



# Obesity: Etiology, Prevention, and Treatment 2025

**Wednesday, March 12, 2025**

## **7:30 AM Check-In | Coffee and Breakfast Bites**

### **8:20 AM Opening Remarks**

Sabrina Diano, PhD

Robert R. Williams Professor of Nutrition; Director, Institute of Human Nutrition;  
Professor of Physiology and Cellular Biophysics;  
Member of the Naomi Berrie Diabetes Center

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

### **8:30 AM Physiology and Pathophysiology of Obesity**

Sabrina Diano, PhD

Robert R. Williams Professor of Nutrition; Director, Institute of Human Nutrition;  
Professor of Physiology and Cellular Biophysics;  
Member of the Naomi Berrie Diabetes Center

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

### **9:15 AM Genetics of Obesity and Weight Regulation**

Rudolph 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 Monogenetic and Syndromic Causes of Obesity**

Giles Yeo, PhD

Professor of Molecular Neuroendocrinology  
University of Cambridge

## **10:45 AM Break**

### **11:00 AM Obesity Complications and Co-Morbidities**

Joshua Cook, MD, PhD

Assistant Professor of Medicine  
Columbia University Irving Medical Center

### **11:45 AM How Bias and Stigma Influence the Outcomes of Obesity Prevention and Treatment**

Ted Kyle, RPh, MBA

Founder  
ConscienHealth

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### **12:30 PM Obesity Medicine Certification Overview**

Josie Burke

Director of Physician Relations

American Board of Obesity Medicine

### **12:45 PM Lunch**

### **1:45 PM Epidemiology and Health Risks of Obesity**

Louis Aronne, MD, FACP, FTOS, DABOM

Sanford I. Weill Professor of Metabolic Research

Medical Director, Comprehensive Weight Control Center

Weill Cornell Medicine

### **2:30 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

Comprehensive Weight Control Center, Weill Cornell Medicine

### **3:15 PM Nutrition Recommendations for Adults with Obesity**

Heather Seid, DCN, RDN, CLC

Bionutrition Research Core Program Manager

Irving Institute for Clinical and Translational Research

Columbia University Irving Medical Center

### **4:00 PM Break**

### **4:15 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

### **5:00 PM Why Is It So Hard To Keep Weight Off?**

Michael Rosenbaum, MD

Professor Emeritus; Special Lecturer in Pediatrics and Medicine

Associate Director of CTSA, Columbia University Irving Medical Center

### **5:45 PM Opening Wine and Networking Reception**

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**Thursday, March 13, 2025**

**7:30 AM Check-In | Coffee and Breakfast Bites**

**8:30 AM Overview of the Medical Assessment of Adult Obesity**

Sarah Barenbaum, MD, DABOM

Assistant Professor of Clinical Medicine

Weill Cornell Medicine

Assistant Attending Physician

NewYork-Presbyterian Hospital

**9:15 AM KEYNOTE Gut Hormones: Physiology and Pharmacology**

Richard DiMarchi, PhD

Stanford H. Cox Professor of Chemistry;

Linda and Jack Gill Chair in Biomolecular Science

Indiana University Bloomington

**10:15 AM Break**

**10:30 AM On-Label Pharmacological Approaches to Obesity**

Katherine Saunders, MD, DABOM

Clinical Assistant Professor of Medicine

Weill Cornell Medicine

**11:15 AM Off-Label Pharmacotherapy for Obesity**

Tirissa Reid, MD, DABOM

Associate Professor of Medicine at CUIMC

Vagelos College of Physicians and Surgeons

Columbia University Metabolic and Weight Control Center

Clinical Medical Educator, Columbia University Institute of Human Nutrition

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

Judith Korner, MD, PhD, DABOM

Professor of Medicine, Division of Endocrinology;

Director, Metabolic and Weight Control Center

NewYork-Presbyterian Hospital and Columbia University Irving Medical Center

Chair, American Board of Obesity Medicine

**12:45 PM Lunch**

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### **1:45 PM Behavioral Interventions in Relation to Obesity Pharmacotherapy**

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

Associate Professor

School of Nursing, Johns Hopkins University

### **2:30 PM Food Addiction and The Effects of Obesity Pharmacology on Addiction**

Elisabeth Hill, MD

Attending Psychiatrist

Montefiore Medical Center

### **3:15 PM Break**

### **3:30 PM Case Session: Pharmacotherapy and Lifestyle**

Chanel Ligon, MD

Clinical Fellow in Obesity Medicine

Comprehensive Weight Control Center, Weill Cornell Medical Center

Anagha Nagaraj, MD

Clinical Fellow in Obesity Medicine

Comprehensive Weight Control Center, Weill Cornell Medical Center

Chino Aneke-Nash, MD, PhD

Clinical Instructor, Obesity Medicine and Endobariatrics

Clinical Fellow in Obesity Medicine, Comprehensive Weight Control Center

NewYork-Presbyterian Hospital and Weill Cornell Medical Center

### **5:00 PM An Ounce of Prevention: A Brief Family-Centered Approach to Obesity Counseling in Pediatric Care**

Eugene Dinkevich, MD, FAAP, DABOM

Associate Professor of Clinical Pediatrics;

Director, Division of General Pediatrics and Pediatric Primary Care Services

Department of Pediatrics, SUNY Downstate Health Sciences University

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# Obesity: Etiology, Prevention, and Treatment 2025

**Friday, March 14, 2025**

## **7:30 AM Check-In | Coffee and Breakfast Bites**

### **8:30 AM Cancer and Obesity**

Paul Cohen, MD, PhD

Albert Resnick, M.D. Associate Professor; Senior Attending Physician  
The Rockefeller University

### **9:15 AM Pharmacotherapy for Obesity in Youth**

Claudia Fox, MD, MPH, FAAP, DABOM

Associate Professor, Department of Pediatrics;  
Co-Director, Center for Pediatric Obesity Medicine  
University of Minnesota

### **10:00 AM Pediatric Metabolic and Bariatric Surgery: Meds +/- Surgery +/- Meds**

Jeffrey Zitsman, MD

Professor of Surgery  
Columbia University Irving Medical Center

## **10:45 AM Break**

### **11:00 AM CASE Session: Pediatrics**

Cynthia Akagbosu, MD, DABOM

Associate Professor of Pediatrics  
Columbia University Irving Medical Center

Alyson Weiner, MD, DABOM

Assistant Professor of Pediatrics  
Weill Cornell Medicine

### **12:00 PM Emerging Pharmacology**

Ania Jastreboff, MD, PhD

Associate Professor of Medicine (Endocrinology);  
Director, Yale Obesity Research Center (Y-Weight);  
Co-Director, Yale Center for Weight Management;  
Medical Director, Yale Stress Center  
Yale School of Medicine

## **12:45 PM Lunch**

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### **1:45 PM Obesity and Type 2 Diabetes: New Thoughts on Pathophysiology and Treatment**

Richard Kibbey, MD, PhD

Ensign Professor of Medicine; Professor of Molecular and Cellular Physiology  
Yale School of Medicine

### **2:30 PM Sleep and Obesity Part I and 2**

Ari Shechter, PhD

Associate Professor of Medical Sciences  
Center for Behavioral Cardiovascular Health (CBCH)  
Columbia University Irving Medical Center

Ana C. Krieger, MD, MPH

Professor of Clinical Medicine  
Departments of Medicine, Neurology and Genetic Medicine;  
Chief, Sleep Neurology Division, Department of Neurology  
Weill Cornell Medicine

### **3:30 PM Break**

### **3:45 PM CVD and Obesity**

Anu Lala-Trindade, MD

Associate Professor of Medicine; Zena and Michael A. Wiener Cardiovascular Institute  
Department of Population Health Science and Statistics, Icahn School of Mount Sinai  
Mount Sinai Hospital

### **4:20 PM Women's Health and Obesity**

Maria Daniela Hurtado Andrade, MD, PhD, DABOM

Associate Professor of Medicine  
Mayo Clinic

### **4:45 PM Obesity in the Aging Population**

John Batsis, MD, FACP, AGSF, FGSA, FTOS

Associate Professor, Division of Geriatric Medicine, School of Medicine;  
Associate Professor, Gillings School of Global Public Health  
University of North Carolina at Chapel Hill

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## **Obesity: Etiology, Prevention, and Treatment 2025**

**Saturday March 15, 2025**

**7:30 AM Check-In | Coffee and Breakfast Bites**

**8:30 AM Weight Loss Surgery: Procedures and Outcomes and Pre/Post-Operative Processes**

Abraham Krikhely, MD, FACS, FASMBs

Chief, 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, Section of GI, Metabolic, and Bariatric Surgery  
Weill Cornell Medicine

**10:00 AM Endobariatrics: A Status Update**

Kartik Sampath, MD, DABOM

Associate Professor of Medicine;  
Co-Director, Bariatric Endoscopy Fellowship  
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 and Endocrinology, Diabetes and Bone Diseases  
Icahn School of Medicine, Mount Sinai

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

Sonal Kumar, MD, MPH

Assistant Professor of Medicine;  
Director, General Gastroenterology and Hepatology  
Founder, Innovative Center for Health and Nutrition in Gastroenterology (ICHANGE)  
Weill Cornell Medicine

**12:30 PM Lunch**

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### **1:30 PM Beyond BMI- Strategies to Optimize Clinician- Supported Weight Loss Plans**

Eugene Lucas, MD

Assistant Medical Director of Clinical Information Services

NewYork Presbyterian Hospital

Assistant Professor of Medicine

Weill Cornell Medicine

### **2:30 PM Case Session: Advanced Cases I**

Babak Orandi, MD, PhD, MSc, DABOM

Transplant Surgeon and Obesity Medicine Specialist

NYU Langone Health

Sarah Schmitz, MD, DABOM

Obesity Medicine Specialist

NewYork Presbyterian Hospital and Weill Cornell Medicine

### **4:00 PM Case Session: Advanced Cases II**

Beverly Tchang, MD, DABOM

Assistant Professor of Clinical Medicine

Weill Cornell Medicine

Niel R. Floch, MD

Associate Professor of Surgery, Bariatric Surgery, Obesity Medicine

Yale School of Medicine

### **5:30 PM Closing Remarks**

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