

Programme NASO Scientific Spring Meeting 2019

Date: April 3rd 2019
Time: 10:00 – 18:00 (dinner afterwards at the same location)
Location: Stadskaasteel Oudaen
Oudegracht 99, 3511 AE Utrecht | T: 030-231 1864 | www.oudaen.nl

Preliminary Programme

- 9:30 – 10:00 [Registration](#)
- 10:00 – 10:10 Welcome (*Gijs Goossens, NASO president*)
- 10:10 – 10:30 Protein intake is positively associated with change in lean mass during lifestyle intervention in older adults with obesity and type 2 diabetes
Robert Memelink – Faculty of Sports and Nutrition, Amsterdam University of Applied Sciences
- 10:30 – 10:50 Risk factors for obesity and hypertension: a prospective analysis of the role of physical activity intensity and sedentary time in young children
Rikstje Wiersma – Department of Epidemiology, University Medical Center Groningen
- 10:50 – 11:10 Circulating but not faecal SCFAs are related to insulin sensitivity, lipolysis and GLP-1 concentrations in humans
Manuel A. González Hernández – Dept of Human Biology, Maastricht University
- 11:10 – 12:10 **Obesity and Insulin Resistance. A brain-based perspective** by Mireille Serlie
<https://www.amc.nl/web/research-75/person-1/dr.-m.j.m.-serlie.htm>
- 12:10 – 13:10 *Lunch break*
- 13:10 – 13:30 Genetic analysis of vitamin D receptor polymorphisms and tissue-specific insulin resistance in human obesity
Adriyan Pramono – Department of Human Biology, Maastricht University
- 13:30 – 13:50 An unusual combination of early onset obesity and primary hypocortisolism in two sisters with a novel POMC-mutation
Eline S. van der Valk – Centrum Gezond Gewicht, Erasmus Medical Center, Rotterdam
- 13:50 – 14:10 Circadian rhythm of glucocorticoids regulates brown adipose tissue activity and is important for maintaining metabolic health
Maaïke Schilperoort – Dept of Medicine, Eindhoven Laboratory for Experimental Vascular Medicine, Leiden UMC

- 14:10 – 14:30 A whole diet approach not only improves fasting, but also postprandial cardiometabolic risk markers in overweight and obese adults
Eva Fechner – Dept of Nutrition and Movement Sciences, Maastricht University
- 14:30 – 14:50 Effectiveness of a very low carbohydrate diet compared to a low carbohydrate or energy restricted diet in overweight or obese patients with diabetes type 2 on weight loss, HbA1C, medication and treatment time
Ellen Govers – Dutch Knowledge Centre for Dietitians specialized in Overweight and Obesity (KDOO); Department of dietetics, Amstelring, Amsterdam
- 14:50 – 15:10 Gut microbiota play a key role in the induction of beneficial effects of butyrate on host energy metabolism
Zhuang Li – Dept of Medicine; Einthoven Laboratory for Experimental Vascular Medicine, Leiden UMC
- 15:10 – 15:30 *Coffee/tea break*
- 15:30 – 16:30 **Nutrition and Medicine: reinventing the dream team** by Gerjan Navis
<https://www.rug.nl/staff/g.j.navis/cv>
- 16:30 – 16:50 Why are patients with obesity due to leptin receptor deficiency not sufficiently recognized? Prevalence estimation based on European allele frequencies and thoughts on the discrepancy
Lotte Kleinendorst – Dept. of Clinical Genetics, Amsterdam UMC; Centrum Gezond Gewicht, Erasmus Medical Center, Rotterdam; Dept of Pediatrics, Sophia Children's Hospital, Rotterdam
- 16:50 – 17:10 Diet quality, BMI change and overweight: a 7-year prospective analysis in children from the Dutch GECKO Drenthe Cohort
Petra Vinke – Department of Epidemiology, University Medical Center Groningen
- 17:15 – 17:30 Award ceremony NASO Publication Prize 2019
- 17:30- 18:10 ALV
- 18:10 – late [Free Social Dinner! \(only for those who registered\)](#)

*** the language is English ***

*** dinner is served as a buffet, so food is served in time, to suit the far-away travelers ***

*** For more information: E.Corpeleijn@umcg.nl ***