INSELSPITAL
UNIVERSITÄTSSPITAL BERN
BERN UNIVERSITY HOSPITAL

Department of Diabetes, Endocrinology, Nutritional Medicine and Metabolism (UDEM)

UNIVERSITY OF BERN

Bern University of Applied Sciences

# Curriculum Nutritional Medicine 2026

## Iron metabolism: from nutrition to disease management

Tuesday, 3rd of March 2026, 4:15 - 5:00 pm

**Prof. Dr. Dr. Michel Hochuli**
Department of Diabetes, Endocrinology, Nutritional Medicine and Metabolism, Inselspital
**Prof. Dr. Alicia Rovó**
Department of Hematology and Central Hematological Laboratory, Inselspital

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## Plants for Health Initiative and the Plants for Joints Randomized Controlled Trial

Tuesday, 2nd of June 2026, 4:15 - 5:00 pm

**Dr Wendy Walrabenstein, PhD**
**Dr Carlijn Wagenaar, MD PhD**
Reade Center for Rheumatology and Rehabilitation, Amsterdam University Medical Centers, The Netherlands

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## «Ultra-processed food»: what it is and why we should worry about it

Tuesday, 3rd of November 2026, 4:15 - 5:00 pm

**David Fäh**
Department of Health Professions, Division of Nutrition and Dietetics, Bern University of Applied Sciences

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## Beyond the scale: rethinking nutrition therapy with incretin mimetics

Tuesday, 1st of December 2026; 4:15 - 5:00 pm

**Prof. Dr. Leonie-Helen Bogl**
Department of Health Professions, Division of Nutrition and Dietetics, Bern University of Applied Sciences
**Caroline Heuberger**
Department of Health Professions, Division of Nutrition and Dietetics, Bern University of Applied Sciences

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The curriculum Nutritional Medicine targets physicians and specialists in nutritional medicine, pharmacists, dietitians, nursing staff, food scientists/technologists and researchers. The goal of the curriculum is 3-fold:
1) Sparking interest and enthusiasm, 2) Transferring knowledge, 3) Fostering exchange and collaborations

## Rules

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- Keep your microphone OFF throughout the session (exception: asking questions)
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- Copyright of content: Do not take pictures or screenshots

Please note that the Curriculum is accredited by SGED, SGAIM and GESKES and can be assigned to the CAS in Clinical Nutrition. For confirmation of your attendance please contact direktionsoffice.udem@insel.ch

## Program committee

**Prof. Dr. med. Dr. phil. Lia Bally**
**Prof. Dr. med. Dr. sc. nat. Michel Hochuli**
Department of Diabetes, Endocrinology, Nutritional Medicine and Metabolism Inselspital, Bern University Hospital and University of Bern

**Prof. Dr. sc. nat. Tamara Bucher**
Department of Health Professions, Division of Nutrition and Dietetics, Bern University of Applied Sciences

**Zoom-Link**

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