

GLP-1 and Dual GIP/GLP-1 Receptor Agonists: From Science to Practice

PROGRAMME BOOK



10-11 APRIL 2026

Yerevan, Armenia

Best Western Plus Congress Hotel



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SCIENTIFIC PROGRAMME

10 APRIL 2026

Time	Topic	Speaker
08:00-09:00		Registration
09:00-09:30		Opening Ceremony
09:30-10:30	<p>1. GLP-1 and Dual GIP/GLP-1 Receptor Agonists: Past, Present, and Future Perspectives</p> <p>Explore the evolution of incretin-based therapies, current clinical applications, and anticipated advancements.</p>	<p>Prof. Bernhard Ludvik</p> <p>Head: 1st Department of Medicine with Diabetology, Endocrinology and Nephrology, Land Strasse Clinic Head: Karl Landsteiner Institute for Obesity and Metabolic Diseases Editor-in-Chief: Obesity Facts – The European Journal of Obesity</p>
10:30-11:30	<p>2. GLP-1 Receptor Agonists for the Treatment of Obesity: Global Data and Clinical Implications</p> <p>Review of worldwide evidence, trial outcomes, and guideline-driven approaches to obesity treatment.</p>	<p>José Silva-Nunes</p> <p>Head of the Department of Endocrinology, Diabetes and Metabolism, Lisboa NOVA Medical School, Health and Technology Research Center President of the Portuguese Society for the Study of Obesity</p>
11:30-11:40	<p>The Patient with Clinical Obesity – Are We Ready for Effective Treatment?</p>	<p>Alla Petrovna Shepelkevich</p> <p>MD, PhD Professor, Department of Endocrinology, BSmu, Chairperson of the Belarusian Public Medical Association "Endocrinology and Metabolism"</p>
Satellite presentation		



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Time	Topic	Speaker
11:40 - 12:00	Coffee Break	

Prof. Bernhard Ludvik, MD

3. Dual GIP/GLP-1 Receptor Agonists in Obesity Care: Innovative Pharmacologic Strategies

12:00-13:00

Latest developments in dual agonists and their potential to transform obesity therapy.

Head: 1st Department of Medicine with Diabetology, Endocrinology and Nephrology Land Strasse Clinic Head: Karl Landsteiner Institute for Obesity and Metabolic Diseases
Editor-in-Chief: Obesity Facts – The European Journal of Obesity

4. Gastrointestinal Adverse Events with GLP-1 Receptor Agonists: Clinical Recommendations

13:00-14:00

Guidance on identifying, preventing, and managing common GI side effects

Dr. Christian Alvarado Flores

Endocrinologist and Nutritionist. Master's degree in Obesity and Comorbidities. Medical Director of the Obesity Units at DROP by Sanità's

14:00-14:10
Satellite presentation

Managing Cardiovascular Risk in Hereditary Dyslipidemia, Diabetes, and Obesity

Alexey N. Meshkov

MD, PHD. Head of Department of Personalized Diagnosis and Therapy of ASCVD, Cardiologist, Lipidologist



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Time	Topic	Speaker
14:10 -15:00	Lunch Break	
15:00-16:00	<p>5. Rare Adverse Events in GLP-1 Therapy: A Clinical Approach</p> <p>Insights into rare but serious complications such as medullary thyroid carcinoma, pancreatitis, and vision-related effects.</p>	<p>Dr. Renata Markosyan, PHD</p> <p>Endocrinologist, Head of the Department of Endocrinology Astkhik MC, Associated professor of YSMU</p>
16:00 -17:00	<p>6. GLP-1 Receptor Agonists in Managing Weight Regain After Bariatric Surgery</p> <p>Therapeutic options for post-bariatric patients facing weight recidivism.</p>	<p>Dr. Christian Alvarado Flores</p> <p>Endocrinologist and Nutritionist. Master's degree in Obesity and Comorbidities. Medical Director of the Obesity Units at DROP by Sanità's</p>
17:00-17:10 Special guest	<p>Precision Medicine in obesity management</p>	<p>Dr. IHAB ELTAYEB</p> <p>Consultant of Endocrinology, Prime Hospital, Dubai, UAE Doctorate degree in Endocrinology, Al Azhar University, Egypt Master's degree in Obesity Management, South Wales University, UK. Founder of IDOC (International Diabetes and Obesity Conference) Editor in Chief for AOEDS journal</p>
17:10-18:00	<p>7. GLP-1 and dual GIP/GLP 1 receptor agonists: new insights and clinical management in MAFLD.</p> <p>Mechanisms of action, clinical efficacy and practical management.</p>	<p>Dr.Sarah Alam</p> <p>Specialist Endocrinology at Canadian Specialist Hospital, Dubai Canadian Specialist Hospital Dubai, United Arab Emirates</p>



SCIENTIFIC PROGRAMME

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Time	Topic	Speaker
8:30-9:30	Registration	
09:30-10:30	<p>8. Nutritional Management for Patients on GLP-1 and Dual GIP/GLP-1 Receptor Agonists</p> <p>Key dietary considerations and patient education strategies during incretin-based therapy.</p>	<p>Haykanush Hambardzumyan Endocrinologist, dietitian Wigmore clinic, Wigmore woman`s and children`s hospital. President of Armenian Association of Obesity Prevention</p> <p>Armen Mkrtchyan Dietitian Associated professor of the department of Hygiene and Ecology of YSMU</p>
10:30-11:30	<p>9. GLP-1 Receptor Agonists in the Treatment of Type 2 Diabetes Mellitus</p> <p>A comprehensive review of mechanisms, efficacy, and integration into diabetes care algorithms.</p>	<p>José Silva-Nunes, MD, PhD Head of the Department of Endocrinology, Diabetes and Metabolism, Lisboa NOVA Medical School, Health and Technology Research Center President of the Portuguese Society for the Study of Obesity</p>
11:30 -11:40 Satellite presentation	<p>Beyond the Scale: Skin and Body Remodeling During and After Weight Loss</p>	<p>Lilit Gevorgyan Dermatologist, international clinical trainer, Leading specialist at Avanta Clinic.</p>
11:40- 12:00	Coffee Break	



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Time	Topic	Speaker
12:00- 13:00	<p>10. Macro- and Micronutrient Deficiencies During GLP-1 Therapy and After Bariatric Surgery Prevention, screening, and supplementation protocols for long-term nutritional balance.</p>	<p>Prof. Lorenzo M Donini, MD Sapienza University of Rome Experimental Medicine Department Medical Pathophysiology, Food Science and Endocrinology Section Food Science and Human Nutrition Research Unit</p>
13:00-14:00	<p>11. Dual GIP/GLP-1 Receptor Agonists: New Advances in Type 2 Diabetes Management An in-depth analysis of dual agonist therapies and their expanding role in glycemic control</p>	<p>José Silva-Nunes, MD, PhD Head of the Department of Endocrinology, Diabetes and Metabolism, Lisboa NOVA Medical School, Health and Technology Research Center President of the Portuguese Society for the Study of Obesity</p>
11:30 -11:40 Satellite presentation	<p>Targeting Metabolic Dysfunction: Diverse Approaches to the Treatment of MASLD</p>	<p>Lusine Aghababyan Endocrinologist</p>
14:10-15:00	Lunch Break	
15:00-15:20 Special Guest	<p>Incretin-Based Therapies in the Hepatology Clinic: Tertiary Academic Medical Center Experience in the United States</p>	<p>Raffi Karagozian MD, Associate Professor of Medicine, Gastroenterology & Hepatology, Tufts University School of Medicine</p>



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Time	Topic	Speaker
15:20-16:00	<p>12. SURMOUNT-5 and Beyond: Updates from Landmark Trials</p> <p>An overview of the most recent clinical data shaping the field of incretin pharmacotherapy.</p>	<p>Dr. Sarah Alam Specialist Endocrinology at Canadian Specialist Hospital, Dubai Canadian Specialist Hospital Dubai, United Arab Emirates</p>
16:00-17:00	<p>13. Effects of GLP-1-Based Therapies on Body Composition</p> <p>Understanding lean mass changes and practical strategies to mitigate muscle loss. Diagnostic tools for sarcopenic obesity and treatment opportunities</p>	<p>Prof. Lorenzo M Donini, MD Sapienza University of Rome Experimental Medicine Department Medical Pathophysiology, Food Science and Endocrinology Section Food Science and Human Nutrition Research Unit</p>
17:00-17:30	Closing Ceremony	



MODERATORS

10 APRIL 2026

Time	Moderator
09:00 - 14:10	Prof. Elena M. Aghajanova , Levon N. Grigoryan , Ihab Eltayeb
15:00 - 18:00	Armen Mkrtchyan, Jose da Silva- Nunes

11 APRIL 2026

Time	Moderator
09:30 - 14:10	Dr Renata Markosyan. Dr Sarah Alam
15:00 - 17:30	Armen Mkrtchyan, Nareg Varzhapetyan

speaker

**Professor Lorenzo
M. Donini
MD**



Full Professor of Clinical Nutrition | Sapienza University of Rome Professor Lorenzo M. Donini is a globally recognized authority in clinical nutrition and metabolic pathophysiology. At Sapienza University of Rome, he directs the Specialization School in Food Science and leads the Research Unit on Food Science and Human Nutrition. With over 200 peer-reviewed publications, his work on sarcopenic obesity and the metabolic-nutritional rehabilitation of complex patients is foundational. As Editor-in-Chief of Eating and Weight Disorders, Professor Donini provides a critical perspective on how incretin-based therapies intersect with precision nutritional assessment and body composition.

speaker

**Professor Elena
M. Aghajanova
MD, PhD**



Professor of Endocrinology | Yerevan State Medical University A senior leader in Armenian endocrinology, Professor Aghajanova has been instrumental in modernizing national endocrine care standards. Her academic journey, spanning the Karolinska Institute to UCSF, has focused on the intricate balance of hormonal regulation and metabolic health. Her expertise in the clinical management of diabetes and thyroid disorders makes her a vital voice in the discussion of how long-term incretin therapy influences systemic endocrine homeostasis.

speaker

**Levon N.
Grigoryan
MD**



Bariatric Surgeon & Clinical Lecturer | YSMU / Slavmed Medical Center Dr. Levon Grigoryan is a prominent surgeon specializing in laparoscopic bariatric and metabolic surgery. Affiliated with the International Federation for the Surgery of Obesity (IFSO), his clinical work focuses on the synergy between surgical and pharmacological weight-loss strategies. In the era of potent GLP-1 receptor agonists, Dr. Grigoryan provides expert insight into the "multimodal" approach —integrating surgical precision with modern incretin therapies to achieve sustained metabolic remission.

Faculty Biographies

speaker
**Professor
 Bernhard Ludvik
 MD**



Head of the 1st Medical Department | Klinik Landstraße, Vienna Professor Bernhard Ludvik is a world-renowned Key Opinion Leader (KOL) in diabetology and metabolic medicine. He leads the Karl Landsteiner Institute for Obesity and Metabolic Diseases and is the Editor-in-Chief of Obesity Facts. A past President of the Austrian Diabetes Association, Professor Ludvik has served as a principal investigator in landmark clinical trials for GLP-1 receptor agonists. His leadership in cardiovascular risk reduction has directly shaped modern international treatment algorithms.

speaker
**Professor José
 Silva-Nunes
 MD, PhD**



President, Portuguese Society for the Study of Obesity (SPEO) Dr. José Silva-Nunes is a leading academic endocrinologist at the Nova Medical School and Head of Endocrinology at Centro Hospitalar Universitário de Lisboa Central. As a national representative to the World Obesity Federation, he is at the forefront of European obesity policy. His research investigates the pathophysiology of metabolic syndrome, with a specific interest in the integration of pharmacological interventions into holistic, evidence-based obesity care models.

speaker
**Christian
 Alvarado Flores
 MD**



Medical Director of Obesity Units | Hospital Universitario Sanitas La Zarzuela Dr. Christian Alvarado Flores is a specialized endocrinologist with advanced certifications from the World Obesity Federation (SCOPE). Based in Madrid, he directs multidisciplinary obesity units, focusing on personalized metabolic evaluation. His expertise lies in the clinical application of next-generation incretins and their role in preventing metabolic complications, making him an expert in the practical, real-world deployment of these life-changing therapies.

Faculty Biographies

speaker
**Renata
 Markosyan**
MD, PhD



Associate Professor & Head of Endocrinology | Astghik Medical Center Dr. Renata Markosyan is a distinguished consultant and academic leader at Yerevan State Medical University. Having trained at prestigious institutions like Charité Berlin, her clinical practice bridges the gap between adult and pediatric metabolic care. As a leader in Armenian endocrine services, she focuses on thyroid-metabolic interactions and the long-term safety and efficacy of hormonal therapies in diverse patient populations.

speaker
**Ihab
 El Tayeb**
MD



Consultant Endocrinologist | Prime Hospital Dubai Dr. Ihab El Tayeb is a senior endocrinologist with over 25 years of international expertise. He is the Founder of the International Diabetes and Obesity Conference (IDOC) and Editor-in-Chief of the AOEDS journal. Dr. El Tayeb specializes in the optimization of glucose control through emerging pharmacological agents. His work has been pivotal in advancing professional education for diabetes and obesity management across the Middle East.

speaker
**Sarah
 Alam**
MD



Specialist Endocrinologist | Canadian Specialist Hospital, Dubai Dr. Sarah Alam is a dedicated specialist focusing on individualized patient management in diabetes and metabolic health. Her clinical practice is characterized by a commitment to evidence-based endocrine care and long-term metabolic control. Dr. Alam is recognized for her focus on the practical challenges of diabetes management and her expertise in managing thyroid diseases within a complex metabolic framework.

Faculty Biographies

speaker
**Haykanush
 Hambardzumyan
 MD**



President | Armenian Association for Obesity Prevention Dr. Haykanush Hambardzumyan is a leading endocrinologist and nutrition specialist at Wigmore Clinic. A graduate of Harvard Medical School's Blackburn Course in Obesity Medicine, she is a driving force behind public health initiatives in Armenia. As President of the AAOP, her work focuses on the preventative power of lifestyle medicine paired with pharmacological innovation, emphasizing the importance of early metabolic intervention.

speaker
**Armen
 Mkrtchyan
 PhD**



Associate Professor of Hygiene and Ecology | Yerevan State Medical University Dr. Armen Mkrtchyan is a leading academic in nutrition science and preventive medicine. His expertise lies in the epidemiology of dietary patterns and their impact on population health. By focusing on disease prevention strategies and the environmental factors influencing metabolic health, Dr. Mkrtchyan provides the essential public health context necessary for the broad application of metabolic therapies.

speaker
**Raffi
 Karagozian
 MD**



Associate Professor of Medicine | Tufts University School of Medicine Dr. Raffi Karagozian is a specialist in Gastroenterology and Transplant Hepatology at Tufts Medical Center. His research into Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD/NAFLD) is highly relevant to the incretin field, as GLP-1 based therapies emerge as primary treatments for liver health. Dr. Karagozian offers a unique perspective on the extra-glycemic benefits of incretins, specifically regarding hepatic outcomes and systemic inflammation.

Faculty Biographies

speaker
**Nareg
Varjabedian**
Clinical Pharmacist



Regulatory Affairs & Clinical
Pharmacology Expert

Nareg Varjabedian is a clinical pharmacist and regulatory professional with a focus on Clinical Pharmacology Intelligence. His expertise lies at the intersection of drug development and real-world clinical application. In the context of incretins, he provides essential insights into PK/PD modeling, dosing optimization, and the regulatory landscape of metabolic therapies, ensuring that innovation translates effectively to patient safety and trial success.

Faculty Biographies