



# INTERNATIONAL SCHOOL OF MEDICAL SCIENCES E. MAJORANA FOUNDATION CENTRE FOR SCIENTIFIC CULTURE

*Directors of the School: I.U. Carreca, A.E. Cardinale*



First Course **SIO SCHOOL OF OBESITY 2026** (6th Edition)  
Erice, Sicily (Italy) • February 5-7, 2026

*Director of the Course: S. Buscemi*

Venue: Ettore Majorana Foundation • Conference Hall San Domenico

## RESIDENTIAL COURSE PROGRAM

### FEBRUARY 5

Director of the School: *Ignazio Carreca* • Univ. of Palermo

Director of the Course: *Silvio Buscemi* • Univ. of Palermo

11:30 AM • Attendees Registration

12:00 AM • Authorities Greetings

Rector of the University of Palermo • *Massimo Midiri*

President of the School of Medicine and Surgery •

*Marcello Ciaccio*

General Manager Policlinico “P. Giaccone” University Hospital •

*Maria Grazia Funari*

• Course presentation • *I. Carreca, S. Buscemi*

• Opening Lecture - Obesity, Aging and Cancer • *I. Carreca*

12:30 AM • Break and organization of group activities

1:30 PM • **Topic 1: Introductory Lectures**

■ Obesity as a Disease: Current Status in Italy • *Silvio Buscemi*

■ New Insights into Adipose Tissue as an Organ • *Saverio Cinti* • Univ. of Ancona

■ The Role of Preclinical Research • *Anna Brancato* • Univ. of Palermo

3:00 PM • **Topic 2: Evidence-Based Medicine**

■ How to Read and Publish a Scientific Article • *Lorenzo Donini* • Univ. of Rome

■ Guideline Methodology and ISS–SIO Obesity Guidelines • *Matteo Monami* • Univ. of Florence

■ New EASO Framework • *Luca Busetto* • Univ. of Padova

3:30 PM • Break

3:45 PM • **Topic 3: Fundamentals of Obesity Treatment**

■ Medical-Nutritional Therapy • *Simona Bertoli* • Univ. of Milan

■ Physical Exercise in Obesity Treatment • *Giuseppe Battaglia* • Univ. of Palermo

■ Ketogenic Diet as a Therapeutic Option • *Massimiliano Caprio* • Univ. of Rome

■ Cognitive Behavioral Therapy in Obesity Management • *Riccardo Dalle Grave* • Casa di Cura Villa Garda

9:00 PM • Evening Lecture

The Wonder of the Whole – Conversation with Massimo Polidoro

### FEBRUARY 6

8:30 AM • **Topic 4: Obesity and Gene–Environment Interaction**

■ Genes and Environment in Obesity Pathogenesis • *Lucio Gnassi* • Univ. of Rome

■ Obesity as a Ponderostat Disorder • *Cristiana Randazzo* • Univ. of Palermo

■ Genetic Obesity • *Paola Fierabracci* • Univ. of Pisa

■ Adiposopathy and Lipodystrophic Syndromes • *Silvia Magno* • Univ. of Pisa

10:30 AM • Break

11:00 AM • **Topic 5: Hot Topics in Obesity**

■ MASLD • *Carola Buscemi* • Univ. of Palermo

■ Cardiovascular Complications • *Alexis Malavazos* • Univ. of Milan

■ Obesity and Cancer • *Stefania Camastra* • Univ. of Pisa

■ Sarcopenic Obesity • *Lorenzo Donini* • Univ. of Rome

■ Obesity and Weight Stigma • *Cristina Segura García* • Univ. of Catanzaro

1:30 PM • Light lunch

2:30 PM • **Topic 6: Pharmacological Treatment of Obesity**

■ Pharmacologic Therapy in Pediatric and Adolescent Patients • *Andrea Vania* • Univ. of Rome

■ History of Obesity Pharmacotherapy • *Fabrizio Muratori* • Sant’Anna Hospital, Como

■ Therapeutic Options Before and After Incretins • *Federico Vignati* • Sant’Anna Hospital, Como

■ Medical-Nutritional Management and Bariatric Surgery • *Esmeralda Capristo* • Univ. of Rome

4:10 PM • **Topic 7: New Hot Topics**

■ Sleep Disorders and Obesity • *Stefania Redolfi* • Univ. of Cagliari, *Maria Paola Mogavero* • Oasi Research Institute IRCCS, Troina

4:40 PM • Break

5:10 PM • **Topic 8: The New Pharmacological Era**

■ Semaglutide: Selective and Pleiotropic Effects •

*Silvio Buscemi* • Univ. of Palermo, *Guido Salvetti* • Univ. of Pisa

■ Tirzepatide: Selective and Pleiotropic Effects •

*Paolo Sbraccia* • Univ. of Rome, *Uberto Pagotto* • Univ. of Bologna

8:15 PM • Dinner

9:15 PM • Evening Session

■ Interviews conducted by trainees with people living with obesity

10:15 PM • Plenary Session

■ Obesity Management Today: A Commitment of the Entire Healthcare System • *Federico Serra* • Senate of the Republic

■ An “Ambitious” SIO Initiative • *Michele Carruba* • Univ. of Milan, *Silvio Buscemi* • Univ. of Palermo

### FEBRUARY 7

9:00 AM • **From Theory to Practice: Group Work**

Coach: *F. Velluzzi* • Univ. of Cagliari, *M. Del Prete* • Sant’Anna Hospital, Como, *G. Gortan Cappellari* • Univ. of Trieste, *A.M. Barile* • Univ. of Palermo, *G. Salvetti* • Univ. of Pisa, *L. Colangeli* • Univ. of Rome, *M. Monami* • Univ. of Florence, *F. Rabimi* • Univ. of Turin

11:00 AM • Break

11:30 AM • **Working Group Presentations**

(15-minute presentation + 5-minute discussion)

1:30 PM • **Topic 9: Final Message**

■ Future Perspectives • *Silvio Buscemi* • Univ. of Palermo

**Conclusions, delivery of attendance certificates and education material**