

# **Scientific Satellite Symposium for International Euro Global Summit & Medicare Expo on Weight Loss 2015**

Advanced perspectives for better fitness in public health  
nutrition to reduce obesity and related chronic diseases

Bitola, Macedonia  
26-27 June 2015

**Editor:**

**Vera Simovska-Jarevska**

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Scientific Satellite Symposium for “Euro Global Summit & Medicare Expo on Weight Loss”  
August 18-20, 2015, Frankfurt, Germany

## Advanced perspectives for better fitness in public health nutrition to reduce obesity and related chronic diseases

*Hotel “Premier”, June 26-27, 2015 - Bitola*

### Scientific Program

#### June 26, 2015

14.00-18.00 Registration of participants

#### **18.00 Opening Ceremony**

18.00 - 18.30 Welcoming speeches

**Univ. Prof.d-r. Vera Simovska-Jarevska**, Symposium President  
**Univ. Prof. d-r. Zlatko Zoglev**, Rector and **Univ. Prof. Pere Aslimovski-**  
Prorector of the University of Bitola “St.Kliment Ohridski”, Macedonia  
**Univ. Prof. d-r Valentina Pavlova**, Dean, Faculty of Technology  
and Technical Sciences Veles, University of Bitola St.”Kliment  
Ohridski”, Macedonia

18.30 - 19.00 Introductory speech: **International Obesity Guidelines  
focused on Lifestyle Intervention**

**President Lecture, Vera Simovska-Jarevska**, Director of Postgraduate  
Study for Nutrition, Faculty of Technology and Technical Sciences Veles,  
University of Bitola St.”Kliment Ohridski”, Macedonia

**19.00 – 20:00 Cocktail**

#### June 27, 2015

<b>Plenary lectures</b>	
<b>Session Chairs</b>	<b>Valentina Pavlova, Dragan Damjanovski, Vesna Antoska-Knights</b> University of Bitola St.”Kliment Ohridski”, Faculty of Technology and Technical Sciences Veles, Macedonia
<b>09:30 - 09:50</b>	Effects of high-inensity lifestyle intervention on increased cardiometabolic risk in truncal obese adults ..... 16 <b>Vera Simovska-Jarevska</b> University of Bitola St.”Kliment Ohridski”, Faculty of Technology and Technical Sciences Veles, Macedonia
<b>09:50 - 10:10</b>	Hot debates in nutrition and food production/reformulation against global obesity ..... 17 <b>Daniela Nikolovska-Nedelkoska</b> University of Bitola St.”Kliment Ohridski”, Faculty of Technology and Technical Sciences Veles, Macedonia

<b>10:10 - 10:20</b>	<b>Discussion</b>
<b>Session 1</b>	<b>Food, Nutrition and Public Health</b>
<b>Track 1</b>	<b>Screening Obesity and Optimisation in Nutrition</b>
<b>Session Chairs</b>	<b>Zora Uzunoska, Tatjana Kalevska, Sasko Martinovski</b> University of Bitola St."Kliment Ohridski", Faculty of Technology and Technical Sciences Veles, Macedonia
<b>10:20 - 10:30</b>	Mathematical modeling and optimisation in nutrition ..... 18 <b>Vesna Antoska-Knights, Vera Simovska-Jarevska</b> St."Kliment Ohridski" University of Bitola, Faculty of Technology and Technical Sciences Veles, Macedonia
<b>10:30 - 10:40</b>	Whey properties and its use for production of functional and probiotic drinks ..... 19 <b>Tatjana Kalevska, Dragan Damjanovski, Aleksandar Saveski</b> St."Kliment Ohridski" University of Bitola, Faculty of Technology and Technical Sciences Veles, Macedonia
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<b>Track 2</b>	<b>Health risks associated with overweight and obesity</b>
<b>Session Chairs</b>	<b>Vera Simovska-Jarevska, Daniela Nikolovska-Nedelkoska, Rosida Jakimoska-Jordanoska</b> University of Bitola St."Kliment Ohridski", Faculty of Technology and Technical Sciences Veles, Macedonia.
<b>11:15 - 11:25</b>	The normal and slowly higher body weight is a protective factor of bone mineral density in premenopausal and Osteoporosis in postmenopausal patients with Rheumatoid Arthritis ..... 22 <b>Zora Uzunoska</b> University of Bitola St. "Kliment Ohridski", Faculty of Technology and Technical Sciences Veles, Macedonia.
<b>11:25 - 11:35</b>	Diagnostic significance of obesity-induced insulin resistance and decreased sensitivity of periferial tissue in prevention of and care for comorbidities ..... 24 <b><sup>1</sup>Mila Vidin-Jarevska, <sup>2</sup>Vera Simovska-Jarevska</b> <sup>1</sup> University of Belgrade, Institute of Rheumatology, Belgrade, Serbia

	<sup>2</sup> University of Bitola St. "Kliment Ohridski", Faculty of Technology and technical sciences Veles, Macedonia
<b>11:35 - 11:45</b>	Obesity as a risk factor for complications during the pregnancy ..... 25 <b>Elena Stojanovska</b> "St. Kliment Ohridski" University of Bitola, Master study of Nutrition at the Faculty of Technolgy and Technical Sciences Veles, Macedonia
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<b>12:20 - 13:20</b>	<b>Lunch</b>
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<b>Session 2</b>	<b>Health Promotion and Obesity Prevention and Management through Lifestyle Interventions</b>
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<b>Session Chairs</b>	<b>Sanja Mancheva, Tatjana Blazevska, Elena Stojanovska</b> St."Kliment Ohridski" University of Bitola, Faculty of Technolgy and Technical Sciences Veles, Macedonia
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	University of Bitola St. „ Kliment Ohridski”, Faculty of Technology and Technical Science Veles, Macedonia; *Clinic of endocrinology, diabetes and metabolic disorders, Skopje, Macedonia.
<b>Track 2</b>	<b><i>Nutrition Education in Obesity Prevention and Management</i></b>
<b>Session Chairs</b>	<b>Miodrag Stojanovic, Aleksandar Saveski, Sasko Drvosanski</b> St.”Kliment Ohridski” University of Bitola, Faculty of Technolgy and Technical Sciences Veles, Macedonia
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<b>Session Chairs</b>	<sup>1</sup> <b>Magdalena Damjanovska,</b> <sup>2</sup> <b>Gorica Pavlovska,</b> <sup>2</sup> <b>Angel Panovski</b> <sup>1</sup> First private University FON, Faculty of Sport Management, Skopje, Macedonia. <sup>2</sup> St “Kliment Ohridski” University of Bitola, Faculty of Technology and Technical Sciences Veles, Macedonia.
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