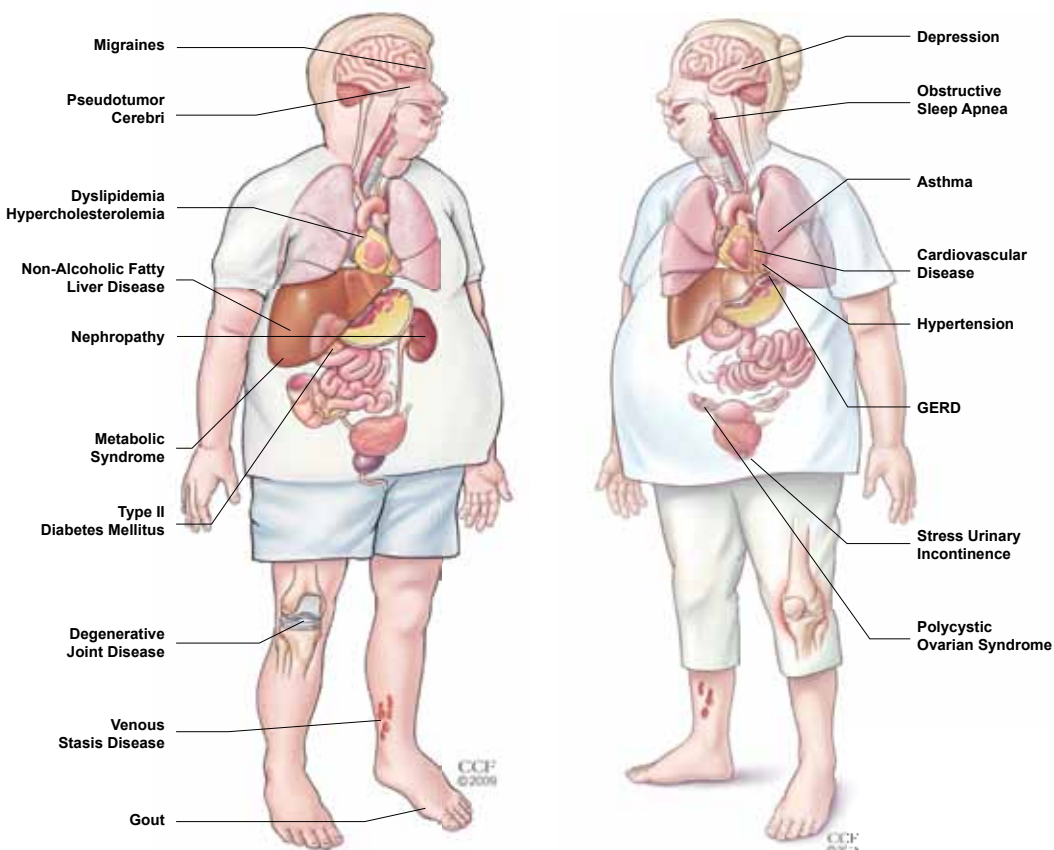


10th Annual Obesity Summit

A Decade of Progress

October 2 – 3, 2015

InterContinental Hotel and Bank of America Conference Center
Cleveland, OH



Register Today! ccfcme.org/obesitysummit

Attend the 10th Annual Cleveland Clinic Obesity Summit

The Cleveland Clinic Obesity Summit attracts a diverse mix of health care practitioners interested in discussing innovative solutions to the causes of obesity, preventive strategies, and therapeutic management approaches. The Summit features innovative sessions designed to engage you with colleagues as well as patient interviews, interactive workshops, case-based lessons, and question and answer sessions.

Who Should Attend?

Health care professionals (including physicians, nurse practitioners, nurses, physician assistants, and dietitians), researchers, hospital and corporate administrators, and others who have an interest in obesity-related fields, including bariatric surgery, endocrinology, gastroenterology, cardiology, internal medicine, pulmonary, diet and nutrition, psychiatry and psychology, urology, and primary care medicine.

Call for Abstracts – September 2, 2015

Clinical and research abstracts of original work are being accepted. Visit the event website ccfme.org/obesitysummit for instructions.

Summit Director

Philip R. Schauer, MD

Professor of Surgery
Cleveland Clinic Lerner College of Medicine
Director, Advanced Laparoscopic and
Bariatric Surgery
Bariatric and Metabolic Institute
Digestive Disease Institute
Cleveland Clinic
Cleveland, OH

Guest Faculty

Richard L. Atkinson, MD

Past President, The Obesity Society
Director, Obetech Obesity Research Center
Richmond, VA

Caroline M. Apovian, MD

Associate Professor of Medicine and Pediatrics
Boston University School of Medicine
Director, Center for Nutrition and Weight Management
Boston Medical Center
Boston, MA

Daniel Bessesen, MD

Professor of Medicine
Division of Endocrinology, Metabolism, and Diabetes
University of Colorado Denver
Chair, Education Committee
The Obesity Society
Chief of Endocrinology
Denver Health Medical Center
Denver, CO

Nikhil Dhurandhar, PhD

President, The Obesity Society
Professor and Chair
Department of Nutritional Sciences
Texas Tech University
Lubbock, TX

After attending, you will be able to:

- Summarize recent basic science research on obesity including infectious origins, gut microbes, and fecal microbial transplants;
- Discuss the most recent innovations and research regarding nutrition, weight-loss programs, and exercise as therapy for obesity;
- Demonstrate new devices and internet-based tools for monitoring physical activity and nutrition, and how to integrate them into obesity reduction programs;
- Present the pros and cons for bariatric surgical options, describe new weight-loss devices, and summarize revised guidelines for metabolic surgery;
- Compare and contrast efficacy and side effect data on new pharmacologic treatment options for obesity, including diabetes drugs with obesity effects;
- Assess the potential benefits and risks associated with combining pharmaceutical agents with surgery;
- Recognize select comorbidities associated with obesity and current strategies for their evaluation and treatment;
- Review the evidence on causes and effects of childhood obesity and describe strategies for its prevention and treatment.

Summit Co-Directors

John P. Kirwan, PhD

Professor of Molecular Medicine
Cleveland Clinic Lerner College of Medicine
Director, Metabolic Translational Research Center
Endocrinology and Metabolism Institute
Departments of Gastroenterology and Hepatology
and Pathobiology
Digestive Disease and Lerner Research Institutes
Cleveland Clinic
Cleveland, OH

Bartolome Burguera, MD, PhD

Department of Endocrinology, Diabetes,
and Metabolism
Endocrinology and Metabolism Institute
Cleveland Clinic
Cleveland, OH

Ann Crile Esselstyn, MEd

Author, *Prevent and Reverse Heart Disease Cookbook*
Cleveland, OH

Jane Esselstyn, RN

Health Educator
Author, *Prevent and Reverse Heart Disease Cookbook*
Cleveland, OH

Alison E. Field, ScD

Professor of Pediatrics
Boston Children's Hospital
Division of Adolescent Medicine
Boston, MA

Gary D. Foster, PhD

Past President, The Obesity Society
Chief Science Officer
Weight Watchers International, Inc.
New York, NY

John Gunstad, PhD

Department of Psychological Sciences
Kent State University
Kent, OH

Rob Knight, PhD

Professor, Departments of Pediatrics and Computer
Science & Engineering
University of California, San Diego
LaJolla, CA

Cleveland Clinic Faculty

Naim Alkhouri, MD

Department of Pediatric Gastroenterology
Pediatric Institute
Department of Gastroenterology and Hepatology
Digestive Disease Institute

Kathy Asthon, PhD

Director of Group Programs
Assistant Training Director
Bariatric and Metabolic Institute

Gordon Blackburn, PhD

Department of Cardiovascular Medicine
Heart and Vascular Institute

Stacy A. Brethauer, MD

Bariatric and Metabolic Institute
Digestive Disease Institute

Derrick Cetin, DO

Bariatric and Metabolic Institute
Digestive Disease Institute

Tom Gubanc

Wellness Institute

Leslie J. Heinberg, PhD, MA

Bariatric and Metabolic Institute
Digestive Disease Institute

Sangeeta Kashyap, MD

Department of Endocrinology, Diabetes, and Metabolism
Endocrinology and Metabolism Institute

Laurence Kennedy, MD

Chairman

Department of Endocrinology, Diabetes, and Metabolism
Endocrinology and Metabolism Institute

Donald F. Kirby, MD

Director, Center for Human Nutrition
Department of Gastroenterology and Hepatology

Matthew Kroh, MD

General Surgery
Digestive Disease Institute

Bret A. Lashner, MD, MPH

Department of Gastroenterology and Hepatology
Digestive Disease Institute

Megan Lavery

Bariatric and Metabolic Institute

Sankar Navaneethan, MD

Nephrology and Hypertension

Julie Rish, PhD

Bariatric and Metabolic Institute

W.H. Wilson Tang, MD

Director of the Center for Clinical Genomics
Research Director, Section of Heart Failure and Cardiac
Transplantation Medicine
Heart and Vascular Institute

James B. Young, MD

Professor of Medicine and Executive Dean
Cleveland Clinic Lerner College of Medicine
George and Linda Kaufman Chair
Chairman, Endocrinology and Metabolism Institute

Friday, October 2, 2015

6:45 am Registration, Continental Breakfast, and Visit Exhibits

7:30 am Welcome
Where Were We 10 Years Ago?
Where Are We Now?
Philip R. Schauer, MD

SESSION 1: BASIC SCIENCE

7:40 am Infectobesity: Obesity of Infectious Origin
Nikhil Dhurandhar, PhD

8:00 am KEYNOTE: Gut Microbes and Obesity
Rob Knight, PhD

8:30 am Gut Microbiota in Cardiovascular Disease and Obesity
W.H. Wilson Tang, MD

8:50 am Fecal Microbial Transplant and Obesity
Bret A. Lashner, MD, MPH

9:10 am Refreshment Break and Visit Exhibits

SESSION 2: OBESITY TREATMENT – LIFESTYLE, DIET, EXERCISE

9:40 am Obesity Treatment: Theory vs Reality
Nikhil Dhurandhar, PhD

10:00 am How to Set Up an Obesity Treatment Program in Private Practice
Richard L. Atkinson, MD

10:20 am Ranking the World's Best Diets
Daniel Bessesen, MD

10:40 am Navigating the Real World of Apps and Weight-Loss Programs
Gary D. Foster, PhD

11:00 am New Nutrition Guidelines
Donald F. Kirby, MD

11:20 am Exercise Prescription for the Obese Patient
Gordon Blackburn, PhD

11:40 am Exercise: What is the Optimal Intensity and Duration?
John P. Kirwan, PhD

12:00 pm Lunch Break

SESSION 3: OBESITY TREATMENT – SURGICAL

1:00 pm Live Surgery Transmission
Philip R. Schauer, MD

2:00 pm 10 Year Review of Cases: Where are They Now?
Philip R. Schauer, MD

2:20 pm New Weight-Loss Devices Part I: Balloon, Pacing Devices
Stacy A. Brethauer, MD

2:35 pm New Weight-Loss Devices Part II: Internal Stents, Endoscopic Suturing
Matthew Kroh, MD

2:50 pm New International Guidelines for Metabolic Surgery
Philip R. Schauer, MD

3:10 pm Refreshment Break and Visit Exhibits

SESSION 4: OBESITY TREATMENT – MEDICAL

3:40 pm Obesity Treatment Guidelines 2015
Caroline M. Apovian, MD

4:00 pm Weight-Loss Drugs: New and Established
Daniel Bessesen, MD

4:20 pm Drugs That Treat Diabetes and Obesity
Sangeeta Kashyap, MD

4:40 pm Combination Therapies: Drugs and Surgery
Bartolome Burguera, MD, PhD

5:00 pm Adjourn

5:00 – 5:45 pm Poster Session

A five-minute question and answer period is included in each speaker's allotted time.

6:45 am Continental Breakfast and Visit Exhibits

SESSION 5: OBESITY AND COMORBIDITIES

- 7:30 am Obesity and Endocrine Diseases
Laurence Kennedy, MD
- 7:50 am Obesity and Chronic Kidney Diseases
Sankar Navaneethan, MD
- 8:10 am Obesity and Heart Failure
James B. Young, MD
- 8:30 am Obesity and Cognitive Dysfunction
John Gunstad, PhD
- 8:50 am Obesity and Asthma
TBA

SESSION 6: PEDIATRIC PATIENTS

- 9:10 am Eating Disorders and Obesity
Alison E. Field, ScD
- 9:50 am Young Children, Old Bodies: Organ Damage from Childhood Obesity
Naim Alkhoury, MD
- 10:10 am Community-based Strategies in Childhood Obesity
Gary D. Foster, PhD
- 10:30 am Refreshment Break and Visit Exhibits



Pathophysiology of Type II Diabetes Mellitus

WORKSHOPS

(Select one from each session, first-come, first-served)

Workshop 1
10:50 am – 11:35 am

- A. Leveraging Technology for Improved Health and Wellness**
Tom Gubanc
- B. Plant-based Approach to Long-term Sustainable Weight and Health (Samples Available)**
Ann Crile Esselstyn, MEd
Jane Esselstyn, RN
- C. Weight-Loss Maintenance**
Leslie J. Heinberg, PhD, MA
Bartolome Burguera, MD, PhD
Daniel Bessesen, MD
- D. Perioperative Management of the Bariatric Surgery Patient**
Stacy A. Brethauer, MD
Derrick Cetin, DO

11:35 am Break

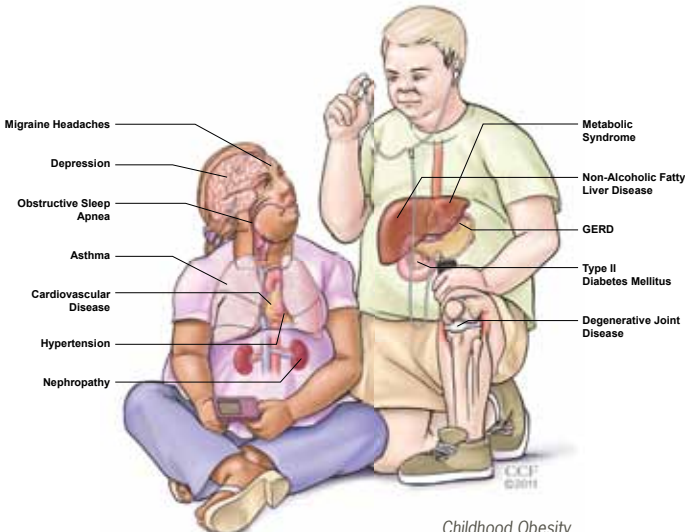
Workshop 2
11:45 am – 12:30 pm

- E. Plant-based Approach to Long-term Sustainable Weight and Health (Samples Available)**
Anne Crile Esselstyn, MEd
Jane Esselstyn, RN
- F. Behavioral Strategies: Things to Do, Things to Say**
Gary D. Foster, PhD
Leslie J. Heinberg, PhD, MA
Richard L. Atkinson, MD
- G. Eating Disorders and Obesity**
Kathy Asthon, PhD
Julie Rish, PhD
Megan Lavery
- H. Drugs Treatment of Obesity**
Caroline M. Apovian, MD
Bartolome Burguera, MD, PhD
Sangeeta Kashyap, MD

12:30 pm **CASE-BASED LESSONS**
Philip R. Schauer, MD
Bartolome Burguera, MD, PhD

1:30 pm **Adjourn**

A five-minute question and answer period is included in each speaker's allotted time.



Childhood Obesity

General Information

Location

InterContinental Hotel and Bank of America Conference Center
9801 Carnegie Avenue
Cleveland, OH 44106
Phone: 216.707.4100 or 877.707.8999

Hotel Accommodations

A block of rooms has been reserved at the InterContinental Hotel until August 31, 2015.

To make your reservations, contact the Hotel Reservations Department at 216.707.4000 or 877.707.8999. Please identify yourself as being with the Cleveland Clinic Obesity Summit for special rates of \$199 single/double plus tax (registration code CAP).

Information

For further information about this Summit, contact the Cleveland Clinic Center for Continuing Education at: 216.445.9990 or 800.238.6750.

Web Address: ccfcmc.org/obesitysummit

Registration and Cancellation

Preregistrations are accepted until 2:00 pm ET **October 1, 2015**. Register on site after this date. In case of cancellation, a full refund will be made if canceled by **September 15, 2015**. After September 15, 2015, a \$100 cancellation fee will be deducted from your refund. Email notification of your cancellation is required to process your refund. For questions about registration, call 216.448.8710 or email us at cmeregistration@ccf.org

NO REFUNDS WILL BE ISSUED AFTER October 1, 2015.

Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 13.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.

The **Ohio Board of Nursing** will accept at face value the number of contact hours awarded for an educational activity that has been approved for CE by a nationally accredited system of CE approval. Therefore, the 13.0 *AMA PRA Category 1 Credits™* will be accepted for nursing credits.

Application for CME credit has been filed with the **American Academy of Family Physicians**. **Determination of credit is pending**

Faculty Disclosure

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify us at least two weeks prior to the activity.

Registration Rates

Fee Includes: Daily continental breakfast, refreshment breaks, and faculty presentations in PDF format will be available online.

	On or before September 1, 2015	After September 1, 2015
Physician/Researcher/Scientist	\$450	\$500
CCF Alumnus	\$405	\$455
Corporate	\$450	\$500
Resident*/Fellow*	\$50	\$50
Non Physician	\$275	\$325
Government	\$350	\$400

*Letter from program director is required to receive the discounted fee. If letter is not received two weeks prior to the activity, the full physician fee will be charged.

For registration questions, please send email to cmeregistration@ccf.org or call 216.448.8710.

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone activity in our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any trip cancellations or changes.

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