



HARVARD
MEDICAL SCHOOL

Blackburn Course in Obesity Medicine

TREATING OBESITY 2020

June 4-6, 2020 Boston, MA

Education, Tools, and Strategies to Optimize Your Patient Outcomes

This program has sold out for the past six years, and is among the highest-rated Harvard Medical School CME courses. Early registration for the 2020 program is strongly advised.

Now offering ABIM MOC Points and Patient Safety Credits

June 3, 2020 Obesity Medicine Board Review

Given in conjunction with Treating Obesity 2020, 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



MASSACHUSETTS
GENERAL HOSPITAL

Register at [Obesity.HMSCME.com](https://www.obesity.hmscme.com)

Obesity Medicine Board Review

Wednesday, June 3

Prior to the start of Treating Obesity 2020, 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 2020 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, The Obesity Society

Co-Directors

Caroline M. Apovian, MD

Director, Center for Nutrition and Weight Management
Boston Medical Center
Professor of Medicine and Pediatrics
Boston University School of Medicine

Sonali Malhotra, MD

Pediatric Endocrinologist, Massachusetts General Hospital
Instructor in Pediatrics, Harvard Medical School

Harvard Medical School Faculty

Fateh Bazerbachi, MD

Sanjiv Chopra, MBBS

Paul M. Copeland, MD, MPhil¹

Mark J. Gorman, PhD

Lee M. Kaplan, MD, PhD¹

Suzanne J. Koven, MD

Sonali Malhotra, MD

James E. Mojica, MD

Mary-Elizabeth Patti, MD

Edward M. Phillips, MD

Jorge Plutzky, MD

M. Agostina Santoro, PhD

Philip J. Saylor, MD

Frank A.J.L. Scheer, PhD

Alexander Soukas, MD, PhD

Fatima Cody Stanford, MD, MPH, MPA¹

Thomas W. Storer, PhD

Ali Tavakkoli, MBBS

Guest Faculty

Nadia N. Ahmad, MD, MPH¹

Senior Medical Advisor
Eli Lilly and Company

Nasreen Alfaris, MD, MPH

Founding Director, Center for Obesity Medicine
Riyadh, Saudi Arabia

Caroline M. Apovian, MD¹

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

Louis J. Aronne, MD¹

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
Yale University School of Medicine

W. Scott Butsch, MD, MS¹

Director, Obesity Medicine
Cleveland Clinic

Eran Elinav, MD, PhD

Professor of Immunology
Weizmann Institute of Science

Steven B. Heymsfield, MD

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

Deborah B. Horn, DO¹

Medical Director, Center of Obesity Medicine and Metabolic Performance
University of Texas Health Sciences at Houston

Ania M. Jastreboff, MD, PhD¹

Assistant Professor of Medicine and Pediatrics
Yale University School of Medicine

Scott Kahan, MD, MPH¹

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, MS¹

Assistant Professor of Medicine
Weill Cornell Medical College
Medical Director, American Board of Obesity Medicine

Sriram Machineni, MD¹

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

Jonathan Q. Purnell, MD¹

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
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Donna H. Ryan, MD¹

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Katherine Saunders, MD¹

Assistant Professor of Medicine
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Gitanjali Srivastava, MD¹

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

¹Diplomate 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 2020*, 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 and further refine 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 3

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

Participation in both TREATING OBESITY 2020 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 1** 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 2** 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™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

- Treating Obesity 2020 (June 4-6): 25.75 *AMA PRA Category 1 Credits™*
- Board Review (June 3): 8.50 *AMA PRA Category 1 Credits™*

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 (10.25 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 10.25 credits of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.

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™* 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™* for re-licensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* 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™* for re-licensure.

CANADIAN and EUROPEAN ACCREDITATION

Please see Obesity.HMSCME.com/Accreditation for details.

TREATING OBESITY 2020

Thursday, June 4

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

Recent Developments in Obesity Care

Moderator: Lee M. Kaplan, MD, PhD

7:30–7:45 **Welcome and Introduction** Course Directors
7:45–8:45 **Treating Obesity: A 2020 Overview** Lee M. Kaplan, MD, PhD
8:45–9:10 **Clinical Approach to the Patient with Obesity** W. Scott Butsch, MD, MS
9:10–9:35 **Weight Bias and Healthcare** Scott Kahan, MD, MPH
9:35–10:00 **Panel Discussion/Q & A**
10:00–10:30 Coffee Break (Refreshments provided)

The Spectrum of Medical Therapies: Part 1

Moderator: Caroline M. Apovian, MD

10:30–10:55 **Lifestyle Therapy for the Patient with Obesity** Sriram Machineni, MD
10:55–11:20 **Pharmacotherapy of Obesity** Ania M. Jastreboff, MD, PhD
11:20–11:40 **Surgical Treatment of Obesity** Lee M. Kaplan, MD, PhD
11:40–12:05 **Surgical Treatment of Obesity: Clinical Outcomes** Ali Tavakkoli, MBBS
12:05–12:45 **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

Obesity, Sleep Health and Sleep Apnea

James E. Mojica, MD

Obesity and Cardiovascular Disease

Jorge Plutzky, MD

Metabolic Syndrome and Obesity

James B. Meigs, 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

Advances in the Science of Energy Balance Regulation

Alexandar Soukas, MD, 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: Sriram Machineni, MD

Introduction to Anti-Obesity Medications

Sriram Machineni, MD

Clinical Case Presentations

Nasreen Alfaris, MD, MPH and Rekha B. Kumar, MD, MS

Panel Discussion/Q & A

1F: Communicating about Obesity with Patients,

Families and Physicians (case based)

Introduction

Caroline M. Apovian, MD

Case-Based Presentation

Caroline M. Apovian, MD and Scott Kahan, MD, MPH

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

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

Advances in the Science of Energy Balance Regulation

Alexandar Soukas, MD, 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: Ania M. Jastreboff, MD, PhD

Introduction to Anti-Obesity Medications

Ania M. Jastreboff, MD, PhD

Clinical Case Presentations

Nasreen Alfaris, MD, MPH and Rekha B. Kumar, MD, MS

Panel Discussion/Q & A

2F: Medical Management of the Bariatric Surgical

Patient: Nutritional and GI Management

Moderator: W. Scott Butsch, MD, MS

Postoperative Nutritional Management

W. Scott Butsch, MD, MS

Postoperative GI Management

Fateh Bazerbachi, MD

Panel Discussion/Q & A

Thursday, June 4 • 6:00 pm–8:00 pm

NETWORKING RECEPTION

Join course faculty and colleagues
for refreshments and networking



TREATING OBESITY 2020

Friday, June 5

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

7:30–8:30 **2020 Blackburn Lecture**
8:30–9:10 **Non-Alcoholic Fatty Liver Disease: A Burgeoning Epidemic** Sanjiv Chopra, MBBS
9:10–9:40 Coffee Break (Refreshments provided)

The Spectrum of Medical Therapies: Part 2

Moderator: Caroline M. Apovian, MD

9:40–10:05 **Exercise Counseling** Edward M. Phillips, MD
10:05–10:30 **Nutrigenomics and Precision Diets** Eran Elinav, MD, PhD
10:30–10:55 **Medication-Induced Weight Gain** Louis J. Aronne, MD
10:55–11:20 **Assessment of the Pediatric Patient with Obesity** Sonali Malhotra, MD
11:20–11:40 **Panel Discussion/Q & A** Course Faculty
11:40–12:30 **Faculty Q & A** Course Faculty
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 Jastreboff, MD, PhD and Katherine Saunders, MD
Panel Discussion/Q & A

3B: Practice Management in Obesity Medicine (case based)
Moderator: Rekha B. Kumar, MD, MS
Introduction to Obesity Medicine Practice Organization Deborah B. Horn, DO
Case Presentations Gitanjali Srivastava, MD, Rekha B. Kumar, MD, MS and Deborah B. Horn, DO
Panel Discussion/Q & A

3C: Medical Management of the Bariatric Surgical Patient: Nutritional and GI Management (case based)
Moderator: W. Scott Butsch, MD, MS
Postoperative Nutritional Management W. Scott Butsch, MD, MS
Postoperative GI Management Fateh Bazerbachi, MD
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: Aaron Kelly, PhD
Case Presentations Sonali Malhotra, MD and Aaron Kelly, PhD
Panel Discussion/Q & A

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

4:00–5:45 WORKSHOPS 4A – 4F

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: Rekha B. Kumar, MD, MS
Introduction to Obesity Medicine Practice Organization Deborah B. Horn, DO
Case Presentations Gitanjali Srivastava, MD, Rekha B. Kumar, MD, MS and Deborah B. Horn, DO
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: Communicating about Obesity with Patients, Families and Physicians
Case Presentations Donna H. Ryan, MD and Katherine Saunders, MD
Panel Discussion/Q & A

4F: Medical Management of the Bariatric Surgical Patient: Endocrine Management and Suboptimal Response to Surgery
Moderator: Nasreen Alfaris, MD, MPH
Postoperative Endocrine Management Mary-Elizabeth Patti, MD
Management of Suboptimal Response to Surgery Nasreen Alfaris, MD, MPH
Panel Discussion/Q & A

Evening Program: Obesity Medicine Interhospital Rounds

Moderator: W. Scott Butsch, MD, MS

6:00–8:00 **Case Presentations** (Refreshments provided)

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

TREATING OBESITY 2020

Saturday, June 6

- 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

Obesity and the Healthcare System

Moderator: Caroline M. Apovian, MD

- 7:30–7:55 **Healthcare Disparities in Obesity Treatment**
Fatima Cody Stanford, MD, MPH, MPA
- 7:55–8:20 **The Impact of Obesity on the Practice of Medicine** Caroline M. Apovian, MD
- 8:20–8:40 **Panel Discussion/Q & A**
- 8:40–9:00 Coffee Break (Refreshments provided)

Novel Therapeutic Approaches: A Peek Over the Horizon

Moderator: Lee M. Kaplan, MD, PhD

- 9:00–9:25 **Models of Obesity Care** Donna H. Ryan, MD
- 9:25–9:50 **Application of Behavior-Based Therapies for the Management of Obesity** Thomas A. Wadden, PhD
- 9:50–10:15 **Dietary Supplements for the Management of Obesity** Steven B. Heymsfield, MD
- 10:15–10:40 **Medical Devices for the Treatment of Obesity**
Richard I. Rothstein, MD
- 10:40–11:10 **Panel Discussion/Q & A**
- 11:10–11:30 Coffee Break (Refreshments provided)

Patient Panel

- 11:30–12:30 **Patient Panel** Moderator: Suzanne J. Koven

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 and Aaron Kelly, PhD

Panel Discussion/Q & A

5C: Medical Management of the Bariatric Surgical Patient: Endocrine Management and Suboptimal Response to Surgery (case based)

Moderator: Nasreen Alfaris, MD, MPH

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 6 years. To be assured a spot in the 2020 program, early registration is strongly advised.



HARVARD MEDICAL SCHOOL

Blackburn Course in Obesity Medicine

TREATING OBESITY 2020

June 4-6, 2020 Boston, MA

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

- Comprehensive evaluation of the patient with obesity
- Medical management of the patient with obesity
- Precision medicine approaches to obesity and metabolic disorders
- Optimizing medical outcomes after bariatric surgery
- Effective counseling and motivation techniques
- Treatment of children and adolescents with obesity
- Emerging strategies and therapies for genetic obesity
- Understanding how diet influences metabolic processes
- Building and maintaining a successful Obesity Medicine practice
- Enhancing communication about obesity with patients, referring providers, payers, and the public

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



Register at [Obesity.HMSCME.com](https://www.obesity.hmscme.com)



MASSACHUSETTS
GENERAL HOSPITAL



Register online at Obesity.HMSCME.com

Course #732072-2002	Tuition
Treating Obesity 2020 (June 4-6)	\$1,295
Obesity Medicine Board Review (June 3)	\$495
Treating Obesity 2020 and Obesity Medicine Board Review (June 3-6)	\$1,495

Tuition includes your choice of 28 workshops, breakfast each morning, morning and afternoon coffee breaks, a course reception on the evening of Thursday, June 4, and evening programming on both Wednesday, June 3 and Friday, June 5.

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 2020 can purchase a printed copy of the course syllabus at the time of online registration for \$100, or on site at the course for \$150.

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.

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

INQUIRIES

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

Email CEPrograms@hms.harvard.edu

Venue

Boston Marriott Long Wharf

296 State Street • Boston, MA 02109

+1 617-227-0800



Boston Marriott Long Wharf has reserved a block of discounted rooms for course participants.

Important to note:

- The number of discounted rooms is limited.
- Discounted rooms are available on a first-come, first-served basis.
- The discounted room rate is only available until **May 12, 2020**, or until the block sells out, which typically happens well in advance of this date.

To reserve your room:

- **Online:** To reserve your room online, please visit the Venue page of the course website — Obesity.HMSCME.com/Venue — and click on the dedicated reservation link.
- **By phone:** If you are calling the hotel rather than using the dedicated link to request a discounted room, please call 617-227-0800 and be sure to specify that you are enrolled in the Blackburn Course in Obesity Medicine.