

## Report on the 5<sup>th</sup> International Conference on Obesity and Chronic Diseases (ICOCD-2019 Berlin)

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### Meeting Report

The 5<sup>th</sup> Edition of International Conference on Obesity and Chronic Diseases (ICOCD-2019 Berlin) witnessed attendees from 22 countries and concluded in Berlin, Germany on October 02, 2019. United Scientific Group (USG), A Non-profit Organization extends its requital to all the committee members, speakers, sponsor and the attendees for making ICOCD-2019 Berlin, a huge success.

*Prof. Udo Rabast* (Moderator, ICOCD-2019 Berlin) from the German Academy of Nutritional Medicine, Germany inaugurated the conference with a short speech followed by his keynote presentation entitled “Low Carb diets: History and current status.” The keynote session continued with the lectures by *Dr. Edita Stokic*, University of Novi Sad, Serbia who discussed the Early Detection of Atherosclerotic Disease in Obesity. *Dr. Randall S. Stafford*, Stanford University School of Medicine, USA delivered his lecture on Secrets of Physical Activity Training Program to Prevent Falls in Obese. The day proceeded with Featured Talks by *Dr. Jane Overland*, The University of Sydney, Australia who discussed Safety and Efficacy of Weight Loss via Intermittent Fasting and *Dr. Nicholas Webster*, University of California San Diego, USA who discussed the relation of Metabolic Disease and Cancer. *Dr. Birgit Seelbach-Goebel*, University of Regensburg, Germany presented her talk entitled Maternal Obesity. The meeting continued with a discussion on the Genetic Link of Obesity and Insights on Nutritional Findings and Eating Disorders; The speakers delivered interactive presentations.

A very interesting panel discussion arranged by Dr. Udo Rabast, Dr. Edita Stokic, Dr. Leslie Hossfeld and Dr. Randall S. Stafford, ended the first day. Not only problems related to obesity, but also current problems of nutritional medicine were discussed.

The second day started with a session on ‘Chronic Diseases Linked to Obesity’; speakers from different countries explained and shared the current research work in their countries. Obesity Prevention and Control was discussed by 12 potential speakers who shared their knowledge and views on various prevention methods. The engaging presentation of the speakers in the session on “Obesity Prevention and Control” led to many productive discussions. The day concluded with poster presentations by young scientists and students.

The last day of ICOCD-Berlin 2019 meeting focused specifically on Obesity Epidemiology and Therapies for Obesity and Weight Management. The lectures went on with vivid discussions and interactions among delegates finding a potential cure for obesity.

USG heartily invites you to join the next edition of the International Conference on Obesity and Chronic Diseases scheduled for July 06-08, 2020 in

San Francisco, CA, USA. Your support and presence would help us mark another milestone to this annual event.

The proceeding of the conference will be published in the Journal of on Obesity and Chronic Diseases (JOCD).