

Highlights ESPEN congress Sept'23 – Debbie Gach

From 11-14th September 2023 I had the opportunity to visit the European Society for Clinical Nutrition and Metabolism (ESPEN) congress, in Lyon, France. My PhD project focuses on unraveling the long-term health consequences of a SARS-CoV-2 infection. Within my project, body composition changes are considered as a determinant for long-term health outcomes in COVID-19 survivors, which might eventually be targeted by lifestyle and/or nutritional interventions. During the congress, multiple parallel sessions with expert speakers were held covering topics around nutrition, metabolism and COVID-19 but also related to other chronic diseases and elderly.

At the ESPEN congress, I had the opportunity to present and discuss data of two projects with other experts in the field of nutrition, body composition, and metabolism, which gave me the opportunity to expand my scientific network in the field of nutrition and metabolism beyond the respiratory field. Besides, I attended multiple lectures given by experts covering topics around body composition, metabolism, and nutrition in relation to (long) COVID. For example, one lecture focused on the effects of a SARS-CoV-2 infection on changes in metabolism over time. This has broadened my knowledge in the long-term health consequences of a SARS-CoV-2 infection beyond the respiratory aspect. In conclusion, attending the ESPEN congress was a very educative experience for me and I would like to thank the NRS for making this possible!