



**HARVARD**  
MEDICAL SCHOOL

Blackburn Course in Obesity Medicine

# TREATING OBESITY 2019

June 20-22, 2019 Boston, MA

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

This program has sold out for the past five years, and is among the highest-rated Harvard Medical School CME courses. Early registration for the 2019 program is strongly advised.

Now offering ABIM MOC Points and Patient Safety Credits

## June 19, 2019 Obesity Medicine Board Review

Given in conjunction with Treating Obesity 2019, 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 34.25 AMA PRA Category 1 Credits™  
34.25 ABIM MOC points

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



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

# Obesity Medicine Board Review

Wednesday, June 19

Prior to the start of Treating Obesity 2019, 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 2019 and the Obesity Medicine Board Review.



## Course Director

**Lee M. Kaplan, MD, PhD**

Director, Obesity, Metabolism, and Nutrition Institute  
Massachusetts General Hospital  
Associate Professor of Medicine  
Harvard Medical School  
President-Elect, The Obesity Society

## Co-Director

**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  
Immediate Past President, The Obesity Society

## Harvard Medical School Faculty

Sanjiv Chopra, MBBS  
Paul M. Copeland, MD, MPhil<sup>1</sup>  
Mark J. Gorman, PhD  
Lee M. Kaplan, MD, PhD<sup>1</sup>  
Suzanne J. Koven, MD  
Sonali Malhotra, MD  
James E. Mojica, MD  
Mary Elizabeth Patti, 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

## Guest Faculty

**Nadia N. Ahmad, MD, MPH<sup>1</sup>**

Medical Director, Obesity Medicine Institute  
Dubai, UAE

**Nasreen Alfaris, MD, MPH**

Founding Director, Center for Obesity Medicine  
Riyadh, Saudi Arabia

**Caroline M. Apovian, MD<sup>1</sup>**

Director, Center for Nutrition and Weight Management  
Professor of Medicine and Pediatrics  
Boston University School of Medicine  
Immediate Past President, The Obesity Society

**Jamy D. Ard, MD**

Associate Professor  
Co-director, Weight Management Center  
Department of Epidemiology and Prevention  
Wake Forest Baptist Medical Center

**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**

MD/PhD Candidate  
Weill Cornell Medical College

**W. Scott Butsch, MD, MS<sup>1</sup>**

Director, Obesity Medicine  
Cleveland Clinic

**Claudia K. Fox, MD, MPH<sup>1</sup>**

Assistant Professor of Pediatrics  
University of Minnesota School of Medicine

**Steven B. Heymsfield, MD**

Professor of Medicine  
George A. Bray, Jr. Chair in Nutrition  
Pennington Biomedical Research Center  
President, The Obesity Society

**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 College  
Medical Director, American Board of Obesity Medicine

**Robert F. Kushner, MD, MS<sup>1</sup>**

Professor of Medicine  
Feinberg School of Medicine  
Northwestern University

**Sriram Machineni, MD<sup>1</sup>**

Director, Medical Weight Clinic  
Assistant Professor of Medicine  
University of North Carolina School of Medicine

**Jonathan Q. Purnell, MD<sup>1</sup>**

Associate Director, Bob and Charlee Moore  
Institute for Nutrition and Wellness  
Professor 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 H. Ryan, MD<sup>1</sup>**

Professor Emeritus  
Pennington Biomedical Research Center

**Gitanjali Srivastava, MD<sup>1</sup>**

Director, Obesity Medicine and Nutrition  
Fellowship  
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 more than 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 2019*, 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:

- Develop 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, 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

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

**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.

# Obesity Medicine Board Review

## Wednesday, June 19

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

Participation in both TREATING OBESITY 2019 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** Ania M. Jastreboff, MD, PhD  
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** Sonali Malhotra, 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

The 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 34.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

- Treating Obesity 2019 (June 20-22): 25.75 *AMA PRA Category 1 Credits*<sup>™</sup>
- Board Review (June 19): 8.50 *AMA PRA Category 1 Credits*<sup>™</sup>

### AMERICAN BOARD OF INTERNAL MEDICINE

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 34.25 Medical Knowledge MOC points and 9.50 patient safety MOC 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 9.50 credits of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.

### DIETITIANS

This program has been submitted for continuing education credit. Please check the course website for updates.

### NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit*<sup>™</sup> issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*<sup>™</sup> for re-licensure.

### PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits*<sup>™</sup> are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*<sup>™</sup> for re-licensure.

### CANADIAN and EUROPEAN ACCREDITATION

Please see [Obesity.HMSCME.com/Accreditation](http://Obesity.HMSCME.com/Accreditation) for details.

# TREATING OBESITY 2019

Thursday, June 20

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 2019 Overview** Lee M. Kaplan, MD, PhD  
8:45–9:15 **Clinical Approach to the Patient with Obesity** Sriram Machineni, MD  
9:15–9:45 **Weight Bias and Healthcare** Scott Kahan, MD, MPH  
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 **Nutritional Assessment of the Patient with Obesity** W. Scott Butsch, MD, MS  
11:00–11:30 **Lifestyle Therapy for the Patient with Obesity** Sriram Machineni, MD  
11:30–12:00 **Pharmacotherapy of Obesity** Louis J. Aronne, MD  
12:00–12:30 **Assessment of the Pediatric Patient with Obesity** Claudia K. 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: Lee M. Kaplan, MD, PhD

#### Genetic Contributions to Obesity

M. Agostina Santoro, PhD

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

Lee M. Kaplan, MD, PhD

#### Developmental Causes of Obesity

**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

#### Lipodystrophy

**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

#### 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: Sriram Machineni, MD

#### Introduction to Anti-Obesity Medications

Sriram Machineni, MD

#### Clinical Case Presentations

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

**Panel Discussion/Q & A**

### 1F: Communicating about Obesity with Patients, Families and Physicians (case based)

#### Introduction

Caroline M. Apovian, MD

#### Case-Based Presentations

Rekha B. Kumar, MD, MS, Caroline M. Apovian, MD, and Donna H. Ryan, MD

**Panel Discussion/Q & A**

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

## 4:15–6:00 WORKSHOPS 2A – 2F

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

Moderator: Lee M. Kaplan, MD, PhD

#### Genetic Contributions to Obesity

M. Agostina Santoro, PhD

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

Lee M. Kaplan, MD, PhD

#### Developmental Causes of Obesity

**Panel Discussion/Q & A**

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

Moderator: Philip J. Saylor, MD

#### Diabetes

Paul M. Copeland, MD, MPhil

#### Obesity and Cardiovascular Disease

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

#### 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: Sriram Machineni, MD

#### Introduction to Anti-Obesity Medications

Sriram Machineni, MD

#### Clinical Case Presentations

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

**Panel Discussion/Q & A**

### 2F: Communicating about Obesity with Patients, Families and Physicians (case based)

Introduction

Caroline M. Apovian, MD

#### Case-Based Presentations

Rekha B. Kumar, MD, MS, Caroline M. Apovian, MD, and Donna H. Ryan, MD

**Panel Discussion/Q & A**

Thursday, June 20 • 6:00 pm–8:00 pm

## NETWORKING RECEPTION

Join course faculty and colleagues for refreshments and networking



# TREATING OBESITY 2019

## Friday, June 21

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 **2019 Blackburn Lecture**

### Patient Panel

Moderator: Suzanne J. Koven, MD

9:20–10:20 **Patient Panel**  
10:20–10:40 Coffee Break (Refreshments provided)

### The Spectrum of Medical Therapies

Moderator: Caroline M. Apovian, MD

10:40–11:10 **Medication-Induced Weight Gain** Caroline M. Apovian, MD  
11:10–11:45 **Surgical Management of Obesity** Lee M. Kaplan, MD, PhD  
11:45–12:15 **Surgical Treatment of Obesity: Clinical Outcomes** Ali Tavakkoli, MBBS  
12:15–12:30 **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, Rekha B. Kumar, MD, MS, and Sriram Machineni, MD  
**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, MS  
**Case Presentations** Gitanjali Srivastava, MD and Robert F. Kushner, MD, MS  
**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** Mary Elizabeth Patti, MD  
**Management of Suboptimal Response to Surgery**  
Nasreen Alfaris, 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, Claudia K. Fox, MD, MPH, and Aaron Kelly, PhD  
**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  
**Clinical Case Presentations** Louis J. Aronne, MD, Jonathan Q. 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, MS  
**Case Presentations** Gitanjali Srivastava, MD, and Robert F. Kushner, MD, MS  
**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 Alfaris, MD, MPH and Michele Yuen, MBBS  
**Discussion/Q & A**

### Evening Program: Obesity Medicine Interhospital Rounds

Moderator: W. Scott Butsch, MD, MS

6:30–8:30 **Case Presentations**  
*Refreshments provided*

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

# TREATING OBESITY 2019

Saturday, June 22

- 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  
8:20–8:45 **Healthcare Disparities in Obesity Treatment**  
Fatima Cody Stanford, MD, MPH, MPA  
8:45–9:05 **Panel Discussion/Q & A**  
9:05–9:35 Coffee Break (Refreshments provided)

## Novel Therapeutic Approaches: A Peek Over the Horizon

Moderator: Lee M. Kaplan, MD, PhD

- 9:35–10:05 **Dietary Supplements and Weight Loss**  
Steven B. Heymsfield, MD  
10:05–10:35 **Models of Obesity Care** Donna H. Ryan, MD  
10:35–11:05 **Medical Devices for the Treatment of Obesity**  
Richard I. Rothstein, MD  
11:05–11:35 **Precision Medicine for Obesity and Metabolic Disease** Aaron Kelly, PhD  
11:35–12:05 **Nutrigenomic and Precision Diets**  
12:05–12:30 **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

#### Clinical Case Presentations

Louis J. Aronne, MD, Jonathan Q. Purnell, MD, and Sriram Machineni, MD

#### Panel Discussion/Q & A

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

Moderator: Aaron Kelly, PhD

#### Clinical Case Presentations

Sonali Malhotra, MD, Claudia K. Fox, MD, MPH, 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

Mary Elizabeth Patti, MD

#### Management of Suboptimal Response to Surgery

Nasreen Alfaris, MD, MPH

#### Panel Discussion/Q & A

### 5D: 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

### 5E: 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

*This course has sold out for the past 5 years. To be assured a spot in the 2019 program, early registration is strongly advised.*



# HARVARD MEDICAL SCHOOL

Blackburn Course in Obesity Medicine

# TREATING OBESITY 2019

June 20-22, 2019 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
- Enhancing communication skills around 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](https://Obesity.HMSCME.com)



MASSACHUSETTS  
GENERAL HOSPITAL





# HARVARD MEDICAL SCHOOL

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

| Course #732072-1902                                                                | Tuition | Register on or before<br>April 15, 2019 |
|------------------------------------------------------------------------------------|---------|-----------------------------------------|
| <b>Treating Obesity 2019</b><br>(June 20-22)                                       | \$1,165 | <b>\$1,065</b><br><b>(Save \$100)</b>   |
| <b>Obesity Medicine Board Review</b><br>(June 19)                                  | \$495   | <b>\$445</b><br><b>(Save \$50)</b>      |
| <b>Treating Obesity 2019 and Obesity<br/>Medicine Board Review</b><br>(June 19-22) | \$1,445 | <b>\$1,295</b><br><b>(Save \$150)</b>   |

*Tuition includes your choice of 27 workshops, breakfast each morning, morning and afternoon coffee breaks, a course reception on the evening of Thursday, June 20, and evening programming on both Wednesday, June 19 and Friday, June 21.*

*Course Materials: 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 2019 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 \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a US bank) or wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation 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 Boston Marriott Long Wharf has reserved a limited number of rooms for the course at a discounted rate, available on a first-come, first-served basis, but not later than May 28, 2019. Any rooms not specifically reserved by this date will be handled on a space- and rate-availability basis. 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. If you would like to make your reservation online, visit the course website at [Obesity.HMSCME.com](http://Obesity.HMSCME.com) before May 28, 2019 and click on the dedicated reservation link on the Venue page.

*\*Please book early, as the discounted rooms tend to sell out before the deadline.*

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