10th 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
Chairs: 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
Chairs: 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)