



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Therapy of Obesity: From Lifestyle To Bariatric Surgery; Through Novel Pharmacologic Treatment Options

2021-5-H4101D324

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#### Aims

Aim of this set of lessons is to deliver and evidence based medicine (National and International Guidelines) supported therapeutic tool for the treatment of obesity

#### Contents

Pathophysiology of obesity

Life-style intervention

Drugs

Bariatric surgery

#### Detailed program

Pathophysiology of obesity, visceral-obesity and ectopic fat accumulation.

Structured intervention on life-style (nutrition, physical exercise, psychologic evaluation, social influence) and potential future relevance of nutrigenetics, nutrigenomics, and modulation of microbioma

Drug therapy with historical background on old drugs and detailed analysis of available drugs: : Orlistat, SGLT2-i, bupropione/naltrexone, GLP1-RAs, dual or tri-agonists (GLP1, GIP, Glucagon)

Bariatric surgery: indications/contraindications, endocrine-metabolic, psychologic, nutritional evaluations, surgical approaches (gastric banding, sleeve gastrectomy, gastric by-pass and bilio-pancreatic diversion), prevention of surgical and nutritional complications

### **Prerequisites**

5 year

### **Teaching form**

Lessons

### **Textbook and teaching resource**

Recording of the lessons and slide-kits

### **Semester**

second semester

### **Assessment method**

Attending

### **Office hours**

By email

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