



HARVARD
MEDICAL SCHOOL

Tools and strategies
to optimize your
patient outcomes

Blackburn Course in Obesity Medicine

TREATING OBESITY 2015

June 17-20, 2015 Boston, MA



Earn up to 32.25 AMA PRA Category 1 Credits™

**Education to improve the care of adult, adolescent
and pediatric patients with obesity**

Obesity.HMSCME.com

**Wednesday, June 17
Obesity Medicine
Board Review**

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.



HARVARD MEDICAL SCHOOL

Harvard Medical School Faculty

W. Scott Butsch, MD, MS	Ida J. Hatoum, ScD	James B. Meigs, MD, MPH	Thomas W. Storer, PhD
Sanjiv Chopra, MBBS	Alison G. Hoppin, MD	James E. Mojica, MD	Elsie M. Taveras, MD, MPH
Pieter A. Cohen, MD	Matthew M. Hutter, MD	Edward M. Phillips, MD	Raul N. Uppot, MD
Paul M. Copeland, MD, MPhil	Lee M. Kaplan, MD, PhD	Marc S. Sabatine, MD, MPH	Christina C. Wee, MD, MPH
Sue Cummings, MS, RD	Suzanne J. Koven, MD	Philip J. Saylor, MD	Deborah J. Wexler, MD
Matthew W. Gillman, MD, SM	Sriram Machineni, MD	Frank A.J.L. Scheer, PhD	Elaine W. Yu, MD, MMSc
Mark J. Gorman, PhD	Christos S. Mantzoros, MD, DSc, PhD	Fatima Cody Stanford, MD, MPH	

Featured Guest Speakers

2015 Blackburn Lecturer

David B. Allison, PhD

Distinguished Professor
Quetelet Endowed Professor of Public Health
Associate Dean for Science, School of Public Health
University of Alabama at Birmingham

Nadia N. Ahmad, MD, MPH

Medical Director
Weight Management Center
Dubai, UAE

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

Jamy D. Ard, MD

Co-Director, Weight Management
Center at Wake Forest Baptist Health
Associate Professor, Wake Forest School of Medicine

Louis J. Aronne, MD

Director, Comprehensive Weight Control Program
New York Presbyterian Hospital
Clinical Professor of Medicine
Weill Cornell Medical College

Joel V. Brill, MD

Chief Medical Officer
Predictive Health, LLC
Assistant Clinical Professor of Medicine
University of Arizona College of Medicine
Adjunct Assistant Professor of Medicine
Midwestern University

Dana R. Brittan, MBA

Executive Director
American Board of Obesity Medicine

Sonia Caprio, MD

Professor of Pediatric Endocrinology
Yale University School of Medicine

Mitchell J. Gitkind, MD

Medical Director, Weight Center
UMass Memorial Medical Center
Clinical Associate Professor of Medicine and Surgery
University of Massachusetts Medical School

Thomas H. Inge, MD, PhD

Surgical Director, Surgical Weight Loss Program for Teens
Director, Center for Bariatric Research and Innovation
Attending Surgeon, Cincinnati Children's Hospital Medical Center
Professor, Department of Surgery
University of Cincinnati

Scott Kahan, MD, MPH

Associate Director
Johns Hopkins Weight Management Center
Bloomberg School of Public Health
Johns Hopkins University

Robert F. Kushner, MD, MS

Professor of Medicine
Feinberg School of Medicine
Northwestern University

Gerard E. Mullin, MD

Co-Director, JHH Nurse Practitioner Fellowship Program
Associate Professor of Medicine
Johns Hopkins University

Nikhil Pai, MD

Assistant Professor of Pediatrics
Division of Pediatric Gastroenterology
McMaster Children's Hospital
McMaster University

Ken 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

David Sarwer, PhD

Professor of Psychology in Psychiatry and Surgery
Perelman School of Medicine
University of Pennsylvania

Gitanjali Srivastava, MD

Medical Director of Obesity Medicine
Founding Director of the Center for Obesity Medicine
Florida Hospital Celebration Health

Christopher D. Still, DO

Director, Geisinger Obesity Institute
Adjunct Assistant Professor of Nutrition
Pennsylvania State University

Thomas A. Wadden, PhD

Director, Center for Weight and Eating Disorders
Albert J. Stunkard Professor of Psychology
Perelman School of Medicine
The University of Pennsylvania

Wayne L. Westcott, PhD

Director of Exercise Science
Quincy College

Wednesday, June 17 Obesity Medicine Board Review

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.

COURSE OVERVIEW



COURSE DIRECTOR

Lee M. Kaplan, MD, PhD

Director
Obesity, Metabolism and Nutrition Institute
Massachusetts General Hospital
Associate Professor of Medicine
Harvard Medical School

COURSE CO-DIRECTOR

Caroline M. Apovian, MD

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

ASSISTANT DIRECTORS

W. Scott Butsch, MD, MS

Assistant in Medicine
Massachusetts General Hospital
Instructor in Medicine
Harvard Medical School

Sriram Machineni, MD

Assistant in Medicine
Massachusetts General Hospital
Instructor in Medicine
Harvard Medical School

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

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

TREATING OBESITY 2015

Thursday, June 18

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

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

1:30–3:15 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 J. 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/Diabetes 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, Jany 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. Taveras, 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

3:45–5:30 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, Jany D. Ard, MD, Fatima Cody Stanford, MD, MPH and Lee M. Kaplan, MD, PhD
Panel Discussion / Q&A

2E: Tools and Strategies for Patient Advocacy

School and Community-Based Prevention Strategies Elsie M. Taveras, MD, MPH
Healthcare Disparities and the Patient with Obesity Christina C. Wee, MD, MPH
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

6:30–7:30 Registration and Breakfast

New Perspectives in Obesity

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**

Each year, the **Blackburn Lectureship** honors the seminal accomplishments of a leader in Obesity Medicine, who gives a state-of-the-art lecture on a topic of his or her choosing. The directors and faculty of the Blackburn Course in Obesity Medicine congratulate 2015 Blackburn Lecturer, David B. Allison, PhD, Distinguished Professor, Quetelet Endowed Professor of Public Health and Associate Dean for Science, School of Public Health, University of Alabama at Birmingham.

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

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



HARVARD
MEDICAL SCHOOL

REGISTRATION INFORMATION

Register online at Obesity.HMSCME.com

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?**

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 Gitanjali Srivastava, MD

Lorcaserin Sriram 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, MPhil

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

Course #352072

All fees shown in USD.

	Register after April 15, 2015	Register on or before April 15, 2015
Treating Obesity 2015 (June 18-20)	\$795	\$695
Obesity Subspecialty Board Review (June 17)	\$495	\$395
Treating Obesity 2015 and Obesity Medicine Subspecialty Board Review (June 17-20)	\$995	\$895

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. Seating is reserved on a first-come, first-served basis.
- 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 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

Obesity.HMSCME.com