



2026 Obesity: Etiology, Prevention, and Treatment

Wednesday, April 29, 2026 - AM

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

7:55AM Opening Remarks

Sabrina Diano, PhD

Robert R. Williams Professor of Nutrition, Director of the 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

Tirissa J. Reid, MD, DABOM

Associate Professor of Medicine at CUIMC | Vagelos College of Physicians and Surgeons Metabolic and Weight Control Center | New York-Presbyterian/Columbia University Irving Medical Center; Clinical Medical Educator | Columbia University Institute of Human Nutrition

8:00 AM Epidemiology and Health Risks of Obesity

Louis Aronne, MD, FACP, FTOS, DABOM

Sanford I. Weill Professor of Metabolic Research, Professor of Clinical Medicine | Weill Cornell Medical College; Medical Director of the Comprehensive Weight Control Center | Weill Cornell Medicine; Co-Founder and Chair Emeritus | American Board of Obesity Medicine

8:45 AM How Bias and Stigma Influence the Outcomes of Obesity Prevention and Treatment

Ted Kyle, RPh, MBA

Founder | ConscienHealth

9:30 AM Obesity Complications and Co-Morbidities

Beverly Tchang, MD, FTOS, DABOM

Associate Professor of Clinical Medicine | Weill Cornell Medical College; President | Tri-state Obesity Society; CEO | Weightless Consulting, LLC

10:30 AM Break

10:45 AM Physiology and Pathophysiology of Obesity

Sabrina Diano, PhD

Robert R. Williams Professor of Nutrition, Director of the 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

11:30 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

12:15 PM In the Post-GLP1 World, Have We Cured Obesity?

Giles Yeo, PhD

Professor of Molecular Neuroendocrinology, Program Leader of MRC Metabolic Diseases Unit at the Medical Research Center | Cambridge; Honorary President | British Dietetic Association



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Wednesday, April 29, 2026 - PM

- 1:00 PM** **Lunch with Speaker and Mentor Tables**
- 1:45 PM** **Nutrition Recommendations for Adults with Obesity**
Morgan Dickison, MS, RDN, CSOWM, CDN
Registered Dietitian | Comprehensive Weight Control Center, Weill Cornell Medicine
- 2:30 PM** **Weighty Matters: Low-Carbohydrate and Low-Fat Diets**
Michael Rosenbaum, MD
Professor Emeritus, Special Lecturer in Pediatrics and Medicine | Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center
- 3:15 PM** **Food Order/Nutrient Sequence: Physiological Effects and Therapeutic Implications**
Alpana Shukla, MD, MRCP (UK), FTOS
Associate Professor of Research in Medicine | Weill Cornell Medical College
Director of Clinical Research at the Comprehensive Weight Control Center | Weill Cornell Medicine
- 4:00 PM** **Break**
- 4:15 PM** **The Landscape of Behavioral Interventions in Obesity Medicine**
Ariana Chao, PhD, CRNP, FNP-BC, RN
Associate Professor | School of Nursing, Johns Hopkins University
- 5:00 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
- 5:45 PM** **Opening Wine and Networking Reception with Mentor and Speaker Tables and Culinary Medicine Demonstration**
- 6:45 PM** **End of Day**



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

8:30 AM **Guidelines and Standards of Care for the Treatment of Obesity**

Louis Aronne, MD, FACP, FTOS, DABOM

Sanford I. Weill Professor of Metabolic Research, Professor of Clinical Medicine | Weill Cornell Medical College

Medical Director of the Comprehensive Weight Control Center | Weill Cornell Medicine
Co-Founder and Chair Emeritus | American Board of Obesity Medicine

Alpana Shukla, MD, MRCP (UK), FTOS

Associate Professor of Research in Medicine | Weill Cornell Medical College

Director of Clinical Research at the Comprehensive Weight Control Center | Weill Cornell Medicine

9:30 AM **Overview of the Medical Assessment of Adult Obesity**

Sarah Barenbaum, MD, DABOM

Assistant Professor of Clinical Medicine | Weill Cornell Medical College

Assistant Attending Physician | New York Presbyterian Hospital

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

CoFounder | Flyte Health

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

Tirissa J. Reid, MD, DABOM

Associate Professor of Medicine at CUIMC | Vagelos College of Physicians and Surgeons

Metabolic and Weight Control Center | New York-Presbyterian/Columbia University Irving Medical 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 in the Division of Endocrinology, Director of the Metabolic and Weight

Control Center | New York-Presbyterian Hospital and Columbia University Irving Medical Center

Chair Emerita | American Board of Obesity Medicine



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- 1:00 PM** **Lunch with Mentor and Speaker Tables**
- 1:45 PM** **Lunchtime Chat: Overview of Cornell Obesity Medicine Fellowship (no CME)**
Beverly Tchang, MD, FTOS, DABOM
Associate Professor of Clinical Medicine | Weill Cornell Medical College
President | Tri-state Obesity Society
CEO | Weightless Consulting, LLC
- Sarah Barenbaum, MD, DABOM**
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | New York Presbyterian Hospital
- 2:00 PM** **Addressing Weight Bias in Clinical Settings**
Scott Kahan, MD, MPH, DABOM
Director | National Center for Weight and Wellness
- 2:45 PM** **Beyond BMI - Strategies to Optimize Clinician-Supported Weight Loss Plans**
Eugene Lucas, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | New York Presbyterian Hospital
- 3:45 PM** **Break**
- 4:00 PM** **Mental Health and Obesity**
Sasidhar Gunturu, MD, FAPA
Clinical Assistant Professor of Psychiatry | Icahn School of Medicine at Mount Sinai
Vice Chair, Residency Training Director, Medical Director of Psychiatric Integrated Services & Community Psychiatry | Department of Psychiatry, Bronx Care Health System
- 4:30 PM** **Case Session: Pharmacology & Behavioral Obesity Medicine Strategies in Practice**
Jamie Kane, MD, DABOM
Chief of Obesity Medicine & Director, Center for Weight Management | Northwell Health System
Associate Professor of Medicine | Zucker School of Medicine at Hofstra/ Northwell
- 5:15 PM** **Pediatric Metabolic and Bariatric Surgery: Meds +/- Surgery +/- Meds**
Jeffrey Zitsman, MD
Professor of Surgery | Columbia University Irving Medical Center
- 6:00 PM** **End of Day**



2026 Obesity: Etiology, Prevention, and Treatment

Friday, May 1, 2026 - AM

- 7:30 AM** **Check-In | Coffee and Breakfast Bites**
- 8:30 AM** **Obesity and Type 2 Diabetes**
Joshua Cook, MD, PhD
Assistant Professor of Medicine in Endocrinology | Columbia University Irving Medical Center
- 9:15 AM** **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
- 10:00 AM** **KEYNOTE: Obesity Across the Kidney Disease Continuum: from CKD Risk to Post-Transplant Outcomes**
Babak Orandi, MD, PhD, DABOM
Associate Professor | Departments of Surgery & Medicine, NYU Grossman School of Medicine
Transplant Surgeon and Obesity Medicine Specialist | NYU Langone Health
- 11:00 AM** **Break**
- 11:15 AM** **Pharmacotherapy for Obesity in Youth**
Claudia Fox, MD, MPH, FAAP, DABOM
Professor of Pediatrics and Co-Director of the Center for Pediatric Obesity Medicine | University of Minnesota
- 12:00 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 of the Division of General Pediatrics and Pediatric Primary Care Services | Department of Pediatrics, SUNY Downstate Health Sciences University
- 12:45 PM** **Case Session: Managing Pediatric Obesity in Practice**
Cynthia Akagbosu, MD, DABOM
Associate Professor of Pediatrics | Columbia University Irving Medical Center
- Alyson Weiner, MD, DABOM**
Assistant Professor of Pediatrics | Weill Cornell Medical College
Assistant Attending Pediatrician | NewYork-Presbyterian Hospital



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Friday, May 1, 2026 - PM

- 1:30 PM** **Lunch with Mentor and Speaker Tables**
- 2:15 PM** **Women's Health and Obesity: How Midlife and Menopause Influence Weight**
Maria Daniela Hurtado Andrade, MD, PhD, DABOM
Associate Professor of Medicine | Mayo Clinic
- 3:00 PM** **Management of Weight-related Conditions: Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)**
Sonal Kumar, MD, MPH, DABOM
Assistant Professor of Medicine, Director of General Gastroenterology and Hepatology, Director of ICHANGE | Weill Cornell Medicine & NewYork-Presbyterian
- 3:45 PM** **Break**
- 4:00 PM** **Management of Weight-Related Conditions: The Role of Sleep in Obesity**
Ana C. Krieger, MD, MPH
Professor of Clinical Medicine in the Departments of Medicine, Neurology and Genetic Medicine, Chief of the Sleep Neurology Division | Department of Neurology, Weill Cornell Medical College
- 4:30 PM** **Management of Weight-Related Conditions: The Obesity-Cancer Connection**
Rachel Perry, PhD
Associate Professor, Medicine/ Endocrinology and Cellular & Molecular Physiology| Yale University School of Medicine
- 5:00 PM** **Management of Weight-Related Conditions: Obesity-Related Cardiovascular and Renal Disease:**
Risks and Care Strategies
Michael Weintraub, MD, DABOM
Clinical Assistant Professor | Department of Medicine, NYU Grossman School of Medicine
- 5:45 PM** **Obesity Medicine Certification Overview (no CME)**
Josie Burke
Director of Physician Relations | American Board of Obesity Medicine
- 6:00 PM** **End of Day**



2026 Obesity: Etiology, Prevention, and Treatment

Saturday, May 2, 2026 - AM

- 7:30 AM** **Check-In | Coffee and Breakfast Bites**
- 8:30 AM** **Endobariatrics: Advanced Endoscopic Techniques**
Chino Aneke-Nash, MD, PhD
General Gastroenterology, Obesity and Endobariatrics | NYC Health + Hospitals/Kings County
- 9:15 AM** **Weight Loss Surgery: Pre/Post-Operative Processes, Procedures and Outcomes**
Abraham Krikhely, MD, FACS, FASMBS
Chief of the Division of Minimally Invasive and Weight Loss Surgery | Columbia University Irving Medical Center
- 10:00 AM** **Complications of Bariatric Surgery**
Gregory Dakin, MD
Associate Professor of Surgery | Weill Cornell Medical College
Chief of the Section of GI, Metabolic, and Bariatric Surgery | 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, Medical Director of the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at Mount Sinai Heart, Director of Metabolic Support in the Division of Endocrinology, Diabetes and Bone Disease | Ichan School of Medicine at Mount Sinai
- 12:00 PM** **Obesity in the Older Adult Population**
John Batsis, MD, FACP, AGSF, FGSA, FTOS, DABOM
Associate Professor | University of North Carolina School of Medicine



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Saturday, May 2, 2026 – PM

- 12:45 PM** **Lunch with Mentor and Speaker Tables**
- 1:45 PM** **Individualized and Long-Term Obesity Treatment Management**
Devika Umashanker, MD, DABOM
Medical Director of Obesity Medicine | Hartford HealthCare Medical
- 2:30 PM** **Advanced Cases I: Obesity and Cancer—Complex Cases and Expert Panel Discussion**
Sarah Schmitz, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | NewYork-Presbyterian Hospital
- Michael Bonafede, DO**
Internalist | Lenox Hill Hospital at Northwell Health
Obesity Medicine Fellow and Instructor in Medicine | Weill Cornell Medical College
- 3:45 PM** **Break**
- 4:00 PM** **Advanced Cases II: Navigating Obesity Care with Psychiatric Comorbidity —
A Panel Case Discussion**
Chanel Ligon, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | NewYork-Presbyterian Hospital
- Aditi Rao, MD**
Obesity Medicine Fellow and Instructor in Medicine | Weill Cornell Medical College
- 5:15 PM** **Closing Remarks**
Sabrina Diano, PhD
Robert R. Williams Professor of Nutrition, Director of the 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
- Tirissa J. Reid, MD, DABOM**
Associate Professor of Medicine at CUIMC | Vagelos College of Physicians and Surgeons
Metabolic and Weight Control Center | New York-Presbyterian/Columbia University Irving Medical Center
Clinical Medical Educator | Columbia University Institute of Human Nutrition
- 5:30 PM** **End of Day**