



**HARVARD**  
MEDICAL SCHOOL

Blackburn Course in Obesity Medicine

# TREATING OBESITY 2018

June 14-16, 2018 Boston, MA

**Education, Tools, and Strategies to Optimize Your Patient Outcomes**

This program has sold out for the past four years, and is among the highest-rated Harvard Medical School CME courses. Early registration for the 2018 program is strongly advised.

Now offering ABIM MOC Points and Patient Safety Credits

## June 13, 2018 Obesity Medicine Board Review

Given in conjunction with Treating Obesity 2018, this one-day course provides comprehensive preparation for the American Board of Obesity Medicine (ABOM) certification exam. Together, the two courses fully satisfy the 30-hour live Group One CME requirement to qualify for ABOM certification.

*Earn up to 34.75 AMA PRA Category 1 Credits™  
34.75 ABIM MOC points*

Education for PHYSICIANS, NPs, PAs, NURSES, PHARMACISTS, DIETITIANS, MENTAL HEALTH PROFESSIONALS



MASSACHUSETTS  
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**Register at [Obesity.HMSCME.com](http://Obesity.HMSCME.com)**

# Obesity Medicine Board Review

Wednesday, June 13

Prior to the start of Treating Obesity 2018, we host a one-day review for the American Board of Obesity Medicine (ABOM) certification examination. This course is taught by recent diplomates of the ABOM.\*

\*Discounted pricing is available when registering for both Treating Obesity 2018 and the Obesity Medicine Board Review.



# Harvard Medical School Faculty

## Course Director

**Lee M. Kaplan, MD, PhD**  
Director, Obesity, Metabolism, and Nutrition Institute  
Massachusetts General Hospital  
Associate Professor of Medicine  
Harvard Medical School

## Co-Directors

**Caroline M. Apovian, MD**  
Co-Director, Center for Nutrition and Weight Management  
Boston University Medical Center  
Professor of Medicine and Pediatrics  
Boston University School of Medicine

**W. Scott Butsch, MD, MS**  
Assistant in Medicine  
Massachusetts General Hospital  
Instructor in Medicine  
Harvard Medical School

**Gitanjali Srivastava, MD**  
Fellowship Director, Center for Nutrition and Weight Management  
Boston Medical Center  
Assistant Professor of Medicine  
Boston University School of Medicine

W. Scott Butsch, MD, MS<sup>1</sup>  
Sanjiv Chopra, MBBS  
Carlos A. Camargo, MD, DrPH  
Paul M. Copeland, MD, MPhil<sup>1</sup>  
Mark J. Gorman, PhD  
Steven K. Grinspoon, MD  
Lee M. Kaplan, MD, PhD<sup>1</sup>  
Suzanne J. Koven, MD  
Sonali Malhotra, MD  
Christos S. Mantzoros, MD, DSc, PhD  
James E. Mojica, MD  
Edward M. Phillips, MD  
M. Agostina Santoro, PhD  
Philip J. Saylor, MD  
Frank A.J.L. Scheer, PhD  
Fatima Cody Stanford, MD, MPH, MPA<sup>1</sup>  
Thomas W. Storer, PhD  
Ali Tavakkoli, MBBS

## Visiting Faculty

**Nadia N. Ahmad, MD, MPH<sup>1</sup>**  
Medical Director, Obesity Medicine Institute  
Dubai, UAE  
Senior Advisor – Obesity Solutions  
Johnson & Johnson Medical Devices – Middle East  
Dubai, UAE

**Nasreen Alfaris, MD, MPH**  
Founding Director, Center for Obesity Medicine  
Riyadh, Saudi Arabia

**Caroline M. Apovian, MD<sup>1</sup>**  
Co-Director, Center for Nutrition and Weight Management  
Boston Medical Center  
Professor of Medicine and Pediatrics  
Boston University School of Medicine

**Jamy D. Ard, MD**  
Associate Professor of Epidemiology and Prevention  
Wake Forest Baptist Health

**Louis J. Aronne, MD<sup>1</sup>**  
Director, Comprehensive Weight Control Program  
NewYork-Presbyterian Hospital  
Sanford I. Weill Professor of Metabolic Research  
Weill Cornell Medical College

**Joseph Brancale, AB**  
Predoctoral Fellow  
Massachusetts General Hospital

**Sonia Caprio, MD**  
Professor of Pediatrics  
Yale University School of Medicine

**Claudia Fox, MD, MPH<sup>1</sup>**  
Assistant Professor of Pediatrics  
University of Minnesota Medical School

**Steven B. Heymsfield, MD**  
George A. Bray, Jr. Chair in Nutrition  
Pennington Biomedical Research Center

**Ania M. Jastreboff, MD, PhD<sup>1</sup>**  
Assistant Professor of Medicine and Pediatrics  
Yale University School of Medicine

**Scott Kahan, MD, MPH<sup>1</sup>**  
Director, National Center for Weight and Wellness  
Medical Director, STOP Obesity Alliance  
George Washington University

**Aaron Kelly, PhD**  
Associate Professor of Medicine and Pediatrics  
University of Minnesota Medical School

**Rekha B. Kumar, MD, MS<sup>1</sup>**  
Assistant Professor of Medicine  
Weill Cornell Medical Center

**Robert F. Kushner, MD<sup>1</sup>**  
Professor of Medicine  
Feinberg School of Medicine  
Northwestern University

**Sriram Machineni, MD<sup>1</sup>**  
Director, Medical Weight Clinic  
University of North Carolina Medical Center

**Jonathan Purnell, MD**  
Professor of Medicine  
Division of Cardiovascular Medicine  
School of Medicine  
Oregon Health Sciences University

**Kenneth Resnicow, PhD**  
Irwin Rosenstock Professor of Health Behavior and Health Education  
University of Michigan School of Public Health

**Richard I. Rothstein, MD**  
Chair, Department of Medicine  
Joseph M. Huber Professor  
Geisel School of Medicine  
Dartmouth College

**Donna M. Ryan, MD**  
Professor Emeritus  
Pennington Biomedical Research Center

**Gitanjali Srivastava, MD<sup>1</sup>**  
Fellowship Director, Center for Nutrition and Weight Management, Boston Medical Center  
Assistant Professor of Medicine  
Boston University School of Medicine

**Thomas A. Wadden, PhD**  
Director, Center for Weight and Eating Disorders  
Albert J. Stunkard Professor of Psychology  
Perelman School of Medicine  
University of Pennsylvania

**Wayne L. Westcott, PhD**  
Director of Exercise Science  
Quincy College

**Michele Yuen, MBBS**  
Director of Weight and Wellness Centre  
Gleneagles Hong Kong Hospital  
Honorary Clinical Assistant Professor  
The University of Hong Kong

<sup>1</sup>Diplomate ABOM

# Course Overview

For over 30 years, the goal of this course has been to provide healthcare professionals in diverse disciplines with the latest evidence-based tools and knowledge needed to optimize the care of patients with obesity. There remains a large gap between clinical need and current practice in the treatment of obesity and its associated disorders. Despite the undisputed recognition of the magnitude and severity of obesity, fewer than 5% of patients with obesity undergo clinical evaluation for this disorder in the primary care setting. The primary reasons for this gap include inadequate provider knowledge about obesity, misunderstanding of the causes, consequences, and effective treatments of obesity, and limited options for additional education. Without adequate knowledge and skills, it is not possible to address these problems in an effective manner.

In *Treating Obesity 2018*, attendees will hear authorities in medicine, surgery, pediatrics, nutrition, endocrinology, gastroenterology and psychology from the country's leading obesity treatment and research centers speak on critical topics in the prevention and treatment of obesity and related disorders. The program will include didactic lectures, panel discussions, case-based interactive workshops, interactive case review using an audience response system, and patient panel discussions. The course is designed to improve the participants' ability to care for patients with obesity. In addition, we offer a board review for participants preparing for the American Board of Obesity Medicine board examination in Obesity Medicine.

## Learning 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, help guide them to appropriate surgical options, and effectively manage their post-operative care
- 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 their effective treatment

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

- Consolidate knowledge of basic and clinical information within Obesity Medicine in order to comprehensively diagnose and treat patients
- Optimize their opportunity to pass the American Board of Obesity Medicine (ABOM) examination

**DISCLAIMER:** CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please see the course website.

Education to optimize your care of adult, adolescent, and pediatric patients with obesity



## Who Attends

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

- Physicians
- Nurse Practitioners
- Physician Assistants
- Nurses
- Pharmacists
- Dietitians
- Mental Health Professionals

# Obesity Medicine Board Review

## Wednesday, June 13

This board review provides comprehensive preparation for the American Board of Obesity Medicine (ABOM) certification exam.

Participation in both TREATING OBESITY 2018 and the Obesity Medicine Board Review fully satisfies the 30-hour live Group One CME requirement to qualify for ABOM certification.

6:30–7:30 **Registration and Breakfast**

### Board Review Session 1 (Moderator: Ania M. Jastreboff, MD, PhD)

7:30–7:45 **Welcome and Introduction** Lee M. Kaplan, MD, PhD  
7:45–8:25 **Pathophysiology 1: Pathophysiology of Obesity** Nadia N. Ahmad, MD, MPH  
8:25–9:00 **Nutrition Assessment and Therapy** W. Scott Butsch, MD, MS  
9:00–9:35 **Cardiorespiratory Fitness and Exercise** Sriram Machineni, MD  
9:35–10:05 Coffee break (refreshments provided)

### Board Review Session 2 (Moderator: W. Scott Butsch, MD, MS)

10:05–10:40 **Pathophysiology 2: Neural Control of Energy Balance** Nadia N. Ahmad, MD, MPH  
10:40–11:15 **Pediatrics 1: Patient Assessment** Gitanjali Srivastava, MD  
11:15–11:50 **Pediatrics 2: Patient Management** Gitanjali Srivastava, MD  
11:50–12:05 **Lightning Round** Course Faculty  
12:05–1:00 Break for lunch\*

### Board Review Session 3 (Moderator: Gitanjali Srivastava, MD)

1:00–1:35 **Pathophysiology 3: Environmental Modulators of Energy Balance**  
Nadia N. Ahmad, MD, MPH  
1:35–2:10 **Bariatric Surgery** W. Scott Butsch, MD, MS  
2:10–2:45 **Pharmacotherapy** Sriram Machineni, MD  
2:45–3:20 **Behavioral Assessment and Therapy** Mark J. Gorman, PhD  
3:20–3:50 Coffee break (refreshments provided)

### Board Review Session 4 (Moderator: Ania M. Jastreboff, MD, PhD)

3:50–4:25 **Genetic and Syndromic Obesity** Gitanjali Srivastava, MD  
4:25–5:10 **Obesity Comorbidities** Paul M. Copeland, MD, MPhil  
5:10–5:40 **Lightning Round** Course Faculty  
5:40–6:00 **Closing Remarks** Lee M. Kaplan, MD, PhD

## EVENING PROGRAM

6:30–8:00 **Public Forum** Course Faculty

## Accreditation

### ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION

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

The Harvard Medical School designates this live activity for a maximum of *34.75 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

- Treating Obesity 2018 (June 14-16): 26.25 *AMA PRA Category 1 Credits™*
- Board Review (June 13): 8.50 *AMA PRA Category 1 Credits™*

### MOC STATEMENT

Successful completion of this CME activity enables the participant to earn up to 34.75 MOC points and 7.75 patient safety credits 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.

### RISK MANAGEMENT

This activity meets the criteria of Massachusetts Board of Registration in Medicine for 7.75 credits of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.

### DIETITIANS

The Commission on Dietetic Registration of the Academy of Nutrition and Dietetics has approved this educational activity for 34.50 CPEUs.

### CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

### EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: [www.eaccme.eu](http://www.eaccme.eu).

# TREATING OBESITY 2018

Thursday, June 14

6:30–7:30 **Registration and Continental Breakfast**

## Recent Developments in Obesity Care

Moderator: Sriram Machineni, MD

7:30–7:45 **Welcome and Introduction** Course Directors  
7:45–8:45 **Treating Obesity: A 2018 Overview** Lee M. Kaplan, MD, PhD  
8:45–9:15 **Clinical Approach to the Patient with Obesity** Sriram Machineni, MD  
9:15–9:45 **Nutritional Evaluation of the Patient with Obesity** W. Scott Butsch, MD, MS  
9:45–10:00 **Panel Discussion/Q&A**  
10:00–10:30 Coffee Break (Refreshments provided)

## Assessment of the Patient with Obesity

Moderator: Caroline M. Apovian, MD

10:30–11:00 **Lifestyle-Based Treatment of Obesity** Sriram Machineni, MD  
11:00–11:30 **Medication-Induced Weight Gain** Caroline M. Apovian, MD  
11:30–12:00 **Pharmacotherapy of Obesity** Louis J. Aronne, MD  
12:00–12:30 **Assessment of the Pediatric Patient with Obesity** Claudia Fox, MD, MPH  
12:30–12:45 **Panel Discussion/Q & A**  
12:45–2:15 Break for lunch\*

## 2:15–4:00 WORKSHOPS 1A – 1F

### 1A: Causes of Obesity and Its Complications

Moderator: M. Agostina Santoro, PhD

#### Genetic Contributions to Obesity

M. Agostina Santoro, PhD

#### Environmental Causes of Obesity: Whose Fault Is It?

Lee M. Kaplan, MD, PhD

#### Behavioral Causes of Obesity

Thomas A. Wadden, PhD

**Panel Discussion/Q & A**

### 1B: Medical Consequences of Obesity – Part 1

Moderator: James E. Mojica, MD

#### Sleep Health and Sleep Apnea

James E. Mojica, MD

#### Metabolic Syndrome

Michele Yuen, MBBS

#### Lipodystrophy

Steven K. Grinspoon, MD

**Panel Discussion/Q & A**

### 1C: Recent Developments in the Biology of Obesity

Moderator: Frank A.J.L. Scheer, PhD

#### Circadian Rhythms

Frank A.J.L. Scheer, PhD

#### Hormones and Energy Homeostasis

Christos S. Mantzoros, MD, DSc, PhD

#### Microbiota, Probiotics and Metabolic Function

Joseph Brancale, AB

**Panel Discussion/Q & A**

### 1D: Motivational Interviewing Workshop – Part 1

#### Motivational Interviewing Workshop – Part 1

Kenneth Resnicow, PhD

### 1E: Practical Use of Anti-Obesity Medications:

#### The Essentials (case based)

Moderator: Nasreen Alfaris, MD, MPH

#### Introduction to Anti-Obesity Medications

Nasreen Alfaris, MD, MPH

#### Clinical Case Presentations

Ania M. Jastreboff, MD, PhD, Nasreen Alfaris, MD, MPH, and

Gitanjali Srivastava, MD

**Panel Discussion/Q & A**

### 1F: Communicating about Obesity with Patients,

#### Families and Physicians (case based)

Introduction Caroline M. Apovian, MD

Case-Based Presentations Scott Kahan, MD, MPH,

Caroline M. Apovian, MD, and Donna M. Ryan, MD

**Panel Discussion/Q & A**

4:00–4:15 Coffee Break (Refreshments provided)

## 4:15–6:00 WORKSHOPS 2A – 2E

### 2A: Causes of Obesity and Its Complications

Moderator: M. Agostina Santoro, PhD

#### Genetic Contributions to Obesity

M. Agostina Santoro, PhD

#### Environmental Causes of Obesity: Whose Fault Is It?

Lee M. Kaplan, MD, PhD

#### Behavioral Causes of Obesity

Thomas A. Wadden, PhD

**Panel Discussion/Q & A**

### 2B: Medical Consequences of Obesity – Part 2

Moderator: Philip J. Saylor, MD

#### Diabetes

Paul M. Copeland, MD, MPhil

#### Obesity and Asthma

Carlos A. Camargo, MD, DrPH

#### Cancer

Philip J. Saylor, MD

**Panel Discussion/Q & A**

### 2C: Recent Developments in the Biology of Obesity

Moderator: Frank A.J.L. Scheer, PhD

#### Circadian Rhythms

Frank A.J.L. Scheer, PhD

#### Hormones and Energy Homeostasis

Christos S. Mantzoros, MD, DSc, PhD

#### Microbiota, Probiotics and Metabolic Function

Joseph Brancale, AB

**Panel Discussion/Q & A**

### 2D: Motivational Interviewing Workshop – Part 2

#### Motivational Interviewing Workshop – Part 2

Kenneth Resnicow, PhD

### 2E: Practical Use of Anti-Obesity Medications:

#### The Essentials (case based)

Moderator: Nasreen Alfaris, MD, MPH

#### Introduction to Anti-Obesity Medications

Nasreen Alfaris, MD, MPH

#### Clinical Case Presentations

Ania M. Jastreboff, MD, PhD, Nasreen Alfaris, MD, MPH, and

Gitanjali Srivastava, MD

**Panel Discussion/Q & A**

Thursday, June 14 • 6:00 pm–8:00 pm

## NETWORKING RECEPTION

Join course faculty and colleagues  
for refreshments and networking





# TREATING OBESITY 2018

## Friday, June 15

6:30–7:30 **Continental Breakfast**  
6:30–7:30 **Ask the Expert: Q&A** Course Faculty — Moderator: Lee M. Kaplan, MD, PhD  
6:30–7:30 **Master Clinician** Case Presentations from Course Attendees — Moderator: Sriram Machineni, MD

### New Perspectives in Obesity

Moderator: Lee M. Kaplan, MD, PhD

7:30–8:10 **Non-Alcoholic Fatty Liver Disease** Sanjiv Chopra, MBBS  
8:10–9:20 **2018 Blackburn Lecture**  
9:20–9:50 **Healthcare Disparities in Obesity Treatment** Fatima Cody Stanford, MD, MPH, MPA  
9:50–10:10 Coffee Break (Refreshments provided)

### The Spectrum of Medical Therapies

Moderator: Caroline M. Apovian, MD

10:10–10:40 **Dietary Therapies for Obesity: Common Themes and Variability**  
10:40–11:15 **Surgical Management of Obesity** Lee M. Kaplan, MD, PhD  
11:15–11:45 **Surgical Treatment of Obesity: Clinical Outcomes** Ali Tavakkoli, MBBS  
11:45–12:10 **Weight Bias and Communication around Obesity** Scott Kahan, MD, MPH  
12:10–12:30 **Panel Discussion/Q & A**  
12:30–2:00 Break for lunch\*

### 2:00–3:45 WORKSHOPS 3A – 3E

**3A: Practical Use of Anti-Obesity Medications: The Essentials (case based)**  
Moderator: Sriram Machineni, MD  
**Introduction to Anti-Obesity Medications**  
Sriram Machineni, MD  
**Clinical Case Presentations** Ania M. Jastreboff, MD, PhD and Rekha B. Kumar, MD, MS  
**Panel Discussion/Q & A**

**3B: Practice Management in Obesity Medicine (case based)**  
Moderator: Gitanjali Srivastava, MD  
**Introduction to Obesity Medicine Practice Organization**  
Robert F. Kushner, MD  
**Case Presentations** Gitanjali Srivastava, MD and Robert F. Kushner, MD  
**Panel Discussion/Q & A**

**3C: Medical Management of the Bariatric Surgical Patient (case based)**  
Moderator: W. Scott Butsch, MD, MS  
**Postoperative Nutritional Management**  
W. Scott Butsch, MD, MS  
**Postoperative Endocrine Management**  
Paul M. Copeland, MD, MPhil  
**Management of Suboptimal Response to Surgery**  
Nasreen Alfariis, MD, MPH  
**Panel Discussion/Q & A**

**3D: Dietary Therapies for the Management of Obesity (case based)**  
Moderator: Caroline M. Apovian, MD  
**Specialized Dietary Management for Specific Diseases**  
Jamy D. Ard, MD  
**VLCD for Preprocedure Weight Loss** Caroline M. Apovian, MD  
**Sequential Testing of Specialized Diets**  
**Panel Discussion/Q & A**

**3E: Caring for Children and Adolescents with Obesity (case based)**  
Moderator: Sonali Malhotra, MD  
**Clinical Case Presentations**  
Sonali Malhotra, MD and Claudia Fox, MD, MPH  
**Panel Discussion/Q & A**

3:45–4:00 Coffee Break (Refreshments provided)

### 4:00–5:45 WORKSHOPS 4A – 4E

**4A: Anti-Obesity Medications and Endoscopic Therapy: Advanced Strategies (case based)**  
Moderator: Sriram Machineni, MD  
**Introduction to Anti-Obesity Medications** Sriram Machineni, MD  
**Case Presentations** Louis J. Aronne, MD, Jonathan Purnell, MD, and Sriram Machineni, MD  
**Panel Discussion/Q & A**

**4B: Practice Management in Obesity Medicine (case based)**  
Moderator: Gitanjali Srivastava, MD  
**Introduction to Obesity Medicine Practice Organization**  
Robert F. Kushner, MD  
**Case Presentations** Gitanjali Srivastava, MD, and Robert F. Kushner, MD  
**Panel Discussion/Q & A**

**4C: Exercise Counseling Workshop (case based)**  
Moderator: Edward M. Phillips, MD  
**Clinical Case Presentations** Edward M. Phillips, MD, Thomas W. Storer, PhD, and Wayne L. Westcott, PhD  
**Panel Discussion/Q & A**

**4D: Dietary Therapies for the Management of Obesity (case based)**  
Moderator: Caroline M. Apovian, MD  
**Specialized Dietary Management for Specific Diseases**  
Jamy D. Ard, MD  
**VLCD for Preprocedure Weight Loss** Caroline M. Apovian, MD  
**Sequential Testing of Specialized Diets**  
**Panel Discussion/Q & A**

**4E: Obesity Medicine Across the Globe**  
**Obesity Medicine Across the Globe**  
Nasreen Alfariis, MD, MPH and Michele Yuen, MBBS  
**Discussion/Q & A**

### Evening Program: Obesity Medicine Interhospital Rounds

Moderator: W. Scott Butsch, MD, MS

6:15–6:30 **Light Refreshments**  
6:30–8:00 **Case Presentations**

\*There are many convenient and varied lunch options within a short walking distance of the course.

# TREATING OBESITY 2018

Saturday, June 16

- 6:30–7:30 **Continental Breakfast**
- 6:30–7:30 **Ask the Expert: Q&A** Course Faculty  
Moderator: Lee M. Kaplan, MD, PhD
- 6:30–7:30 **Master Clinician**  
Case Presentations from Course Attendees  
Moderator: Sriram Machineni, MD

## Lifestyle Approaches to the Management of Obesity

Moderator: Caroline M. Apovian, MD

- 7:30–7:55 **Exercise Counseling** Edward M. Phillips, MD
- 7:55–8:20 **Behavior-Based Therapies for Obesity Treatment** Thomas A. Wadden, PhD
- 8:20–8:35 **Panel Discussion/Q & A**
- 8:35–9:05 Coffee Break (Refreshments provided)

## Novel Therapeutic Approaches: A Peek Over the Horizon

Moderator: Lee M. Kaplan, MD, PhD

- 9:05–9:35 **Precision Medicine for Obesity and Metabolic Disease** Aaron Kelly, PhD
- 9:35–10:05 **Dietary Supplements and Weight Loss** Steven B. Heymsfield, MD
- 10:05–10:35 **Models of Obesity Care** Robert F. Kushner, MD
- 10:35–11:05 **Medical Devices for the Treatment of Obesity** Richard I. Rothstein, MD
- 11:05–11:30 **Panel Discussion/Q & A**

## Patient Panel

Moderator: Suzanne J. Koven, MD

- 11:30–12:00 **Case Presentations** Patient Panelists
- 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
- 12:45–2:15 Break for lunch\*

## 2:15–4:00 Workshops 5A – 5E

### 5A: Anti-Obesity Medications and Endoscopic Therapy: Advanced Strategies (case based)

Moderator: Sriram Machineni, MD

**Introduction to Anti-Obesity Medications** Sriram Machineni, MD

**Case Presentations** Louis J. Aronne, MD, Jonathan Purnell, MD, and Sriram Machineni, MD

**Panel Discussion/Q & A**

### 5B: Caring for Children and Adolescents with Obesity (case based)

Moderator: Sonia Caprio, MD

**Clinical Case Presentations**

Sonia Caprio, MD and Aaron Kelly, PhD

**Panel Discussion/Q & A**

### 5C: Medical Management of the Bariatric Surgical Patient (case based)

Moderator: W. Scott Butsch, MD, MS

**Postoperative Nutritional Management** W. Scott Butsch, MD, MS

**Postoperative Endocrine Management** Paul M. Copeland, MD, MPhil

**Management of Suboptimal Response to Surgery** Nasreen Alfaris, MD, MPH

**Panel Discussion/Q & A**

### 5D: Exercise Counseling Workshop (case based)

Moderator: Edward M. Phillips, MD

**Clinical Case Presentations** Edward M. Phillips, MD, Thomas W. Storer, PhD, and Wayne L. Westcott, PhD

**Panel Discussion/Q & A**

### 5E: Communicating about Obesity with Patients, Families and Physicians (case based)

**Introduction** Caroline M. Apovian, MD

**Case Presentations** Rekha B. Kumar, MD, MS and Donna M. Ryan, MD

**Panel Discussion/Q & A**

*This course has sold out for the past 4 years. To be assured a spot in the 2018 program, early registration is strongly advised.*



# HARVARD MEDICAL SCHOOL

Blackburn Course in Obesity Medicine

# TREATING OBESITY 2018

June 14-16, 2018 Boston, MA

Optimized strategies, updates, tools, and best practices for:

- Comprehensive evaluation of the patient with obesity
- Medical and surgical management of the adult patient with obesity
- Effective counseling and motivation techniques
- Precision medicine for obesity and metabolic disorders
- Optimizing medical outcomes after bariatric surgery
- Treating children/adolescents: new medical and surgical options
- Emerging therapies for genetic obesity
- How diet influences metabolic processes
- Building and maintaining a successful Obesity Medicine practice
- Improving communication about obesity with patients, payers, colleagues, and referring physicians

**Education to optimize your care of adult, adolescent, and pediatric patients with obesity**



Register at [Obesity.HMSCME.com](http://Obesity.HMSCME.com)



MASSACHUSETTS  
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# HARVARD MEDICAL SCHOOL

Register online at [Obesity.HMSCME.com](http://Obesity.HMSCME.com)

Course #732072-1802	Tuition
<b>Treating Obesity 2018</b> (June 14-16)	\$1075
<b>Obesity Medicine Board Review</b> (June 13)	\$495
<b>Treating Obesity 2018 and Obesity Medicine Board Review</b> (June 13-16)	\$1,395

*Tuition includes your choice of 26 workshops, breakfast each morning, morning and afternoon coffee breaks, a course reception on the evening of Thursday, June 14, and evening programming on both Wednesday, June 13 and Friday, June 15. All attendees will receive an electronic syllabus that includes all of the course materials for their chosen programs.*

*Registration for the Obesity Medicine Board Review includes printed materials of the one-day course. Attendees of Treating Obesity 2018 can purchase a printed copy of the course syllabus at the time of online registration for \$75, or on site at the course for \$125.*

## REGISTRATION, PAYMENT, CONFIRMATION, and REFUND POLICY

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at [Obesity.HMSCME.com](http://Obesity.HMSCME.com).

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a United States bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE 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 email. 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.

## INQUIRIES

Call 617-384-8600, Monday – Friday, 9am – 5pm (ET).

Send email to [CEPrograms@hms.harvard.edu](mailto:CEPrograms@hms.harvard.edu)

## Venue

### Boston Marriott Long Wharf

296 State Street • Boston, MA 02109

+1 617-227-0800



## Accommodations

The Marriott Long Wharf has reserved a limited number\* of rooms for the course at a discounted rate. Please reserve your room by May 22, 2018 in order to take advantage of this discounted rate. When calling the hotel, be sure to specify that you are enrolled in THE BLACKBURN COURSE IN OBESITY MEDICINE to receive the reduced room rate. Any rooms not specifically reserved by this date will be handled on a space- and rate-availability basis. If you would like to make your reservation online, visit the course website at [Obesity.HMSCME.com](http://Obesity.HMSCME.com) before May 18, 2018 and click on the dedicated reservation link on the Venue page.

*\*Please note that the discounted rooms may sell out before the deadline.*

**Please do not make non-refundable travel arrangements until you have received an email from the HMS GCE office confirming your paid registration.**