

Programme NASO Scientific Spring Meeting 2025



Date: April 09, 2025
Time: 10:00 – 18:00 (dinner afterwards at the same location)
Location: Stadskasteel Oudaen
Oudegracht 99, 3511 AE Utrecht | T: 030-231 1864 | www.oudaen.nl

9:30 – 10:00 **Registration**

10:00 – 10:10 Welcome (*Eva Corpeleijn, NASO president*)

10:10 – 10:30 Brown fat activation improves plasma lipid levels and energy expenditure independent of timing
Maaike van Buuren – Endocrinology, LUMC, Leiden

10:30 – 10:50 Differential modulation of melanocortin-4 receptor signaling by serotonin receptors HTR1B and HTR2C
Alejandra Rodríguez Rondón – CGG, Erasmus MC, Rotterdam

10:50 – 11:50 **Keynote: Non-caloric sweeteners, Obesity, Health, and Gut microbiota composition: long-term findings and challenges**
Prof.Dr. Ellen Blaak - Human Biology, MUMC+, Maastricht

11:50 – 12:05 **3 pitches (2 minutes per person)**

- ✓ *Partitioning of the polygenic risk score for body mass index reveals eight biological mechanisms. Pricilla Vlaming – Internal Medicine, Erasmus MC, Rotterdam*
- ✓ *Ultra-processed food consumption and BMI, weight gain and overweight in young children in the Netherlands: the GECKO Drenthe birth cohort. Jie Yang - Epidemiology, UMC Groningen*
- ✓ *The clinical utility of polygenic risk scores: insights from an obesity cohort. Jorrit van Uhm – CGG, Erasmus MC, Rotterdam*

12:05 – 13:00 **Lunch break**

13:00 - 14:00 General Assembly Meeting (in English, for all members and those interested)
Including info on set-up of local Dutch EASO Early Career Network (ECN) presentation by
Bram Berntzen, Epidemiology & Data Science, UMC Amsterdam

14:05 – 14:25 A fast(ing) way to cardiometabolic health: investigating the effects of fasting-mimicking diet on gut microbiota in patients with type 2 diabetes
Arty Kovynev – Endocrinology, LUMC, Leiden

14:25 – 14:45 Personalized dietary fibre mixtures based on in vitro microbial SCFA production reduce insulin resistance (HOMA-IR) in individuals with prediabetes and overweight/obesity
Gillian Larik - Human Biology, Maastricht

14:45 – 15:00 **3 pitches (2 minutes per person)**

- ✓ A 12-week dietary fiber intervention targeting distal colonic saccharolytic fermentation affects circulating immune cells in individuals with overweight/obesity. *Thirza van Deuren – Human Biology, Maastricht University*
- ✓ The impact of steering fiber fermentation towards the distal colon on insulin sensitivity and cardiometabolic health in individuals with overweight: 12-week randomized controlled trial (DISTAL-study). *Colin van Kalkeren – Human Biology, Maastricht University*
- ✓ Unraveling the Impact of Daily Life Stress and Glucocorticoid Regulation on Cardiometabolic Health. *Robin Lengton – CGG, Erasmus MC, Rotterdam*

15:00– 15:45 [Coffee/tea break](#)

15:45 – 16:05 Dietary environmental impact and its association to the development of overweight and obesity in young children: the GECKO Drenthe cohort.
Junyang Zou – Epidemiology, UMC Groningen

16:05 – 16:25 Mental Health Changes After 4 Months Treatment with the GLP-1 Analogue Liraglutide
Susanne Kuckuck, represented by Joëlle Oosterman– Internal Medicine, Erasmus MC, Rotterdam

16:25 – 17:25 **Keynote: Obesity from body to brain. The BARICO study**
Prof.Dr. Amanda Kiliaan -Anatomy, Radboud University MC, Donders Institute, Nijmegen

17:25 – 17:45 Award ceremony NASO Publication Prize 2024 (4 pitches on video)
In alphabetical order: Artemiy Kovynev (Endocrinology, LUMC, Leiden), Susanne Kuckuck (Internal Medicine, Erasmus MC, Rotterdam), Alejandra Rodríguez Rondón (CGG, Erasmus MC, Rotterdam), Willy Theel (Fransiscus Gasthuis & Erasmus MC, Rotterdam)

18:00 – late [Free Social Dinner! \(for those who registered for the dinner\)](#)

*** 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: evert.vanschothorst@wur.nl***