



PASOO 27th ANNUAL CONVENTION 2021

Theme: FAX, MD: Food and Exercise as Medicine in Diabetes

Scientific Program

September 4, 2021		
Day 1		
Time	Topic	
12:00 nn – 1:00 pm	ASTRA-ZENECA LUNCH SYMPOSIUM Synergies in the Spectrum of Kidney Disease Management Speakers: Dr Roberto C. Mirasol and Dr. Lynn A. Gomez	
1:00 – 1:15 pm	Welcome Remarks Dr. Mia C. Fojas, President	
Plenary		
1:15 – 2:00 pm 35 min (+10 mins Q&A)	Obesity and Cardiovascular Outcomes Speaker: Dr. Augusto D. Litonjua Moderator: Dr. Nannette R. Rey	
2:00 – 2: 45 35 min (+10 mins Q&A)	Diet & Food Groups and Risk of Obesity & Diabetes Speaker: Dr. Gabriel V. Jasul, Jr. Moderator: Dr. Marjorie A. Ramos	
2:45 – 3:30 35 min (+10 mins Q&A)	Prevention of Type 2 Diabetes by Lifestyle Changes Speaker: Dr. Mia C. Fojas Moderator: Dr. Juan Maria Ibarra O. Co	
3:30 – 3:45	Visit the virtual booths	
Simultaneous Sessions		
3:45 – 4:30 pm 35 min (+10 mins Q&A)	Very Low Calorie Ketogenic Diet (VLCD) in Patients with Obesity Speaker: Dr. Maricar Esculto-Khan, RND Moderator: Dr. Nemencio A. Nicodemus, Jr	Aerobic, Resistance or Combined Exercise Training in Obese Individuals Speaker: Assoc. Prof. Francis Carlos B. Diaz, MSPE Moderator: Prof. Hercules P. Callanta, MSPE
4:30 – 5:15 35 min (+10 mins Q&A)	Intermittent Fasting Interventions for Treatment of Obesity in Adults Speaker: Ma. Eloisa E. Villaraza, RND Moderator: Dr. Nemencio A. Nicodemus, Jr	High-Intensity Interval Training (HIIT) vs. Moderate-Intensity Continuous Training (MICT) for Adults with Obesity Speaker: Asst. Prof. Christian Wisdom M. Valleaser, MSc Moderator: Prof. Hercules P. Callanta, MSPE
5:15 – 6:30 pm	SANOFI DINNER SYMPO Weight Management and Insulin Therapy: Striking a Balance Speaker: Dr. Juan Maria Ibarra O. Co Moderator: Dr. Hannah Ruth Labajo-Pagaduan	

September 11, 2021		
Day 2		
Time	Topic	
12:00 nn – 1:00 pm	NOVO NORDISK LUNCH SYMPOSIUM Understanding Obesity and the Importance of Appetite Regulation Speakers: Dr. Mia C. Fojas and Dr. Nemencio A. Nicodemus, Jr.	
Plenary		
1:00 – 1:45 pm 35 min (+10 mins Q&A)	Exercise Training vs. Hypocaloric Diet: Effects on Body Weight and Visceral Adipose Tissue Speaker: Dr. Elizabeth Paz-Pacheco <i>Moderator: Dr. Michael D. Rosario</i>	
1:45 – 2:30 35 min (+10 mins Q&A)	Physical Activity and Diet for Improving Cognition and School Performance in Children and Adolescents with Obesity Speaker: Dr. Sioksoan Chan-Cua <i>Moderator: Dr. Ann Marie Tan-Ting</i>	
2:30 – 3:15 35 min (+10 mins Q&A)	Effects of Exercise and Nutritional Intervention in Adults with Sarcopenic Obesity Speaker: Dr. Roberto C. Mirasol <i>Moderator: Dr. Mia C. Fojas</i>	
3:15 – 3:30	Visit the virtual booths	
Simultaneous Sessions		
3:30 – 4:15 pm 35 min (+10 mins Q&A)	Dietary Strategies for Weight Management of Athletes and Active Individuals Speaker: Jeaneth A. Aro, RND <i>Moderator: Dr. Celeste C. Tanchoco, RND, MPH, PhD</i>	WOERWAG SYMPOSIUM: Heavy on the Nerves: Obesity-related Neuropathy & Its Management Speaker: Dr. Nemencio A. Nicodemus, Jr. <i>Moderator: Dr. Luzviminda S. Katigbak</i>
4:15 – 5:00 35 min (+10 mins Q&A)	Understanding the Psychology of the Eater Speaker: Dr. Edgardo L. Tolentino Jr. <i>Moderator: Dr. Celeste C. Tanchoco, RND, MPH, PhD</i>	Effects of Mindfulness Training on Weight-loss in Adults with Obesity Speaker: Dr. Rene M. Samaniego, <i>Moderator: Dr. Luzviminda S. Katigbak</i>
5:00 – 5:30	Closing Ceremonies Announcement of New Board of Directors Induction of new members of PASOO Board Acknowledgement of Industry Support Closing Remarks: Dr. Nemencio A. Nicodemus Jr., Vice-President	