



2026 ESPEN 48TH CONGRESS

PLEASE JOIN THE ABBOTT NUTRITION HEALTH INSTITUTE FOR A SYMPOSIUM IN BERLIN, GERMANY

Targeting Early Metabolic-Muscle Decline: Rethinking Nutritional Intervention in Disease-Related Malnutrition

THIS EDUCATIONAL EVENT IS NOT ELIGIBLE FOR HEALTHCARE PROFESSIONAL CONTINUING EDUCATION CREDIT

OBJECTIVES:

- Reframe nutritional risk as an early biological process driven by inflammation and muscle loss, not a late phenotypic signal.
- Position nutrition as a proactive intervention integrated into prehabilitation and chronic disease management.
- Translate evidence into practical, upstream clinical decision making.

MEETING INFORMATION:

Date: Saturday, 5 September 2026

Time: 12:00 – 1:30 PM CET

Location: Estrel Congress Center; Berlin, Germany

2026 ESPEN Congress registration is required to attend this educational symposium

FACULTY:

MODERATOR:



MARIA D. BALLESTEROS
MD, PhD

Chief of Endocrinology and Nutrition
University Hospital Complex of León (CAULE)
León, Spain

EXPERT SPEAKERS:



JOSE M. GARCIA
MD, PhD

Professor, Department of Medicine
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University of Washington School of Medicine
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MAURIZIO MUSCARITOLI
MD

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