



THE EUROPEAN  
SOCIETY  
FOR CLINICAL  
NUTRITION  
AND  
METABOLISM

# 12<sup>th</sup> ESPEN SYMPOSIUM

Nutritional care in chronic kidney disease



UPPSALA, SWEDEN

November 30<sup>th</sup>  
December 1<sup>st</sup>  
2025

## ORGANIZING COMMITTEE

*Rocco Barazzoni, Italy*  
*Giorgina Barbara Piccoli, France*  
*Elisabeth Rothenberg, Sweden*

## FACULTY

*Carla Avesani, Sweden*  
*Gulistan Bahat, Türkiye*  
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*Louise Salomo, Denmark*  
*Stéphane Schneider, France*  
*Mads Vaarby Sørensen, Denmark*  
*Peter Stenvinkel, Sweden*  
*Daniel Teta, Switzerland*  
*Jetta Tuokkola, Finland*  
*Carla Wunderle, Switzerland*

## LLL COURSE

### Nutritional support in renal diseases

🕒 08.00 → 12.00

Moderated by *Alice Sabatino*

- Nutritional support in acute kidney disease  
*A. Sabatino*
- Nutritional support in chronic renal failure  
*C. Avesani*
- Nutritional support in chronic maintenance hemodialysis  
*A. Sabatino*
- Nutritional support in peritoneal dialysis  
*C. D'Alessandro*
- Coffee break
- Case discussion
- Final test

## SYMPOSIUM

### Nutritional care in chronic kidney disease

🕒 13.30 → 19.00

🕒 13.30 → 13.40

#### Opening and salutation

🕒 13.40 → 15.00

#### Chronic Kidney Disease: a major case of disease-related malnutrition

Moderators: *R. Barazzoni, C. Cuerda*

- CKD: a global epidemic between over- and undernutrition  
*K. Kalantar-Zadeh*
- CKD and sustainability.  
Focus on nutrition  
*P. Stenvinkel*
- Optimizing renal nutrition in moderate CKD – the Nordic diet approach  
*L. Salomo*

🕒 15.00 → 16.00

#### Special debate

#### MALNUTRITION or WASTING? Looking for common ground in terminology

Moderators: *S. Klek, E. Rothenberg*

- Protein Energy Wasting  
*K. Kalantar-Zadeh*
- Malnutrition and GLIM approach  
*T. Cederholm*

🕒 16.00 → 16.15 Coffee Break

🕒 16.15 → 17.30

#### Metabolism at the center: from pathophysiology to clinical optimization

Moderators: *Y. Boirie, M. Eriksson Svensson*

- Mitochondrial dysfunction:  
what is special in CKD  
*R. Barazzoni*
- Uremic toxins: what is new  
and what is their role  
*Z. Massy*
- Altered intestinal permeability:  
a key (modifiable) player?  
*R. Farré Martí*

🕒 17.30 → 19.00

#### Nutritional needs and delivery: new guidelines and guidance

Moderators: *S.O. Frigstad, S. Schneider*

- New Guidelines on CKD and protein intake: what is there and what is missing?  
*G.B. Piccoli*
- Protein restriction or “just” healthy and non-processed food (or both?)  
*C. Avesani*
- Nutritional needs during hospitalization: ESPEN guideline  
*C. Cuerda*
- Nutritional care for CKD in polymorbid patients: evidence from the trials  
*C. Wunderle*

## SYMPOSIUM

### Nutritional care in chronic kidney disease

🕒 08.30 → 13.30

🕒 8.30 → 9.30

#### Non-nutritional management of malnutrition and wasting: reducing the burden

Moderators: *L. Salomo, J. Tuokkola*

- Optimizing acid balance: nutritional approaches and implications  
*M.V. Sørensen*
- Dialysis schedule: how can we minimize nutritional risk?  
*A. Davenport*
- Physical activity in CKD patients: metabolic and nutritional impact  
*D. Tetà*

🕒 9.30 → 10.30

#### Obesity in CKD: the challenge of complexity

Moderators: *H. Dahl, L. Donini*

- Adiposopathy and renal metabolic complications  
*Y. Boirie*
- Obesity, elevated creatinine and outcome: a nutritionDay analysis in 24726 ICU patients  
*M. Hiesmayr*
- Obesity and CKD: the perfect nutritional storm and sarcopenic obesity  
*M.D. Ballesteros*
- Treating obesity in CKD: clinical targets and the fat-muscle balance  
*R. Barazzoni*

🕒 10.30 → 11.00 Coffee Break

🕒 11.00 → 12.15

#### Special nutritional conditions

Moderators: *C. Avesani, A. Pohju*

- Sarcopenia and frailty in CKD: clinical and therapeutic implications  
*G. Bahat*
- Nutritional care of pediatric CKD patients: special needs and approaches  
*J. Tuokkola*
- Special needs and concerns during pregnancy in women with CKD  
*G.B. Piccoli*
- Before and after transplantation: optimizing opportunities and outcomes  
*C. D'Alessandro*

🕒 12.15 → 13.15

#### Implementation of nutritional care

Moderators: *Z. Massy, M. Nuotio*

- Revolutionizing Patient Care: A New App to Enhance Dietary Adherence in CKD Management  
*K. Bjørnsbo*
- Ideal weight and formulae: clinical approaches and implications  
*L. Donini*
- Why malnutrition cannot be neglected in CKD and need for multidisciplinary approaches  
*J.J. Carrero*

🕒 13.15 → 13.30

#### Concluding remarks

## GENERAL INFORMATION

### CONFERENCE VENUE

#### Elite Hotel Academia

Suttnungs gränd 6

753 19 Uppsala (Sweden)

The hotel is right next to Uppsala Central Station and 20 minutes from Stockholm Arlanda Airport.

They offer parking adjacent to the hotel, in a garage for 295 SEK/night (ceiling height 208 cm) or in their courtyard for 245 SEK/night.

Parking is allowed in any car park marked with Elite Hotels.

To book your garage space during your stay at Elite Hotel Academia in Uppsala click [here](#).

### HOW TO GET FROM STOCKHOLM ARLANDA AIRPORT TO UPPSALA

#### By Train *(fastest option)*

- Time: ~20 minutes
- Frequency: Every 20–30 minutes
- Cost: 42-210 SEK

#### By Bus *(economical option)*

- UL Bus 801
  - Time: ~45 minutes
  - Frequency: Every 15-30 minutes
  - Cost: ~130 SEK
- FlixBus
  - Time: ~25–35 minutes
  - Frequency: Up to 5 times per day
  - Cost: From ~130 SEK

#### By Taxi

- Time: ~35 minutes
- Cost: Around 1,000 SEK  
(Prices vary - recommended to pre-book a fixed-price ride)

## GENERAL INFORMATION

### REGISTRATION

Online registration at [www.espen.org](http://www.espen.org)

### REGISTRATION FEES

#### Symposium

ESPEN member\*: € 150,00

Non-member: € 200,00

#### LLL Course

ESPEN member\*: € 50,00

Non-member: € 60,00

*\*2025 regular membership is required.*

The fees include: admittance to the Scientific Sessions, conference kit, certificate of attendance, catering services.

### Cancellation policy

All cancellation requests must be submitted in writing (via email or fax) to the Organizing Secretariat no later than **October 31<sup>st</sup>, 2025**. Verbal requests will not be accepted.

For cancellations received by October 31<sup>st</sup>, 2025, 70% of the paid or committed amount will be refunded. No refunds will be issued for requests received after this date.

Name changes will be accepted until **November 21<sup>st</sup>, 2025**.

### LANGUAGE

English is the official language of the event.

### EACCME CREDITS

The 12th ESPEN Symposium - Nutritional care in chronic kidney disease, Uppsala, Sweden 30/11/2025 - 01/12/2025 [LEE/2025/02028], has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 9.0 European CME credits (ECMEC®s).

The LLL Course - Nutritional support in renal diseases, Uppsala, Sweden 30/11/2025 - 30/11/2025 [LEE/2025/02029], has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 3.5 European CME credits (ECMEC®s).

Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

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