Program NASO Scientific Spring Meeting 2026

Date: April 15, 2026
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 Real world effect of personalized lifestyle treatment advice on health outcomes at one year follow-up in children who visit a specialized obesity clinic with severe obesity
Eline van der Walle, Erasmus MC

10:30 – 10:50 Late but not early exercise alleviates MASLD by promoting gut microbial conversion of lactate into short-chain fatty acids
Sen Zhang, LUMC

10:50 – 11:50 **Keynote: Sarcopenic Obesity: lifestyle is key**
Prof.Dr.ir. Peter J.M. Weijs - *Nutrition & Exercise, Amsterdam University of Applied Sciences*

11:50 – 12:05 **3 pitches (2 minutes per person)**
- ✓ Long-term glucocorticoid levels in persons of South Asian descent, *Lisa Brinkman (EUR)*
- ✓ The role of gut-derived metabolites in the promotion of cellular senescence in MASLD, *Arty Kovynev (Adam UMC)*
- ✓ Mild hypoxia exposure alters metabolic pathways in HepG2 cells, *Geng Li (MUMC)*

12:05 – 13:00 Lunch break

13.00 - 14:00 General Assembly Meeting (in English, for all members and those interested)
Including an EASO Early Career Network (ECN) Board presentation by all board members

14:05 – 14:25 Long-acting glucagon receptor agonism increases circulating triglyceride levels in diet-induced obese mice
Jamie van der Vaart, LUMC

14:25 – 14:45 Prospective associations between lifestyle patterns and health-related quality of life in adults with type 2 diabetes and obesity
Qian Zou, RUG

14:45 – 15:00 **3 pitches (2 minutes per person)**
- ✓ Syndecans act as GPCR accessory proteins modulating MC4R signaling, *Noa Mutsters (EUR)*
- ✓ Complement factor D is a female-enriched adipokine that regulates brown adipogenesis through C3aR1*, Alba Sabaté-Pérez (EUR)*

- ✓ PPARγ agonist rosiglitazone improves glucose and lipid metabolism in mice, only when administered at the early active phase*, Maaike van Buuren (LUMC)*

15:00– 15:40 Coffee/tea break

15:40-15:50 Meet and hear all about our NASO Early-Career Network (ECN)

15:50 – 16:10 Glucocorticoid sensitivity and its association with cardiometabolic health: A longitudinal study.
Robin Lenghton, Erasmus MC

16:10 – 16:30 Dietary control of adipose plasticity through a cassette of repressive metabolite GPCRs
Rebecca McIntyre, Erasmus MC

16:30 – 17:30 **Keynote**: **Childhood obesity starts early: why diet matters more than exercise**
Dr. Eva Corpeleijn - *Dept. of Epidemiology, University of Groningen*

17:30 – 17:50 Award ceremony for NASO Publication Prize 2025 (2 pitches on video)
In alphabetical order: presenters

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 travellers ***
*** For more information: evert.vanschothorst@wur.nl***

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