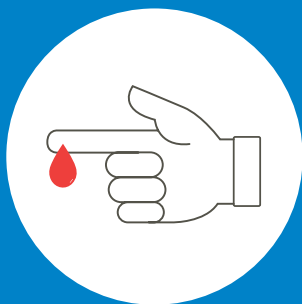


14th Annual Obesity Summit

# Diabetes, Obesity, and Cardiovascular Disease Summit



**TWO LOCATIONS! Choose the best for you!**

**September 26-27, 2019**

- InterContinental Hotel and Bank of America Conference Center  
Cleveland, OH
- Pennington Biomedical Research Center  
Baton Rouge, LA



Register Today! [ccfcme.org/DOCS19](http://ccfcme.org/DOCS19)

This program has been endorsed by International Bariatric Club, International Federation for the Surgery of Obesity and Metabolic Disorders, Louisiana Primary Care Association, Louisiana Rural Health Association, and The Obesity Society.

# Attend the Cleveland Clinic 14th Annual Obesity Summit

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Cleveland Clinic **Diabetes, Obesity and Cardiovascular Disease Summit (DOCS)** attracts a diverse mix of health care practitioners interested in discussing innovative solutions and new strategies for diabetes, obesity and cardiovascular disease management. This Summit features diverse sessions that highlight the causes of obesity and diabetes, preventive strategies, and therapeutic management approaches designed to engage you with colleagues. Take advantage of this opportunity to learn from shared experts via live broadcast from two locations – Cleveland, OH and Baton Rouge, LA.

## 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 endocrinology, family practice, internal medicine, pediatrics, psychiatry and psychology, cardiology, bariatric surgery, and wellness.

## By Attending, You Will Be Able To:

- Evaluate the clinical application of research findings, including animal studies, on the concept of energy balance, appetite and energy regulation, and the nutrient sensing connection between the gut and brain.
- Describe nonpharmaceutical-based strategies for reducing diabetes incidence through weight-loss approaches that focus on lifestyle, diet, and exercise.
- Compare and contrast efficacy and side effect data of pharmacologic treatments for obesity, especially diabetes drugs, and describe their clinical role in reducing risks of diabetes and cardiovascular disease.
- Identify the obesity-related factors that increase the risks for developing cardiovascular disease and identify strategies for treating obesity to prevent cardiovascular disease.
- Summarize the safety and efficacy data for bariatric surgical options, especially long-term outcomes, and describe the patient selection process.
- Demonstrate knowledge and competence to counsel patients on selection of diet, exercise, and behavioral interventions for obesity, diabetes, and eating disorders.

## Guest Faculty

### **Caroline Apovian, MD**

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

### **Ann Crile Esselstyn, MEd**

CoAuthor, *The Prevent and Reverse Heart Disease Cookbook*  
Cleveland, OH

### **Jane Esselstyn, RN**

CoAuthor, *The Prevent and Reverse Heart Disease Cookbook*  
Cleveland, OH

### **John E. Hall, PhD**

Arthur C. Guyton Professor and Chair  
Director, Mississippi Center for Obesity Research  
The University of Mississippi Medical Center  
Jackson, MS

### **Scott Kahan, MD, MPH**

Director, National Center for Weight and Wellness  
Medical Director, Strategies To Overcome and Prevent (STOP) Obesity Alliance  
George Washington University Milken Institute  
School of Public Health  
Chair, Clinical Committee, The Obesity Society  
Washington, DC

### **Randy J. Seeley, PhD**

Henry King Ransom Endowed Professor of Surgery  
School of Public Health  
University of Michigan  
Ann Arbor, MI

### **Jeff Volek, PhD, RD**

Professor  
Department of Human Sciences  
The Ohio State University  
Columbus, OH

**View full Cleveland Clinic and Pennington Biomedical Research Center faculty listing at [www.ccfme.org/DOCS19](http://www.ccfme.org/DOCS19)**

**Thursday, September 26**


ET-OH/CT-LA

7:30 am/6:30 am Registration, Continental Breakfast, and Visit Exhibits

8:30 am/7:30 am Opening Remarks

**SESSION I: BASIC SCIENCE**

8:45 am/7:45 am **Energy Balance: Newest Concepts**   
*Eric Ravussin, PhD*

9:15 am/8:15 am **Targeting Specific Brainstem Nuclei for Pharmacologic Treatments of Obesity: GLP-1 Agonists and GDF15**   
*Randy J. Seeley, PhD*

9:35 am/8:35 am **Appetite and Energy Regulation: Gut Brain Connections**   
*Hans-Rudolf Berthoud, PhD*

9:55 am/8:55 am **Panel Discussion/Question and Answer Period**


10:15 am/9:15 am **Refreshment Break and Visit Exhibits**

**SESSION II: DIABETES AND OBESITY TREATMENT – LIFESTYLE, DIET, EXERCISE**

10:30 am/9:30 am **Principles of Obesity Diagnosis and Management**   
*W. Scott Butsch, MD*

11:00 am/10:00 am **New “Body Composition” Methods**   
*Steven Heymsfield, MD*

11:20 am/10:20 am **Weight Management Using E-Health**   
*Corby Martin, PhD*

11:50 am/10:50 am **Exercise: An Essential Component of Obesity Treatment**   
*David B. Creel, PhD, RD*

12:10 pm/11:10 am **Hot Diets: Ketogenic Diet**   
*Jeff Volek, PhD, RD*

12:30 pm/11:30 am **Panel Discussion/Question and Answer Period**

12:50 pm/11:50 am **Lunch Break**  
Lunch presentation provided by Steven Nissen, MD

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

**WORKSHOP 1 - Cleveland Clinic** 

2:05 – 2:50 pm ET

- A. **Pediatrics Workshop - Binge, Graze and Night Eating: Problematic Eating Behaviors in Youth**  
*Ellen Rome, MD and Leslie Heinberg, PhD*
- B. **Behavioral Interventions for Obesity**  
*Ninoska Peterson, PhD and Kasey Goodpaster, PhD*
- C. **Ins and Outs of Drug Treatment for Obesity and Diabetes**  
*Caroline Apovian, MD; Sangeeta Kashyap, MD; and Scott Kahan, MD, MPH*
- D. **Weight Loss Maintenance**  
*W. Scott Butsch, MD and David Creel, PhD*
- E. **Ketogenic Diet and Other Dietary Strategies for Obesity Treatment**  
*Derrick Cetin, DO, Lauren Sullivan, RD and Jeff Volek, PhD, RD*
- F. **Plant-based Approach to Long-term Sustainable Weight and Health Cooking Demonstration**  
*Ann Esselstyn, MEd and Jane Esselstyn, RN*

**WORKSHOP 1 - Pennington Biomedical Research Center** 

1:05 – 1:50 pm CT

- A. **Patient Management Following Bariatric Surgery**  
*Michael Cook, MD*
- B. **Physical Activity: Fitness and Strength**  
*Neil Johannsen, PhD*
- C. **Weight Loss Maintenance**  
*Phil Brantley, PhD*
- D. **Best Diets for Weight Management, Diabetes, and Cardiac Health**  
*Catherine Champagne, PhD, RD*

2:50 pm/1:50 pm Refreshment Break and Visit Exhibits

**WORKSHOP 2 - Cleveland Clinic** 

3:05 – 3:50 pm ET

- G. **Pediatrics Workshop - Sleep Interventions and Obesity: What Can the Pediatrician Do?**  
*Vaishal Shah, MD*
- H. **Psychological and Nutritional Intervention for Patients with Obesity, Diabetes, and Disordered Eating**  
*Carolyn Fisher, PhD and Anny Ha, MS, RD*
- I. **Perioperative Management of Bariatric Patients**  
*Derrick Cetin, DO and Ricard Corcelles, MD*
- J. **Ins and Outs of Drug Treatment for Obesity and Diabetes**  
*Caroline Apovian, MD; Sangeeta Kashyap, MD; and Scott Kahan, MD, MPH*
- K. **Motivational Interviewing**  
*W. Scott Butsch, MD and Kasey Goodpaster, PhD*
- L. **Plant-based Approach to Long-term Sustainable Weight and Health Cooking Demonstration**  
*Ann Esselstyn, MEd and Jane Esselstyn, RN*


**WORKSHOP 2 - Pennington Biomedical Research Center** 

2:05 – 2:50 pm CT

- E. **Medications for Adolescent Obesity Treatment**  
*Daniel Hsia, MD*
- F. **Obesity Management in Primary Care Settings: The PROPEL Trial**  
*Peter Katzmarzyk, PhD*
- G. **Body Composition and Energy Expenditure Assessment: Equipment and Procedures**  
*Owen Carmichael, PhD and Leanne Redman, PhD*
- H. **Healthy Cooking Demonstration**  
*Renee Puyau, RD, LDN*

**SESSION III: COMORBIDITIES**

4:05 pm/3:05 pm **Obesity and Heart Failure: No Longer a Paradox**   
*Wilson Tang, MD*

4:25 pm/3:25 pm **Obesity, Hypertension and Kidney Dysfunction**   
*John Hall, PhD*

4:45 pm/3:45 pm **Panel Discussion/ Question and Answer Period**






5:00 pm/4:00 pm **Adjourn**

## Friday, September 27



ET-OH/CT-LA

7:30 am/6:30 am Registration, Continental Breakfast, and Visit Exhibits



### SESSION IV: OBESITY AND DIABETES TREATMENT- MEDICAL

- 8:30 am/7:30 am **Type 2 Diabetes Management Update: Prioritize Cardiovascular Risk Management**   
*Kevin M. Pantalone, DO*
- 8:50 am/7:50 am **How to Implement the Newer Glucose Lowering Agents (SGLT2 inhibitors, GLP1 agonists)**   
*Sangeeta Kashyap, MD*
- 9:10 am/8:10 am **Medications/Guidelines on Approaches to Obesity Therapy**   
*Caroline Apovian, MD*
- 9:30 am/8:30 am **New Medications in the Pipeline for Diabetes and Obesity**   
*Frank Greenway, MD*
- 9:50 am/8:50 am **Hypertension and Dyslipidemia Management in Patients with Obesity**   
*Kishore Gadde, MD*
- 10:10 am/9:10 am **Diabetes and Obesity Pharmacology Roundtable**  
Moderator: *Sangeeta Kashyap, MD*  
Panel: *Caroline Apovian, MD; Kishore Gadde, MD; Frank Greenway, MD; and Kevin M. Pantalone, DO*
- 10:30 am/9:30 am **Refreshment Break and Visit Exhibits**

### SESSION V: OBESITY AND DIABETES TREATMENT- SURGICAL

- 10:50 am/9:50 am **Live Bariatric Surgery Transmission**  
Surgeons: *Ali Aminian, MD and John Rodriguez, MD*
- 11:50 am/10:50 am **Update on Outcomes of Metabolic Surgery and Future Directions**   
*Matthew Kroh, MD*
- 12:10 pm/11:10 am **Behavioral Issues: Before and After**   
*David B. Creel, PhD, RD*
- 12:30 pm/11:30 am **Lunch Break**

### SESSION VI: STIGMA AND HEALTHCARE POLICY FOR OBESITY, DIABETES AND CARDIOVASCULAR DISEASE

- 1:45 pm/12:45 pm **Weight Stigma**   
*Scott Kahan, MD*
- 2:05 pm/1:05 pm **Payer Perspective: Utilizing Population Health to Deliver ROI for Physicians & Patients**   
*Stewart Gordon, MD*
- 2:25 pm/1:25 pm **Panel Discussion/ Question and Answer Period**
- 2:35 pm/1:35 pm **Refreshment Break and Visit Exhibits**

### SESSION VII: PATIENT CENTERED TREATMENT

- 2:55 pm/1:55 pm **Personal Weight Loss Journey Featuring Medical and Surgical Patient Cases**
- 3:25 pm/2:25 pm **Case Based Lessons**  
Moderator: *Derrick Cetin, DO*  
Panelists:  
*Caroline Apovian, MD; Catherine Champagne, MD, RDN; Ricard Corcelles, MD; Kishore Gadde, MD; Scott Kahan, MD, MPH; Ninoska Peterson, PhD; and Lauren Sullivan, RD*
- 4:10 pm/3:10 pm **Adjourn**

## Call for abstracts!

Call for abstracts! Submit abstracts. Enhance CV. Earn Prizes. Clinical and research abstracts of original work are being accepted. Learn more and submit at [ccfcm.org/DOCS19](http://ccfcm.org/DOCS19)

Submission deadline: August 1, 2019

## GENERAL INFORMATION

### Locations

#### **InterContinental Hotel and Bank of America Conference Center**

9801 Carnegie Avenue  
Cleveland, OH 44106  
Phone: 216.707.4100 or 877.707.8999

#### **Pennington Biomedical Research Center**

6400 Perkins Rd  
Baton Rouge, LA 70808  
Phone: 225.763.2500

### 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.

### Information

For further information about this activity and hotel accommodations, contact the Cleveland Clinic Center for Continuing Education.

Local: 216.448.8710

Website: [ccfme.org/DOCS19](http://ccfme.org/DOCS19)

### Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Cleveland Clinic Foundation Center for Continuing Education and Pennington Biomedical Research Center. The Cleveland Clinic Foundation Center for Continuing Education is accredited by the ACCME to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 13.5 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.

CME credits earned in the Obesity Summit will count toward the Group Two CME requirement to qualify for the ABOM certification.

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

Application for 13.5 CPEUs has been submitted to the Commission on Dietetic Registration and is pending approval.

### Other Health Care Professionals

A certificate of participation will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

### American Board of Internal Medicine MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 13.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

## REGISTRATION

### Register online at [ccfme.org/DOCS19](http://ccfme.org/DOCS19)

**Fee Includes:** Daily continental breakfast, refreshment breaks, and faculty presentations available.

	<b>On or before September 1</b>	<b>After September 1</b>
Physician	\$450	\$500
Non-Physician	\$275	\$325
Resident/Fellow*	\$50	\$100

\*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.

### Registration and Cancellation

In case of cancellation, email notification is required to process your refund. A full refund will be issued if canceled by September 5, 2019. After September 5, a \$100 cancellation fee will be deducted from your refund. No refunds will be issued after September 20, 2019.

*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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