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Blackburn Course in Obesity Medicine

TREATING OBESITY 2014

June 5-7, 2014 Cambridge, MA

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

- New strategies for medical management
- Workshops for more effective counseling
- Guidelines to match patients with optimal therapies (medical, surgical, dietary, lifestyle)
- Tools for specialized evaluation of the patient with obesity
- Guidance to optimize medical outcomes of the bariatric surgical patient
- Strategies for building a successful obesity medicine practice



www.hmscme.com/obesity



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MEDICAL SCHOOL

**Tools and strategies
to optimize your
patient outcomes**

Blackburn Course in Obesity Medicine

TREATING OBESITY 2014

June 5-7, 2014 Cambridge, MA

Earn up to 34 AMA PRA Category 1 Credits™



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

www.hmscme.com/obesity

**Wednesday, June 4
Obesity Medicine
Board Review**

Given in conjunction with Treating Obesity 2014, this one-day course provides comprehensive preparation for the 2014 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	Hideo Makimura, MD, PhD
Sanjiv Chopra, MBBS	Christos S. Mantzoros, MD, DSc, PhD
Paul M. Copeland, MD, MPhil	Sriram Machineni, MD
Sue Cummings, MS, RD	James B. Meigs MD, MPH
Aaron M. Cypess, MD, PhD	James Mojica, MD
Helen K. Delichatsios, MD	David M. Nathan, MD
Alison E. Field, ScD	Edward M. Phillips, MD
Matthew W. Gillman, MD	Marc S. Sabatine, MD, MPH
Elizabeth Goodman, MD	Frank M. Sacks, MD
Mark J. Gorman, PhD	Philip J. Saylor, MD
Florencia Halperin, MD	Fatima Cody Stanford, MD, MPH
Ida Hatoum, ScD	Thomas W. Storer, PhD
Alison G. Hoppin, MD	Elsie M. Taveras, MD, MPH
Lee M. Kaplan, MD, PhD	Peter J. Turnbaugh, PhD
Sekar Kathiresan, MD	Raul N. Uppot, MD
Suzanne J. Koven, MD	Christina C. Wee, MD, MPH
David S. Ludwig, MD, PhD	Deborah J. Wexler, MD



Featured Guest Speakers

2014 Blackburn Lecturer

Rudolph L. Leibel, MD

Professor of Pediatrics & Molecular Genetics
College of Physicians and Surgeons
Co-Director, Naomi Berrie Diabetes Center
Columbia University

Nadia N. Ahmad, MD, MPH

Instructor in Medicine
Harvard Medical School
Director, Weight Management Center
Dubai, UAE

Caroline M. Apovian, MD

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

Louis J. Aronne, MD

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

Gary D. Foster, PhD

Co-Chief Scientific Officer
Weight Watchers International, Inc.

Mitchell J. Gitkind, MD

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

Scott Kahan, MD, MPH

Director, Weight and Wellness Center
National Medical Center
Director, STOP Obesity Alliance
Clinical Professor of Medicine
George Washington University School of
Medicine

Robert F. Kushner, MD, MS

Clinical Director
Northwestern Comprehensive Center on
Obesity
Professor of Medicine
Feinberg School of Medicine
Northwestern 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

Gitanjali Srivastava, MD

Medical Director, Celebration Health Obesity
Medicine & Lifestyle Institute
The Center for Obesity Medicine
Florida Hospital Medical Group

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

*Program changes/substitutions may be made
without notice.*

Wednesday, June 4

Obesity Medicine Board Review

Prior to the start of Treating Obesity 2014, Harvard Medical School hosts 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 Exam.*

*Discounted pricing is available when registering for both programs.

www.hmscme.com/obesity

TREATING OBESITY 2014

COURSE OVERVIEW

Effective treatment of patients with obesity is an increasingly important part of modern medical practice. This course delivers practical strategies to optimize the management of obesity and its many complications. Through lectures from leaders in the field, hands-on workshops, case-based discussions, and annotated reference materials, the course provides the most up-to-date approaches to prevention and treatment.

Course Objectives:

This course is designed to provide healthcare providers with the knowledge to:

- Identify, evaluate and manage patients with high risk obesity
- Provide lifestyle-based therapies for obesity, including nutritional, physical activity, and behavioral approaches
- Apply effective counseling and behavioral modification techniques
- Apply current pharmacological approaches to the treatment of obesity
- Assess patients for their need and appropriateness for bariatric surgery and determine surgical options

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 *34 AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity:

- Obesity Medicine Board Review:
8.5 AMA PRA Category 1 Credits™
- Treating Obesity 2014:
25.5 AMA PRA Category 1 Credits™



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
Center for Nutrition and Weight Management
Boston University 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

COURSE COORDINATOR

Erica D. Johnson, BA

Obesity, Metabolism and Nutrition Institute
Massachusetts General Hospital

WHO ATTENDS

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

- Internists
- Family Medicine physicians
- Pediatricians
- Subspecialists
- Obesity Medicine specialists
- Bariatric surgeons
- Dietitians
- Nutrition specialists
- Nurses, nurse practitioners, and physician assistants
- Psychologists, psychiatrists, and other mental health professionals

VENUE

The Royal Sonesta Hotel

40 Edwin Land Boulevard
Cambridge, Massachusetts
+1 617-806-4200

Accommodations and Travel

The Royal Sonesta has reserved a limited number of rooms for the course.

These rooms are reserved at the discounted rate of \$259 per night at single or double occupancy.

Please reserve your room before **May 14, 2014**, in order to take advantage of this discounted rate.

When you contact the Royal Sonesta, Boston, please specify that you are enrolled in THE BLACKBURN COURSE IN OBESITY MEDICINE to receive a reduced room rate of \$259 per night single/double occupancy.

Any rooms not specifically reserved by this date will be handled on a space and rate availability basis.

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.

www.hmscme.com/obesity

Obesity Medicine Board Review Wednesday, June 4, 2014

This Harvard Medical School board review provides comprehensive preparation for the 2014 American Board of Obesity Medicine (ABOM) subspecialty certification exam.

Participation in both TREATING OBESITY 2014 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

7:30–8:00

Welcome and Introduction

Lee M. Kaplan, MD, PhD

8:00–8:20

Introduction to the ABOM Certification Examination

8:20–8:50

Pathophysiology 1: Anatomy and Neuroendocrinology

Nadia N. Ahmad, MD, MPH

8:50–9:20

Nutrition Assessment and Therapy

W. Scott Butsch, MD, MS

9:20–9:50

Cardiorespiratory Fitness and Exercise

Sriram Machineni, MD

9:50–10:15 Break

Board Review Session 2

10:15–10:45

Behavioral Assessment and Therapy

Mark J. Gorman, PhD

10:45–11:15

Pediatrics 1: Patient Assessment

Gitanjali Srivastava, MD

11:15–11:45

Pediatrics 2: Patient Management

Gitanjali Srivastava, MD

11:45–12:15 Q&A

12:15–1:00 Lunch

Board Review Session 3

1:00–1:45

Pathophysiology 2: Physiology of Energy Balance

Nadia N. Ahmad, MD, MPH

1:45–2:15

Bariatric Surgery

W. Scott Butsch, MD, MS

2:15–2:45

Pharmacotherapy

Sriram Machineni, MD

2:45–3:15 Q&A

3:15–3:30 Break

Board Review Session 4

3:30–4:15

Genetic and Syndromic Obesity

Gitanjali Srivastava, MD

4:15–4:45

Obesity Comorbidities

Paul M. Copeland, MD, MPhil

4:45–5:15

Lightning Round

Course Faculty

5:15–5:30 Closing Remarks

TREATING OBESITY 2014

Thursday, June 5

6:30–7:30 Registration and Breakfast

Recent Developments in the Treatment of Obesity

- 7:30–8:00 **Welcome and Introduction**
- 8:00–8:40 **Obesity 2014: The Year in Review** Lee M. Kaplan, MD, PhD
- 8:40–9:10 **Strategies for the Prevention of Obesity** Elsie M. Taveras, MD, MPH
- 9:10–9:45 **What Have We learned from the Look AHEAD Trial** David M. Nathan, MD
- 9:45–10:00 **Panel Discussion / Q&A**
- 10:00–10:15 Break

Assessment of the Patient with Obesity

- 10:15–10:40 **Clinical Approach to the Patient with Obesity** Nadia N. Ahmad, MD, MPH
- 10:40–11:05 **Medical Evaluation of the Patient with Obesity** Sriram Machineni, MD
- 11:05–11:30 **Nutritional Evaluation of the Patient with Obesity** Sue Cummings, MS, RD
- 11:30–11:55 **Psychological Evaluation of the Patient with Obesity** Gary Foster, PhD
- 11:55–12:20 **Radiological Assessment of the Patient with Obesity** Raul N. Uppot, MD
- 12:20–12:30 **Panel Discussion / Q&A**
- 12:30–1:30 **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 Hatoum, ScD
Environmental Causes of Obesity Hideo Makimura, MD, PhD
Behavioral Causes of Obesity Thomas A. Wadden, PhD
Panel Discussion / Q&A

1B: Medical Consequences of Obesity 1

Sleep Health and Sleep Apnea James Mojica, MD
Diabetes/Diabetes Deborah J. Wexler, MD
Heart Disease Marc S. Sabatine, MD, MPH
Panel Discussion / Q&A

1C: Recent Developments in the Biology of Obesity

Brown Adipose Tissue Aaron M. Cypess, MD, PhD
Hormones and Energy Homeostasis Christos S. Mantzoros, MD, DSc, PhD
Microbiota, Probiotics and Metabolic Function Peter J. Turnbaugh, PhD
Panel Discussion / Q&A

1D: Dietary Therapies for the Management of Obesity

Individualized Diets
Dietary Management of Obesity Frank M. Sacks, MD
Management of Nutrition for the Post-operative Patient
Sue Cummings, RD, MS
Panel Discussion / Q&A

1E: Tools and Strategies for Patient Advocacy

School and Community-based Prevention Strategies
Gary Foster, PhD
Healthcare Disparities and the Obese Patient Christina C. Wee, MD, MPH
Weight Bias Scott Kahan, MD, MPH
Panel Discussion / Q&A

3:15–3:30 Break

5:30 **Dinner:** On your own

3:30–5:30 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 Hideo Makimura, MD, PhD
Behavioral Causes of Obesity Thomas A. Wadden, PhD
Panel Discussion / Q&A

2B: Medical Consequences of Obesity 2

Dyslipidemia Sekar Kathiresan, MD
Metabolic Syndrome James B. Meigs, MD
Cancer Philip J. Saylor, MD
Panel Discussion / Q&A

2C: Recent Developments in the Biology of Obesity

Brown Adipose Tissue Aaron M. Cypess, MD, PhD
Hormones and Energy Homeostasis
Christos S. Mantzoros, MD, DSc, PhD
Microbiota, Probiotics and Metabolic Function Peter J. Turnbaugh, PhD
Panel Discussion / Q&A

2D: Dietary Therapies for the Management of Obesity

Individualized Diets
Dietary Management of Obesity Frank M. Sacks, MD
Management of Nutrition for the Post-operative Patient
Sue Cummings, RD, MS
Panel Discussion / Q&A

2E: Tools and Strategies for Patient Advocacy

School and Community-based Prevention Strategies
Gary Foster, PhD
Healthcare Disparities and the Obese Patient
Christina C. Wee, MD, MPH
Weight Bias Scott Kahan, MD, MPH
Panel Discussion / Q&A

Evening Program: Obesity Medicine Interhospital Rounds

- 6:00–7:00 **Case Presentations**
- 7:00–7:30 **Panel Discussion / Q&A**

TREATING OBESITY 2014

Friday, June 6

6:30–7:30 Registration and Breakfast

The Biology of Obesity and Its Comorbidities

7:30–8:25 **2014 Blackburn Lecture** Rudolph L. Leibel, MD
8:25–9:00 **Metabolic Programming and Obesity** Matthew W. Gillman, MD
9:00–9:45 **Non-alcoholic Fatty Liver Disease** Sanjiv Chopra, MBBS
9:45–10:00 **Panel Discussion / Q&A**
10:00–10:15 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 2014 Blackburn Lecturer Rudolph L. Leibel, MD, Professor of Pediatrics and Molecular Genetics at the Columbia College of Physicians and Surgeons, and Co-Director of the Naomi Berrie Diabetes Center at Columbia University.

The Spectrum of Medical Therapies

10:15–10:45 **Behavior-based Therapies for Obesity** Thomas A. Wadden, PhD
10:45–11:15 **Pharmacotherapy** Louis J. Aronne, MD
11:15–11:45 **Weight-promoting Drugs** Caroline M. Apovian, MD
11:45–12:15 **Surgical Management of Obesity** Lee M. Kaplan, MD, PhD
12:15–12:30 **Panel Discussion / Q&A**
12:30–1:30 **Lunch:** On your own

1:30–3:00 Workshops 3A-3E

Customize your learning experience. Choose from among the following 5 workshops:

3A: Practical Use of Weight Loss Medications

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 Robert F. Kushner, MD, MS
Obesity Medicine Practice Organization Mitchell J. Gitkind, MD
Measurement Technologies
Shared Medical Visits Helen K. Delichatsios, MD
Reimbursement and Billing Joel Brill, MD

3C: Medical Management of the Bariatric Surgical Patient

Micronutrient Deficiencies Florencia Halperin, MD
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

Causes of Obesity in Pediatric Populations
Alison E. Field, ScD
Medical and Surgical Treatment of Pediatric Obesity
Alison G. Hopkin, MD
Community Interventions in Pediatric Obesity
Elizabeth Goodman, MD
Panel Discussion

3E: Motivational Interviewing Workshop – Part 1

Motivational Interviewing Workshop
Kenneth Resnicow, PhD

3:00–3:30 Break

3:30–5:30 Workshops 4A-4E

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

4A: Practical Use of Weight Loss Medications

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 Robert F. Kushner, MD, MS
Obesity Medicine Practice Organization Mitchell J. Gitkind, MD
Measurement Technologies
Shared Medical Visits Helen K. Delichatsios, MD
Reimbursement and Billing Joel Brill, MD
Panel Discussion / Q&A

4D: Exercise Counseling Workshop

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: Course Reception

5:15–7:00 Reception

TREATING OBESITY 2014

Saturday, June 7

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?**
David S. Ludwig, MD
- 8:00-8:30 **Exercise Counseling** Edward M. Phillips, MD
- 8:30-9:00 **The Role of Resistance Exercise in Weight Loss**
Thomas W. Storer, PhD
- 9:00-9:30 **Implementing a Resistance Training and Nutrition Program** Wayne L. Westcott, PhD
- 9:30-10:00 **Complementary and Alternative Medicine**
- 10:00-10:30 Break

Novel Therapeutic Approaches — A Peek Over the Horizon

- 10:30-11:00 **Medical Devices for the Treatment of Obesity**
Richard I. Rothstein, MD
- 11:00-11:30 **Surgical Therapies for the Treatment of Obesity**
Lee M. Kaplan, MD, PhD
- 11:30-12:00 **Obesity Technology**

Patient Panel

Moderator: Suzanne J. Koven, MD

- 12:00-12:20 **Case Presentations**
- 12:20 1:00 **Panel Discussion**

Key Take-Aways: Bringing the Message Back Home

- 1:00 1:10 **Closing Remarks** Lee M. Kaplan, MD, PhD
- 1:10 1:30 **Break for Boxed Lunches**

1:30–3:30 Workshops 5A-5D

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

5A: Practical Use of Weight Loss Medications

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

Causes of Obesity in Pediatric Populations
 Alison E. Field, ScD
Medical and Surgical Treatment of Pediatric Obesity
 Alison G. Hoppin, MD
Community Interventions in Pediatric Obesity
 Elizabeth Goodman, MD
Panel Discussion

5C: Medical Management of the Bariatric Surgical Patient

Micronutrient Deficiencies Florencia Halperin, MD
Hypoglycemia Paul M. Copeland, MD, MPH
Weight Regain W. Scott Butsch, MD, MS
Inadequate Weight Loss Nadia N. Ahmad, MD, MPH
Panel Discussion / Q&A

5D: Exercise Counseling Workshop

Presentations
 Edward M. Phillips, MD; Wayne L. Westcott, PhD; Thomas W. Storer, PhD
Panel Discussion / Q&A



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REGISTRATION INFORMATION

Treating Obesity 2014

(Course 342072)

	Register after April 30, 2014	Register on or before April 30, 2014 Discounted Pricing
June 5-7 Treating Obesity 2014*	\$645	\$545
June 4 Obesity Subspecialty Board Review	\$395	\$395
June 4-7 Board Review + Treating Obesity 2014	\$795	\$695

All fees shown in USD.

* This course offers 23 on-site workshops from which you can customize your learning experience. You can indicate your choice of workshops when you register for the course. Seating is reserved on a first-come, first-served basis.

TUITION PAYMENT, CONFIRMATION, and REFUND POLICY

Payment via credit card (VISA, MASTERCARD, or American Express) or check only. Telephone, fax, and cash-payment registrations are not accepted. Upon receipt of your paid registration, an email confirmation from the HMS-DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate.

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by postal mail, email, or fax one week prior to this activity. No refunds will be made thereafter.

INQUIRIES

Call 617-384-8600, Monday – Friday, 10am – 4pm EST. Send email to HMS-CME@hms.harvard.edu

www.hmscme.com/obesity