



**ECO-ASOI Satellite Meeting**  
**Dublin, Ireland**  
**Thursday, May 16<sup>th</sup>**



## **Addressing the Physical Co-morbidities of Obesity: Cardiorespiratory and Musculoskeletal Factors**

The Association for the Study of Obesity on the island of Ireland is pleased to announce that we will host a one-day satellite meeting of ECO 2013 in Dublin on **Thursday, May 16<sup>th</sup>, 2013.**

**Venue:** DCU School of Nursing and Human Sciences, Dublin 9.

**CPD:** 6 points accredited by the Royal College of Physicians of Ireland

### **Programme Overview**

**08.30 Registration & Welcome**

**09.00** *Overview of Obesity in Ireland*

*Prof. D O'Shea*

**09.30** *What is obesity costing us?*

*Dr. A Dee*

**10.00** *Discussion*

**10.30 Coffee**

**11.00 Workshop A**

#### ***Cardiorespiratory Co-morbidities***

• *Physical activity & physical fitness in humans*

*Prof C Boreham*

• *Impairments in cardiorespiratory health in children who are obese?*

*Dr. N Farpour-Lambert*

• *The effects of adult obesity on cardiorespiratory health*

*Dr. C Dunlevy*

• *Sleep disorders in obesity*

*Dr. E Purcell*

• *Discussion*

**1.30 Poster Session and Lunch**

**2.30 Workshop B**

#### ***Musculoskeletal Co-morbidities***

• *Musculoskeletal health in children who are obese*

*Dr Marie-Laure*

• *Musculoskeletal health in adults who are obese*

*Frelut*

• *Discussion*

*Mr Alun Myers*

**4.00 Annual AGM ASOI 2013**

**ASOI Members**

For further details see; [www.asoi.info](http://www.asoi.info). For further enquiries, please contact [asoi-eco2013@asoi.info](mailto:asoi-eco2013@asoi.info). Also, follow us on twitter @ASOIreland for ongoing updates.

## Attendance

For those attending ECO 2013 in Liverpool, please note that Dublin is well connected to Liverpool by air and sea. Flight connections to/from Dublin are available from most major European and US cities (US Customs and Border Protection facility located in Dublin). For further details on travel to/from Dublin see [www.visitdublin.com](http://www.visitdublin.com).

## Programme Details

The meeting will provide participants with knowledge and skills related to the evidence-based assessment, management and prevention of the cardiorespiratory musculoskeletal comorbidities related to obesity in childhood and adulthood.

The morning session will see key data presented regarding the prevalence, comorbidities and treatment of obesity in Ireland. In addition, data related to the cost of obesity and associated diseases will be presented.

### **Speakers:**

- *Prof. Donal O'Shea, Consultant endocrinologist, Diabetes and Weight Management Centre, St. Columcille's Hospital, Dublin*
- *Dr. Ann Dee, Specialist in Public Health Medicine, Department of Public Health, HSE Limerick*

**Workshop A** will first outline the importance of cardiorespiratory health for general health, disease prevention and optimal function. In addition, the development and tracking of cardiorespiratory fitness from childhood to adulthood will be discussed, and particular attention will be given to current evidence regarding the assessment and management of cardiorespiratory impairments observed in paediatric and adult obesity (impaired aerobic fitness; sleep disturbance).

### **Workshop A Speakers:**

- *Prof Colin Boreham School of Public Health, Physiotherapy & Population Science, University College Dublin*
- *Dr. Nathalie Farpour-Lambert Director, Paediatric Sports Medicine and Obesity Program, University Hospitals of Geneva*
- *Dr. Colin Dunlevy, Senior Physiotherapist, Diabetes and Weight Management Centre, St. Columcille's Hospital, Dublin*
- *Dr. Elaine Purcell, Consultant physician in sleep disorders, Sleep disorders Clinic, Mater Private Hospital*

**Workshop B** will focus on the importance of musculoskeletal health in maximizing disease prevention and optimizing function. The development of musculoskeletal health from childhood to adulthood will be discussed, in tandem with evidence-based assessment and management of musculoskeletal impairments.

### **Workshop B Speakers:**

- *Mr. Alun Myers, Specialist Bariatric Physiotherapist at Homerton University Hospital London.*
- *Dr. Marie-Laure Frelut; Consultant Paediatric Endocrinologist, Bordeaux, France.*