



## 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 at Columbia University Metabolic and Weight Control Center, Clinical Medical Educator at Columbia University Institute of Human Nutrition | Columbia University Irving Medical Center

**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, 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



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Honorary President | British Dietetic Association

### Wednesday, April 29, 2026 - PM

- 1:00 PM**      **Lunch with Speaker and Mentor Tables**
- 1:45 PM**      **Nutrition Recommendations for Adults with Obesity**  
**Morgan Dickinson, RD**  
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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Thursday, April 30, 2026 - AM

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

**8:30 AM** Standards of Care

**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 at Columbia University Metabolic and Weight Control Center,

Clinical Medical Educator at Columbia University Institute of Human Nutrition | Columbia University Irving Medical Center

**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 | American Board of Obesity Medicine



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Thursday, April 30, 2026 – PM

- 1:00 PM**      **Lunch with Mentor and Speaker Tables**
- 1:45 PM**      **Lunchtime Speaker Table: Overview of Cornell Obesity Medicine Fellowship**  
**Beverly Tchang, MD, 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**      **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
- 9:15 AM**      **Obesity and Type 2 Diabetes**  
**Joshua Cook, MD, PhD**  
Assistant Professor of Medicine in Endocrinology | 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**  
**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**      **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
- 9:15 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
- 10:00 AM**      **Endobariatrics: A Status Update**  
**Reem Sharaiha, MD, MSc, DABOM**  
Professor of Medicine | Weill Cornell Medical College  
Director of Therapeutic and Advanced Endoscopy | 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 at Columbia University Metabolic and Weight Control Center, Clinical Medical Educator at Columbia University Institute of Human Nutrition | Columbia University Irving Medical Center
- 5:30 PM**      **End of Day**