UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

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

2324-5-H4101D324

Aims

To know the efficacy and effectiveness of the different therapeutic tools on body weight and on metabolic and cardiovascular complications of obesity To know how to handle the administration of life style intervention in a structured fashion with nutritionist, psychologist, exercise hysiologist

To know potential bariatric prcedures and how to preparare patients to interventions and to follow-them up post surgical procedures

To know the actual and behnd the corner pharmacologic therapeutic tools in patients with and without diabetes

Contents

Pathophysiology of obesity

Lifestyle intervention and behavioral support.

Bariatric surgery: classification of surgical interventions, indications/contraindication, adverse events post-surgical follow-up

Pharmacologic therapy and novel drugs

Detailed program

Nutritional therapy of obesity (low calorie diets, modulation of macronutrients content) based on EBM.

Effects of physical exercise and behavioural therapy

Effects of bariatric surgery analyzed using EBM on body weight and complications of obesity with prognostic implication, discussing type of interventions, preparation of the patients, follow-up of the patients, metabolic complications (malnutrition) with adverse events and side effects, failure of the intervention

Effects of novel drugs analyzed using EBM on body weight and complications of obesity with prognostic implications

Emphasis will be given to the milestone clinical studies able to show the advantages of novel pharmacologic and surgical therapeutic tools for the treatment of obesity generating recent revolutionary guidelines (EASD, EASO) and recommendation

Prerequisites

PMC2

Teaching form

Classical lesson and clinical case presentation

Textbook and teaching resource

None

Specific refs will be provided

Semester

Second semester

Assessment method

Checking the presence

Office hours

Va e-mail

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING