



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

Gruppo San Donato

1st Meeting Day of

MOSAIC

Multidisciplinary Obesity Science and Integrated Care

Milano, 3 luglio 2026

San Raffaele Congress Center

SCIENTIFIC COMMITTEE

Prof. Patrizia Rovere Querini

Scientific Coordinator, Internal Medicine/Metabolism

Dr. Marco Anselmino

Bariatric and Metabolic Surgery

Prof. Paolo Giorgio Arcidiacono

Gastroenterological Endoscopy

Dr.ssa Rebecca De Lorenzo

Internal Medicine/Metabolism

SCIENTIFIC PROGRAMME

08.30 – 09.00 Registration

OPENING AND WELCOME

09.00 – 09.15 **Greetings and Introduction to the Study Day**
Prof.ssa Patrizia Rovere Querini

SESSION I – OBESITY: THE BIG PICTURE

09.15 – 09.55 **Keynote Lecture: Obesity as a Chronic Systemic Disease – Current Understanding and Future Directions**
Chairs: Prof.ssa Patrizia Rovere Querini, Prof. Emanuele Bosi
Prof. Lorenzo Donini

09.55 – 10.20 **Abdominal MRI and Body Composition: New Insights into Healthy vs. Unhealthy Obesity Phenotypes**
Prof. Francesco De Cobelli

10.20 – 10.45 **Discussion**

10.45 – 11.15 *Coffee Break*

SESSION II – NON-PHARMACOLOGICAL INTERVENTIONS: BEHAVIOUR, NUTRITION AND PHYSICAL ACTIVITY

11.15 – 11.40 **The Psychology of Eating: Behavioural Determinants and Therapeutic Targets in Obesity**
Chairs: Dr.ssa Rebecca De Lorenzo, Dr.ssa Michela Petrone
Dr.ssa Carola Gatti

11.40 – 12.05 **Nutritional Strategies in Obesity Management: Evidence-Based Approaches and Patient Tailoring**
Dr.ssa Valentina Vinelli

12.05 – 12.30 **Exercise Prescription in Obesity: From Sedentary Behaviour to Structured Physical Activity**
Dr.ssa Luigia Brugliera

12.30 – 13.00 **Round table**

13.00 – 14.00 *Lunch Break*

SESSION III – PHARMACOLOGICAL AND INTERVENTIONAL TREATMENT

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

14.00 – 14.25

Bariatric Surgery in the Metabolic Syndrome

Dr. Marco Anselmino

14.25 – 14.50

Bariatric Endoscopy in Class I Obesity: Rationale and Indications

Dr. Vincenzo Bove

14.50 – 15.15

Anti-Obesity Pharmacotherapy: Current Landscape and Emerging Therapies

Prof.ssa Patrizia Rovere Querini

15.15 – 15.35

Medium- and Long-Term Safety and Efficacy: Medical Therapy vs. Surgery vs. Endoscopy

Dr. Maurizio De Luca

15.35 – 15.45

Round table

15.45 – 16.00

Coffee Break

SESSION IV – CLINICAL CASES AND MULTIDISCIPLINARY DISCUSSION

Chairs: Prof.ssa Patrizia Rovere Querini, Prof. Angelo Manfredi

16.00 – 16.25

Case 1: Obesity and MAFLD Choosing the Right Treatment Path way

Dr.ssa Rebecca De Lorenzo

16.25 – 16.50

Case 2: Class I Obesity When to Refer for Endoscopic Intervention?

Dr. Matteo Tacelli

16.50 – 17.15

Case 3: Weight Regain After Bariatric Surgery A Multidisciplinary Approach

Dr.ssa Giulia Morocutti

CLOSING SESSION

17.15 – 17.30

Take-Home Messages and Closing Remarks

Prof. Patrizia Rovere Querini

INFORMAZIONI GENERALI

Sede

Centro Congressi San Raffaele

Aula Caravella Pinta – Dibit1

Via Olgettina 58 – 20132 Milano

E.C.M. Educazione Continua in Medicina

Provider n. 7362 - ACHELOIS SRL

L'evento ha ricevuto n. 6 crediti formativi per le seguenti categorie professionali:

- Medici Chirurghi specialisti in Chirurgia General
- Endocrinologia
- Gastroenterologia
- Malattie metaboliche e diabetologia
- Medicina Fisica e riabilitazione
- Medicina Interna
- Radiodiagnostica
- Scienza dell'alimentazione e dietetica
- Medicina Generale (Medici di famiglia)
- Dietista
- Infermiere
- Psicologo

Obiettivo formativo

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

Iscrizioni

La partecipazione è gratuita previa registrazione al link:

[REGISTRAZIONE ONLINE MOSAIC](#)

Segreteria Organizzativa



Achelois | Professional Congress Organiser

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Con il patrocinio di

