

6th Edition of World
OBESITY and
WEIGHT
Management Congress
&

4th Edition of International Conference on
DIABETES and
ENDOCRINOLOGY

19-21, October 2026
Boston, Massachusetts, USA

IN-PERSON:

Eastern Time (ET)

Hilton Boston/Woburn

2 Forbes Road, Woburn, Massachusetts,
01801, USA

VIRTUAL:

Central European Summer Time
(CEST)

**MONDAY
OCTOBER 19
2026**

**DAY 01 | IN-PERSON @FLAG BALL ROOM
EASTERN TIME (ET)**

08:00-08:50	Registrations
08:50-09:00	Opening Ceremony and Introduction
09:00-11:00	Keynote Sessions
11:00-11:30	Group Photo Coffee Break
11:30-12:10	Keynote Session
12:10-12:50	Oral Session
12:50-14:00	Lunch Break
14:00-15:00	CME Workshop
15:00-16:00	Oral Sessions
16:00-16:30	Coffee Break
16:30-17:10	Oral Sessions
17:10-18:00	Poster Sessions

**TUESDAY
OCTOBER 20
2026**

**DAY 02 | IN-PERSON @FLAG BALL ROOM
EASTERN TIME (ET)**

08:50-09:00	Opening Remarks
09:00-11:00	Keynote Sessions
11:00-11:30	Coffee Break
11:30-12:50	Oral Sessions
12:50-14:00	Lunch Break
14:00-15:00	CE Workshop
15:00-16:00	Oral Sessions
16:00-16:30	Coffee Break

**WEDNESDAY
OCTOBER 21
2026**

**DAY 03 | VIRTUAL @ZOOM MEETING
CENTRAL EUROPEAN SUMMER TIME (CEST)**

08:30-09:00	AV Check
09:00-11:00	Keynote Sessions
11:00-15:40	Oral Sessions
15:40-16:20	Poster Sessions
16:20-18:20	Keynote Sessions
18:20-18:40	Oral Session

Important Note

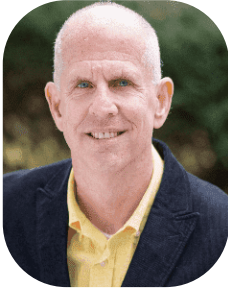
The conference follows Eastern Time (ET) for In-person sessions and Central European Summer Time (CEST) for Virtual sessions.

When the program refers to Local Timings, it means that the timing mentioned is based on the time zone of the presenter's country.

In-person presentations will take place in the **Flag Ball Room Meeting Hall** @Hilton Boston/Woburn and Virtual presentations will take place in Zoom meetings.

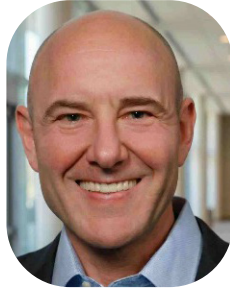
Please remain accessible in the hall or on Zoom throughout the day as there could be minor program adjustments due to technical issues or presenter no-shows.

Keynote Speakers



Russell Rising

D & S Consulting Services Inc., United States



Scott Isaacs

Emory University School of Medicine,
United States



Hassan Massoud Heshmati

Endocrinology Metabolism Consulting, LLC,
United States



Mahir Khalil Ibrahim Jallo

Thumbay University Hospital,
United Arab Emirates



Bob Esquerre

Esquerre Fitness Group International,
United States



Ann Gilbert

Fit-Her Health & Fitness for Women,
United States



Andrzej Bissinger

Medical University of Lodz, Poland



Tracy Norfleet

Weight Liberation®, United States



Michelle Petties

Brand New Now Press, United States



Vicky Midwood

Go Figure Coaching, United Kingdom



Wan Rosli Wan Ishak

Universiti Sains Malaysia, Malaysia



Sujith Rajan

NYU Langone Hospitals,
United States



Daryle Wane

Nurse Consultant, United States

DAY 01 @FLAG BALL ROOM

October 19, Monday

EASTERN TIME (ET)

08:00-08:50	Registrations
08:50-09:00	Opening Ceremony and Introduction

Moderators:

Auston W Cherbonneau, Independent Researcher, United States
Shaheen Khan Kaplan, Avalon University School of Medicine, Curaçao

Chairs:

Russell Rising, D & S Consulting Services Inc., United States
Bob Esquerre, Esquerre Fitness Group International, United States

09:00-09:40

Keynote Session

Russell Rising, D & S Consulting Services Inc., United States

Title: Adaptability of whole room indirect calorimetry for mainstream health and wellness

09:40-10:20

Keynote Session

Hassan M. Heshmati, Endocrinology Metabolism Consulting, LLC, Hassan Heshmati and Valerie Shaw Endocrine Research, United States

Title: Challenges of obesity in the geriatric population

10:20-11:00

Keynote Session

Bob Esquerre, Esquerre Fitness Group International, United States

Title: The blueprint of belonging: Aligning clinical intervention and fitness strategy to drive sustainable transformation, function, and well-being

11:00-11:30

Coffee Break @Foyer | Group Photo

11:30-12:10

Keynote Session

Michelle Petties, Brand New Now Press, United States

Title: VAMP, the inner work: A new pathway to sustainable weight loss

DAY 01 @FLAG BALL ROOM
EASTERN TIME (ET)

October 19, Monday

12:10-12:50

Oral Session

Auston W Cherbonneau, Independent Researcher, United States

Title: Redefining the metabolism of weight loss: Exercise signal and material nutrition

12:50-14:00

Lunch Break @Restaurant

14:00-15:00

CME WORKSHOP

Marc Cornier, Medical University of South Carolina; University of Texas Southwestern Medical Center, United States

Melanie Duran, UNM Hospitals Albuquerque, United States

Title: Personalizing progress in type 2 diabetes: Peer-led approaches to holistic care

15:00-15:20

Oral Session

Asef Mahmud, AdventHealth, United States

Title: Adolescent weight loss medications & surgery

15:20-15:40

Oral Session

Zhiheng Zhou, The Eighth Affiliated Hospital of Southern Medical University, China

Title: An intelligent hierarchical medical platform established upon high-quality datasets improves the effectiveness of glycemic management for all patients in different levels hospitals

15:40-16:00

Oral Session

Kia Mitchell, Families First Medical Group, International Women's Obesity Network (IWON), United States

Title: The weight we carry: Obesity bias, stigma & workplace mental health

16:00-16:30

Coffee Break @Foyer

16:30-16:50

Oral Session

Madhu S. Malo, Stapgen LLC, United States

Title: IAP: A predictor biomarker of obesity

16:50-17:10

Oral Session

Divanshi Trivedi, London Northwest Hospital NHS Foundation Trust, United Kingdom

Title: Association between diabetes technology use and prevalent macrovascular disease in adults with type 1 diabetes: A cross-sectional analysis

Poster Judges:**Russell Rising, D & S Consulting Services Inc., United States****Bob Esquerre, Esquerre Fitness Group International, United States**

PP01

Poster Sessions (17:10-18:00)

Jesse Cochrane, Lipedema Foundation, United States

Title: Patient reported outcomes of GLP 1/GIP agonist use for lipedema: Results from a survey based study

PP02

Aminata Mbaye, Université Cheikh Anta Diop, Senegal

Title: Epidemiological and diagnostic characteristics of children followed for overweight and obesity at the Albert Royer National Children's Hospital Center in Senegal

PP03

Kaishi Yang, Albert Einstein College of Medicine, United States

Title: Using a multi-disciplinary clinic model to prevent diabetic foot ulcer recurrence

PP04

Venkat Reddy Dornadula, Pacific Union College, United States

Title: AI model prediction of dawn phenomenon

PP05

**Shaheen Khan Kaplan
Rushil Patel
Avalon University School of Medicine, Curaçao**

Title: Impact of intermittent fasting on glycemic control in adults with type 2 diabetes: A systematic review of randomized controlled trials

PP06

Awais Khan, St. Luke's Hospital, Ireland

Title: Recurrent diabetic ketoacidosis associated with polysubstance performance-enhancing drug use in previously unrecognised insulin-deficient diabetes

PP07

**Subrina Anwar
Mark Howe
University Hospital Southampton NHS Foundation Trust, United Kingdom**

Title: Predicting AKI in vascular surgery patients: A validation study of the Vascular Surgery Kidney Injury Predictive Score

DAY 02 @FLAG BALL ROOM

October 20, Tuesday

EASTERN TIME (ET)

08:50–09:00 Opening Remarks

Moderators:

Madhu S. Malo, Stapgen LLC, United States

Lisa A Stanton, Omada Health, United States

Chairs:

Ann Gilbert, Fit-Her Health & Fitness for Women, United States

Andrzej Bissinger, Medical University of Lodz, Poland

09:00–09:40

Keynote Session

Ann Gilbert, Fit-Her Health & Fitness for Women, United States

Title: Weightless, not powerless: Reimagining obesity care through aquatic fitness

09:40–10:20

Keynote Session

Tracy Norfleet, Weight Liberation®, United States

Title: Confronting weight bias and cultivating cultural humility in obesity care

10:20–11:00

Keynote Session

Andrzej Bissinger, Medical University of Lodz, Poland

Title: Can your watch save your life? Cardiovascular monitoring in obesity through wearable technology

11:00–11:30

Coffee Break @Foyer

11:30–11:50

Oral Session

Melinda J Watman, Weighty Decision, United States

Title: Atypical anorexia is not that atypical: Eating disorders and obesity – The patient and clinician perspectives

11:50–12:10

Oral Session

Sarah M. Stewart, Worth The Weight, LLC, United States

Title: Teaching metabolism in the exam room: Using macronutrients and early biomarkers to identify and address obesity-related metabolic dysfunction

DAY 02 @FLAG BALL ROOM
EASTERN TIME (ET)

October 20, Tuesday

12:10-12:30

Oral Session

Madhu S. Malo, Stapgen LLC, United States

Title: Diabetes pathogenesis and prevention

12:30-12:50

Oral Session

Ana Paula Franco Pacheco, Estácio University of Brasília, Brazil

Title: Effects of a structured education program on glycemic control in type 1 diabetes

12:50-14:00

Lunch Break @Restaurant

14:00-15:00

CE WORKSHOP

Julio Rosenstock

Marc Cornier

Medical University of South Carolina; University of Texas Southwestern Medical Center, United States

Title: Beyond daily injections: Implementing once-weekly basal insulin to simplify and personalize care

15:00-15:20

Oral Session

Olayemi Olubowale, Massachusetts General Hospital, United States

Title: Racial disparities in osteoarthritis: Prevalence, presentation, and management in the United States

15:20-15:40

Oral Session

Lisa A Stanton, Omada Health, United States

Title: Improving GLP-1 weight loss quality with a virtual lifestyle companion program

15:40-16:00

Oral Session

Subrina Anwar

Mark Howe

University Hospital Southampton NHS Foundation Trust, United Kingdom

Title: Validation of VSKIPS and identification of additional risk factors for post-operative acute kidney injury after vascular surgery

16:00-16:30

Coffee Break @Foyer

16:30-16:50

Oral Session

Samira Seidu Bogobiri, Truworth Specialist Clinic, Ghana

Title: Artificial intelligence (AI)-driven remote monitoring and predictive management of diabetes patients in home-based care settings: Enhancing early detection, personalized intervention, and long-term health outcomes in Ghana

16:50-17:10

Oral Session

Janet Ofori, Ghana Health Service, Ghana

Title: Community-based diabetes prevention strategies in rural Ghana

End of Day 2

DAY 03 @ZOOM MEETING

October 21, Wednesday

Central European Summer Time (CEST)

08:30-09:00

AV Check

Moderator:

Amrita Sharma, GRDU, India

CENTRAL EUROPEAN
SUMMER TIME (CEST)

PRESENTER'S LOCAL
COUNTRY TIME

09:00-09:40

11:00-11:40

Keynote Session

Mahir Khalil Ibrahim Jallo, Thumbay University Hospital, United Arab Emirates

Title: Continuous Glucose Monitoring (CGM) ethical consideration

09:40-10:20

15:40-16:20

Keynote Session

Wan Rosli Wan Ishak, Universiti Sains Malaysia, Malaysia

Title: The prowess of Overripe Banana Sweetener (OBS) in enhancing nutritive values in food and ameliorating glycaemic responses in type 2 diabetes mellitus

10:20-11:00

09:20-10:00

Keynote Session

Vicky Midwood, Go Figure Coaching, United Kingdom

Title: When treatment creates the problem: Food addiction, identity, and the cost of getting it wrong

11:00-11:20

13:00-13:20

Oral Session

Safa Hegazin, Cleveland Clinic Abu Dhabi, United Arab Emirates

Title: Social determinants of obesity and social disparities

11:20-11:40

10:20-10:40

Oral Session

Ana Paula Moreira Carvalho Alves, University Faro, Portugal

Title: Effect of two nutritional interventions in women with obesity at the Portimão Unit of the Algarve Local Health Unit

CENTRAL EUROPEAN
SUMMER TIME (CEST)PRESENTER'S LOCAL
COUNTRY TIME

11:40-12:00

15:10-15:30

Oral Session

Subhas Chandra Datta, D N Das High School, India

Title: Regular intake of PM POSHAN-biomedicines midday meal with sports and games regulating world obesity and weight management of school children

12:00-12:20

15:30-15:50

Oral Session

R. Anil Kumar, Karnataka Institute of Endocrinology and Research, India

Title: Differential diagnosis of diabetes in young and prevalence of LADA and LADY in young persons attending tertiary diabetes institute in Bengaluru, India

12:20-12:40

15:50-16:10

Oral Session

Abhishek Bansal, New Era Consultancy Services, India

Title: Endocrine-specific diabetes risk modeling, glucose-insulin dynamics, and simulation-based metabolic review using the BVIDAL clinical software suite

12:40-13:00

16:10-16:30

Oral Session

Rupesh K. Gautam, Amity Institute of Pharmacy, India

Title: Shaping the future of diabetes care: New advancements in treatment, digital health and personalized patient care

13:00-13:20

16:30-16:50

Oral Session

Renuka Sharma, Sharda University, India

Title: A comprehensive analysis of adipose tissue signalling pathways: Bridging molecular mechanisms and therapeutic strategies in obesity

13:20-13:40

16:50-17:10

Oral Session

Rajat Goyal, Maharishi Markandeshwar (Deemed to be University), India

Title: Transforming diabetes care: From genetic discoveries to AI-driven personalized healthcare

CENTRAL EUROPEAN
SUMMER TIME (CEST)PRESENTER'S LOCAL
COUNTRY TIME

13:40-14:00

17:10-17:30

Oral Session

Souravh Bais, SAGE University Indore, India

Title: Metabolic health across generations: Preventing and controlling diabetes in the modern era

14:00-14:20

15:00-15:20

Oral Session

Grace A Asiko, Apiculture Platform of Kenya, Kenya

Title: Enhancing nutrition therapy on diabetics through increased crop productivity

14:20-14:40

16:20-16:40

Oral Session

Hyder Khan, Colchester General Hospital, United Kingdom

Title: Optimising inpatient hypoglycaemia management: A closed-loop quality improvement project enhancing protocol adherence and patient safety among resident doctors in care of the elderly and acute medicine department at Colchester General Hospital

14:40-15:00

13:40-14:00

Oral Session

Khaled Elhadidi, Royal Derby Hospital, United Kingdom

Title: Recurrence and functional outcomes following laparoscopic hiatus hernia repair: A single-centre study

15:00-15:20

14:00-14:20

Oral Session

Muhammad Basil Raza, East Lancashire Hospitals NHS Trust, United Kingdom

Title: Intensive versus standard blood pressure control in type 2 diabetes: Cardiovascular and microvascular outcomes

15:20-15:40

09:20-09:40

Oral Session

Jun Zou, Georgia State University, United States

Title: Aging-associated gut microbiota exacerbates western diet-induced obesity and vascular dysfunction

15:40-15:50

20:40-20:50

Poster Session

Sunaree Pitchaiprasert, Surin Hospital, Thailand

Title: Integrating continuous glucose monitoring with intensive coaching in a fully online lifestyle intervention for diabetes prevention in adults with prediabetes and obesity: Protocol for a two-arm pilot randomised controlled trial (CGM-RCT online study)

CENTRAL EUROPEAN
SUMMER TIME (CEST)PRESENTER'S LOCAL
COUNTRY TIME

15:50-16:00

09:50-10:00

Poster Session

Ashlyn Callan, Albert Einstein College of Medicine, United States

Title: The effect of BMI on surgical complications and recovery after operative fixation of tibial plateau fractures

16:00-16:10

09:00-09:10

Poster Session

Jordan Gagnon, Creighton University, United States

Title: Improving diabetes self-management education and support referrals in primary care through a standardized referral workflow: A quality improvement initiative

16:10-16:20

08:10-08:20

Poster Session

Nawris Alhassan, Hope Clinic, United States

Title: Cognitive impairment risk in adults 60 years or older treated with SGLT-2 versus DPP-4 inhibitors

16:20-17:00

10:20-11:00

Keynote Session

Scott Isaacs, Emory University School of Medicine, United States

Title: Obesity, MASLD, and MASH: Integrating liver and cardiometabolic risk in obesity care

17:00-17:40

11:00-11:40

Keynote Session

Sujith Rajan, NYU Langone Hospitals, United States

Title: MTP-ATGL interactions are hydrophobic and change during adipogenesis and fasting to regulate lipolysis in adipocytes

17:40-18:20

11:40-12:20

Keynote Session

Daryle Wane, Nurse Consultant, United States

Title: Eating patterns vs pharmacological treatment impacting obesity: A case study approach

18:20-18:40

12:20-12:40

Oral Session

Julien Sanon, Thomas Jefferson University, United States

Title: Obesity beyond weight loss: Integrating cardiovascular, kidney and metabolic care for global impact

WE WISH TO MEET YOU AGAIN AT OUR UPCOMING EVENTS

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World Obesity and Weight Management Congress
October 2027 | Orlando, USA | Hybrid Event
<https://obesityworldconference.com/>

&

5th Edition of International Conference on
Diabetes, Metabolism and Endocrinology
October 2027 | Orlando, USA | Hybrid Event
<https://diabetes.magnusconferences.com/>



BOSTON,
MASSACHUSETTS, USA



Questions? Contact

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