, factors associated with weight loss, and recommendations for pre-intervention and post-intervention assessment and management. Research indicates a decrease in certain psychiatric symptoms after weight loss with bariatric surgery. However, the risk of suicide and unsuccessful weight loss in some bariatric surgery patients make monitoring following surgery as important as careful assessment and management before surgery. Specific considerations for youth and older populations and future potential research foci are discussed.

Summary: Recent publications suggest new directions for psychiatric evaluation and interventions for weight loss patients. Future research on outcomes of specific populations, effectiveness of psychopharmacotherapy, and underlying pathophysiology are warranted for the advancement of treating obese patients.

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The effect of weight loss on epicardial adipose tissue thickness and its associative changes of cytokines in men with metabolic syndrome: A prospective weight reduction study

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Obesity is a recognized risk factor for cardiovascular disease, diabetes, and hypertension. Adipose tissue secretes numerous proinflammatory cytokines, chemokines, and adipokines. Furthermore, obesity was also correlated with depression and the possible mechanism remains unclear. Epicardial adipose tissue (EAT) induces activated inflammatory cells secreting cytokines, including soluble CD40 ligand (sCD40L). In turn the serums CD40L can trigger inflammatory responses. We initiated a prospective weight reduction study in men with metabolic syndrome and try to elucidated the effect of weight loss on epicardial fat thickness and insulin resistance, mechanism exploration of depression and (Brain-derived neurotrophic factor) BDNF, and its associative changes of cytokines, like paraoxonase-1, monocyte chemoattractant protein-1 (MCP-1), serum cystatin C, urinary N-acetyl glucosaminidase (NAG) and its indicative clinical significances. We also elucidated that different area of EAT thickness, examined by MRI, has different clinical significance and relationships with cytokines.

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Natural herbs for weight loss: Recent findings of exercise-dependent augmented effects

Ahmad Alkhatib
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Natural herbs have been in use for weight loss purposes since the history began. However, the global obesity epidemic and the rise in obesity-related chronic diseases, including type-II diabetes and cancer, have highlighted the need for novel and effective approaches for herbal remedies. Whilst the popularity of several prescribed and non-prescribed slimming aids and herbal plant supplements have been marketed for their weight loss efficacy, single and multi-ingredient herbal supplements are still being investigated for their single or combined weight loss benefits. Limited research have highlighted an interesting efficacy for several popular herbal plant supplements including caffeine and capsaicin, Ayurvedic preparations and herbal teas, resulting in various degrees of effectiveness including thermogenic, appetite control and psychological benefits such as mood state. Recent research has suggested acute augmented weight-loss effects of combining herbal ingestion with exercise. For example, ingesting green tea, yerba mate and/or caffeine have been shown to increase metabolic rate, and augmented fatty acid metabolism and increase energy expenditure from fatty acid sources during exercise with various intensities, particularly low and moderate intensities. Other promising weight-loss effects have also been also reported for multi-ingredient herbal supplements, particularly those that are rich in phytochemicals and caffeoyl derivatives. Combining herbal ingestions with exercise still require further research in order to establish the supplement's most effective protocols in terms of dosage and timing, and the long-term benefits, particularly those related to exercise protocols and exercise adherence.

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Laparoscopic sleeve gastrectomy: Perspective from rural Australia

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Objectives: The demand for bariatric procedures has risen dramatically in recent years due to the growing obesity epidemic. Whilst there are many published papers on bariatric surgery, there is limited information within the rural Australian context. Our objective was to assess results of weight loss and complications of laparoscopic sleeve gastrectomy (LSG) performed in rural Australia, describing patient characteristics and assessing significant predictors of outcomes.

Methods: Review of 141 consecutive patients who underwent LSG at a rural Australian hospital was obtained. Data on patient demographics, mean weight loss and complications were collected. Significant predictors for length of stay calculated using multivariate analyses.

Results: 141 patients underwent LSG. Mean (SD) preoperative body mass index was 45 kg per m2 (7.8 kg per m2). Mean follow-up and length of hospital stay were 15 months (10 months) and 2.2 days (0.78 days) respectively. Mean excess weight loss (SD, available patient data) was 30% (17%, 141 patients), 41% (20%, 56 patients), 51% (21%, 36 patients), 68% (13%, 11 patients) and 65% (16%, 4 patients) at 3, 6, 9, 18 and 24 months respectively. 3 (2.1%) patients required return to theatre for management of staple line leak. Post-op blood transfusion rate was 2.1% (3 patients). There was no mortality. All-cause 30-day read mission rate was 7.1% (10 patients). Adjusted for preoperative characteristics, significant predictors of hospital stay duration were female sex (p=0.008), past history of hypercholesterolemia (p=0.012) and operation time (p=0.049).

Conclusions: Laparoscopic sleeve gastrectomy can be performed safely and effectively in rural Australia. Significant pre-operative predictors of length of hospital stay include female sex and past history of hypercholesterolemia.

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Prevalence of metabolic syndrome according to Framingham risk score group in middle aged men

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The prevalence of MS (Metabolic Syndrome) among Korean men in 2005 was 32.9% by the Korea National Health and Nutrition Examination Survey (KNHNES). Health care professionals are conducting early identification and treatment of MS to prevent an epidemic increase in cardiovascular disease. However, there are still an insufficient number of studies on the relationship between MS and FRS in Korea. This study investigated the prevalence of the MS according to Framingham Risk Score (FRS) group in middle-aged men using the 5th KNHNES data. The study included a total of 2,803 men, 40-65 years of age, among the subjects who participated in the KNHNES. The frequency analysis and cross tabulation were done with complex sample analysis. We applied the risk prediction algorithm used by the National Cholesterol Education Program Adult Treatment Panel III guidelines. Among 2,803 participants without self-reported Coronary Heart Disease (CHD), heart attack and angina pectoris), stroke, renal failure, caner, 15.0% had a 10-year risk for CHD of >20% (high risk group, HRG), 48.9% of 10% to 20%, (intermediate risk group, IRG), and 36.1% of <10% (low risk group, LRG). The prevalence rates of MS were 38.1%, 31.0%, and 23.7% in the HRG, IRG, and LRG respectively. The means of waist circumference were 86.1 cm, 85.5 cm, and 84.8 cm in the HRG, IRG, and LRG respectively. In the HRG, The prevalence rates of hypertension, diabetes, and dyslipidemia were 43.3%, 17.4%, and 15.5% respectively.

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Childhood obesity prevention: Developing a culturally appropriate program

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Childhood obesity is increasing worldwide. In rural north-east Romania, the prevalence of obesity in elementary school children increased from 2.5% to 4.4% in the last five years. Activities to promote health and disease prevention are a difficult task. Cultural forces are powerful determinants of health related behaviors. Traditional lifeways could promote specific healthy outcomes; by contrast, a loss of cultural traditions during the acculturation is a risk factor for obesity. We have developed culturally adapted nutrition education: 'The Granny's Health Bag - Traista cu sanatate' educational kit. Since 2012, more than 5000 elementary school children involved in "Healthy Traditions for Healthy Children" program used the educational kit. "The Granny's Health Bag" illustrates a traditional bag - traista, which is used to transport food, water and sport items. A survey involving the students' teachers was conducted between September 2013 and September 2014. A total of 30 teachers (100%) completed the survey. Teachers indicated that program materials (books, CDs, videos, brochures, posters, sheets, bags and newsletters) were useful (mean, 4.8). In urban schools where the program was implemented, the prevalence of childhood obesity decreased from 6.5% to 5.6%. The use of culturally competent language and images can increase the effectiveness and receptivity of obesity prevention programs.

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Notes:

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conferenceseries.com

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The gold standard of surgical obesity therapy

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Obesity is a primary disease in which no obvious cause exists, except for the imbalance of energy intake and expenditure. Gastric bypass surgery is called the gold standard in the United States for surgical weight loss procedures. Longitudinal studies indicate weight loss surgery is effective as a long-term, even life-long solution. Almost the same therapeutic results could be reached with the Isolated Sleeve Resection. The number of LSG operation per year in Germany is nowadays even bigger than bypass procedures. There are also many other new procedures which are performed in numerous clinics. Let us see what surgical therapy for weight loss do we really have what results we are able to achieve, when and which surgical techniques should be used and maybe we will find out which procedure could be called the "Gold Standard" in 2015.

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Effects of high-intensity lifestyle intervention on increased cardiometabolic risk in truncal obese adults

Vera P Simovska
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Obesity is a chronic disease that increases the risk for coronary heart disease (CHD) and type II diabetes (T2DM) and it's a growing public health problem worldwide. The purpose of our study was to develop a model of therapeutic efficiency high-intensity lifestyle intervention intended for truncal obese adults with increased cardiometabolic risk. Within the randomized controlled trial at a group of truncal obese adults with risk factors for CHD and T2DM, we suggest the following two types of high-intensity lifestyle interventions: 1st-low fat, hyperprotein, restriction diet (RD) of 1200-kcal/d (female) and 1500-kcal/d (male) with low glycemic (GI) and atherogenic index, and a specific proportion among SFA, MUFA and PUFA. The 2nd-RD and the individually dosed physical activty (PA) with gradually, from low to moderate and peaks of high intensity (50%-60%-75% VO2 max) in accordance to the initial level of the individual aerobic capacity (VO2 max), expressed into METs. After 30 days there was increase energetic value of RD for 200-kcal/d in accordance with increased PA. The changes in anthropometric measures, metabolic profiles, VO2 max and BMR are evaluated after 30 and 50 days. The efficiency of the progammed PA in combination with RD represents a significant higher reduction of BMI (kg/m2), WHR, fat mass index, risk factors for CHD and metabolic complication (hyperglycemia, dyslipidemia, arterial hypertension and atherogenic indexes) associated with truncal obesity and significant improvement in cardiorespiratory fitness for 17.16% VO2 max from initial level.

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OMICS International
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J Obes Weight Loss Ther 2015, 5:4
http://dx.doi.org/10.4172/2165-7904.S1.015

Euro Global Summit & Medicare Expo on

Weight Loss

August 18-20, 2015 Frankfurt, Germany

Circadian nutrition in obese and overweight subjects with different body compositions

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[1]Sapienza University, Italy
[2]BioTekna, Italy

The aim of the study is to analyze, in the same BMI range, the effectiveness of a circadian nutritional program in subjects with different body compositions for the fat loss and the maintenance of skeletal muscle mass, and to verify whether the program allows keeping results in the long run. Data were collected from obese and overweight subjects. Changes over time of body composition using BIA-ACC (BioTekna, Venice, Italy) medical device, weight, body mass index, dietary habits, physical activity, health status and lifestyle, were taken into account. Number of subjects: 4120 (1648 males, 2472 females). The subjects were divided into 4 groups according to percentage of fat mass FM, percentage of skeletal muscle mass and skeletal muscle mass index (SMI). All groups have adopted a circadian nutritional program for a period of six months as follows: Breakfast, glycemic load (GL): 40 to 60. Snack, GL: 20 to 30. Lunch, GL: 10 to 25. Snack, GL: 2 to 8. Dinner, GL: 0. At the end of the program, changes in weight and body composition were assessed. The first group showed the greater loss of fat mass and total weight. The groups 3 and 4 obtained fat mass loss and small loss of muscle mass. The second group showed the lesser loss of fat mass and total weight but with more muscle loss. This study highlights the importance in evaluating the body composition, and the crucial role of the muscle mass as a fundamental trigger in the metabolic modulation and regulation of energy expenditure.

Biography

Roberto Gradini is Associate Professor, General Pathology, Sapienza University School of Medicine, Rome, Italy (2001-2015). He is Director, Sapienza University, Rome, Italy (2007-2015), Visiting Scientist, Anestesiology, La Jolla Universiy, San Diego, USA (2010), Scientific Consultant, Neuroplasticity, University of Lille 1, France (2010-2011), Visiting Professor, Pathology, Rush University Medical Center, Chicago, USA (2009). He is also a Scientific Consultant, Neuropharmacology, I.N.M. Neuromed, Pozzilli (2002-2015) and a Clinical Assistant Professor, General Pathology, Loyola University, Chicago, USA (1985-1993).

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OMICS International
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344th OMICS International Conference

Euro Global Summit & Medicare Expo on

Weight Loss

August 18-20, 2015 Frankfurt, Germany

Previous Conferences



Euro Weight Loss 2015

Previous



Conferences

International Conference and Expo on
Drug Discovery & Designing
Aug 11-13, 2015 Frankfurt, Germany

International Conference on
Parkinsons Disease and Moment Disorder
Aug 11-13, 2015 Frankfurt, Germany

Glycobiology World Congress
Aug 10-12, 2015 Philadelphia, USA

Industrial Biotechnology Congress
Aug 10-12, 2015 Birmingham, UK

4th International Conference and Exhibition on
Cell & Gene Therapy
Aug 10-12, 2015 London, UK

4th International Conference and Exhibition on
Food Processing and Technology
Aug 10-12, 2015 London, UK

International Conference and Exhibition on
Biopolymers and Bioplastics
Aug 10-12,2015 San Francisco, USA

International Conference and Exhibition on
Antibodies
Aug 10-12, 2015 Birmingham, UK

World Congress on
Infectious Diseases
Aug 10-12, 2015 London, UK

Global Summit and Expo on
Multimedia & Applications
Aug 10-11, 2015 Birmingham, UK

Annual Summit on
Sleep Disorders and Medicine
Aug 10-12, 2015 San Francisco, USA

4th International Conference and Exhibition on
Pharmacovigilance & Clinical Trials
Aug 10-12, 2015 London, UK

International Conference and Expo on
Separation Techniques
Aug 10-12, 2015 San Francisco, USA

American Pharma Congress
Aug 10-12, 2015 Philadelphia, USA

International Conference on
Antimicrobial agents and Chemotherapy
Aug 4-6, 2015 Valencia, Spain

3rd International Conference on
Integrative Biology
Aug 4-6, 2015 Valencia, Spain

3rd International Congress on
Bacteriology and Infectious Diseases
Aug 4-6, 2015 Valencia, Spain

3rd International Conference on
Epidemiology & Emerging Diseases
Aug 4-6, 2015 Valencia, Spain

5th International Conference on
Clinical & Experimental Ophthalmology
Aug 4-6, 2015 Valencia, Spain

American Global Summit and Expo on
Food & Bevarages
Aug 3-5, 2015 Florida, USA

4th International Conference and Exhibition on
Addiction Research & Therapy
Aug 3-5, 2015 Florida, USA

5th International Conference and Exhibition on
Pharmaceutical Regulatory Affairs
Aug 3-5, 2015Florida, USA

International Conference on
Medical Physics
Aug 3-5, 2015Birmingham, UK

World Congress on
Breast Cancer
Aug 3-5, 2015 Birmingham, UK

3rd International Conference and Exhibition on
Traditional & Alternative Medicine
Aug 3-5, 2015 Birmingham, UK

Global Summit on
Stroke
Aug 3-5, 2015 Birmingham, UK

3rd Euro Nursing & Medicare Summit
Jul 27-29, 2015 Valencia, Spain

2nd International Conference on
Health Informatics and Technology
July 27-29, 2015 Valencia, Spain

4th International Conference on
Tissue Science and Regenerative Medicine
July 27-29, 2015 Rome, Italy

International Conference and Exhibition on
Clinical Trials
July 27-29, 2015 Orlando-FL, USA

International Conference on
Transcriptomics
July 27-29, 2015 Orlando-FL, USA

5th Global Summit and Expo on
Vaccines & Vaccination
July 27-29, 2015 Brisbane, Australia

4th Asia Pacific Congress & Expo on
Dental and Oral Health
July 27-29, 2015 Brisbane, Australia

International Conference and Expo on
Biomechanics & Implant design
July 27-29, 2015 Orlando-FL, USA

2nd International Conference on
Health Informatics and Technology
July 27-29, 2015 Valencia, Spain

3rd International Conference and Exhibition on
Neurology & Therapeutics
July 27-29, 2015 Rome, Italy

3rd Euro Nursing & Medicare Summit
July 27-29, 2015 Valencia, Spain

World Congress on
Hepatitis
July 20-22, 2015 Orlando-FL, USA

Conference and Trade Fair on
Laser Technology
July 20-22, 2015 Orlando-FL, USA

4th International Conference on
Gastroenterology
July 20-22, 2015 Orlando-FL, USA

International Congress on
Neuroimmunology & Therapeutics
July 20-22, 2015 San Francisco, USA

World Congress on
Industrial Automation
July 20-22, 2015 San Francisco, USA

American Women Healthcare & Fitness Summit
July 20-22, 2015 San Francisco, USA

World Congress and Expo on
Recycling
July 20-22, 2015 Barcelona, Spain

International Conference on
Innate Immunity
July 20-21, 2015 Barcelona, Spain

International Conference on
Tissue preservation and Bio-banking
July 20-22, 2015 Barcelona, Spain

4th International Conference on
Urology
July 20-22, 2015 Barcelona, Spain

Euro Global Summit and Medicare Expo on
Psychiatry
July 20-22, 2015 Barcelona, Spain

International Conference on
Aquaculture and Fisheries
July 20-22, 2015 Brisbane, Australia

Global Summit & Medicare Expo on
Surgical Weight loss
July 20-22, 2015 Brisbane, Australia

5th Asiapacific Summit on
Cancer Therapy
July 20-22, 2015 Brisbane, Australia

World Congress on
Pharmacology
July 20-22, 2015 Brisbane, Australia

4th International Conference on
Agriculture & Horticulture
July 13-15, 2015 Beijing, China

4th International Conference and Exhibition on
Pathology
July 13-15, 2015 New Orleans, USA

5th International Conference on
Clinical & Experimental Dermatology
July 13-15, 2015 New Orleans, USA

Global Summit on
Steroids
July 13-15, 2015 Baltimore, USA

7th Asia Pacific Biotech Congress
July 13-15, 2015 Beijing, China

International Conference on
Weight Loss and Fitness Expo
July 13-15, 2015 Philadelphia, USA

International Conference and Exhibition on
Lung disorders & Therapeutic
July 13-15, 2015 Baltimore, USA

International Conference on
Eye Disorders and Treatment
July 13-15, 2015 Baltimore, USA

Stress Management Summit
July 13-15, 2015 Philadelphia, USA

World Nutraceutical Conference and Expo
July 13-15, 2015 Philadelphia, USA

International Summit on
Current Trends in Mass Spectrometry
July 13-15, 2015 New Orleans, USA

International Conference and Exhibition on
Mesoscopic & Condensed Matter Physics
June 22-24, 2015 Boston, USA

4th International Conference and Expo on
Cosmetology and Trichology
June 22-24, 2015 Philadelphia, USA

3rd International Conference on
Oceanography
June 22-24, 2015 Philadelphia, USA

International Conference on
Geology
June 22-23, 2015 Orlando-FL, USA

International Conference on
Prostate Cancer
June 22-24, 2015 Orlando-FL, USA

Euro Global Summit and Expo on Food & Beverages
June 16-18, 2015 Alicante, Spain

3rd Euro Congress and Expo on
Dental & Oral Health
June 16-18, 2015 Alicante, Spain

4th International Conference on
Earth Science & Climate Change
June 16-18, 2015 Alicante, Spain

4th International Conference on
Biodiversity
June 15-17, 2015 Las Vegas, USA

Annual International Conference on
Fostering Human Resilience
June 15-17, 2015 Las Vegas, USA

International Conference and Expo on
Smart Materials & Structures
June 15-17, 2015 Las Vegas, USA

International Conference on
Retroviruses & Novel Drugs
June 08-10, 2015 Chicago, USA

International Conference and Exhibition on
Pain Medicine
June 08-10, 2015 Chicago, USA

International Conference on
Flu
June 08-10, 2015 Chicago, USA

Previous



Conferences

3rd International Conference on Pediatrics
May 18-20, 2015 San Antonio, USA

3rd International Conference and Exhibition on Physical Medicine & Rehabilitation
May 18-20, 2015 San Antonio, USA

International Conference on Big Data Analysis and Data Mining
May 04-06, 2015 Lexington, USA

International Conference on Significant Advances in Biomedical Engineering
April 27-29, 2015 Philadelphia, USA

5th International Conference on Clinical & Experimental Cardiology
April 27-29, 2015 Philadelphia, USA

4th International Conference and Exhibition on Metabolomics & Systems Biology
April 27-29, 2015 Philadelphia, USA

5th World Congress on Cell & Stem Cell Research
March 23-25, 2015 Chicago, USA

International Conference on Sports Medicine and Fitness
March 23-25, 2015 Chicago, USA

International Conference and Exhibition on Dentistry
March 18-20, 2015 Crowne Plaza, Dubai, UAE

2nd International Conference and Exhibition on Rhinology and Otology
March 18-20, 2015 Crowne Plaza, Dubai, UAE

5th International Conference and Exhibition on Pharmaceutics & Novel Drug Delivery Systems
March 16-18, 2015 Crowne Plaza, Dubai, UAE

3rd International Conference on Medicinal Chemistry & Computer Aided Drug Designing
December 08-10, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

2nd International Summit on Clinical Pharmacy
December 02-03, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

3rd International Conference and Exhibition on Obesity & Weight Management
December 01-03, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

4th International Conference on Nanotek & Expo
December 01-03, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

2nd International Congress on Bacteriology & Infectious Diseases
November 17-19, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

2nd International Conference on Nursing & Healthcare
November 17-19, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

3rd International Conference on Surgery and Anesthesia
November 17-19, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

5th World Congress on Diabetes & Metabolism
November 03-05, 2014 Embassy Suites Las Vegas, USA

2nd International Conference on Predictive, Preventive, Personalized Medicine & Molecular Diagnostics
November 03-05, 2014 Embassy Suites Las Vegas, USA

3rd International Conference on Translational Medicine
November 03-05, 2014 Embassy Suites Las Vegas, USA

3rd International Conference and Exhibition on Biowaivers, Biologics and Biosimilars
October 27-29, 2014 Hyderabad International Convention Centre, India

3rd International Conference and Exhibition on Pharmacovigilance & Clinical Trials
October 27-29, 2014 Hyderabad International Convention Centre, India

3rd International Conference on Agriculture & Horticulture
October 27-29, 2014 Hyderabad International Convention Centre, India

2nd World Congress on Petrochemistry and Chemical Engineering
October 27-29, 2014 Embassy Suites Las Vegas, USA

2nd International Conference on HIV/AIDS, STDs & STIs
October 27-29, 2014 Embassy Suites Las Vegas, USA

3rd International Conference and Exhibition on Cell & Gene Therapy
October 27-29, 2014 Embassy Suites Las Vegas, USA

3rd International Conference and Exhibition on Biometrics & Biostatistics
October 20-22, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

International Conference on Broadcasting Media & Film Industry
October 20, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

Health Informatics & Technology Conference
October 20-22, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

4th World Congress on Cancer Science & Therapy
October 20-22, 2014
DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

3rd International Summit on Toxicology & Applied Pharmacology
October 20-22, 2014
DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

2nd World Congress on Endocrinology
October 20-22, 2014
DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

4th World Congress on Virology
October 06-08, 2014 Hilton San Antonio Airport, USA

3rd International Conference on Forensic Research & Technology
October 06-08, 2014 Hilton San Antonio Airport, USA

3rd International Conference and Exhibition on Materials Science & Engineering
October 06-08, 2014 Hilton San Antonio Airport, USA

3rd International Conference on Clinical & Cellular Immunology
September 29-October 01, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

5th World Congress on Bioavailability & Bioequivalence: Pharmaceutical R&D Summit
September 29-October 01, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

2nd International Conference on Hematology & Blood Disorders
September 29-October 01, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

3rd International Summit on GMP, GCP & Quality Control
September 25-26, 2014 Valencia Convention Centre, Spain

3rd International Conference on Tissue Science & Regenerative Medicine
September 24-26, 2014 Valencia Convention Centre, Spain

4th International Conference on Vaccines & Vaccination
September 24-26, 2014 Valencia Convention Centre, Spain

3rd International Conference on Clinical Microbiology & Microbial Genomics
September 24-26, 2014 Valencia Convention Centre, Spain

3rd International Conference and Exhibition on Probiotics, Functional & Baby Foods
September 22-24, 2014 Hotel Royal Continental, Naples, Italy

2nd International Conference on Alzheimer's Disease and Dementia
September 23-25, 2014 Valencia Convention Centre, Spain

3rd International Conference and Exhibition on Nutrition & Food Sciences
September 23-25, 2014 Valencia Convention Centre, Spain

3rd International Conference on Hydrology & Meteorology
September 15-16, 2014 Hyderabad International Convention Centre, India

Global Cancer Conference & Medicare Summit
September 15-17, 2014 Hyderabad International Convention Centre, India

2nd International Conference on Animal & Dairy Sciences
September 15-17, 2014 Hyderabad International Convention Centre, India

4th International Conference on Pharmaceutical Regulatory Affairs
September 08-10, 2014 DoubleTree by Hilton Hotel Raleigh-Brownstone-University, USA

2nd International Conference on Genomics & Pharmacogenomics
September 08-10, 2014 DoubleTree by Hilton Hotel Raleigh-Brownstone-University, USA

2nd International Conference and Exhibition on Lasers, Optics and Photonics
September 08-10, 2014 Hilton Philadelphia Airport, USA

2nd International Conference and Exhibition on Mechanical & Aerospace Engineering
September 08-10, 2014 Hilton Philadelphia Airport, USA

3rd International Conference and Exhibition on Neurology & Therapeutics
September 08-10, 2014 Hilton Philadelphia Airport, USA

2nd International Conference and Exhibition on Traditional & Alternative Medicine
August 25-26, 2014 DoubleTree by Hilton Beijing, Beijing, China

2nd International Conference and Exhibition on Pharmacognosy, Phytochemistry & Natural Products August 25-27, 2014
DoubleTree by Hilton Beijing, Beijing, China

Previous OMICS International Conferences

World Summit on
The Past and Present Research Systems of Green Chemistry
August 25-27, 2014 Hilton Philadelphia Airport, Philadelphia, USA

2nd International Conference on
Epidemiology & Evolutionary Genetics
August 18-19, 2014 DoubleTree by Hilton Beijing, Beijing, China

5th International Conference and Exhibition on
Analytical & Bioanalytical Techniques
August 18-20, 2014 DoubleTree by Hilton Beijing, Beijing, Chinaw

3rd International Conference and Exhibition on
Biosensors & Bioelectronics
August 11-13, 2014 Hilton San Antonio Airport, San Antonio, USA

2nd International Integrative Biology Summit
August 04-06, 2014 Hilton Chicago/Northbrook, Chicago, USA

3rd International Conference and Exhibition on
Addiction Research & Therapy
August 04-06, 2014 Hilton Chicago/Northbrook, Chicago, USA

4th International Conference on
Proteomics & Bioinformatics
August 04-06, 2014 Hilton Chicago/Northbrook, Chicago, USA

3rd International Conference and Exhibition on
Orthopedics & Rheumatology
July 28-30, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

3rd International Conference on
Earth Science & Climate Change
July 28-30, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

3rd International Conference on
Gastroenterology & Urology
July 28-30, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

2nd International Conference on
Oceanography
July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

3rd International Conference and Exhibition on
Food Processing & Technology
July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

3rd International Conference and Exhibition on
Cosmetology & Trichology
July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

2nd International Conference and Exhibition on
Physical Medicine & Rehabilitation
July 14-16, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

4th International Conference on
Clinical & Experimental Ophthalmology
July 14-16, 2014 DoubleTree by Hilton Baltimore-BWI Airport, USA

International Conference on
Computer Graphics and Media Design
July 08-10, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

International Conference on
Women's Health, Gynecology and Obstetrics
July 08-10, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

International Conferences on
Gerontology and Geriatrics
July 08-10, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

2nd International Conference on
Bioprocess and Engineering
June 26-27, 2014 Valencia Conference Centre, Spain

3rd International Conference on
Nephrology & Therapeutics
June 26-27, 2014 Valencia Conference Centre, Spain

5th World Congress on
Biotechnology
June 25-27, 2014 Valencia Conference Centre, Spain

3rd International Conference and Exhibition on
Occupational Health & Safety
June 24-25, 2014 Valencia Conference Centre, Spain

3rd International Conference on
Biodiversity & Sustainable Energy Development
June 24-26, 2014 Valencia Conference Centre, Spain

4th World Congress on
Cell Science & Stem Cell Research
June 24-26, 2014 Valencia Conference Centre, Spain

2nd International Conference on
Dental & Oral Health
April 21-23, 2014 Crowne Plaza Dubai, UAE

5th International Conference on
Biomarkers & Clinical Research
April 15-17, 2014 St.Hilda's College - University of Oxford, UK

3rd International Conference and Exhibition on
Pathology
April 14-16, 2014 Hilton San Antonio Airport, TX, USA

4th International Conference on
Clinical & Experimental Dermatology
April 14-16, 2014 Hilton San Antonio Airport, TX, USA

4th International Conference on
Clinical & Experimental Cardiology
April 14-16, 2014 Hilton San Antonio Airport, TX, USA

3rd International Conference and Exhibition on
Metabolomics & Systems Biology
March 24-26, 2014 Hilton San Antonio Airport, TX, USA

4th International Conference and Exhibition on
Pharmaceutics & Novel Drug Delivery Systems
March 24-26, 2014 Hilton San Antonio Airport, TX, USA

2nd International Conference on
Agricultural & Horticultural Sciences
February 03-05, 2014 Radisson Blu Plaza Hotel, Hyderabad, India

International Conference on
Traditional & Alternative Medicine
December 09-11, 2013 Radisson Blu Plaza Hotel, Hyderabad, India

2nd International Conference and Exhibition on
Obesity & Weight Management
December 02-04, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

3rd International Conference on
Nanotek & Expo
December 02-04, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

International Conference on
Nursing & Emergency Medicine
December 02-04, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

3rd International Conference on
Cell Science & Stem Cell Research
November 20-22, 2013 DoubleTree by Hilton Baltimore-BWI Airport, MD, USA

International Congress on
Bacteriology & Infectious Diseases
November 20-22, 2013 DoubleTree by Hilton Baltimore-BWI Airport, MD, USA

3rd World Congress on
Virology
November 20-22, 2013 DoubleTree by Hilton Baltimore-BWI Airport, MD, USA

World Congress on
Petrochemistry and Chemical Engineering
November 18-20, 2013 Hilton San Antonio Airport, TX, USA

International Summit on
Clinical Pharmacy & Dispensing
November 18-20, 2013 Hilton San Antonio Airport, TX, USA

2nd International Conference and Exhibition on
Pharmacovigilance & Clinical Trials
November 18-19, 2013 Hilton San Antonio Airport, TX, USA

2nd International Conference and Exhibition on
Cosmetology & Trichology
November 12-14, 2013 DoubleTree by Hilton Hotel Chicago-North Shore, IL, USA

International Conference on
Functional and Comparative Genomics & Pharmacogenomics
November 12-14, 2013 DoubleTree by Hilton Hotel Chicago-North Shore, IL, USA

2nd International Summit on
GMP, GCP & Quality Control
November 12-14, 2013 DoubleTree by Hilton Hotel Chicago-North Shore, IL, USA

International Conference on
Fermentation Technology, Bioprocess & Cell Culture
October 28-30, 2013 Kansas City Marriott Country Club Plaza, USA

2nd International Conference and Exhibition on
Food Processing & Technology
October 28-30, 2013 Kansas City Marriott Country Club Plaza, USA

International Conference on
HIV/AIDS, STDs & STIs
October 24-25, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

2nd International Conference and Exhibition on
Probiotics & Functional Foods
October 23-25, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

2nd International Conference and Exhibition on
Cell & Gene Therapy
October 23-25, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

International Conference & Exhibition on
Pharmacognosy, Phytochemistry & Natural Products
October 21-23, 2013 Radisson Blu Plaza Hotel, Hyderabad, India

3rd International Conference on
Pharmaceutical Regulatory Affairs
October 21-23, 2013 DoubleTree by Hilton Hotel San Francisco Airport, CA, USA

3rd World Congress on
Cancer Science & Therapy
October 21-23, 2013 DoubleTree by Hilton Hotel San Francisco Airport, CA, USA

Previous OMICS International Conferences

4th International Conference and Exhibition on Analytical & Bioanalytical Techniques
October 15-17, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

2nd International Conference on Medicinal Chemistry & Computer Aided Drug Designing
October 15-17, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

2nd International Conference on Clinical & Cellular Immunology
October 15-17, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

2nd International Summit on Toxicology
October 07-09, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

2nd International Conference on Forensic Research & Technology
October 07-09, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

2nd International Conference and Exhibition on Materials Science & Engineering
October 07-09, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

International Conference and Exhibition on Lasers, Optics & Photonics
October 07-09, 2013 Hilton San Antonio Airport, TX, USA

International Conference and Exhibition on Biochemical & Molecular Engineering
October 07-09, 2013 Hilton San Antonio Airport, TX, USA

International Conference and Exhibition on Mechanical & Aerospace Engineering
September 30-October 02, 2013 Hilton San Antonio Airport, TX, USA

International Conference on Psychology, Autism and Alzheimer's Disease
September 30-October 01, 2013 Hilton San Antonio Airport, TX, USA

International Conference on Hematology & Blood Disorders
September 23-25, 2013 DoubleTree by Hilton Hotel Raleigh-Durham Airport at RTP, NC, USA

4th World Congress on Biotechnology
September 23-25, 2013 DoubleTree by Hilton Hotel Raleigh-Durham Airport at RTP, NC, USA

2nd International Conference and Exhibition on Biowaivers & Biosimilars
September 23-25, 2013 DoubleTree by Hilton Hotel Raleigh-Durham Airport at RTP, NC, USA

2nd International Conference on Clinical Microbiology & Microbial Genomics
September 16-18, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

2nd International Conference on Surgery & Anesthesia
September 16-18, 2013 Hampton Inn Tropicana, Las Vegas, NV, USA

International Symposia on Entomology
September 04-06, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

International Conference on Omics Studies
September 04-06, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

2nd International Conference on Hydrology & Groundwater Expo
August 26-27, 2013 DoubleTree by Hilton, Raleigh, NC, USA

2nd International Conference on Tissue Science & Regenerative Medicine
August 26-28, 2013 DoubleTree by Hilton, Raleigh, NC, USA

World Congress on Endocrinology
August 26-28, 2013 DoubleTree by Hilton, Raleigh, NC, USA

2nd International Conference on Biodefense & Natural Disasters
August 21-23, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

International Conference on Oceanography
August 21-23, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

International Conference on Epidemiology and Evolutionary Genetics
August 21-23, 2013 Holiday Inn Orlando International Airport, Orlando, FL, USA

International Conference and Exhibition on Physical Medicine & Rehabilitation
August 19-21, 2013 Embassy Suites Las Vegas, NV, USA

International Conference on Dental & Oral Health Care
August 19-21, 2013 Embassy Suites Las Vegas, NV, USA

2nd International Conference and Exhibition on Orthopedics & Rheumatology
August 19-21, 2013 Embassy Suites Las Vegas, NV, USA

International Conference on Radiology & Imaging
August 14-16, 2013 Holiday Inn Chicago-Northshore, IL, USA

4th World Congress on Diabetes & Metabolism
August 14-16, 2013 Holiday Inn Chicago-Northshore, IL, USA

International Conference on Genetic Engineering & Genetically Modified Organisms
August 12-14, 2013 DoubleTree by Hilton, Raleigh, NC, USA

2nd International Conference on Biodiversity & Sustainable Energy Development
August 12-14, 2013 DoubleTree by Hilton, Raleigh, NC, USA

International Conference on Predictive, Preventive, Personalized Medicine & Molecular Diagnostics
August 05-07, 2013 Holiday Inn Chicago-Northshore, IL, USA

2nd International Conference on Translational Medicine
August 05-07, 2013 Holiday Inn Chicago-Northshore, IL, USA

International Conference on Integrative Biology Summit
August 05-07, 2013 Embassy Suites Las Vegas, NV, USA

2nd International Conference and Exhibition on Pathology
August 05-07, 2013 Embassy Suites Las Vegas, NV, USA

3rd International Conference on Vaccines & Vaccination
July 29-31, 2013 Embassy Suites Las Vegas, NV, USA

2nd International Conference on Nephrology & Therapeutics
July 29-31, 2013 Embassy Suites Las Vegas, NV, USA

International Conference on Animal & Dairy Sciences
July 23-24, 2013 Embassy Suites Las Vegas, NV, USA

2nd International Conference and Exhibition on Addiction Research & Therapy
July 22-24, 2013 Embassy Suites Las Vegas, NV, USA

2nd International Conference on Earth Science & Climate Change
July 22-24, 2013 Embassy Suites Las Vegas, NV, USA

4th International Conference on Biomarkers & Clinical Research
July 15-17, 2013 Courtyard Marriott Philadelphia Down Town, PA, USA

2nd International Conference and Exhibition on Nutritional Science & Therapy
July 15-17, 2013 Courtyard Marriott Philadelphia Down Town, PA, USA

3rd International Conference on Proteomics & Bioinformatics
July 15-17, 2013 Courtyard Marriott Philadelphia Down Town, PA, USA

2nd International Conference and Exhibition on Neurology & Therapeutics
June 10-12, 2013 Hilton Chicago/Northbrook, USA

2nd International Conference and Exhibition on Biosensors & Bioelectronics
June 10-12, 2013 Hilton Chicago/Northbrook, USA

2nd International Conference and Exhibition on Biometrics & Biostatistics
June 10-12, 2013 Hilton Chicago/Northbrook, USA

2nd International Conference on Gastroenterology & Urology
June 10-12, 2013 Hilton Chicago/Northbrook, USA

2nd International Conference and Exhibition on Occupational Health & Safety
May 21-22, 2013 DoubleTree by Hilton Beijing, China

4th World Congress on Bioavailability & Bioequivalence: Pharmaceutical R & D Summit
May 20-22, 2013 DoubleTree by Hilton Beijing, China

3rd International Conference on Clinical & Experimental Ophthalmology
April 15-17, 2013 Hilton Chicago, Northbrook, IL, USA

3rd International Conference on Clinical & Experimental Dermatology
April 15-17, 2013 Hilton Chicago, Northbrook, IL, USA

3rd International Conference on Clinical & Experimental Cardiology
April 15-17, 2013 Hilton Chicago, Northbrook, IL, USA

2nd International Conference and Exhibition on Metabolomics & Systems Biology
April 08-10, 2013 Hilton Chicago, Northbrook, IL, USA

3rd International Conference and Exhibition on Pharmaceutics & Novel Drug Delivery Systems
April 08-10, 2013 Hilton Chicago, Northbrook, IL, USA

Previous



Conferences

International Conference and Exhibition on Water Technologies, Environmental Technologies, and Renewable Energy
February 13-14, 2013 Bombay Exhibition Centre, Mumbai, India

International Conference and Exhibition on Obesity and Weight Management
December 03-05, 2012 DoubleTree By Hilton Philadelphia, USA

International Conference and Exhibition on QA, QC and Validation
December 03-05, 2012 DoubleTree By Hilton Philadelphia Centre City, USA

International Summit on GMP & GCP: USA, Europe, Japan, Asia Pacific
December 03-05, 2012 DoubleTree By Hilton Philadelphia Centre City, USA

2nd International Conference on Nanotek and Expo
December 03-05, 2012 DoubleTree By Hilton Philadelphia Centre City, USA

International Conference and Exhibition on Surgery & Transplantation
November 26-28, 2012 Hilton San Antonio Airport, USA

International Toxicology Summit & Expo
November 26-28, 2012 Hilton San Antonio Airport, USA

International Conference on Anesthesia & Perioperative Care
November 26-28, 2012 Hilton San Antonio Airport, USA

International Conference on Hair Transplantation & Trichology
November 26-28, 2012 Hilton San Antonio Airport, USA

3rd International Conference and Exhibition on Analytical & Bioanalytical Techniques
November 22-24, 2012 Hyderabad International Convention Centre, India

International Conference on Food Processing & Technology
November 22-24, 2012 Hyderabad International Convention Centre, India

2nd International Conference on Pharmaceutical Regulatory Affairs
November 23-24, 2012 Hyderabad International Convention Centre, India

International Conference and Exhibition on Cosmetology & Cosmetics
November 23-24, 2012 Hyderabad International Convention Centre, India

Global Biofuels & Bioproduct Summit
November 19-21, 2012 Hilton San Antonio Airport, USA

International Conference and Exhibition on Probiotics
November 19-21, 2012 Hilton San Antonio Airport, USA

International Conference on Genetic Syndromes & Gene Therapy
November 19-21, 2012 Hilton San Antonio Airport, USA

International Conference on Regenerative & Functional Medicine
November 12-14, 2012 Hilton San Antonio Airport, USA

2nd World Congress on Cell Science & Stem Cell Research
November 12-14, 2012 Hilton San Antonio Airport, USA

International Conference on Clinical Microbiology & Microbial Genomics
November 12-14, 2012 Hilton San Antonio Airport, USA

International Conference on Pulmonary & Respiratory Medicine
October 29-31, 2012 DoubleTree by Hilton Philadelphia, USA

International Conference and Exhibition on Computer Aided Drug Design & QSAR
October 29-31, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Conference on Clinical and Cellular Immunology
October 22-24, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Conference and Expo on Materials Science & Engineering
October 22-24, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Expo and Conference on Analytrix & HPLC
October 22-24, 2012 DoubleTree by Hilton Chicago-Northshore, USA

World Congress on Forensic Research & Technology
October 15-17, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Conference on Biothreat & Biodefense
October 15-17, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Conference on Otolaryngology
October 15-17, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Conference on Emerging Cell Therapies
October 01-03, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Conference and Exhibition on Pharmacovigilance & Clinical Trials
October 01-03, 2012 DoubleTree by Hilton Chicago-Northshore, USA

International Conference on Tissue Science & Engineering
October 01-03, 2012 DoubleTree by Hilton Chicago-Northshore, USA

2nd International Conference on Pediatrics & Gynaecology
September 24-26, 2012 Marriott Convention Center, India

3rd International Conference on Diabetes & Metabolism
September 24-26, 2012 Marriott Convention Center, India

International Conference and Exhibition on Translational Medicine
September 17-19, 2012 Holdiay Inn San Antonio, USA

International Conference on Agricultural & Horticultural Sciences
September 14-15, 2012 Hyderabad International Convention Center, India

International Conference and Exhibition on Hotel & Business Management
September 14-15, 2012 Hyderabad International Convention Center, India

International Conference on Biodiversity and Sustainable Energy Development
September 14-15, 2012 Hyderabad International Convention Center, India

3rd World Congress on Biotechnology
September 13-15, 2012 Hyderabad International Convention Center, India

2nd World Congress on Cancer Science & Therapy
September 10-12, 2012 Hilton San Antonio Airport, USA

International Conference on Hydrology and Ground Water Expo
September 10-12, 2012 Hilton San Antonio Airport, USA

World Congress and Expo on Biowaivers & Biosimilars
September 10-12, 2012 Hilton San Antonio Airport, USA

International Conference on Occupational Health & Safety Summit
September 05-07, 2012 DoubleTree by Hilton Philadelphia, USA

International Conference on Central Nervous System-gs Effecting & Novel Drug Development
September 05-07, 2012 DoubleTree by Hilton Philadelphia, USA

International Conference on Pathology
August 27-29, 2012 DoubleTree by Hilton Philadelphia, USA

International Conference and Exhibition on Nutritional Science & Therapy
August 27-29, 2012 DoubleTree by Hilton Philadelphia, USA

International Conference on Earth Science & Climate Change
August 21-22, 2012 Hilton Chicago/Northbrook, USA

International Conference and Exhibition on Nephrology & Therapeutics
August 20-22, 2012 Hilton Chicago/Northbrook, USA

2nd International Conference on Vaccines & Vaccination
August 20-22, 2012 Hilton Chicago/Northbrook, USA

International Conference and Exhibition on Addiction Research & Therapy
August 20-22, 2012 Embassy Suites Las Vegas, USA

2nd World Congress on Virology
August 20-22, 2012 Embassy Suites Las Vegas, USA

International Conference and Exhibition on Orthopedics
August 13-15, 2012 Hilton Chicago/Northbrook, USA

International Conference and Exhibition on Rheumatology & Therapeutics
August 14-15, 2012 Hilton Chicago/Northbrook, USA

2nd International Conference on Proteomics & Bioinformatics
July 02-04, 2012 Embassy Suites Las Vegas, USA

3rd International Conference on Biomarkers & Clinical Research
July 02-04, 2012 Embassy Suites Las Vegas, USA

International Conference and Exhibition on Neurology & Therapeutics
June 14-16, 2012 Embassy Suites Las Vegas, USA

Previous



Conferences

International Conference and Exhibition on Biosensors & Bioelectronics
June 14-16, 2012 Embassy Suites Las Vegas, USA

3rd World Congress on Bioavailability & Bioequivalence: Pharmaceutical R & D Summit
March 26-28, 2012 Hyderabad Marriott Hotel, India

World Congress on Gastroenterology & Urology
March 12-14, 2012 Omaha Marriott, Omaha, USA

International Conference and Exhibition on Nanotechnology & Nanomedicine
March 12-14, 2012 Omaha Marriott, Omaha, USA

2nd International Conference on Clinical & Experimental Opthalmology
March 05-07, 2012 Omaha Marriott, Omaha, USA

2nd International Conference on Clinical & Experimental Dermatology
March 05-07, 2012 Omaha Marriott, Omaha, USA

2nd International Conference on Clinical & Experimental Cardiology
March 05-07, 2012 Omaha Marriott, Omaha, USA

International Conference and Exhibition on Biometrics & Biostatistics
March 05-07, 2012 Omaha Marriott, Omaha, USA

International Conference on Metabolomics & Systems Biology
February 20-22, 2012 San Francisco Airport Marriott Waterfront, USA

2nd World Congress on Pharmacetics & Novel Drug Delivery Systems
February 20-22, 2012 San Francisco Airport Marriott Waterfront, USA

2nd International Conference on Analytical & Bioanalytical Techniques
December 16-17, 2011 San Francisco, USA

2nd World Congress on Diabetes & Metabolism
December 06-08, 2011 Philadelphia, USA

International Conference on Pediatrics & Gynecology
December 06-08, 2011 Philadelphia, USA

International Conference and Exhibition on Cell Science & Stem Cell Research
Nov 29-Dec 01, 2011 Philadelphia, USA

2nd World Congress on Biotechnology
Nov 29-Dec 01, 2011 Philadelphia, USA

International Conference and Exhibition on Vaccines & Vaccination
November 22-24, 2011 Philadelphia, USA

International Conference-cum-Exhibition on Agribusiness and Food Processing
November 20-22, 2011 Hyderabad, India

2nd World Congress on Biomarkers & Clinical Research
September 12-14, 2011 Baltimore, USA

International Conference and Exhibition on Pharmaceutical Regulatory Affairs
September 06-07, 2011 Baltimore, USA

International Conference and Exhibition on Virology
September 05-07, 2011 Baltimore, USA

International Conference and Exhibition on Cancer Science & Therapy
August 15-17, 2011 Las Vegas, USA

International Conference and Exhibition on Clinical Research: Dermatology, Ophthalmology and Cardiology
July 05-06, 2011 San Francisco, USA

International Conference & Exhibition on Proteomics & Bioinformatics
June 06-08, 2011 HICC, Hyderabad, India

International Conference & Exhibition on Pharmaceutical Biotechnology
June 06-08, 2011 HICC, Hyderabad, India

2nd World Congress on Bioavailability & Bioequivalence: Pharmaceutical R & D Summit
June 06-08, 2011 Las Vegas, USA

International Conference on Pharmaceutics & Novel Drug Delivery Systems
June 07-08, 2011 Las Vegas, USA

World Congress on Biotechnology
March 21-23, 2011 Hyderabad, India

International Conference on Diabetes and Metabolism
December 13-14, 2010 Santa Clara, USA

International Conference and Exhibition on Biomarkers & Clinical Research
November 22-23, 2010 Santa Clara, USA

International Conference and Exhibition on Analytical and Bioanalytical Techniques: Pharmaceutical R & D Summit
November 01-03, 2010 Hyderabad, India

International Conference and Exhibition on Bioequivalence & Bioavailability: Pharmaceutical R & D Summit
March 01-03, 2010 Hyderabad, India

Integrating Glycomics with other Omics in Cancer Detection and Diagnosis Cancer Detection and Diagnosis
January 19-20, 2010 Stanford University School of Medicine

International Conference and Exhibition on Cell Science & Stem Cell Research
Nov 29-Dec 01, 2011 Philadelphia, USA

2nd World Congress on Biotechnology
Nov 29-Dec 01, 2011 Philadelphia, USA

International Conference and Exhibition on Vaccines & Vaccination
November 22-24, 2011 Philadelphia, USA

International Conference-cum-Exhibition on Agribusiness and Food Processing
November 20-22, 2011 Hyderabad, India

2nd World Congress on Biomarkers & Clinical Research
September 12-14, 2011 Baltimore, USA

International Conference and Exhibition on Pharmaceutical Regulatory Affairs
September 06-07, 2011 Baltimore, USA

International Conference and Exhibition on Virology
September 05-07, 2011 Baltimore, USA

International Conference and Exhibition on Cancer Science & Therapy
August 15-17, 2011 Las Vegas, USA

International Conference and Exhibition on Clinical Research: Dermatology, Ophthalmology and Cardiology
July 05-06, 2011 San Francisco, USA

International Conference & Exhibition on Proteomics & Bioinformatics
June 06-08, 2011 HICC, Hyderabad, India

International Conference & Exhibition on Pharmaceutical Biotechnology
June 06-08, 2011 HICC, Hyderabad, India

2nd World Congress on Bioavailability & Bioequivalence: Pharmaceutical R & D Summit
June 06-08, 2011 Las Vegas, USA

International Conference on Pharmaceutics & Novel Drug Delivery Systems
June 07-08, 2011 Las Vegas, USA

World Congress on Biotechnology
March 21-23, 2011 Hyderabad, India

International Conference on Diabetes and Metabolism
December 13-14, 2010 Santa Clara, USA

International Conference and Exhibition on Biomarkers & Clinical Research
November 22-23, 2010 Santa Clara, USA

International Conference and Exhibition on Analytical and Bioanalytical Techniques: Pharmaceutical R & D Summit
November 01-03, 2010 Hyderabad, India

International Conference and Exhibition on Bioequivalence & Bioavailability: Pharmaceutical R & D Summit
March 01-03, 2010 Hyderabad, India

Integrating Glycomics with other Omics in Cancer Detection and Diagnosis Cancer Detection and Diagnosis
January 19-20, 2010 Stanford University School of Medicine

3rd World Congress of Gene-2009
December 01-07, 2009

7th Annual World Congress of International Drug Discovery Science & Technology
October 22-25, 2009

2nd WSA-2009
July 18-20, 2009

1st CCSB-2009
February 16-17, 2009

2nd PRICPS-4th AOHUPO
June 22-26, 2008

Euro Weight Loss 2015

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Pharma Marketing & Industry	Environmental Sciences	Business Management	Massmedia
Nutrition	Veterinary	Chemical Engineering	Geology & Earth science

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