



XXIX IFSO World Congress

1-4 September 2026 | Toronto, Canada

TORONTO 2026

The Future of Obesity Management:
From Weight Loss to Health Gain



ifso2026.org

BECOMING AN EXPERT IN MBS: FROM THE FIRST STEPS IN YOUR CAREER TO RECOGNITION AS A VALUED EXPERT

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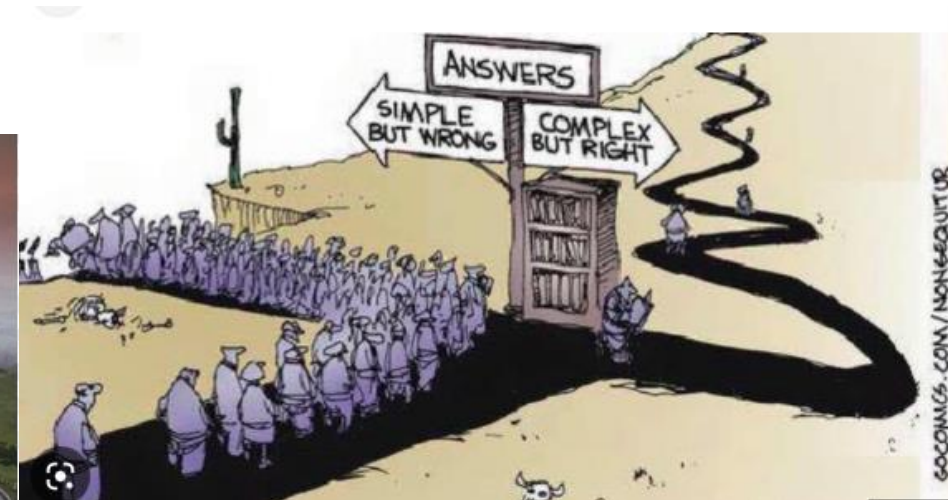
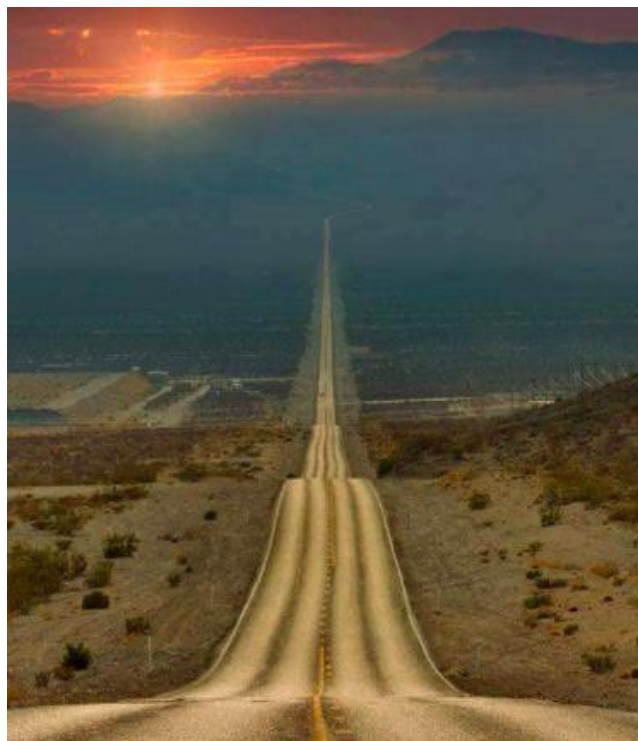


Disclosure Slide

Medtronic, Ethicon, Stryker, Novo Nordisk:
Honoraria for speaking



A Winding Road



What Got You Here Won't Get You There

Changing Landscape of Surgery and Medicine

Corporate Structure

Wellness/Resilience

Lifestyle

Burnout

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Achievement

What Matters?

- College
- Med School
- Residency
- Fellowship
- First Job
- Mentors
- Colleagues



The Basics

- Where you are can influence where you go
- Schooling Matters
- Grades Matter
- Relationships Matter
- Who you know
- Who mentors you



Landscape of Your Career

- Deans
- Chairs
- Professors
- Residents
- Medical Students



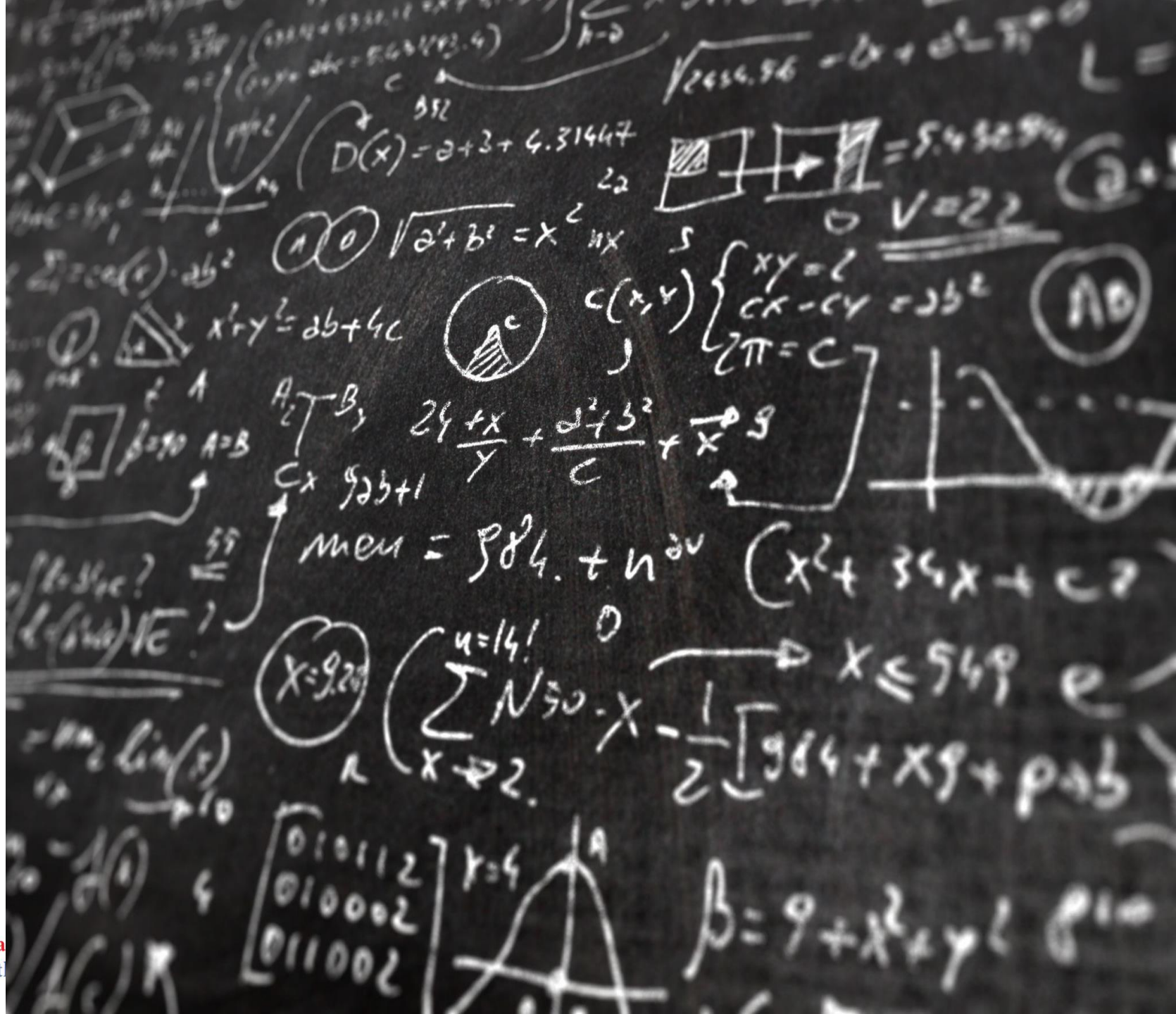
1-2, 5 and 10 year goals

- Start Thinking About It Now
- Align your endeavors with your goals
 - Committees, projects, meetings
- Be Flexible
- Give Yourself Grace



Teaching: Not Just in Academics

- See One, Do One, Teach One
- Tips and Tricks
- Learning Curve
- Be an Everlearner



Publishing

- Career Advancement
 - Residency, Fellowship, Academic Jobs, Professorship
- Being Asked to Give Lectures
- Taps Your Creativity



Presence

- Local/Regional
- National
- International



Meritocracy

- In Surgical Societies
- In Surgical Departments?
- In Healthcare Systems?



Say YES

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- It Doesn't Exist
- Imbalance Exists
- Embrace It



Balance



Starting Line

- Location
- 4 A's: availability, affability, appearance and ability
- The Right Team Builder
- Right Staff in the right position
 - Define roles and responsibilities
 - Must be nice to the patients



Starting Line

- Pick your cases- start with low risk cases
- Meet your referring practices
 - Just Lunch
 - Give talks to different departments
 - Can you see this infected cyst?
- Find a mentor
 - Has a practice you want
 - Different area so not competition



Practice!

- Call Referring docs after surgery
- Send op notes (1 month) and follow up letters (1 year)
- Grand Rounds
- Community Outreach
- Track Improvement Metrics



Family

- Support
- Special Needs
- Flexibility
- Appreciation



Obstacles

- Perceived/Real
- Internal/External
- Most times Obstacles are in your Mindset



Mentors/ Sponsors/ Allyship

- A mentor's main role is to advise their mentee to help them achieve their career goals
- A sponsor actively opens new opportunities on behalf of the person being sponsored
- Allies can speak up for someone who's being treated unfairly or dismissively by advocating for them or by amplifying underappreciated perspectives and contributions





Getting from A to B

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- Colleagues
- Mentors
- Industry Help
- Support
 - HOME
 - Work

Obesity Management:
Weight Loss to Health Gain



Me

ASMBS Past President

ASMBS Executive Council two terms

SAGES Board of Governors two terms

NYS chapter ACS Past President

ASMBS Foundation Past President

Past Medical Director of a Surgical Unit at NYU Langone Medical Center

Chair of SAGES committees

Chair of ASMBS committees

Editorial Board of Bariatric Times, General Surgery News, SOARD

Advisory Boards on and off for a couple of companies

PI on National and Local Research Projects


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Chaos

- Spinning Plates
- Constantly Catching Up
- Constantly Feeling Behind



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TORONTO



Building Blocks or Stumbling Blocks?

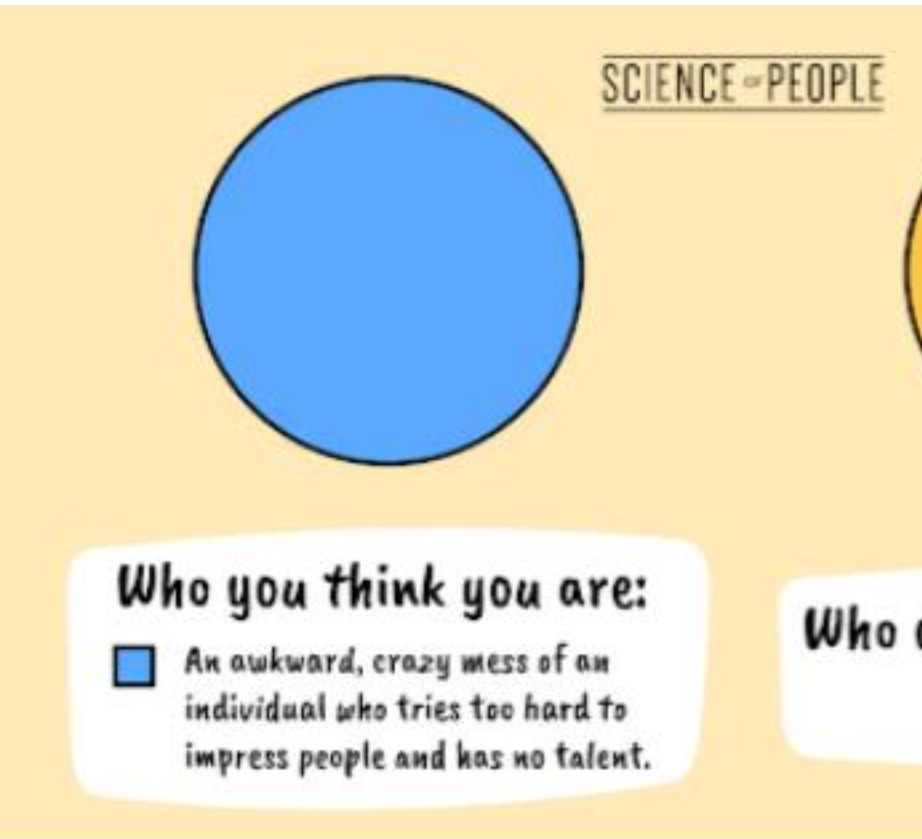
- Don't Take on More Than You Can Handle
- Keep Your Timelines in Mind
- Last Minute Gets It Done But Not Necessarily Your Best Work



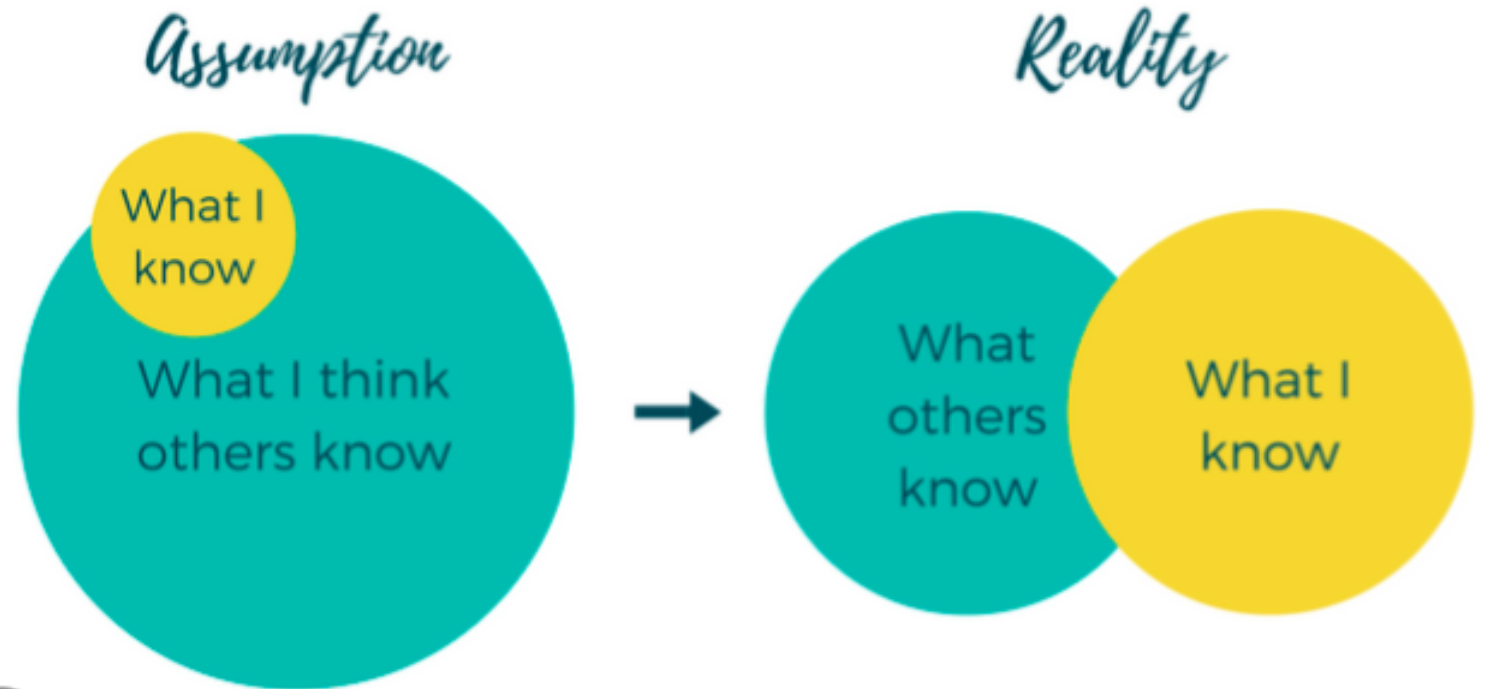
No Is a Complete Sentence



Imposter Syndrome



The Imposter Syndrome



Grow with the Times

- Learn your craft
- Be open to new techniques
- Be an eternal student
- Teach others as you learn
- Understand the limitations of your craft, so that you can identify opportunities and improve outcomes
- Be self reflective



Next Steps

- Pick a society
- Join a committee
- Take on projects
- Publish
- Make Videos
- Submit to National or International Meetings



Surgical Societies

1

Start on a
committee
or two

2

Do the Work

3

You must
produce!



Surgical Societies



Take on Different Projects
to Advance



Start to co-chair
committees



Understand the Structure
of the Society



Slow and Steady



Identify Your Interests
and strengths



Listen To Colleagues who
value you



Talk to Leaders about
next steps



Align Goals w Society



Mentors

- Encouragement to enter Surgery
- Encouragement and support for Advanced Laparoscopic Fellowship
- Support and guidelines to enter practice, negotiate a contract, navigate the societies
- Encouragement to join studies or groups
- Support from within Societies



Mentors

- My Parents
- My Attendings
- My Co-Fellows
- My Colleagues



Mentors



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Mentors



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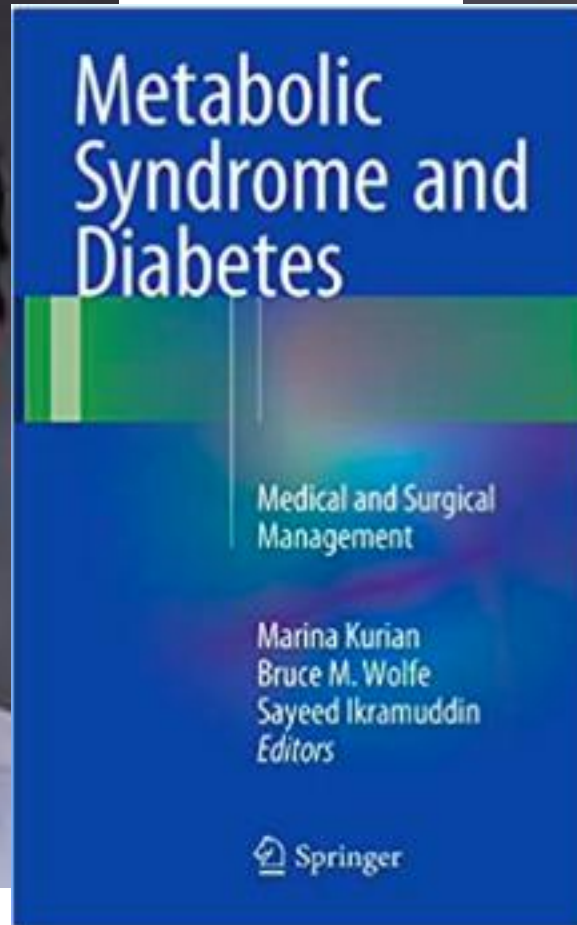
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Allies


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Allies



Conclusions

Rising to the top is a meritocracy

Proving you are capable involves publishing, presenting, and completing projects on time

Asking to be involved in projects is being proactive

Consider that you are not done yet as there is always more to do and more to learn

Mentor others

The life of a surgeon is very much like spinning plates on sticks...make sure you do not spin too many at a time (say yes to some projects but not to all)



Conclusions

- No one hands you anything
- Availability and ultimately ability (reputation) are everything
- Have your own website (reputation defender, protect/own your name)
- Identify your message and make it consistent



Conclusions

It's not over yet!

Eyes open

Chance favors the prepared mind

Practice kindness



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Mi Corazón!



QUESTIONS?



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XXX IFSO WORLD CONGRESS

"Advancing Multimodal Obesity Care"

24-27 August 2027

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IFSO
PARIS 2027

See you in

PARIS

