Tools and strategies
to optimize your
patient outcomes

Blackburn Course in Obesity Medicine

TREATING OBESITY 2015

June 18-20, 2015   Boston, MA

Given in conjunction with Treating Obesity 2015, this one-day course provides comprehensive preparation for the 2015 American Board of Obesity Medicine (ABOM) subspecialty certification exam. Together, the two courses fully satisfy the 30-hour live CME requirement to qualify for ABOM certification.
Prior to the start of Treating Obesity 2015, we host a one-day review for the American Board of Obesity Medicine (ABOM) subspecialty certification examination. This course is taught by recent diplomates of the ABOM.*

*Discounted pricing is available when registering for both Treating Obesity 2015 and the Obesity Medicine Board Review.

Wednesday, June 17

Obesity Medicine Board Review

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Presented by the leading obesity authorities in medicine, surgery, pediatrics, nutrition, endocrinology, gastroenterology and psychology, this course covers critical topics in the prevention and treatment of obesity and related disorders. It includes didactic lectures, panel discussions and case-based interactive workshops, to improve your ability to care for patients with obesity. In addition, a subspecialty board review is offered for participants preparing for the American Board of Obesity Medicine subspecialty board examination.

Course Objectives
Upon completion of this activity, participants will be able to:

- Improve clinical approaches to the patient with obesity
- Identify, evaluate, and manage high-risk patient populations
- Assess patients for their need and appropriateness for lifestyle-based therapies for obesity, including dietary manipulation, optimizing physical activity, stress reduction, improved sleep health and circadian rhythm preservation
- Apply effective patient counseling and behavior modification techniques, and support for productive lifestyle change
- Determine the mechanism of action and most effective use of current and emerging pharmacological and medical device-based treatments of obesity
- Assess patients for their need and appropriateness for bariatric surgery and help guide them to appropriate surgical options
- Incorporate strategies for the prevention and treatment of obesity in pediatric populations
- Apply a greater understanding of the pathophysiology of obesity and its metabolic consequences to improve the care of patients with these disorders
- Address patients with obesity with a greater sensitivity and understanding of the causes, challenges, frustrations and opportunities for treatment

Those participants enrolled in the board review portion of the course will be able to:

- Consolidate their understanding of the specialized body of knowledge within Obesity Medicine
- Optimize their opportunity to pass the Obesity Medicine Board Exam
WHO ATTENDS

Healthcare professionals with an interest in the latest approaches to the treatment of obesity and its complications, including:

- Physicians
- Nurse practitioners
- Physician assistants
- Nurses
- Pharmacists
- Dietitians
- Psychologists
- Other mental health professionals

VENUE

Boston Marriott Long Wharf
296 State Street • Boston, MA 02109-2607
+1 617-227-0800

Accommodations and Travel

The Marriott Long Wharf has reserved a limited number of rooms for the course. These rooms are reserved at the discounted rate until May 26, 2015. When calling the hotel, be sure to specify that you are enrolled in THE BLACKBURN COURSE IN OBESITY MEDICINE to receive a reduced room rate. Please do not make non-refundable travel arrangements until you’ve received an email confirming your registration.

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 32.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Obesity Medicine Board Review: 8.25 AMA PRA Category 1 Credits™
- Treating Obesity 2015: 24 AMA PRA Category 1 Credits™

ACGME Competencies

This course is designed to meet the following Accreditation Council of Graduate Medical Education competencies: Patient care, medical knowledge, communication skills, professionalism and system-based practice.

DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS’s policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

Obesity Medicine Board Review

Wednesday, June 17, 2015

This Harvard Medical School board review provides comprehensive preparation for the 2015 American Board of Obesity Medicine (ABOM) subspecialty certification exam.

Participation in both TREATING OBESITY 2015 and the Obesity Medicine Board Review fully satisfies the 30-hour live CME requirement to qualify for ABOM certification.

6:30–7:30 Registration and Breakfast

Board Review Session 1

7:30–7:45 Welcome and Introduction
Lee M. Kaplan, MD, PhD
7:45–8:05 Introduction to the ABOM Certification and Examination
Dana R. Brittan, MBA
8:05–8:40 Pathophysiology 1: Anatomy & Neuroendocrinology
Nadia N. Ahmad, MD, MPH
8:40–9:15 Nutrition Assessment and Therapy
W. Scott Butsch, MD, MS
9:15–9:50 Cardiorespiratory Fitness and Exercise
Sriram Machineni, MD
9:50–10:20 Coffee Break

Board Review Session 2

10:20–10:55 Pathophysiology 2: Physiology of Energy Balance
Nadia N. Ahmad, MD, MPH
10:55–11:30 Pediatrics 1: Patient Assessment
Gitanjali Srivastava, MD
11:30–12:05 Pediatrics 2: Patient Management
Gitanjali Srivastava, MD
12:05–1:15 Lunch

Board Review Session 3

1:15–1:50 Pathophysiology 3
Nadia N. Ahmad, MD, MPH
1:50–2:25 Bariatric Surgery
W. Scott Butsch, MD, MS
2:25–3:00 Pharmacotherapy
Sriram Machineni, MD
3:00–3:35 Behavioral Assessment and Therapy
Mark J. Gorman, PhD
3:35–4:05 Coffee Break

Board Review Session 4

4:05–4:40 Genetic and Syndromic Obesity
Gitanjali Srivastava, MD
4:40–5:25 Obesity Comorbidities
Paul M. Copeland, MD, MPhil
5:25–5:50 Lightning Round
Course Faculty
5:50–6:00 Closing Remarks
Lee M. Kaplan, MD, PhD
Recent Developments in Obesity Care

7:30–7:45 Welcome and Introduction Course Directors
7:45–8:45 Obesity 2015: The Year in Review Lee M. Kaplan, MD, PhD
8:45–9:15 Early Life Programming Matthew W. Gillman, MD, SM
9:15–9:45 Models of Obesity Care Robert F. Kushner, MD, MS
9:45–10:00 Panel Discussion / Q&A
10:00–10:30 Coffee Break

Assessment of the Patient with Obesity

10:30–10:55 Clinical Approach to the Patient with Obesity Nadia N. Ahmad, MD, MPH
10:55–11:20 Nutritional Evaluation of the Patient with Obesity Sue Cummings, MS, RD
11:20–11:45 Psychological Evaluation of the Patient with Obesity David Sarwer, PhD
11:45–12:10 Radiological Assessment of the Patient with Obesity Raul N. Uppot, MD
12:10–12:25 Panel Discussion / Q&A
12:25–1:30 Lunch: On Your Own

Workshops 1A-1E

Customize your learning experience. Choose from among the following workshops:

1A: Causes of Obesity and Its Complications
Genetic Contributions to Obesity Ida Hatoum, ScD
Environmental Causes of Obesity
Behavioral Causes of Obesity David Sarwer, PhD
Panel Discussion / Q&A

1B: Medical Consequences of Obesity 1
Sleep Health and Sleep Apnea James E. Mojica, MD
Diabetes/Disabetes Deborah J. Wexler, MD
Osteoarthritis
Panel Discussion / Q&A

1C: Recent Developments in the Biology of Obesity
Circadian Rhythms Frank A.J.L Scheer, PhD
Hormones and Energy Homeostasis Christos S. Mantzoros, MD, DSc, PhD
Microbiota, Probiotics and Metabolic Function Nikhil Pai, MD
Panel Discussion / Q&A

1D: Dietary Therapies for the Management of Obesity (case-based workshop)
Clinical Case Presentations Caroline M. Apovian, MD, Jamy D. Ard, MD, Fatima Cody Stanford, MD, MPH and Lee M. Kaplan, MD, PhD
Panel Discussion / Q&A

1E: Tools and Strategies for Patient Advocacy
School and Community-Based Prevention Strategies Elsie M. Taversas, MD, MPH
Healthcare Disparities and the Patient with Obesity Christina C. Wee, MD, MPH
Weight Bias Scott Kahan, MD, MPH
Panel Discussion / Q&A

3:15–3:45 Break

Workshops 2A-2E

Customize your learning experience. Choose from among the following workshops:

2A: Causes of Obesity and Its Complications
Genetic Contributions to Obesity Ida Hatoum, ScD
Environmental Causes of Obesity
Behavioral Causes of Obesity David Sarwer, PhD
Panel Discussion / Q&A

2B: Medical Consequences of Obesity 2
Dyslipidemia and Cardiovascular Risk Marc S. Sabatine, MD, MPH
Metabolic Syndrome James B. Meigs, MD, MPH
Cancer Philip J. Saylor, MD
Panel Discussion / Q&A

2C: Recent Developments in the Biology of Obesity
Circadian Rhythms Frank A.J.L Scheer, PhD
Hormones and Energy Homeostasis Christos S. Mantzoros, MD, DSc, PhD
Microbiota, Probiotics and Metabolic Function Nikhil Pai, MD
Panel Discussion / Q&A

2D: Dietary Therapies for the Management of Obesity (case-based workshop)
Clinical Case Presentations Caroline M. Apovian, MD, Jamy D. Ard, MD, Fatima Cody Stanford, MD, MPH and Lee M. Kaplan, MD, PhD
Panel Discussion / Q&A

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School and Community-Based Prevention Strategies Elsie M. Taversas, MD, MPH
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Weight Bias Scott Kahan, MD, MPH
Panel Discussion / Q&A

Evening Program: Course Reception

5:30–7:00 Reception

Program changes/substitutions may be made without notice.
TREATING OBESITY 2015  
Friday, June 19

New Perspectives in Obesity

6:30–7:30 Registration and Breakfast

7:30–8:10 Nonalcoholic Fatty Liver Disease  
Sanjiv Chopra, MBBS

8:10–9:00 2015 Blackburn Lecture  
David B. Allison, PhD

9:00–9:25 Diet-Based Therapies  
Jamy D. Ard, MD

9:25–9:45 Panel Discussion / Q&A

9:45–10:15 Break

The Spectrum of Medical Therapies

10:15–10:45 Weight-Promoting Drugs  
Caroline M. Apovian, MD

10:45–11:15 Pharmacotherapy  
Louis J. Aronne, MD

11:15–11:45 Surgical Management of Obesity  
Lee M. Kaplan, MD, PhD

11:45–12:15 Surgical Treatment of Obesity: Clinical Outcomes  
Matthew M. Hutter, MD

12:15–12:30 Panel Discussion / Q&A

12:30–1:30 Lunch: On Your Own

1:30–3:15 Workshops 3A-3E

Customize your learning experience. Choose from among the following workshops:

3A: Practical Use of Weight-Loss Medications: The Essentials (case-based workshop)
Phentermine/Topiramate  
Fatima Cody Stanford, MD, MPH
Metformin  
Gitanjali Srivastava, MD
Lorcaserin  
Sriram Machineni, MD
Zonisamide/Bupropion  
Louis J. Aronne, MD
Panel Discussion / Q&A

3B: Integrating Obesity Medicine into Your Practice
Models of Obesity Care  
Christopher D. Still, DO
Obesity Medicine Practice Organization  
Mitchell J. Gitkind, MD
Reimbursement and Billing  
Joel V. Brill, MD
Panel Discussion / Q&A

3C: Medical Management of the Bariatric Surgical Patient (case-based workshop)
Micronutrient Deficiencies  
Elaine W. Yu, MD, MMSc
Hypoglycemia  
Paul M. Copeland, MD, MPhil
Weight Regain  
W. Scott Butsch, MD, MS
Inadequate Weight Loss  
Nadia N. Ahmad, MD, MPH
Panel Discussion / Q&A

3D: Caring for Children and Adolescents with Obesity
Approach to the Patient with Obesity  
Sonia Caprio, MD
Obesity Management in Children and Adolescents  
Alison G. Hoppin, MD
Bariatric Surgery in Adolescents  
Thomas H. Inge, MD, PhD
Panel Discussion / Q&A

3E: Motivational Interviewing Workshop – Part 1
Motivational Interviewing Workshop  
Kenneth Resnicow, PhD

3:15–3:45 Break

3:45–5:30 Workshops 4A-4E

Customize your learning experience. Choose from among the following workshops:

4A: Practical Use of Weight-Loss Medications: The Essentials (case-based workshop)
Phentermine/Topiramate  
Fatima Cody Stanford, MD, MPH
Metformin  
Gitanjali Srivastava, MD
Lorcaserin  
Sriram Machineni, MD
Zonisamide/Bupropion  
Louis J. Aronne, MD
Panel Discussion / Q&A

4B: Integrating Obesity Medicine into Your Practice
Models of Obesity Care  
Christopher D. Still, DO
Obesity Medicine Practice Organization  
Mitchell J. Gitkind, MD
Reimbursement and Billing  
Joel V. Brill, MD
Panel Discussion / Q&A

4D: Exercise Counseling Workshop (case-based workshop)
Clinical Case Presentations  
Edward M. Phillips, MD; Wayne L. Westcott, PhD; Thomas W. Storer, PhD
Panel Discussion / Q&A

4E: Motivational Interviewing Workshop – Part 2
Motivational Interviewing Workshop  
Kenneth Resnicow, PhD

3:15–3:45 Break

Evening Program: Obesity Medicine Interhospital Rounds

6:00–7:15 Case Presentations

7:15–8:00 Panel Discussion / Q&A
TREATING OBESITY 2015
Saturday, June 20

6:30–7:30 Breakfast

Lifestyle Approaches to the Management of the Patient with Obesity
7:30–8:00 Dietary Therapy — Is a Calorie a Calorie? Edward M. Phillips, MD
8:00–8:30 Exercise Counseling Edward M. Phillips, MD
8:30–9:00 Behavior-Based Therapies for Obesity Treatment Thomas A. Wadden, PhD
9:00–9:15 Panel Discussion / Q&A
9:15–9:45 Break

Novel Therapeutic Approaches — A Peek Over the Horizon
9:45–10:15 Nutritional Supplements and Obesity Pieter A. Cohen, MD
10:15–10:45 Complementary and Alternative Medicine for Obesity Gerard E. Mullin, MD
10:45–11:15 Medical Devices for the Treatment of Obesity Richard I. Rothstein, MD
11:15–11:30 Panel Discussion / Q&A

Patient Panel
Moderator: Suzanne J. Koven, MD
11:30–12:00 Case Presentations
12:00–12:30 Panel Discussion / Q&A

Key Take-Aways: Bringing the Message Back Home
12:30–12:45 Closing Remarks Lee M. Kaplan, MD, PhD
12:45–1:45 Lunch: On your own
1:45–3:30 Workshops 5A-5D

Customize your learning experience. Choose from among the following workshops:

5A: Advanced Strategies for Weight-Loss Medications (case-based workshop)
Phentermine/Topiramate Fatima Cody Stanford, MD, MPH
Metformin Gianjali Srivastava, MD
Lorcaserin Sriman Machineni, MD
Zonisamide/Bupropion Louis J. Aronne, MD
Panel Discussion / Q&A

5B: Caring for Children and Adolescents with Obesity
Approach to the Patient with Obesity Sonia Caprio, MD
Obesity Management in Children and Adolescents Alison G. Hoppin, MD
Bariatric Surgery in Adolescents Thomas H. Inge, MD, PhD
Panel Discussion / Q&A

5C: Medical Management of the Bariatric Surgical Patient (case-based workshop)
Micronutrient Deficiencies Elaine W. Yu, MD, MMSc
Hypoglycemia Paul Copeland, MD, MPH
Weight Regain W. Scott Butsch, MD, MS
Inadequate Weight Loss Nadia N. Ahmad, MD, MPH
Panel Discussion / Q&A

5D: Exercise Counseling Workshop (case-based workshop)
Clinical Case Presentations Edward M. Phillips, MD; Wayne L. Westcott, PhD;
Thomas W. Storer, PhD
Panel Discussion / Q&A

Register online at Obesity.HMSCME.com

Course #352072

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<tr>
<th>Course</th>
<th>Register after April 15, 2015</th>
<th>Register on or before April 15, 2015</th>
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<tbody>
<tr>
<td>Treating Obesity 2015 (June 18-20)</td>
<td>$795</td>
<td>$695</td>
</tr>
<tr>
<td>Obesity Subspecialty Board Review (June 17)</td>
<td>$495</td>
<td>$395</td>
</tr>
<tr>
<td>Treating Obesity 2015 and Obesity Medicine Subspecialty Board Review (June 17-20)</td>
<td>$995</td>
<td>$895</td>
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</table>

All fees shown in USD.

Treating Obesity 2015 tuition includes:
• Evening reception
• 23 on-site workshops from which you can customize your learning experience. Please indicate your choice of workshops when you register for the course.
• A flash drive that includes the course materials. You can also purchase a printed copy of the course syllabus when you register for a fee of $50.00 (limit 1) or during the course for $90.00

Obesity Subspecialty Board Review tuition includes printed course materials as well as a flash drive that includes the course materials.

TUITION PAYMENT, CONFIRMATION, and REFUND POLICY
Refunds, less an administrative fee of $75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. “No shows” are subject to the full course fee and no refunds will be issued once the conference has started. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate.

INQUIRIES
Call 617-384-8600, Monday – Friday, 9am – 5pm EST.
Send email to HMS-CME@hms.harvard.edu
Please print your information clearly below. All fields are required.

Full Name ___________________________________________________________________________________________________

First   Middle Initial    Last

Profession____________________________________________________  Degree_________________________________________

Mailing Address _______________________________________________________________________________________________

Street ______________________________________________________________________________________________________

City __________________________________________________________________________________________________________

State/Prov Zip Code    Country

Daytime Phone (______)__________________________________   Fax Number(______)____________________________________

Email Address __________________________________________________________________________________________________

Please note: Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Please be sure to include an email address that you check frequently.

☐ Check here if you wish to be excluded from receiving email notification of future Harvard Medical School Department of Continuing Education programs.

Physicians, Please Also Complete These Required Fields

Primary Specialty ___________________________________________________       Board Certified? ☐ Yes ☐ No

Professional School Attended ☐ Harvard Medical School ☐ US Medical School ☐ International Medical School

Year of Graduation ________________________

PAYMENT, REFUND and CANCELLATION POLICY

Payment via credit card (VISA, MasterCard, or American Express) or check only. Telephone, fax, and cash-payment registrations are not accepted. Upon receipt of your paid registration, an email confirmation from the HMS DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of $75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. “No shows” are subject to the full course fee and no refunds will be issued once the conference has started.

Source Code = D

Questions? Call 617-384-8600 Monday-Friday 9am – 5pm (EST) or send email to hms-cme@hms.harvard.edu
<table>
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<th>Course</th>
<th>Tuition</th>
<th>Register on or before April 30, 2015 (SAVE $100)</th>
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<tr>
<td><strong>Treating Obesity 2015</strong>&lt;sup&gt;*&lt;/sup&gt;</td>
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<tr>
<td>June 18-20, 2015</td>
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<td>This course offers 23 on-site workshops from which you can customize your learning experience. Please indicate your choice of workshops on the attached sheet.</td>
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</tr>
<tr>
<td>All attendees of this course will receive a flash drive that includes the course materials for Treating Obesity 2015. To purchase a printed copy of the Treating Obesity 2015 syllabus at a fee of $50.00, check the box in the row below marked “Optional.”</td>
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## Workshops

### Thursday, June 18

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
</tr>
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</table>
| 1:30-3:15 | Workshops 1A – 1E (pick one from the following 5 workshops):  
1A: Causes of Obesity and Its Complications  
1B: Medical Consequences of Obesity: Part 1  
1C: Recent Developments in the Biology of Obesity  
1D: Dietary Therapies for the Management of Obesity (Case-based)  
1E: Tools and Strategies for Patient Advocacy |

### Thursday, June 18

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| 3:45-5:30 | Workshops 2A – 2E (pick one from the following 5 workshops):  
2A: Causes of Obesity and Its Complications  
2B: Medical Consequences of Obesity: Part 2  
2C: Recent Developments in the Biology of Obesity  
2D: Dietary Therapies for the Management of Obesity (Case-based)  
2E: Tools and Strategies for Patient Advocacy |

### Friday, June 19

<table>
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| 1:30-3:15 | Workshops 3A – 3E (pick one from the following 5 workshops):  
3A: Practical Use of Weight Loss Medications (Case-based)  
3B: Integrating Obesity Management into Your Practice  
3C: Medical Management of the Bariatric Surgical Patient (Case-based)  
3D: Caring for Children and Adolescents with Obesity  
3E: Motivational Interviewing Workshop: Part 1 |

### Friday, June 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
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| 3:45-5:30 | Workshops 4A – 4E (pick one from the following 4 workshops):  
4A: Practical Use of Weight Loss Medications (Case-based)  
4B: Integrating Obesity Medicine into Your Practice  
(There is no workshop 4C)  
4D: Exercise Counseling Workshop (Case-based)  
4E: Motivational Interviewing Workshop: Part 2 |

### Saturday, June 20

<table>
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<tr>
<th>Time</th>
<th>Description</th>
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| 1:45-3:30 | Workshops 5A – 5E (pick one from the following 4 workshops):  
5A: Practical Use of Weight Loss Medications - Advanced (Case-based)  
5B: Caring for Children and Adolescents with Obesity  
5C: Medical Management of the Bariatric Surgical Patient (Case-based)  
5D: Exercise Counseling Workshop (Case-based) |