



Philippine Association  
for the Study of  
Overweight and Obesity  
Member of the World Obesity Federation

**3<sup>RD</sup> PASOO DIABESITY WORKSHOP for HEALTH PROFESSIONALS,  
March 4, 2023, 7:30 am to 5:00 pm, The Mallberry Suites Business Hotel, Cagayan De Oro**

**PROGRAM**

Time	
7:30 AM – 8:20 AM	Registration
8:20 AM – 8:45 AM	Prayer National Anthem Welcome address <ul style="list-style-type: none"> <li>• Nemencio A. Nicodemus, Jr, MD – President, PASOO</li> <li>• Cherry Lou R. Pepino, MD President, PCP Northern Mindanao Chapter</li> </ul>
8:45 AM – 9:30 AM	A multi-dimensional strategy for the prevention of diabetes (lifestyle, environmental, pharmacologic, psychologic, policymaking) <ul style="list-style-type: none"> <li>• Marjorie A. Ramos, MD</li> </ul>
9:30 AM – 10:15 AM	The holistic approach in the assessment of individuals with diabetes <ul style="list-style-type: none"> <li>• Nemencio A. Nicodemus, Jr, MD</li> </ul>
10:15 AM – 10:30 AM	Snack Symposium – sponsored by Zuellig Pharma Opening of the booth exhibits
10:30 AM – 11:15 AM	When awareness and education are not enough: developing healthy habits for sustained lifestyle change <ul style="list-style-type: none"> <li>• Luzviminda S. Katigbak, MD</li> </ul>
11:15 AM – 12:00 NN	Individualizing medical nutrition therapy for the management of diabetes <ul style="list-style-type: none"> <li>• Celeste C. Tanchoco, RND, PhD</li> </ul>
12:00 NN – 1:15 PM	Lunch symposium – sponsored by Novo Nordisk Topic: “Southeast Asian Consensus for Obesity Management” <ul style="list-style-type: none"> <li>• Mia C. Fojas, MD</li> </ul>
1:15 PM – 2:00 PM	Integrated pharmacologic management of diabetes <ul style="list-style-type: none"> <li>• Juan Maria Ibarra O. Co, MD</li> </ul>
2:00 PM – 2:45 PM	Optimal physical health for every Juan <ul style="list-style-type: none"> <li>• Hercules P. Callanta, PE, MSPE</li> </ul>
2:45 PM – 3:00 PM	Afternoon snack
3:00 PM – 3:45 PM	Reducing diabetes burden in the next generation <ul style="list-style-type: none"> <li>• Ann Marie Tan-Ting, MD</li> </ul>
3:45 PM – 4:30 PM	Cardiovascular risk reduction among patients with diabetes <ul style="list-style-type: none"> <li>• Nannette R. Rey, MD</li> </ul>
4:30 PM – 5:00 PM	Closing ceremonies Awarding of certificates to medical society partners Awarding of certificates to industry partners <ul style="list-style-type: none"> <li>• Nemencio A. Nicodemus, Jr, MD – President, PASOO</li> </ul>

*As of Jan. 31, 2023*