

# 5th Edition of World Obesity and Weight Management Congress

Theme: Transforming Lives: Advances in Obesity and  
Weight Management

**23-25**  
**OCTOBER 2025**

ORLANDO, FLORIDA,  
USA

## *Our Scientific Committee*



**RUSSELL RISING**  
D & S Consulting Services Inc,  
United States



**JEANE SILVA**  
Augusta University,  
United States



**F BUCK WILLIS**  
Belize Bible College, Punta Gorda,  
Belize



**BOB ESQUERRE**  
Esquerre Fitness Group International,  
United States



**ANN GILBERT**  
BS Purdue University,  
United States



**GRETCHEN HOLMES**  
Sam Houston State University,  
United States

## SCIENTIFIC TOPICS

- Genetics and Epigenetics of Obesity
- Diet & Nutrition
- Obesity and Metabolic Diseases
- Obesity & Cancer
- Diabetes, Endocrinology and Obesity
- Obesity and Chronic Diseases
- Obesity and Cardiovascular Diseases
- Obesity: Causes, Risk Factors & Pathophysiology
- Childhood & Adolescent Obesity
- Obesity-Related Diseases & Health Complications
- Reproductive Health & Obesity



**VENUE**

Hilton Garden Inn Lake Buena  
Vista/Orlando

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Keynote Presentations

**Bob Esquerre, Esquerre Fitness Group International, United States**

Title: Empowering successful outcomes: Program strategies for clients using Anti-Obesity Medications (AOMs)

**Ann Gilbert, BS Purdue University, United States**

Title: Redefining fitness: Time-efficient strategies for active living with AOM medications

**Jeane Silva, Augusta University, United States**

Title: Exploring the impact of MC4R gene variants on food preferences

**Amy Gutman, AdventHealth; Tough Love MD, United States**

Title: The first responder obesity epidemic: Practical solutions to our major cause of morbidity and mortality

**Vicky Midwood, Go Figure Coaching, United Kingdom**

Title: Thin, sick & stuck: Why fat loss alone won't fix us

**F Buck Willis, Belize Bible College, Punta Gorda, Belize**

Title: Integrative medicine for obesity and pre-diabetes reduction

**Andrzej Bissinger, Medical University of Lodz, Poland**

Title: Why does atrial fibrillation often affect obese people?

**Fabiana Sant Anna Evangelista, University of Sao Paulo, Brazil**

Title: Smart fat: Physical exercise-induced mechanisms for obesity prevention

**Anand Shetty, University of St Mary, United States**

Title: Validation of omron percent body fat measuring instrument

**Amy Laktash, FlyteHealth, United States**

Title: Flattening the cost curve and improving health outcomes: Results from a weight management pilot program with a state employee health plan

**Bob Esquerre, Esquerre Fitness Group International, United States**

Title: Redefining obesity intervention: The health and fitness sector as a catalyst for global change

**Ann Gilbert, BS Purdue University, United States**

Title: Redefining obesity intervention: The health and fitness sector as a catalyst for global change

**Akshra Verma, Southern Illinois University, United States**

Title: From cravings to clarity: Reclaiming power over food and feelings

**Christina Campbell, Christina Campbell, DO, United States**

Title: Understanding and addressing the multifactorial nature of obesity: A comprehensive approach

**Adam McBride, CEO, Eden Health International, United States**

Title: Enhancing workplace productivity through health solutions: Data-driven insights on the impact of GLP-1 medications on focus, productivity, and absenteeism

**Danielle Heyer, Mayo Clinic Transplant Center, United States**

Title: Bridging the gap between obesity and kidney transplant

Oral Presentations

**Jyoti Manekar, OMA, OAC, AAFP, ABFM, GAFF, AMA, United States**

Title: Why is obesity chronic and relapsing?

**Charles Bernard, Criteria for Success, Inc., United States**

Title: How to align stakeholders and accelerate obesity outcomes by enabling buy-in

**Barbara Lincoln, Barbara B Lincoln Nutrition, United States**

Title: The role and effect of GLP-1s on the private nutrition practice. How they are changing the counseling landscape

**Auston W Cherbonneaux, Exercise Update, United States**

Title: Physiology of the anti-calorie diet

**Betsy Jacob, Right Balanced Living, LLC, United States**

Title: Lifestyle medicine and holistic approaches to obesity

**Owen Simwale, ECH, United States**

Title: Multifacated approach to get kids make good food choices and to be active

**Michelle Petties, Brand New Now Press, United States**

Title: The obesity trap: How neuromarketing fuels food addiction and obesity

**Michelle Petties, Brand New Now Press, United States**

Title: Breaking the trap: How to outsmart neuromarketing and reclaim control over food choices

**Anoova Sattar, Olympia High School, United States**

Title: The burden of eating disorders in South Asians

**Colleen Lindsey, Leading Notes, United States**

Title: Wellness from within: Mini mindset shifts to create lasting change

**Dominique Paredes, Nutscience – Independent Researcher, United States**

Title: Microbiota and metabolism: An overlooked axis in childhood obesity

**Studer Anne Sophie, Sacred-Heart Hospital of Montreal, Canada**

Title: Single Anastomosis Sleeve Ileal Bypass(SASI) as a second stage after Sleeve Gastrectomy (SG) – A unicentric experience from a Canadian tertiary bariatric center

**Ahmed Aasmali, King's College hospital NHS Trust, United Kingdom**

Title: Outcomes of omega loop gastric bypass, 6-years experience of 1520 cases

**Mahmoud Moustafa Nafie, King's College Hospital NHS Trust, United Kingdom**

Title: Impact of ligamentum teres reinforcement on hiatus hernia incidence in patients undergoing laparoscopic sleeve gastrectomy: A single-center, retrospective cohort study

**Jia Li, Imperial College London, United Kingdom**

Title: Chemical dialogues between host and gut microbiota following bariatric surgery

**Andrew Bevan, PPD, Part of Thermo Fisher Scientific, United Kingdom**

Title: Use of a large real-world dataset to define representative US populations for phase III obesity studies

**Haider Mannan, Western Sydney University, Australia**

Title: Predictors and moderators of treatment outcomes in a randomized clinical trial of cognitive behavioural therapy integrated with weight loss for people with disorders of recurrent binge eating and high BMI

**Nicolaus Dahlmann, Institute for Biometry and Nutrition, Germany**

Title: Dahlmann-body-analysis: A tool in the weight management to identify patients at risk for metabolic syndrome

**Katharina Ruettgger, University of Potsdam, Germany**

Title: Formative evaluation of an early, cross-sector, outreach, and family-centred prevention of overweight and obesity programme (fruehstArt) – a study protocol

**Davide Garrisi, PPD, Part of Thermo Fisher Scientific, Italy**

Title: Use of a large real-world dataset to define representative US populations for phase III obesity studies

**Raquel B Leita, Polytechnic Institute of Viana do Castelo, Portugal**

Title: Healthy eating: Back to basics in light of scientific evidence

**Ana Paula Alves, University Faro, Portugal**

Title: Effect of a hypocaloric and low-carbohydrate diet on weight loss in overweight and obese patients: A retrospective study

**Grzegorz Piotrowski, Individual Specialist Medical Practice, Poland**

Title: Obesity and heart failure

**Andrzej Tomczak, WSB Merito University, Poland**

Title: Assessment of the level of physical activity of soldiers of different types of troops of the polish armed forces

**Wallace Rodrigues De Holanda Miranda, Federal University of Piauí, Brazil**

Title: Analysis of unusual anthropometric dimensions in patients with metabolic syndrome in the service of endocrinology in university hospital

**Ekaterina A Santanna, Shanghai Jiao Tong University, Brazil**

Title: Evaluating a mindfulness-based wellness marathon for perimenopausal and postmenopausal women: A qualitative case study

**Flavia Campos Corgosinho, Universidade Federal De Goias, Brazil**

Title: Relationship of fibrosis in white adipose tissue with liver markers and food consumption in Women with severe obesity

**Pradeep Singh Chahar, Banaras Hindu University, India**

Title: Immunological response to acute graded exercise

**Swati Vyas, IIS Deemed To Be University, India**

Title: Multicomponent lifestyle intervention for management of non alcoholic fatty liver disease

**Souravh Bais, Sage University, India**

Title: Effect of arjunolic acid as potential therapeutic constituent in experimental myocardial infarction

**Graham Ellis, PPD, Part of Thermo Fisher Scientific, South Africa**

Title: Emerging frontiers in obesity clinical research: The impact of GLP-1-based therapies

**Aboubacar Oumar Bangoura, University Gamal Abdel Nasser, Guinea**

Title: Yeast application for desalting fibersol-2 to control obesity and colon cancer

**Aalaa Salahuddin Abdulrahim Osman, Endocrinology and Diabetes Centre, Sudan**

Title: A review on congenital leptin deficiency: Phenotypes, diagnosis, and management

## Oral Presentations

**Samir Kohli, The Erring Human, Ecuador**

Title: Hacking the obesity code: My science-backed journey to wellness

**Masood Ahmed, Bolan Medical University and Health Sciences, Pakistan**

Title: Efficacy and safety of intragastric balloon Placement in adolescents under 18 for obesity management in Pakistan

**Rano Alieva, Republican Specialized Scientific and Practical Medical Center of Cardiology of the Ministry of Health of the Republic of Uzbekistan, Uzbekistan**

Title: Evaluation of the relationship between epicardial fat and metabolic syndrome components

## Oral Presentation Slots are Available !!

**Emmanuel Nageeb, Corewell Health, United States**

Title: Gastric remnant volvulus following a gastric-sleeve converted to roux-en-Y gastric bypass: A case report

**Christine L Lopez, Loma Linda University, United States**

Title: Bariatric Education and Wellness (B.E.Well): A psycho-behavioral intervention for postoperative care

**Kate Stratton, Lipodystrophy United, United States**

Title: Assessing the burden of lipodystrophy: Insights from a patient-driven survey

**Rebecca Cogen, Institute for Health Metrics and Evaluation, United States**

Title: Prevalence of overweight and obesity: An analysis from the global burden of disease study 2023

**Rebecca Cogen, Institute for Health Metrics and Evaluation, United States**

Title: Morbidity and mortality attributable to high body-mass index: An analysis from the global burden of disease study 2023

**Morgan Rook, Florida State University College of Medicine, United States**

Title: The impact of confidence and motivation on behavioral interventions for weight loss in overweight and obese populations

**Evgeny Pokushalov, Scientific Research Laboratory, United States**

Title: Optimizing glycemic control with AI-guided dietary supplements: A randomized trial in type 2 diabetes

**Jasmine Taylor, University of California Davis, United States**

Title: A clinical practice guideline for weight management in a primary care clinic

**Evgeny Pokushalov, Scientific Research Laboratory, United States**

Title: Optimizing weight loss with AI: A randomized trial of dietary supplement prescriptions in obese patients

**Ahmed Aosmali, King's College hospital NHS Trust, United Kingdom**

Title: Outcomes of omega loop gastric bypass, 6-years experience of 1520 cases

**Mahmoud Moustafa Nafie, King's College Hospital NHS Trust, United Kingdom**

Title: Impact of ligamentum teres reinforcement on hiatus hernia incidence in patients undergoing laparoscopic sleeve gastrectomy: A single-center, retrospective cohort study

## Poster Presentations



**Hillary Hu, University of Sydney, Australia**

Title: Patterns of gestational weight gain in an Australian tertiary hospital

**Louise Tavares Garcia Pereira, University of Brasilia, Brazil**

Title: Modulation of gut microbiota with antibiotics: Effects on metabolism

**Priscila Sales De Campos, Armed Forces Hospital and University of Santa Catarina State, Brazil**

Title: Analysis of demographic, functional, and respiratory characteristics of subjects with obesity awaiting bariatric surgery: Can prehabilitation improve capacity, and could acute intermittent hypoxia further enhance outcomes?

**Kyu Rae Ken Lee, Gachon University, Korea, Republic of**

Title: General and central obesity were significantly correlated with blood lead level in non-smoking, general population aged 30–50, without hypertension

**Sojoud Alsheraifi, EHS, United Arab Emirates**

Title: Knowledge, attitudes, and practices among parents regarding childhood obesity in the United Arab Emirates

**Areej Aljumaiddi, NGH, Saudi Arabia**

Title: The incidence of hypoglycemia and its risk factors among diabetic patients at prince mohammed bin abdulaziz national guard hospital In Al-Madinah Al-Munawwarh, Saudi Arabia

**Yuanyuan Lin, Beijing University of Chinese Medicine, China**

Title: Iron status and dietary iron intake in relation to overweight/obesity in U.S. adults: A nationwide population-based study

**Nenavath Neena Sree, All India Institute of Medical Sciences, India**

Title: Long term outcomes of bariatric surgery: A single centre retrospective analysis

**Nawinda Vanichakulthada, Ubon Ratchathani University Hospital, Thailand**

Title: Efficacy of intensive lifestyle modification using meal replacements for sustainable weight loss and body composition improvement in obese adults: A retrospective cohort study

**Davoud Shojaeizadeh, Tehran University of Medical Sciences, Iran (Islamic Republic of)**

Title: Development and evaluation of intervention based on enabling mothers to prevention of obesity in children ages 4 to 6

**Shannon Crehan, Saint George's University, Grenada**

Title: Understanding factors that prevent patients from choosing bariatric surgery: A qualitative analysis

**Poster Presentation Slots are Available !!**