



Obesity: Etiology, Prevention, and Treatment 2025

Session 1

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

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

Monogenetic and Syndromic Causes of Obesity

Giles Yeo, PhD

Professor of Molecular Neuroendocrinology
University of Cambridge

Obesity Complications and Co-Morbidities

Joshua Cook, MD, PhD

Assistant Professor of Medicine
Columbia University Irving Medical Center

How Bias and Stigma Influence the Outcomes of Obesity Prevention and Treatment

Ted Kyle, RPh, MBA

Founder
ConscienHealth

Obesity Medicine Certification Overview

Josie Burke

Director of Physician Relations
American Board of Obesity Medicine



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Session 2

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

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

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

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

Losing Weight and Keeping It Off: Different Problems, Different Solutions

Michael Rosenbaum, MD

Professor Emeritus; Special Lecturer in Pediatrics and Medicine

Associate Director of CTSA, Columbia University Irving Medical Center



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Session 3

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

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

On-Label Pharmacological Approaches to Obesity

Katherine Saunders, MD, DABOM
Clinical Assistant Professor of Medicine
Weill Cornell Medicine

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

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



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Session 4

Behavioral Interventions in Relation to Obesity Pharmacotherapy

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

Associate Professor

School of Nursing, Johns Hopkins University

Food Addiction and The Effects of Obesity Pharmacology on Addiction

Elisabeth Hill, MD

Attending Psychiatrist

Montefiore Medical Center

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

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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Session 5

Cancer and Obesity

Paul Cohen, MD, PhD

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

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

Pediatric Metabolic and Bariatric Surgery: Meds +/- Surgery +/- Meds

Jeffrey Zitsman, MD

Professor of Surgery
Columbia University Irving Medical Center

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

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



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Session 6

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

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

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

Obesity Management in Midlife: Women and Beyond

Maria Daniela Hurtado Andrade, MD, PhD, DABOM

Associate Professor of Medicine
Mayo Clinic

Obesity in Older Adults: A Focus on Incretins

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

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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Session 7

Weight Loss Surgery: Procedures and Outcomes and Pre/Post-Operative Processes

Abraham Krikhely, MD, FACS, FASMB

Chief, Division of Minimally Invasive and Weight Loss Surgery
Columbia University Irving Medical Center

Overview of Complications of Bariatric Surgery

Gregory Dakin, MD

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

Endobariatrics: A Status Update

Kartik Sampath, MD, DABOM

Associate Professor of Medicine;
Co-Director, Bariatric Endoscopy Fellowship
Weill Cornell Medicine

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

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



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Session 8

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

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

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