

## 10<sup>th</sup> Fribourg Obesity Research Conference (FORC-2019)

Thursday, September 12, 2019

University of Fribourg, Switzerland

### Pathogenesis of Obesity & CardioMetabolic Diseases:

*From the legacy of Ancel Keys to Current Concepts*

Organized by Faculty of Science and Medicine, University of Fribourg, Switzerland

*In association with Swiss Association for Study of Obesity (ASEMO/SAMO)*

08:30 - 09:30 Registration – Coffee / Croissant

**09:30 - 09:45 Welcome to FORC-2019**  
*Abdul G Dulloo (Univ. Fribourg, CH)*

#### **Morning Session: From Ecological studies to Clinical Trials**

Chair: *Yves Schutz (Vevey/Fribourg) & Jennifer Miles-Chan (Auckland, New Zealand)*

09:45-10:20 The classic studies of Ancel Keys in Physiology, Nutrition & Public health  
*Jean-Pierre Montani (Univ. Fribourg, CH)*

10:20-10:55 Evolution of body composition diagnosis of obesity & cardiometabolic risks across the life cycle  
*Anja Bosy-Westphal (Christian-Albrechts-Univ. Kiel, Germany.)*

10:55 – 11:30 Coffee break

11:30-12:05 Low Carb, Low fat and Mediterranean diet for weight loss: long-term efficacy & Safety  
**Open Discussion**

12:05-12:40 Dietary fatty acid composition: impact on energy balance & body composition  
*Cathriona Monnard (Univ. Fribourg, CH)*

**12:40–14:00 LUNCH & Poster viewing**

#### **Afternoon session: From physiology of extremes to obesity management**

Chair: *Manfred Müller (Kiel, Germany) & David Thivel (Clermont-Ferrand, France)*

14:00-14:35 Hypoxia, energy balance & obesity: from pathophysiological mechanisms to new treatment strategies.  
*Bengt Kayser (Univ. Lausanne, CH)*

14:35-15:10 The Great Starvation Experiment: its impact on current concepts of appetite control and adaptive thermogenesis in body composition autoregulation.  
*Abdul G Dulloo (Univ. Fribourg, CH)*

15:10-15:45 Metabolic Adaptations to Caloric Restriction: Mechanisms and Methods to Reverse  
*Steven R Smith (Translational Research Institute for Metabolism & Diabetes, Orlando Florida, USA)*

15:45 – 16:15 Coffee break

16:15-16:50 The psychology of hunger: from famine starvation to therapeutic dieting  
*Jake Turicchi & James Stubbs (Univ. of Leeds, UK)*

16:50-17:25 Is weight cycling practices in Sports a risk factor for later obesity?  
*Laurie Isacco & Jennifer Miles-Chan (Univ. Bourgogne Franche-Comté, France & Univ. of Auckland, New Zealand)*

17:25 – 17:30 Closing remarks – *Abdul G Dulloo (Univ. Fribourg, CH)*