



FEBRUARY 2025

HAPPY NEW YEAR

The 2nd Newsletter of the Belgian Association for the Study of Obesity supported by the Early Career Network

New year wishes from the early career network

It is with great pleasure and warm New Year wishes that we welcome you to the second issue of our newsletter, an essential platform for sharing insights, advancements, and collaborations within our community committed to studying and addressing obesity in Belgium.

As we are the first month in of the new year, we look forward to fostering further connections and breakthroughs. This newsletter will serve as your regular update on recent events, ongoing projects, and upcoming opportunities within BASO, ensuring you stay informed and connected with all our activities.

May the coming year bring us closer to our shared goals and inspire continued dedication and success in our endeavours.

The early career network
Imke Matthys and Nele Steenackers

This issue:

New year wishes
PAGE 01

Winter Symposium Obesity
PAGE 02

INFOBEES WOD2025
PAGE 03

Published articles
PAGE 03

BASO website
PAGE 03

Join the ECN Network
PAGE 03

Join us at the following events

Join us for the Winter Symposium 2025, organized by the Belgian Section of Obesity and Metabolic Surgery (BeSOMS) and the Belgian Association for the Study of Obesity (BASO), bringing together experts in obesity treatment and research.

 Date: February 7-8, 2025

 Location: Zeepreventorium, De Haan

This symposium will feature a multidisciplinary exchange of knowledge, uniting surgeons, psychologists, and other healthcare professionals to discuss the latest advancements and collaborative efforts in obesity care. A key highlight includes a special session by the Pediatric Multidisciplinary Obesity Centers, offering valuable insights into obesity management in children and adolescents. We look forward to welcoming you!



Join us for the [Path4ward Symposium 2025](#), organized by Rhythm Pharmaceuticals, focusing on the latest advances in the management and treatment of hyperphagia and early-onset obesity due to rare MC4R-pathway diseases.

 Date: Thursday, February 20, 2025

 Time: 18:00 – 22:15

 Location: Salons de Romree, Grimbergen

With Prof. Eveline Dirinck and Prof. Inge Gies as moderators, and expert talks from Dr. Metin Cetiner (Essen) and Dr. Julie Harvengt (Liège), this symposium offers valuable insights into emerging treatment strategies. Check the website for program details and registration. We look forward to seeing you there!

Join us on Friday, March 7, 2025, at LDC Edouard Remy in Leuven for an enlightening afternoon dedicated to enhancing obesity care and support.

Discover Infobees: A New Chapter in Obesity Care and Community Support

This special event marks the six-month anniversary of Infobees, an initiative supported by the Belgian Association for the Study of Obesity, Zorg Leuven, and the Plexus Zorgnetwerk hospitals. Infobees aims to offer individuals with obesity a supportive environment to share their experiences and access reliable information.

The event will feature lectures by specialists, Dr. Sander Ovaere and Dr. Bart Van der Schueren, and include interactive activities like a neighborhood walking scavenger hunt. The afternoon will culminate in the official presentation of Infobees, celebrating Leuven's commitment to its community's well-being.

Registration details will be announced soon—stay tuned!



Recent published articles in obesity research

[Subclassification of obesity for precision prediction of cardiometabolic diseases | Nature Medicine](#)

This article describes the unsupervised clustering in 4 different biobanks to detect 5 distinct phenotypic profiles consisting of individuals with cardiometabolic biomarkers higher or lower than expected given their BMI. The discordant profiles represent 20% of the total population. These insights can help us to unravel the heterogeneity of obesity and can help us to enhance risk scores for MACE and diabetes progression in the general population.

[Tirzepatide for the Treatment of Obstructive Sleep Apnea and Obesity | New England Journal of Medicine](#)

Two phase 3 RCT's showed a significant decrease in Apnea-Hypopnea Index (=AHI) from baseline in patients with moderate-to-severe OSAS and obesity (regardless of the concomitant use of positive airway pressure). All participants also received regular lifestyle counselling (diet and physical activity).

Enjoy reading!



Last but not least, since 15 november 2024 Tirzepatide is launched in Belgium. We emphasize its integration in a holistic obesity management program, incorporating support from dietitians, exercise physiologists, and mental health professionals, is crucial to use this drug in a safe manner.

LATEST INFORMATION ON THE BASO WEBSITE

For the latest information, educational webinars, and essential resources, please visit our dedicated news and updates page at Belgian Association for the Study of Obesity. This platform is continually updated to provide you with comprehensive and timely content that supports your ongoing education and involvement in the field of obesity research and treatment.

JOIN THE ECN NETWORK

The ECN is actively seeking enthusiastic individuals to join our network. Your participation will be crucial in shaping our community and enhancing our collective impact. If you are interested in contributing or have ideas for initiatives, please reach out to us at baso@beyond-associations.be

