

WEBINAR: **Losing weight with a Very Low Calorie Ketogenic Diet (VLCKD): A TOOL FOR OBESITY MANAGEMENT DURING THE COVID-19 PANDEMIC**



Host: EASO Centre for Obesity Management (COMs) Obesity Center C.I.B.O. Endocrinology Unit, Azienda Ospedaliera Universitaria Policlinico Federico II

Date: 13 November 2020 11:00 am-13:00 pm CET

Register in advance for this webinar. Registration link:
https://us02web.zoom.us/webinar/register/WN_RsOl_rltT-KskHtuyXpjlw

Moderators: **Professor Luca Busetto** (PD), **Professor Annamaria Colao** (NA)

11.00-11.05	Welcome and introduction Euan Woodward (UK)
11.05-11.20	Obesity and COVID 19: the numbers Luca Busetto (Italy)
11.20-11.35	Obesity and viral infections Annamaria Colao (Italy)
11.35-11.50	The importance of body weight management during the COVID-19 pandemic? Gijs Goossens (The Netherlands)
11.50-12.05	Effects of quarantine during COVID-19 on sleep quality in obesity Giovanna Muscogiuri (Italy)
12:05-12.20	Should people with obesity endeavour to lose weight during COVID 19 pandemic? Massimiliano Caprio (Italy)
12.20-12.35	VLCKD, gut microbiota, COVID-19: is there a link? Sabrina Basciani (Italy)
12.35-12.50	VLCKD: a tool for improving sleep quality? Marwan El Ghoch (Lebanon)
12.50-13.00	Q&A All