

“A Modern and Versatile Approach to Tackling Weight Problems”

**11 December 2021
Seminar room No. 3**

Begins at 10.00, registration from 9.30

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| 10.00–10.05 | Opening of the Conference
Ilze Aizsilniece, President of the Latvian Medical Association (LMA), general practitioner |
| 10.05–10.40 | Impact of the Gut Microbiome on Metabolism and Ageing
Dr med. MD Ilze Kikuste, internist, gastroenterologist, gastrointestinal endoscopy specialist |
| 10.40–11.05 | Ghrelin and Leptin as Intrinsic Regulators of Appetite and Weight
Sabīne Upmale-Engela, internist, resident in endocrinology |
| 11.05–11.30 | Effects of Different Diets on Metabolism
Guna Bīlande, dietary specialist |
| 11.30–12.00 | Break |
| 12.00–12.35 | Effects of Exercise on Metabolism
Laila Ušacka, resident in sports medicine
Assoc. Prof. Dr biol. Līga Plakane, physiologist |
| 12.35–12.50 | Liposuction for Fat Reduction
Jānis Zaržeckis, plastic surgeon |
| 12.50–13.15 | Cryotherapy for Fat Reduction
Assoc. Prof. Jānis Ķīsis, dermatologist, venereologist |
| 13.15–13.50 | GLP-1 class of drugs in the treatment of obesity
Assoc. Prof. Kārlis Trušinskis, Cardiologist |
| 13.50–14.00 | Conclusion of the Conference |

Changes to the programme are possible.

According to Cabinet Regulation No. 943 on the Procedure for the Certification of Medical Practitioners, 6 continuing medical education points are awarded to medical practitioners for participation in the conference.