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

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.
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.

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.
Thursday, September 26

**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


**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**

**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

**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 Ricardo 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. Food Composition and Energy Expenditure Assessment: Equipment and Procedures

Gwen 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; Caroline Apovian, MD; Kishore Gadde, MD; and Kevin M. Pantalone, DO

10:30 am/9:30 am Refreshment Break and Visit Exhibits

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; Ricardo Corcelles, MD; Kishore Gadde, MD; Scott Kahan, MD, MPH; Ninoska Peterson, PhD; and Lauren Sullivan, RD

4:10 pm/3:10 pm Adjourn

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

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 ccfcme.org/DOC519

Submission deadline: August 1, 2019
Register online at ccfcme.org/DOCS19

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

<table>
<thead>
<tr>
<th></th>
<th>On or before September 1</th>
<th>After September 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician</td>
<td>$450</td>
<td>$500</td>
</tr>
<tr>
<td>Non-Physician</td>
<td>$275</td>
<td>$325</td>
</tr>
<tr>
<td>Resident/Fellow*</td>
<td>$50</td>
<td>$100</td>
</tr>
</tbody>
</table>

*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.
14th Annual Obesity Summit

Diabetes, Obesity, and Cardiovascular Disease Summit

September 26-27, 2019

Register Today! ccfcme.org/DOCS19