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**INTERNATIONAL SCHOOL OF MEDICAL SCIENCES  
E. MAJORANA FOUNDATION CENTRE FOR SCIENTIFIC CULTURE**

*Directors of the School: I.U. Carreca, A.E. Cardinale*

First Course **SIO SCHOOL OF OBESITY 2026** (6th Edition)  
**Erice, Sicily (Italy) • February 5-7, 2026**

*Director of the Course: S. Buscemi*

Venue: Ettore Majorana Foundation • Conference Hall San Domenico



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COURSE AIMS

The School aims to provide members and prospective members of the Italian Society of Obesity (SIO) with a certified professional educational pathway endorsed by the Society. The program is designed to deliver core competencies required for accurate diagnostic assessment and appropriate, evidence-based management of individuals living with obesity.

Enrollment is reserved for healthcare professionals under 40 years of age (with a predefined number for each professional category) who are actively involved in obesity care, with the goal of training the next generation of obesity specialists. Membership in SIO is mandatory.

At the conclusion of the program, participants will receive a certificate of attendance and the qualification of “SIO Obesity Expert”.

COURSE STRUCTURE

The School has a nominal duration of one year and includes:

- one intensive residential training course
- non-residential multidisciplinary group activities

The residential course is limited to a maximum of 40 participants and is delivered using interactive teaching methods. The event is accredited for Continuing Medical Education (CME/ECM).

GENERAL INFORMATION • ECM

CME Credits: 17

Total training hours: 17

Educational objective: Guidelines, protocols, and procedures

VENUE

Ettore Majorana Foundation • Conference Center  
San Domenico Hall • Erice (Trapani), Italy

RESIDENTIAL COURSE PROGRAM

FEBRUARY 5

Director of the School: *Ignazio Carreca*

Director of the Course: *Silvio Buscemi*

11:30 AM • Attendees Registration

12:00 AM • Welcome Addresses  
Rector of the University of Palermo • *Professor Massimo Midiri*  
President of the School of Medicine and Surgery • *Professor Marcello Ciaccio*  
General Director University Hospital (AOU) Policlinico “P. Giaccone” • *Dr. Maria Grazia Funari*  
• Course presentation • *I. Carreca, S. Buscemi*  
• Introductory Lecture - Obesity and Aging • *I. Carreca*

12:30 AM • Break and organization of group activities

1:30 PM • **Topic 1: Introductory Lectures**  
■ Obesity as a Disease: Current Status in Italy • *Silvio Buscemi*  
■ New Insights into Adipose Tissue as an Organ • *Saverio Cinti*  
■ The Role of Preclinical Research • *Anna Brancato*

3:00 PM • **Topic 2: Evidence-Based Medicine**  
■ How to Read and Publish a Scientific Article • *Lorenzo Donini*  
■ Guideline Methodology and ISS–SIO Obesity Guidelines • *Matteo Monami*  
■ New EASO Framework • *Luca Busetto*

3:30 PM • Break

3:45 PM • **Topic 3: Fundamentals of Obesity Treatment**  
■ Medical-Nutritional Therapy • *Simona Bertoli*

■ Physical Exercise in Obesity Treatment • *Giuseppe Battaglia*  
■ Ketogenic Diet as a Therapeutic Option • *Massimiliano Caprio*  
■ Cognitive Behavioral Therapy in Obesity Management • *Riccardo Dalle Grave*

9:00 PM • Evening Lecture

The Wonder of the Whole – Conversation with Massimo Polidoro

FEBRUARY 6

8:30 AM • **Topic 4: Obesity and Gene–Environment Interaction**  
■ Genes and Environment in Obesity Pathogenesis • *Lucio Gnessi*  
■ Obesity as a Ponderostat Disorder • *Cristiana Randazzo*  
■ Genetic Obesity • *Paola Fierabracci*  
■ Adiposopathy and Lipodystrophic Syndromes • *Silvia Magno*

10:30 AM • Break

11:00 AM • **Topic 5: Hot Topics in Obesity**  
■ MASLD • *Carola Buscemi*  
■ Cardiovascular Complications • *Alexis Malavazos*  
■ Obesity and Cancer • *Stefania Camastra*  
■ Sarcopenic Obesity • *Lorenzo Donini*  
■ Obesity and Weight Stigma • *Cristina Segura García*

1:30 PM • Light lunch

2:30 PM • **Topic 6: Pharmacological Treatment of Obesity**  
■ Pharmacologic Therapy in Pediatric and Adolescent Patients • *Andrea Vania*  
■ History of Obesity Pharmacotherapy • *Fabrizio Muratori*  
■ Therapeutic Options Before and After Incretins • *Federico Vignati*

■ Medical-Nutritional Management and Bariatric Surgery • *Esmeralda Capristo*

4:10 PM • **Topic 7: New Hot Topics**

■ Sleep Disorders and Obesity • *Stefania Redolfi, Maria Paola Mogavero*

4:40 PM • Break

5:10 PM • **Topic 8: The New Pharmacological Era**

■ Semaglutide: Selective and Pleiotropic Effects • *Silvio Buscemi, Guido Salvetti*  
■ Tirzepatide: Selective and Pleiotropic Effects • *Paolo Sbraccia, Uberto Pagotto*

8:15 PM • Dinner

9:15 PM • Evening Session

■ Interviews conducted by trainees with people living with obesity

10:15 PM • Plenary Session

■ Obesity Management Today: A Commitment of the Entire Healthcare System • *Federico Serra*  
■ An “Ambitious” SIO Initiative • *Michele Carruba, Silvio Buscemi*

FEBRUARY 7

9:00 AM • **From Theory to Practice: Group Work**

Coach: *F. Velluzzi, M. Del Prete, G. Gortan Cappellari, A.M. Barile, G. Salvetti, L. Colangeli, M. Monami, F. Rahimi*

11:00 AM • Break

11:30 AM • **Group Presentations**  
(15-minute presentation + 5-minute discussion)

1:30 PM • **Topic 9: Final Message**  
■ Future Perspectives • *Silvio Buscemi*

Course closure and award of certificates and educational materials

