1st International Diabetes and Obesity Forum

When science meets health care

21-23 October 2010
Hilton, Athens, Greece

β-cell function
incretins
GLP-1
adipose tissue
metabolism
islet cells
weight loss
insulin resistance
morbidity-mortality
mitochondrial function

13 CME credits provided
Best abstracts will be awarded

Preliminary Programme

Under the Auspices of the Hellenic Ministry of Health & Social Solidarity

Organised by:

Forum Secretariat:

www.idof2010.com
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Important Dates

Deadline for abstract submission: ...................................... May 1st, 2010
Deadline for early registration: ...................................... June 30th, 2010
Deadline for late registrations: ........................................ October 14th, 2010
On-site registrations: ......................................................... October 21st - 23rd, 2010
Opening Ceremony: ............................................................. October 21st, 2010
Dear all,

It is with great pleasure that we invite you to join us in a very interesting journey through the latest developments in the field of diabetes and obesity guided by renowned scientists from all over the world.

The 1st International Diabetes and Obesity Forum will be held in Athens, Greece, on October 21-23, 2010 and eminent guest speakers have been invited to present and review interesting and breaking through issues in the field of diabetes, obesity and other related metabolic disorders.

The prevalence of diabetes and obesity, as well as of their complications, have risen considerably worldwide affecting this way the quality of life for millions of people in the planet. As cardiovascular disease is dramatically on the rise in the adult population and in the same time we experience the onset of childhood type 2 diabetes, hypertension and dyslipidaemia, it is more than obvious that metabolic disorders have become a health threat for the entire population.

The scientific programme of the IDOF 2010 has been structured in such a way that covers all the critical aspects both in basic and in clinical research, including topics such as “fatty acids, metabolism and toxicity”, “beta-cell function, failure and protection”, “adipose tissue clinical implications”, “successful diabetes and obesity management” and many more. Apart from the numerous plenary lectures, review sessions, oral communications and sponsored symposia that have been integrated in the programme, innovative ways of communication with interactive sessions and vivid exchange of knowledge will be established, introducing the transition from congress to forum.

The IDOF 2010 aspires to bring the latest evolution in the field to all health professionals involved in the treatment of diabetes, obesity and their complications, aiming to a more comprehensive every day practice.

We hope that we will have the opportunity to welcoming you in Greece, the home country of Hippocrates, and Athens, the cradle of civilisation, for the 1st International Diabetes and Obesity Forum, a scientific event of excellence you should not miss.

We look forward to seeing you in Athens!

The Organising Committee
Committees

International Advisory Board

The International Advisory Board (IAB) consists of the members of the Executive Scientific Committee of the Institute on Diabetes and Obesity.

- Ralph A. DeFronzo, USA
- Philippe Froguel, UK
- Gökhan Hotamisligil, USA
- C. Ronald Kahn, USA
- Eric Ravussin, USA
- Gerald Reaven, USA
- Matthias Tschöp, USA
- Luc Van Gaal, Belgium

Organising Committee

- Ioannis Kaklamanos, Greece
- Efthymios Kapantais, Greece
- Angelo Pietrobelli, Italy
- Geof Rayner, UK
## Programme at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Thursday, October 21st</th>
<th>Friday, October 22nd</th>
<th>Saturday, October 23rd</th>
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<tr>
<td>08:30</td>
<td>Workshop</td>
<td>Plenary Lecture</td>
<td>Coffee Break &amp; Exhibition Visit</td>
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<td>09:15</td>
<td>Workshop</td>
<td>Review Session</td>
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<td>Oral Communications</td>
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<td>13:00</td>
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<td>Coffee Break &amp; Exhibition Visit</td>
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<td>Opening Lecture</td>
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<td>Welcome Reception</td>
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<td>19:00</td>
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21-23 October 2010, Hilton, Athens, Greece
## Detailed Scientific Programme

### Thursday, 21 October 2010

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<thead>
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<tr>
<td>14:30 - 16:00</td>
<td>Workshop</td>
<td>Terpsichore Hall</td>
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<tr>
<td>16:30 - 18:00</td>
<td>Workshop</td>
<td>Terpsichore Hall</td>
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<tr>
<td>18:30 - 19:30</td>
<td>Opening Ceremony &amp; Awards Ceremony</td>
<td>Terpsichore Hall</td>
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<tr>
<td>19:30 - 20:15</td>
<td>Opening Lecture</td>
<td>Terpsichore Hall</td>
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<tr>
<td></td>
<td><em>Gerald M. Reaven:</em> Insulin resistance and the many faces of the metabolic syndrome</td>
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<td>20:15</td>
<td>Welcome Reception</td>
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### Friday, 22 October 2010

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<tr>
<td>08:30 - 09:15</td>
<td>Plenary Lecture</td>
<td>Terpsichore Hall</td>
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<tr>
<td></td>
<td><em>Eric Ravussin:</em> Calorie restriction and mitochondrial function</td>
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<tr>
<td>09:30 - 11:00</td>
<td>Review Session: Fatty acids, metabolism and toxicity</td>
<td>Terpsichore Hall</td>
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<td>Panelists:</td>
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<td><em>Miguel López:</em> Hypothalamic lipid metabolism and food intake regulation</td>
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<td><em>Amira Klip:</em> Lipotoxicity-induced resistance at different levels in insulin signalling</td>
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<td><em>Harvey F. Lodish:</em> Adipose tissue metabolism, fatty acids and micro RNAs</td>
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<td>09:30 - 11:00</td>
<td>Review Session: New insights into biology from the genetics of diabetes and obesity</td>
<td>Esperides Hall</td>
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<td>Panelists:</td>
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<td></td>
<td><em>Philippe Froguel:</em> Genetics of obesity and type 2 diabetes</td>
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<td><em>Jeffrey M. Gimble:</em> Circadian gene expression in adipose stem cells</td>
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<td></td>
<td><em>Gerald I. Shulman:</em> Molecular mechanisms of insulin resistance</td>
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<tr>
<td>09:30 - 11:00</td>
<td>Oral Communications</td>
<td>Santorini Hall</td>
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</tbody>
</table>
11:00 - 11:30  Coffee Break & Exhibition Visit

11:30 - 13:00  Review Session: The life of fat cells  
Terpsichore Hall
Panelists:  
- James L. Kirkland: Fat and aging  
- Martin S. Obin: Fat cell death  
- James G. Granneman: Control of lipolysis in adipocytes

11:30 - 13:00  Review Session: New factors in the regulation of body weight and glycaemia  
Esperides Hall
Panelists:  
- David A. Sinclair: Sirtuins as modulators of metabolism and longevity  
- Alan S. Verkman: Role of aquaporins in body weight and glucose regulation  
- Michael P. Lisanti: Role of caveolins and caveolae in insulin resistance and body weight

11:30 - 13:00  Oral Communications  
Santorini Hall

13:00 - 14:00  Lunch Break, Exhibition & Poster Visit

14:00 - 15:30  Review Session: Beta-cell function, failure and protection  
Terpsichore Hall
Panelists:  
- Susan Bonner-Weir: Islet cell progenitors  
- Stefano Del Prato: Beta-cell function and survival  
- Steven E. Kahn: Beta-cell loss in type 2 diabetes

14:00 - 15:30  Review Session: Diabesity complications  
Esperides Hall
Panelists:  
- Matthias Tschöp: The gut-brain axis in the control of peripheral metabolic processes  
- John E. Hall: Obesity, hypertension and renal hemodynamics  
- Eve van Cauter: Sleep and diabesity

14:00 - 15:30  Oral Communications  
Santorini Hall

15:30 - 16:00  Coffee Break & Exhibition Visit
### Saturday, 23 October 2010

<table>
<thead>
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<td>Terpsichore Hall</td>
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<td>Santorini Hall</td>
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<tr>
<td>17:30 - 19:30</td>
<td>Symposium</td>
<td>Terpsichore Hall</td>
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**Saturday, 23 October 2010**

**08:30 - 09:15**  
**Plenary Lecture**  
Ele Ferrannini: Impact of different bariatric surgical procedures on insulin action and β-cell function in type 2 diabetes

**09:30 - 11:00**  
**Review Session: Critical issues on diabetes**  
Terpsichore Hall  
Panelists:  
- Bruce H.R. Wolffenbuttel: When and how to start insulin: strategies for success in type 2 diabetes  
- Mary T. Korytkowski: Perioperative glucose management  
- Carel W. le Roux: Anti-diabetic mechanisms of metabolic surgery and the variable success of glycaemic control

**09:30 - 11:00**  
**Review Session: Inflammation and immunity in diabetes and obesity**  
Esperides Hall  
Panelists:  
- Anthony W. Ferrante Jr.: Inflammatory mechanisms and obesity  
- Juan F. Navarro-González: Inflammation mechanisms in diabetes  
- Nobuyo N. Maeda: Antioxidant defences against diabetic cardiovascular disease

**09:30 - 11:00**  
**Oral Communications**  
Santorini Hall

**11:00 - 11:30**  
**Coffee Break & Exhibition Visit**

**11:30 - 13:00**  
**Review Session: Successful obesity management**  
Terpsichore Hall  
Panelists:  
- Luc Van Gaal: Mechanisms linking obesity with cardiovascular disease  
- Daniel H. Bessesen: Physiologic adaptations to weight loss that promote weight gain  
- Aila Rissanen: Obesity, weight loss, morbidity and mortality
### 21-23 October 2010, Hilton, Athens, Greece

#### 11:30 - 13:00
Review Session: Insulin action and insulin resistance  
**Esperides Hall**
Panelists:
- **Nir Barzilai:** Aging and insulin resistance
- **Michael J. Quon:** Relationships between insulin resistance and endothelial dysfunction: from cells to humans
- **C. Ronald Kahn:** Insulin actions and cardiovascular pathologies

#### 11:30 - 13:00
**Oral Communications**  
**Santorini Hall**

#### 13:00 - 14:00
**Lunch Break, Exhibition & Poster Visit**

#### 14:00 - 15:30
Review Session: Understanding the role of GLP-1 and its impact on the beta-cell and body weight  
**Terpsichore Hall**
Panelists:
- **Jens Juul Holst:** Weight loss mechanisms with GLP-1
- **Juris J. Meier:** Is there evidence of beta-cell proliferation in humans with GLP-1?
- **Rémy Burcelin:** The incretins: a link between nutrients and well-being

#### 14:00 - 15:30
Review Session: Adipose tissue clinical implications  
**Esperides Hall**
Panelists:
- **Mikhail G. Kolonin:** Adipose stem cells and tumorigenesis
- **Stephanie Wohlgemuth:** Calorie restriction and autophagy
- **Samuel W. Cushman:** Clinical implications of the small and large fat cells

#### 14:00 - 15:30
**Oral Communications**  
**Santorini Hall**

#### 15:30 - 16:00
**Coffee Break & Exhibition Visit**

#### 16:00 - 16:45
**Plenary Lecture**  
**Terpsichore Hall**
- **Ralph A. DeFronzo:** Treatment of IGT and iFG

#### 17:00 - 18:00
**Meeting on the occasion of IDOF 2010**  
**Terpsichore Hall**

#### 17:00 - 18:00
**Meeting on the occasion of IDOF 2010**  
**Esperides Hall**

#### 17:00 - 18:00
**Meeting on the occasion of IDOF 2010**  
**Santorini Hall**

#### 18:15 - 20:15
**Symposium**  
**Terpsichore Hall**
Confirmed Speakers

Nir Barzilai
MD, Professor, Department of Medicine, Department of Genetics, Director, Institute for Aging Research, Albert Einstein College of Medicine, USA

Daniel H. Bessesen
MD, Professor of Medicine, Chief of Endocrinology, Denver Health Medical Centre, University of Colorado, Denver School of Medicine, USA

Susan Bonner-Weir
PhD, Senior Investigator, Section of Islet Transplantation and Cell Biology, Joslin Diabetes Centre, Associate Professor of Medicine, Harvard Medical School, USA

Rémy Burcelin
PhD, Professor, Research Director, Inserm, Head of Team “Functional Genomic of Energy Metabolism”, Institute of Molecular Medicine of Rangueil, France

Samuel W. Cushman
PhD, National Institute of Diabetes and Digestive and Kidney Diseases, USA

Ralph A. DeFronzo
MD, Professor of Medicine, University of Texas Health Science Centre at San Antonio and Deputy Director, Texas Diabetes Institute, USA

Stefano Del Prato
MD, Professor, Department of Endocrinology and Metabolism, Section of Metabolic Disease and Diabetes, University of Pisa, Italy

Ele Ferrannini
Department of Internal Medicine, School of Medicine, University of Pisa, Italy

Anthony W. Ferrante Jr.
MD, PhD, Dorothy Silberberg Assistant Professor of Medicine, Naomi Berrie Diabetes Centre, Columbia University, USA

Philippe Froqgel
Professor, Chair in Genomic Medicine, Division of Medicine, Imperial College London, UK

Jeffrey M. Gimble
MD, PhD, Professor, Department/Laboratory: Stem Cell Biology, Cell Culture Core, Tissue Culture Core, Pennington Biomedical Research Centre, USA

James G. Granneman
PhD, Professor of Psychiatry and Behavioural Neuroscience, Director, Centre for Integrative Metabolic and Endocrine Research, Wayne State University School of Medicine, USA

John E. Hall
PhD, Arthur C. Guyton Professor and Chair, Department of Physiology & Biophysics, Associate Vice Chancellor of Research, The University of Mississippi Medical Centre, USA

Jens Juul Holst
Department of Biomedical Sciences, The Panum Institute, University of Copenhagen, Denmark

C. Ronald Kahn
MD, Mary K. Iacocca Professor of Medicine, Joslin Diabetes Centre and Harvard Medical School, USA

Steven E. Kahn
MB, ChB, Professor of Medicine, Division of Metabolism, Endocrinology and Nutrition, VA Puget Sound Health Care System and University of Washington, Seattle, USA

James L. Kirkland
MD, PhD, Noaber Foundation Professor of Aging Research, Director, Robert and Arlene Kogod Centre on Aging, Mayo Clinic, USA

Amira Klip
PhD, Cell Biology Program, SickKids Research Institute, Professor, Departments of Paediatrics, Biochemistry and Physiology, University of Toronto, The Hospital for Sick Children, Canada

Mikhail G. Kolonin
PhD, Assistant Professor, Centre for Stem Cell Research, The Brown Foundation Institute of Molecular Medicine, The University of Texas Health Science Centre at Houston, USA

Mary T. Korytkowski
Professor, Department of Medicine, Division of Endocrinology, University of Pittsburgh, Pittsburgh, Pennsylvania, USA
Carel W. le Roux  
Reader in Metabolic Medicine, 
Imperial Weight Centre, Imperial 
College, London, UK

Michael P. Lisanti  
MD, PhD, Professor of Cancer 
Biology, Professor of Medical 
Oncology, Professor of 
Biochemistry and Molecular 
Biology, Leader, Programme in 
Molecular Biology and Genetics 
of Cancer, Kimmel Cancer Centre, 
Thomas Jefferson University, USA

Harvey F. Lodish  
PhD, Professor of Biology and 
Professor of Bioengineering, 
Massachusetts Institute 
of Technology, Member 
of Whitehead Institute 
for Biomedical Research, 
Cambridge, USA

Miguel López  
PhD, Senior Researcher of Ramón 
y Cajal Programme, Department 
of Physiology, School of Medicine, 
University of Santiago de 
Compostela, Spain

Nobuyo N. Maeda  
PhD, Robert H. Wagner 
Distinguished Professor, 
Department of Pathology and 
Laboratory Medicine, University 
of North Carolina at Chapel Hill, 
School of Medicine, USA

Juris J. Meier  
MD, Assistant Professor, 
Department of Medicine I, St. 
Josef-Hospital, Ruhr-University 
of Bochum, Germany

Juan F. Navarro-González  
MD, PhD, FASN, Assistant Professor 
of Nephrology, University of La 
Laguna, Tenerife, Spain 
Nephrology Service and 
Research Unit, University 
Hospital Nuestra Señora de 
Candelaria, Tenerife, Spain

Martin S. Obin  
PhD, Associate Professor, 
Friedman School of Nutrition, 
Obesity and Metabolism 
Laboratory, JMUSDA-HNRCA, 
Tufts University, USA

Michael J. Quon  
MD, PhD, Chief, Diabetes 
Unit, Laboratory of Clinical 
Investigation, NCCAM, NIH, USA

Eric Ravussin  
PhD, Professor; Director, Clinical 
Nutrition Research Unit, Pennington 
Biomedical Research Centre, USA

Gerald M. Reaven  
Professor of Medicine 
(Active Emeritus), Division 
of Cardiovascular Medicine, 
Stanford University School of 
Medicine, USA

Aila Rissanen  
MD, PhD, Head, Obesity Research 
Unit, Helsinki University Central 
Hospital, Finland

Gerald I. Shulman  
Professor of Medicine and 
Cellular & Molecular Physiology, 
Investigator, Howard Hughes 
Medical Institute, Yale School of 
Medicine, USA

David A. Sinclair  
PhD, Professor, Director of the 
Paul F. Glenn Laboratories for 
the Biological Mechanisms of 
Aging, Department of Pathology, 
Harvard Medical School, USA

Matthias Tschöp  
Genome Research Institute, 
University of Cincinnati, USA

Eve Van Cauter  
PhD, Professor, Department 
of Medicine, Section of 
Endocrinology, Diabetes and 
Metabolism, Biological Science 
Division, The University of 
Chicago, USA

Luc Van Gaal  
MD, PhD Professor, Department of 
Endocrinology and Diabetology, 
Faculty of Medicine, Antwerp 
University Hospital, Belgium

Alan S. Verkman  
MD, PhD, Professor of Medicine 
and Physiology, University of 
California, San Francisco, USA

Stephanie Wohlgemuth  
PhD, Lecturer, Department of 
Aging and Geriatric Research, 
Biology of Aging, College of 
Medicine, University of Florida, USA

Bruce H.R. Wolffenbuttel  
MD, PhD, Professor of 
Endocrinology & Metabolism, 
Department of Endocrinology, 
University Medical Centre 
Groningen, The Netherlands
Abstract Submission & Awarding

SUBMISSION

General Information

- Only online abstract submission is available.
- In order to submit an abstract, at least the presenting author has to be registered to the 1st International Diabetes and Obesity Forum.
- You can only submit your abstract online by clicking on Online Abstract Submission and completing all required fields. Should you experience any problems with the online submission, please do not hesitate to contact the Forum Secretariat (idof2010-abstracts@candc-group.com).
- All correspondence will be delivered via email, therefore it is mandatory that you provide a valid email address when you submit an abstract.
- Abstracts submitted via fax or email will NOT be accepted.

Topics

Abstracts can be submitted to any of the following topics:

- Pathophysiology of diabetes and obesity
- Beta-cell, alpha-cell and adipocyte function
- Inflammation in obesity and diabetes
- Insulin resistance
- Diabetes complications
- Obesity implications
- Management of diabetes
- Management of obesity

Format

- Language: English
- Abstract text word limit: 300 words (names and affiliation details excluded)
- Suggested font: Arial, size 10 cpi
- Text justification: full
- Spacing between the title, the author(s) and the abstract text: single
- Line spacing of the text: single
- Abstract title typed in BLOCK CAPITAL LETTERS
- Surname(s) of the author(s) typed in lower case preceded by the first name(s) written in full (e.g. Maria Reynolds)
- The presenting author’s name should be in bold
- The affiliation details of all authors [department, institution/hospital, city/town, state (if relevant), country] should be typed under the names, with the corresponding indices. The affiliations should NOT be mentioned in the abstract text
The abstract should be divided into the following categories, the titles being typed in lower case and in bold:

- **Introduction**
- **Purpose**
- **Material**
- **Method**
- **Results**
- **Conclusions**

The text may include standard abbreviations, tables, diagrams and photographs, so long as they stay within the page margins and that the total amount of words does not exceed the above mentioned limit (300 words).

Please use the following character palette for special characters used to represent non-keyboard characters:

- Alt0177 = ±
- Alt0163 (symbol font) = ≥
- Alt0181 = µ
- Alt0180 (symbol font) = x
- Alt0163 (symbol font) = ≤

Take care not to use I (cap i) or l (ell) for 1 (one), O (capital o) for 0 (zero) or ß (German esszett) for β (beta).

**Presentation Types**

In order to submit an abstract, please bear in mind that the preferred presentation type should be indicated during the submission process. Each author may select between the Oral Presentation and the Poster Presentation.

Kindly take into consideration that the International Advisory Board will review all submitted abstracts and decide on the form of presentation as well as on the topic the abstract will be presented under.

**Notes**

1. Abstracts submitted after **May, 1st 2010** will not be accepted.
2. An author may present one (1) paper only, however he/she may be co-author to more.
3. The author acting as contact person will be notified about the successful submission of the abstract within three (3) days of the abstract receiving. In the event that you do not receive such notification, please contact the Forum secretariat (idof2010-abstracts@candc-group.com).
4. Abstracts previously presented at international meetings and/or forums, will not be accepted.
5. If the abstract is accepted for presentation, the author acting as contact person will receive an email notification by **June 10th, 2010**.
6. The **presenting author** has to be registered to the Forum by **July 15th, 2010**, otherwise the abstract will not be included in the 1st International Diabetes and Obesity Forum abstract book and/or be posted on the Forum website.
7. Please read carefully and follow the instructions, as incomplete submissions will not be reviewed.

**Withdrawal**

If you wish to withdraw an abstract, please contact the Forum Secretariat before **June, 1st, 2010**.
AWARDING
The Institute on Diabetes and Obesity, wishing to support and promote research in the area of diabetes, obesity and related metabolic disorders, will award three abstracts. All abstracts will be anonymously reviewed and then the Award Committee, consisting of eminent scientists, will select three among the highest ranking abstracts, irrespective of topic.

Award categories

| 1st prize: 2,000 € | 2nd prize: 1,500 € | 3rd prize: 1,000 € |

The winners will be invited to present their paper in a 15-minute lecture and receive their award, during the Opening Ceremony of the IDOF 2010, on Thursday, October 21st at 18:30-19:30.

Registration

1. Registration Procedure

- You are strongly advised to register online at www.idof2010.com.
- You may also register by filling in the registration form, available at Forum’s official website: www.idof2010.com, and by sending it by fax or e-mail to the Forum Secretariat, T. +30 210 6889 130, F. +30 210 6844 777, E-mail (registrations): idof2010-register@candc-group.com.
- You may pre-register for the Forum by forwarding the Registration Form and your payment to the Forum Secretariat following the deadlines outlined in section II.
- From October 14th, 2010 and onwards, registrations will be accepted only at the Forum secretariat operating in the Forum Venue.
- All correspondence will be delivered via e-mail, therefore it is mandatory that you provide a valid email address when you register.
- A letter confirming your registration will be sent to you within three (3) working days after having received both the Registration Form and the payment. Should you not receive this letter in due time, please contact the Forum Secretariat.
II. Registration Fees (VAT 19% is included)

<table>
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<th>Registration Type</th>
<th>Early Registrations (until 30/6/10)</th>
<th>Late Registrations (1/7 - 14/10/10)</th>
<th>On-site Registrations (21-23/10/10)</th>
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<tr>
<td>Physicians</td>
<td>490 €</td>
<td>550 €</td>
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<tr>
<td>Other health professionals*</td>
<td>420 €</td>
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</tr>
<tr>
<td>Trainees**</td>
<td>340 €</td>
<td>390 €</td>
<td>450 €</td>
</tr>
<tr>
<td>Students***</td>
<td>150 €</td>
<td>180 €</td>
<td>200 €</td>
</tr>
<tr>
<td>Accompanying persons</td>
<td>120 €</td>
<td>140 €</td>
<td>150 €</td>
</tr>
<tr>
<td>Exhibitors</td>
<td>100 €</td>
<td>100 €</td>
<td>100 €</td>
</tr>
</tbody>
</table>

Kindly note that:
* Participants registered under this category must submit a certificate of employment / confirmation letter issued by their employer.
** The reduced registration fee for trainees is available for physicians and researchers under 35 years old. Please submit an official document such as ID card indicating your birth date.
*** Participants registered as students must submit a copy of student ID card.

III. Provided Services

<table>
<thead>
<tr>
<th>Service</th>
<th>All main delegate categories*</th>
<th>Accompanying persons</th>
<th>Exhibitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admission to all scientific sessions</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Admission to the opening ceremony and the welcome reception</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Admission to the exhibition area</td>
<td>x</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>All delegate material (i.e. satchel, pen &amp; pad, etc)</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Certificate of attendance</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee breaks and lunch breaks</td>
<td>x</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Daily tour</td>
<td></td>
<td></td>
<td>x</td>
</tr>
</tbody>
</table>

* Physicians, Other Health Professionals, Trainees, Students

IV. Cancellation & Substitution Policy
- Written cancellations and/or substitutions* will be accepted until September 21st, 2010 and an administrative fee of €40 will be charged.
- There is no refund for cancellations received from September 22nd, 2010 and onwards.
- After October 14th, 2010 no substitutions will be accepted.
- All refunds will be processed two (2) months following the conclusion of the Forum.

*Substitute delegates will be accepted provided that they submit a Registration Form, duly filled in, for the replacing delegate.
V. Payment details

- Online registration requires online payment by credit card.*
- If you register via email or fax, you may pay for your registration fee by cash or credit card.
- Personal checks are not accepted.
- Please note that in case you supply information for credit card that belongs to a third party, a photocopy of the credit card and of the cardholder’s passport (or ID card) is required in order to proceed with the transaction.
- In any case, no registration request will be accepted and confirmed without the submission of the above mentioned official documents.

* AMEX is not accepted for on line and on site registration.

VI. Billing details
You may ask for an invoice to be issued by filling in the fields in the appropriate section of the registration form. A receipt will be issued in the event you do not fill in the necessary fields.

General Information

Date & Place
October 21st to 23rd, 2010, Hilton Hotel, Athens, Greece
Hilton Athens
46, Vas. Sofias Ave.
115 28 Athens

Language
English is the official language of the IDOF 2010. Interpretation will not be provided.

Badges
It is compulsory for all participants and accompanying persons to wear the delegate identification badge in a visible place should they want to enter the meeting halls, exhibition and poster area.

Certificate of Attendance
All registered delegates are entitled to a certificate of attendance.
Exhibition
During the Forum an exhibition of companies of the pharmaceutical industry, the food and drink industry, medical equipment companies and other relevant commercial sectors, will be operating in the Forum Venue.

Liability and Insurance
The Forum Secretariat cannot be held responsible for accidents, loss or damage to private property of delegates or accompanying persons, or cancellation expenses. Participants are kindly advised to carry out their own insurance arrangements during their stay in Greece.

Smoking Policy
Smoking is not allowed in the Forum Venue.

Social Events
Opening Ceremony & Awards Ceremony Thursday, 21 October 2010, 18:30-20:15
Welcome Reception Thursday, 21 October 2010, 20:15

Forum Tours
The Forum Secretariat will offer an interesting Tour Programme, a great opportunity to explore the beauty of Greece. For more information and reservations please visit the Forum’s official website: www.idof2010.com/tours.

Visa Requirements
A valid passport is generally required. Citizens of the EU countries or holders of Schengen Visa do not need visa to enter Greece (airlines or other carriers require identity card issued by a public authority). For detailed information regarding visa requirements, please visit the website of the Hellenic Ministry of Foreign Affairs: www.mfa.gr/www.mfa.gr/en-US/Services/Visas/Visas+for+Foreigners+travelling+to+Greece.

Accreditation
IDOF2010 offers 13 CME The EACCME is an institution of the European Union of Medical Specialists (UEMS). EACCME credits are recognised by the American Medical Association towards the Physician’s Recognition Award (PRA).
Accommodation

For information about hotel accommodation and available options, please contact the Forum Secretariat:
1A Pierias str, 14451 Athens, Greece
Tel. +30 210 6889180, Fax. +30 210 6844777 (attn. Hospitality Department)
E-mail: idof2010-hospitality@candc-group.com

The following are some of the hotels that have been booked for IDOF 2010. For additional options, please contact the Forum Secretariat.

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Distance From Forum Venue</th>
<th>Closest Metro Station</th>
<th>Cost Per Room Per Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>HILTON ATHENS 5*</td>
<td>0</td>
<td>“Evangelismos” 100m</td>
<td>250 € 270 €</td>
</tr>
<tr>
<td>CROWNE PLAZA ATHENS CITY CENTRE 5*</td>
<td>560m</td>
<td>“Megaro Mousikis” 300m</td>
<td>195 € 215 €</td>
</tr>
<tr>
<td>AIROTEL STRATOS VASSILIKOS 5*</td>
<td>1.4km</td>
<td>“Megaro Mousikis” 200m</td>
<td>170 € 170 €</td>
</tr>
<tr>
<td>GOLDEN AGE 4*</td>
<td>800m</td>
<td>“Megaro Mousikis” 300m</td>
<td>150 € 160 €</td>
</tr>
<tr>
<td>AIROTEL ALEXANDROS 4*</td>
<td>1km</td>
<td>“Megaro Mousikis” 100m</td>
<td>150 € 150 €</td>
</tr>
<tr>
<td>BW ILISIA 4*</td>
<td>100m</td>
<td>“Evangelismos”</td>
<td>120 € 130 €</td>
</tr>
<tr>
<td>PRESIDENT 4*</td>
<td>2km</td>
<td>“Panormou”</td>
<td>95 € 100 €</td>
</tr>
</tbody>
</table>

Minimum stay for all hotels: 2 nights (for the period between 21/10/2010 and 24/10/2010)

The abovementioned prices are in Euros (per room/night) and include:
- Accommodation
- Buffet breakfast
- VAT

Booking Policy for Hotels in Greece
Standard Check-in Time: 14:00 hrs
Standard Check-out Time: 12:00 hrs
For check-in earlier and/or check-out later than the standard hours, please take into account that you may do so upon request and depending on the room availability at the particular hotel. Please bear in mind that there might be an extra charge based on the time of actual check-out.
Accommodation Booking

All bookings for rooms require payment of one night’s rate as deposit at the moment of booking. Your credit card will be charged with the balance due of the confirmed reservation on September 13th, 2010 without further notice.

On Line

• The on line reservations’ system is for individual bookings only. For group bookings please contact directly the Forum Secretariat.
• For on line booking please visit forum’s official website at www.idof2010.com/hospitality
• On line accommodation booking is available for a minimum stay of 2 nights, from October 21st to October 24th, 2010.

By Fax or E-mail

• Please download the Hotel Booking Form from forum’s official website at www.idof2010.com/hospitality, fill in all fields and return it to the Forum Secretariat.
  Fax Number: +30 210 6844777, E- mail: idof2010-hospitality@candc-group.com
A letter confirming your reservation will be sent to you by e-mail within five (5) days after having received both your reservation and your payment. Should you not receive this letter, please contact the Forum Secretariat.

Cancellation and Alteration Policy*

• Written cancellations received prior to May 20th 2010 will receive full refund minus 40 € administrative fee.
• Written cancellations received between May 20th and July 20th, 2010 will be charged with one (1) night stay.
• Written cancellations received between July 21st and September 13th, 2010 will be charged with two (2) nights stay.
• There will be no refund for cancellations received after September 13th, 2010.
• Alterations regarding accommodation will be accepted until September 24th, 2010 at a 40 € administrative fee. In this case, a new accommodation form duly filled in, is required and must be sent to Forum Secretariat.
• No alterations will be accepted after September 24th 2010.

All refunds will be processed within two (2) months following the conclusion of the Forum.

* The above policy applies to individual bookings only. For group bookings please contact the Forum Secretariat.

IMPORTANT NOTES:

NON ARRIVAL will result in the release of the reservation by the hotel and no refunds will be made.
LATE ARRIVAL / EARLY DEPARTURE (based on the dates of the confirmed booking) will result in the charge of the total accommodation amount and no refunds will be made.
Greece Today

General info
Greece is one of the world’s most celebrated destinations with both ancient and modern attractions, such as museums of the ancient and Byzantine era and archaeological sites and cities, all of them historical monuments which have inspired modern education and culture around the world.

Geography
Greece, officially known as The Hellenic Republic, is the southernmost country on the European mainland. With an area of 131,940 square kilometers, Greece is about the same size as England or New York state. Greece’s longest border is with the sea.
Over 3,000 Greek islands are scattered about the eastern Mediterranean.

Language
Greek is the official language. Most Greeks speak English as a foreign language.

Government
The Hellenic Republic is a parliamentary democracy with a 300 member house, the Vouli or Parliament, headed by the Prime Minister.

Telecommunications
The international access code for Greece is +30. The outgoing code is 00 followed by the relevant country code (e.g. 001 for the USA or Canada, 0044 for the United Kingdom). Public payphones are available all over Greece and use phone cards, which can be purchased from kiosks. For information concerning mobile phone use in Greece (telephone transmissions are based on GSM technology), please ask your provider.

Time
Greece is GMT+2, Greece 12:00 - London 10:00 - New York 05:00 - Sydney 20:00.

ATMs
They are widely available in Greece for Master or Visa cardholders.

Banks
Banks are open from Monday to Thursday, 8:00-14:00 hrs and on Friday, 8:00-13:00 hrs; on Saturdays and Sundays they are closed. Central branches of some banks may be found open until 20:00 daily and from 10:00 to 16:30 on Saturdays.

Climate
The climate in Greece is mostly dry and temperate. In Athens, Southern Greece and the islands, the climate is typical Mediterranean with warm and dry summers and mild winters. In late October the temperature varies from 15°C to 25°C.
Credit cards
All major credit cards are accepted in almost all hotels, shops and restaurants. Stickers in the front windows will advise you as to which cards are accepted.

Currency
EURO is the official currency. Information about exchange rates can be found at hotel lobbies and banks.

Electricity
Electricity is 220 V/50 Hz. Plugs are the standard continental (DIN) type with two round pins.

Healthcare
Emergency treatment is free to all in public hospitals. Public and private hospitals can be found in big cities. Small and large islands usually have hospitals and health centres.

Population
Greece has 11,000,000 inhabitants, the majority of whom live in the big cities.

Religion
The majority of Greeks (95%) are Christian Orthodox.

Restaurants
Restaurants and tavernas are normally open for lunch from 12:30 to 16:00, for dinner from 19:00 to midnight. Fast food and souvlaki shops usually serve food all day long, and some of them stay open till late at night. Cafes and bars are open all day from about 8:00 until late in the night.

Shopping hours
Varying; downtown Monday-Friday 9:00-20:00 non-stop, Saturday 9:00-15:00; Suburbs Monday-Wednesday 9:00-14:30, Tuesday-Thursday-Friday 9:00-14:00 and 15:30-20:30, Saturday 9:00-15:00; Supermarkets: Monday-Friday 9:00-21:00, Saturday 9:00-20:00; On Sundays all shops are closed, except tourist shops.

Tipping
Tipping is not compulsory but is quite usual in Greece.

Water
Tap water is drinkable. However, in places outside the Forum Venue water quality varies, so please ask at your hotel reception.
Visiting Athens

Athens is the Capital of Greece. The city with the most glorious history in the world, a city worshipped by gods and people, a magical city. The enchanting capital of Greece has always been a birthplace for civilization. It is the city where democracy was born and most of the wise men of ancient times. The most important civilization of ancient world flourished in Athens and relives through some of the world's most formidable edifices.

Athens is situated in the prefecture of Attica and extends to the peninsula that reaches up to Central Greece. It is surrounded by mountains Ymittos, Pendeli and Parnitha, northwards and eastwards, and the Saronic gulf southwards and westwards. The sun is shining over Athens all year round. The climate is one of the best in Europe, with mild winters and very hot summers, ideal for tourism. It is located just a few kilometers from the port of Piraeus, the central commercial port of the capital, and the shores of southern Attica.

Athens has a lot to offer to its visitors. There are many things to see not only at the historical centre but also a few kilometers away. Among highlights you should not miss: Acropolis Museum, Archaeological Museum, Museum of Cycladic Art, Benaki Museum, National Gallery, Byzantine Museum, Frissiras Museum of Contemporary Greek and European Painting, Lycabetus Hill, Monastiraki, Thiseion, the Olympic Athletic Centre of Athens (OAKA), Faliro-Glyfada coastline by tramway. For an Athenian night out, choose between Psiri (city centre) bars and taverns, and seaside open-air bars and beach clubs.

In Athens, there is a fantastic selection of shops and places to go where you enjoy shopping all day long. Quite a lot of products in Greece are cheaper than other places in Europe and are also high in quality.

The Greek capital, together with its suburbs and the neighbouring city of Piraeus, forms an integrated residential complex (the capital’s main urban planning complex) numbering about 3.5 million inhabitants. The entire prefecture has witnessed the development of state-of-the-art transportation infrastructure catering to residents and visitors in a fast and reliable way.

Public transportation has improved, especially with the introduction of the Metro Lines. Anything on rail (metro, tram) will be more efficient and reliable time-wise. A large network of buses and trolleys is also available.
Metro
You are advised to use the Metro, as traffic in Athens can make a snails progress seem very fast indeed at busy times.

Tram (Light rail system)
Brand new. An excellent way to take the south coastal route and arrive at the beaches outside Athens.

Buses
For further information regarding the itineraries, you may visit the updated site of OASA (Athens Urban Transport Organisation, www.oasa.gr/index.asp?lang=en), where you can find all the information you may need about routes, tickets and times regarding all means of public transport: metro, train, tram, buses, trolleys. Information about traveling from Athens airport to the centre or port (or wherever). Also, a useful route search. You can even order a transport guide map that will be sent to your address!
Contact Information

For questions and comments, you can contact the Forum Secretariat at:

E. idof2010@candc-group.com
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F. +30 210 68 44 777
www.idof2010.com

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Scientific inquiries: idof2010-scientific@candc-group.com
Abstract submission: idof2010-abstracts@candc-group.com
Sponsorship and exhibition inquiries: idof2010-spex@candc-group.com
Organised by:

INSTITUTE ON DIABETES & OBESITY

Focus on diabesity: action before it’s too late

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info@diabetes-obesity.org

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