

EXERCISE AND DIET IN OBESITY, DIABETES AND RENAL DISEASE

Casa Palacio de los Condes de la Gomera - Garachico - Tenerife

Programme

First day: November 28, 2025 (Friday)

09:00 Welcome-Introduction
The Diabetes, Obesity and the Kidney DOKI project

Esteban Porrini - University of La Laguna - Spain

Mads Hornum - Rigshospitalet - Denmark

Trond Jenssen - University of Oslo - Norway

EXERCISE AND RENAL DISEASE IN OBESITY, METABOLIC SYNDROME AND DIABETES

09:30 “LECTURE: Role of Therapeutic Exercise in patients with renal disease” (Sharlenne Greenwood - United Kingdom)

10:15 “Sedentarism and renal disease: experience from population-based studies” (Melsom Toralf - Norway)

10:45 “Exercise and CKD, expected changes in renal outcomes?” (Esteban Porrini - Spain)

11:15 *Coffee break*

EXERCISE AS A TREATMENT IN CKD PATIENTS -I-

12:00 “Therapeutic exercise in CKD, obesity and diabetes: the evidence” (Raúl Morales Febles - Spain)

12:30 “Exercise training in patients with dialysis” (Eva Segura - Spain)

13:00 *Lunch*

EXERCISE AS A TREATMENT IN CKD PATIENTS -II-: Ongoing studies

15:00 “ETER, EXPRED and EXRED studies” (Olav Rivero and Raúl Morales - Spain)

15:30 “HOMETRAIN study” (Tommy Aronsen - Norway)

16:00 “Exercise alone or combined with medications?” (Mads Hornum - Denmark)

17:00 *Coffee break*

20:00 - 21:30 *Dinner*

Second day: November 29, 2025 (Saturday)

DIETARY INTERVENTION IN RENAL DISEASE, OBESITY AND DIABETES

09:00 “LECTURE: Diet intervention in patients with CKD, obesity, metabolic syndrome or diabetes: effect on renal outcomes” (Manuela Abbate - Spain)

09:45 “New Nordic Renal Diet; does it has a role in metabolic syndrome?” (Nikita M. Hansen - Denmark)

10:15 *Coffee break*

11:00 “Obesity and kidney disease - a dietitian ´s perspective” (Rochelle Blacklock - United Kingdom)

11:30 “Multiparametric Magnetic Resonance Imaging in the Cardiorenal Approach to the Diabetic Patient: Challenges and Opportunities” (Nuria García Fernández - Spain)

12:00 Conclusions - Remarks - Future activities

Esteban Porrini - University of La Laguna - Spain

Mads Hornum - Rigshospitalet - Denmark

Trond Jenssen - University of Oslo - Norway