



Dear Colleagues,  
Dear friends,

on behalf of the Organizing and Program Committees it's my great pleasure to invite you to the 1<sup>st</sup> Congress of Slovak Obesity Association and the 17<sup>th</sup> Slovak Obesity Congress . Congress will traditionally be held on October 25 - 26, 2019, in a beautiful historical city of Trnava. The main theme of the Congress is to bring in the evidence and generate mutual understanding that multidisciplinary care for obese patient is the basis of therapeutic success.

The current situation in Slovakia is serious. About one quarter of adults in our country lives with obesity, the second most common preventable cause of death after smoking. Child and adolescent obesity is also in the rise generating serious health care risks. In clinical practice we still concentrate in treatment of the diseases caused by obesity including type 2 diabetes, arterial hypertension, adiposopathic/atherogenic dyslipidemia, liver steatosis, cardiovascular and tumor diseases, musculoskeletal diseases, depressive, neuro-degenerative diseases, sleep apnea syndrome and others, rather than targeting obesity, disease which leads to their widespread development.

In my honest opinion many of us feel, that treatment of obesity and its co-morbidities remains a frustrating challenge of our everyday clinical practice. Our key role is to help the patients be motivated and remain committed to the challenges associated with the lifestyle changes, while providing the necessary support and creating healthier environment which would motivate them in achieving realistic therapeutic goals in their everyday life.

Our meeting this year will be exceptional in several ways.

Those involved in obese patients management have certainly noticed the establishment of a new multidisciplinary society - Slovak Obesity Association (SOA). There were several reasons for its creation. The most important stems from the fact that increase in prevalence of overweight, obesity and related co-morbidities increases worldwide, including the European region and of course our country. The European Association for the Study of Obesity and World Obesity Federation requires from all the obesity societies to expand their activities at

all possible levels of obesity management. This is only feasible by opening a "wide" arms and inviting all those who are willing to cooperate for the common cause, which is an improvement of the care for the patients with obesity.

Obesitology has become a serious medical discipline with a broad interdisciplinary and multidisciplinary scope, which requires active cooperation between general practitioners, diabetologists, endocrinologists, internal medicine specialists, bariatric / metabolic surgeons, cardiologists, pediatricians, psychiatrists, psychologists, nutrition specialists, physiotherapists, as well as experts in the other including non-medical disciplines. Independent multidisciplinary obesity societies exist in many European countries, including the Czech Republic. In addition to scientific and research activities, they support the real life patients interventions, and improve healthcare by establishing the Centers for obesity management acting as a hubs of the functional network necessary for the obese patient care, supporting patients` organizations, and the development of the sub-specialization "obesitology" as a key medical specialty.

Therefore, one of our goals is to generate a platform where experts from many fields of medicine and beyond (psychologists, physiotherapists, pharmacists, biomedical scientists) are invited to meet and discuss current challenges. The idea is to understand the current situation and jointly develop specific guidelines aimed at improving healthcare standards for patients with obesity in Slovakia. The next very important step is then to implement these guidelines and recommendations into clinical healthcare standards. All of you who are seriously interested in working in obesitology are welcome to join the efforts.

We are not interested in breaking what we have created in the past two decades as a members of the Obesitology Section of the Slovak Diabetes Society (OS SDS) we would rather like to continue the work we have started, and that is why we have created the joint congress of the SOA and OS SDS. We hope to take the further steps by fusing new needs and ideas with the traditional well established streams to navigate the river of obesity and prevent the flood.

As part of the congress we will hear the 5th Sečanský lecture. This year laureate of the Sečanský prize prof. Marie Kunešová, MD, PhD. will address the role of lipids in the pathophysiology of obesity. In the following plenary lectures we will have the opportunity to hear about the recent advancements in obesity health care and research provided by the prominent experts from Czech Republic and Austria.

Another important news we would like to share at the congress, relates to the newly prepared monograph "DIABESITY. Diabetes and obesity - inseparable twins". We would like to introduce the book and dedicate it with respect and gratitude to A/prof. Boris Krahulec, MD, Ph.D., who always claimed that obesity was not of interest to him at all, yet he devoted his entire professional life to the treatment of obese diabetic patients.

The monograph has the ambition to highlight currently available tools for prevention, and treatment of diabetes, as well as treatment of obesity-related diseases, highlighting the importance for the multidisciplinary approach in successful diabetes management. In addition to the views of experts from clinical practice, we monograph bring also invigorating chapter devoted to health policy and economics (topics that we cannot conceal and escape when proposing changes in healthcare). We all worked with great enthusiasm and commitment to the preparation of the monograph. We are honored to thank all the co-authors for their time, effort and proactive approach, all the reviewers for their valuable comments and additions, the Facta Medica publisher for the amazing professional work, and a huge gratitude is to be expressed to the partners who supported publication of this book.

I would like to quote prof. Martin Haluzík, MD, DSc. one of the book reviewers who wrote “This is one of the most admirable books I have read on this subject in recent years. It should be of interest to practically all the physicians who encounter patients with obesity and diabetes. I think, that every reader will choose at least one part that will interest and/or instruct him.”

For the whole team of authors as well as the team of publisher Facta Medica, we wish that the book to finds its way to the hands of you readers who will make a good use of it and spread the information and ideas it contains.

In addition to the launch of the DIABESITY, we also intended to introduce the bibliographic book by A/Prof. Boris Krahulec, MD, PhD. - internist-diabetologist working on the millennium interface entitled “After hanging down the stethoscope”. In agreement with the author who was a long-time president of the Obesitology section of the Slovak Diabetes Society we offer this book to every one of you please look for it in your congress bags, it is a gift from the deep of his heart.

Of course, this countdown is not complete and I believe that everyone will find a number of interesting topics within the program.

We are looking forward to a rare opportunity meeting you all again after a year, not only during the discussions at the lecture hall, but also by the coffee ([www.obezitologickedni2019.sk](http://www.obezitologickedni2019.sk)).

Sincerely Yours

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