

Obesity: Etiology, Prevention, and Treatment 2024

Wednesday, May 1 – Saturday, May 4

Wednesday, May 1, 2024

7:30 AM Check-In | Coffee & Breakfast Bites

8:20 AM Opening Remarks

Sabrina Diano, PhD

Robert R. Williams Professor of Nutrition, Professor of Molecular Pharmacology

Director of Institute of Human Nutrition

Columbia University Irving Medical Center

8:30 AM Obesity Pathophysiology: Treating the Chronic Disease of Obesity

Tamas Horvath, DVM, PhD

Jean and David W. Wallace Professor of Comparative Medicine, Professor of Neuroscience and of Obstetrics, Gynecology, and Reproductive Sciences, Chair of Comparative Medicine

Yale School of Medicine

9:15 AM Genetics of Obesity

Rudolph L Leibel, MD

Christopher J. Murphy Memorial Professor of Diabetes Research, Professor of Pediatrics and Medicine, Head of Division of Molecular Genetics

Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center

10:00 AM Epidemiology and Health Risks of Obesity

Louis J Aronne, MD, FACP, FTOS, DABOM

Medical Director, Sanford I Weill Professor of Metabolic Research

Comprehensive Weight Control Center, Weill Cornell Medicine

10:45 AM Break

11:00 AM Obesity Complications and Co-Morbidities

Anthony Ferrante, MD, PhD

Tilden-Weger-Bieler Professor of Medicine, Chief of Preventive Medicine & Nutrition

Columbia University Irving Medical Center

11:45 AM The Interplay Between Fatty Liver and Cardiovascular Disease

Carlos Fernandez-Hernando, PhD

Anthony N Brady Professor of Comparative Medicine and Pathology, Director of Vascular Biology & Therapeutics Program

Yale University School of Medicine

12:30 PM Lunch

1:30 PM Carbs, Calories, or Quality: What Matters Most for Body Weight?

Kevin Hall, PhD

Senior Investigator, Integrative Physiology Section Chief

National Institute of Diabetes and Digestive and Kidney Diseases, NIH

2:15 PM Food Order/Nutrient Sequence: Physiological Effects and Therapeutic Implications

Alpana Shukla, MD, MRCP(UK), FTOS

Associate Professor of Research in Medicine, Director of Clinical Research

Weill Cornell Medical College, Comprehensive Weight Control Center at Weill Cornell Medicine

3:00 PM Nutrition Recommendations for Adults with Obesity

Heather Seid, DCN, RDN

Bionutrition Research Core Program Manager

Irving Institute for Clinical and Translational Research, Columbia University Irving Medical Center

3:45 PM Break

4:00 PM The Role of Physical Activity in Obesity Management

Keith Diaz, PhD

Florence Irving Associate Professor of Behavioral Medicine (in Medicine)

Columbia University Irving Medical Center

4:45 PM Obesity: Why is it So Hard to Keep Weight Off?

Michael Rosenbaum, MD

Professor Emeritus & Special Lecturer in Pediatrics & Medicine, Associate Director of CTSA

Columbia University Irving Medical Center

5:30 PM Opening Wine & Networking Reception

6:30 PM End of Day 1

Obesity: Etiology, Prevention, and Treatment 2024

Wednesday, May 1 – Saturday, May 4

Thursday, May 2, 2024

7:30 AM Coffee & Breakfast Bites

8:30 AM Women's Health and Obesity

Rekha Kumar, MD, MS, DABOM

Associate Professor of Clinical Medicine

Weill Cornell Medicine

9:15 AM Childhood Obesity and the Associated Rise in Metabolic Complications

Sonia Caprio, MD

Professor of Pediatrics in Endocrinology

Yale School of Medicine

10:00 AM An Ounce of Prevention: A Brief Family-Centered Approach to the Obesity Counseling in Pediatric Care

Eugene Dinkevich, MD, FAAP, DABOM

Associate Professor of Clinical Pediatrics, Director of Division of Genetics and Pediatrics

SUNY Health Sciences University

10:45 AM Break

11:00 AM Pharmacotherapy for Obesity in Youth

Aaron Kelly, PhD

Professor of Pediatrics, Auxiliary Chair in Children's Health, Co-Director of Minnesota American Legion

Center for Pediatric Obesity Medicine, University of Minnesota Medical School

Claudia Fox, MD, MPH, FAAP, DABOM

Associate Professor, Co-Director of Center for Pediatric Obesity Medicine

Department of Pediatrics, University of Minnesota

11:45 AM New Rules and New Tools: Pediatric Metabolic and Bariatric Surgery

Jeffrey Zitsman, MD

Professor of Surgery

Columbia University Irving Medical Center

12:30 PM Lunch

1:30 PM Pediatric Case Presentations

Cynthia Akagbosu, MD, DABOM

Clinical Instructor, Bariatric Endoscopy & Obesity Medicine Fellow

NewYork-Presbyterian/Weill Cornell Medicine

Alyson Weiner, MD

Assistant Professor of Pediatrics

Weill Cornell Medicine

3:00 PM Break

3:15 PM Overview of the Medical Assessment of Adult Obesity

Sarah Barenbaum, MD, DABOM

Assistant Professor of Clinical Medicine, Assistant Attending Physician

NewYork-Presbyterian/Weill Cornell Medicine

4:00 PM The Landscape of Behavioral Interventions in Obesity Medicine

Ariana Chao, PhD, CRNP, FNP-BC, RN

Associate Professor

School of Nursing, Johns Hopkins University

4:45 PM How Bias and Stigma Influence the Outcomes of Obesity Prevention and Treatment

Ted Kyle, RPh, MBA

Founder

ConscienHealth

5:30 PM End of Day 2

Obesity: Etiology, Prevention, and Treatment 2024

Wednesday, May 1 – Saturday, May 4

Friday, May 3, 2024

7:30 AM Coffee & Breakfast Bites

8:30 AM The Role of the Gut in the Etiology and Treatment of Metabolic Disease

Randy Seeley, PhD

Henry K. Ransom Endowed Professor of Surgery, Internal Medicine, and Nutritional Sciences
University of Michigan Medical School

9:15 AM On-label Pharmacological Approaches to Obesity

Katherine Saunders, MD, DABOM

Clinical Assistant Professor of Medicine
Weill Cornell Medicine

10:00 AM Off-label Pharmacotherapy for Obesity

Tirissa Reid, MD, DABOM

Associate Professor of Medicine
Columbia University Irving Medical Center

10:45 AM Break

11:00 AM Keynote Nutrient-stimulated Hormone-based Medications for Treating Obesity: Sparks From the Pipeline

Ania Jastreboff, MD, PhD

Associate Professor of Medicine (Endocrinology), Director of Yale Obesity Research Center (Y-Weight)
Yale School of Medicine

12:00 PM Side Effects of Pharmacological Treatment and Their Management

Judith Korner, MD, PhD, DABOM

Professor, Department of Medicine, Division of Endocrinology
Director of the Metabolic and Weight Control Center
Columbia University Irving Cancer Research Center
Chair of the American Board of Obesity Medicine

12:45 PM Lunch

1:45 PM Pharmacotherapy-based Cases

Afua Takyi, MD, MS, MBS, MPH, MSCR

Clinical Instructor in Medicine

Weill Cornell Medical College

Robert Gaffey, MD

Obesity Medicine Fellow, Instructor in Medicine

Weill Cornell Medicine

3:15 PM Break

3:30 PM Sleep Apnea and Obesity

Ari Shechter, PhD

Assistant Professor of Medical Sciences (in Medicine)

Columbia University Irving Medical Center

4:00 PM Eating Disorders and Obesity

Ariana Chao, PhD, CRNP, FNP-BCRN

Associate Professor

School of Nursing, Johns Hopkins University

4:30 PM Stress and Obesity: Behavioral and Appetitive Influences

Rachel Radin, PhD

Assistant Professor of Psychiatry

University of California San Francisco School of Medicine

5:00 PM Setting Up a Weight Management Clinic, Including Insurance & Reimbursement Strategies

Jamie Mullally, MD, DABOM

Associate Professor

New York Medical College

5:30 PM End of Day 3

Obesity: Etiology, Prevention, and Treatment 2024

Wednesday, May 1 – Saturday, May 4

Saturday, May 4, 2024

7:30 AM Coffee & Breakfast Bites

8:30 AM Weight-loss Surgery: Procedures and Outcomes and Pre/Post-operative Processes

Abraham Krikhely, MD, FACS, FASMBS

Professor of Surgery, Chief of the Division of Minimally Invasive and Weight Loss Surgery

Columbia University Irving Medical Center

9:15 AM Overview of Complications of Bariatric Surgery

Gregory Dakin, MD

Associate Professor of Surgery, Chief of GI, Metabolic, & Bariatric Surgery

Weill Cornell Medicine

10:00 AM Bariatric Endoscopy

Reem Sharaiha, MD, MSc

Assistant Professor of Medicine

Weill Cornell Medicine

10:45 AM Break

11:00 AM Nutrient Metabolism and Obesity: Special Considerations After Bariatric Surgery

Jeffrey Mechanick, MD, FACP, MACE, FACN, ECNU

Professor of Medicine, Cardiology & Endocrinology, Diabetes & Bone Disease

Icahn School of Medicine at Mount Sinai

11:45 AM Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

Sonal Kumar, MD, MPH

Director of General Gastroenterology and Hepatology and ICHANGE, Assistant Professor of Medicine

Weill Cornell Medicine

12:30 PM Lunch

1:30 PM Beyond BMI: Strategies to Optimize Clinician-supported Weight Loss Plans

Eugene Lucas, MD

Assistant Medical Director of Clinical Information Services, Weight Management Specialist
Weill Cornell Medicine

2:15 PM Advanced Cases I

Babak Orandi, MD, PhD, MSc, FACS, DABOM

Transplant Surgeon, Obesity Medicine Specialist
NYU Langone Health

Sarah Schmitz, MD

Obesity Medicine Specialist
NewYork-Presbyterian/Weill Cornell Medicine

3:45 PM Break

4:00 PM Obesity Medicine Certification Overview

Josie Burke

Director of Physician Relations
American Board of Obesity Medicine

4:15 PM Advanced Cases II

Beverly Tchang, MD, DABOM

Assistant Professor of Clinical Medicine
NewYork-Presbyterian/Weill Cornell Medicine

Jamie Almandoz, MD, MBA, FTOS, DABOM

Associate Professor of Medicine, Medical Director of Weight Wellness Program
UT Southwestern Medical Center

5:45 PM Closing Remarks

Sabrina Diano, PhD

Robert R Williams Professor of Nutrition, Director of the Institute of Nutrition, Professor of Molecular Pharmacology and Therapeutics and of Physiology and Cellular Biophysics; Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center

Louis J Aronne, MD, FACP, FTOS, DABOM

Medical Director, Sanford I Weill Professor of Metabolic Research
Comprehensive Weight Control Center, Weill Cornell Medicine

6:00 PM End of Day 4, End of Course