

SMOB Newsletter 02/2024

Dear SMOB Members

It's our pleasure to send you our second SMOB newsletter of 2024 to keep you updated on latest developments of our society.

SMOB Board Retreat, March 19th, 2024

During the first half of the retreat, we addressed the vision and purpose of the SMOB. For this, we discussed the following two questions:

1. "Where do we want our society to be in 5 years from now?"
2. "How do we want our society to be perceived by relevant stakeholders?"

The discussion was intense and constructive, and we came up with the following bullet-points describing how we want the SMOB to be seen by others:

- a. open-minded (e.g. new therapy approaches) - common goal: to treat obesity effectively and safely
- b. respected as senior partner (e.g. no junior partner of SGED/ASEMO)
- c. collaborative
- d. multiprofessional
- e. welcoming
- f. evidence-based oriented
- g. self-confident and humble/respectful
- h. responsible for topic "obesity care"

Thereafter, we discussed the steps that are necessary to be taken to achieve our self-defined goals and outlined together a pragmatic and realistic strategy. More details will be provided at the General Assembly in November 2024.

During the second half of our retreat, we self-reflected on our individual roles in the board, our performance in this role and on our collaboration as team and received valuable and constructive feedback from and among each other.

Swiss Obesity Academy: Review and outlook

The second webinar of our Swiss Obesity Academy (SOA) took place on March 28th 2024 addressing the topic "Obesity pharmacotherapy". Various perspectives were provided by three obesity specialists. First, Lucie Favre, MD, took us on a journey of discovery of the various drugs used to treat obesity, showed the effectiveness of current drugs, and provided an outlook on what is going to come soon. Secondly, Stephanie Tölle showed us how nutritional support can help patients on anti-obesity medication and underlined the importance of food quality and the harm of ultra-processed food consumption. Finally, Prof. Dr. Gottfried Rudofsky elaborated on the potential harmful effects of GLP-1 receptor agonist use before pregnancy. In the end of the webinar we had a lively discussion of many aspects of the exciting new area of obesity pharmacotherapy. Despite the fact that the webinar took place just before Easter, we were happy to welcome more than 50 participants. Many thanks to all presenters and participants!



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Please note, the next webinar will take place on Thursday, May 23rd 2024 and we will address the "Role of Physical Activity". The invitation letter for this webinar has already been send out once and a reminder will follow soon.

SMOB Conference November 15th 2024: We need your participation and input!

The SMOB Board is currently working intensively on getting sponsors for our conference on board as well as on setting up an inspiring, multi-professional, and interactive program. Since we plan to have a "Difficult cases to learn from!" session, we are eager to receive your suggestions and applications for presenting your exciting and educational cases. So please don't hesitate to contact us.

Best regards

Marco Bütter
President

Laura Vaccarino and Bernd Schultes
Responsible for internal communication



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