



Columbia Cornell Obesity Medicine CME 2026
Review for the Obesity Medicine Certification Exam
Livestream & On Demand Blended Course
Friday, June 26, 2026

Please note that the lectures in sessions 1-4 of this review course are being presented via remote livestream, as scheduled below.
All lectures in session 5 are on-demand.

6:55AM **Welcome and Opening Remarks**

Co-Course Directors:

Sarah Barenbaum, MD, DABOM

Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | New York Presbyterian Hospital

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

Session 1 **Obesity Science Fundamentals: Epidemiology to Physiology** **CME Credits**

7:00 AM **Epidemiology and Determinants of Obesity** **.75**

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

7:40 AM **Physiology and Pathophysiology of Obesity** **.75**

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

8:25 AM **Break**



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| Session 2 | Clinical Evaluation and Diagnosis of Obesity | CME Credits |
|-----------------|--|-------------|
| 8:35 AM | Evaluating & Examining Patients with Obesity Chanel Ligon, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital | .75 |
| 9:20 AM | Diagnosing Patients with Obesity: Characterizing Severity Vidhu Thaker, MD Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics Columbia University Irving Medical Center | .50 |
| 9:50 AM | Break | |
| 10:00AM | Diagnosing Patients with Obesity: Genetic or Syndromic Causes Vidhu Thaker, MD Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics Columbia University Irving Medical Center | .50 |
| 10:30 AM | Diagnosing Patients with Obesity: Weight-Related Metabolic & Biomechanical Complications & Secondary Causes Joshua Cook, MD, PhD Assistant Professor of Medicine in Endocrinology Columbia University Irving Medical Center | .75 |
| 11:15 AM | Panel Discussion and Q&A: How to Evaluate and Diagnose Obesity in Clinical Practice Chanel Ligon, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital Vidhu Thaker, MD Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics Columbia University Irving Medical Center Joshua Cook, MD, PhD Assistant Professor of Medicine in Endocrinology Columbia University Irving Medical Center Sarah Barenbaum, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician New York Presbyterian Hospital | .25 |
| 11:30 AM | Break | |



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| Session 3 | Comprehensive Treatment of Obesity | CME Credits |
|------------------|---|--------------------|
| 11:45 AM | <p>Treating Patients with Obesity: Behavior, Nutrition, and Physical Activity Morgan Dickison, MS, RDN, CSOWM, CDN Registered Dietitian Comprehensive Weight Control Center, Weill Cornell Medicine</p> <p>Keith Diaz, PhD Florence Irving Associate Professor of Behavioral Medicine (in Medicine) Columbia University Irving Medical Center</p> | .75 |
| 12:30 PM | <p>Treating Patients with Obesity: Anti-Obesity Medications in Practice Mohini Aras, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital</p> | .75 |
| 1:15 PM | Lunch Break | |
| 1:45 PM | <p>Treating Patients with Obesity: Bariatric Devices and Surgery Abraham Krikhely, MD, FACS, FASMBS Chief of the Division of Minimally Invasive and Weight Loss Surgery Columbia University Irving Medical Center</p> | 1.00 |
| 2:45 PM | <p>Pediatric and Adolescent Obesity Treatment Alyson Weiner, MD, DABOM Assistant Professor of Pediatrics Weill Cornell Medical College Assistant Attending Pediatrician NewYork-Presbyterian Hospital</p> | .75 |
| 3:30 PM | <p>Panel Discussion and Q&A: Multimodal Treatment of Obesity Mohini Aras, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital</p> <p>Morgan Dickison, MS, RDN, CSOWM, CDN Registered Dietitian Comprehensive Weight Control Center, Weill Cornell Medicine</p> <p>Keith Diaz, PhD Florence Irving Associate Professor of Behavioral Medicine (in Medicine) Columbia University Irving Medical Center</p> <p>Abraham Krikhely, MD, FACS, FASMBS Chief of the Division of Minimally Invasive and Weight Loss Surgery Columbia University Irving Medical Center</p> <p>Alyson Weiner, MD, DABOM Assistant Professor of Pediatrics Weill Cornell Medical College Assistant Attending Pediatrician NewYork-Presbyterian Hospital</p> <p>Cynthia Akagbosu, MD, DABOM Associate Professor of Pediatrics Columbia University Irving Medical Center</p> | .25 |



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| Session 3 | Comprehensive Treatment of Obesity (continued) | CME Credits |
|-----------|---|-------------|
| 3:45 PM | Break | |
| 3:55 PM | Formulating an Effective Treatment Plan & Tailoring Treatment Beverly Tchang, MD, FTOS, DABOM Associate Professor of Clinical Medicine Weill Cornell Medical College Associate Attending Physician NewYork-Presbyterian Hospital | .75 |
| 4:40 PM | Managing Weight-Related Conditions and Long-Term Treatment Sarah Schmitz, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital | .50 |
| 5:10 PM | Panel Discussion and Q&A: Comprehensive Obesity Management Beverly Tchang, MD, FTOS, DABOM Associate Professor of Clinical Medicine Weill Cornell Medical College Associate Attending Physician NewYork-Presbyterian Hospital Sarah Schmitz, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital Sarah Barenbaum, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician New York Presbyterian Hospital | .25 |
| 5:25 PM | Break | |



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| Session 4 | Breaking Down Board Questions: Clinical Reasoning in Obesity Medicine | CME Credits |
|-----------|--|-------------|
| 5:40 PM | Clinical Reasoning for the ABOM Exam: Case-Based Review and Question Analysis Kevin Smith, DO, FACP, DABOM | 2.0 |
| 7:25 PM | Closing Remarks Sarah Barenbaum, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician New York Presbyterian Hospital | |
| 7:30 PM | End of Day | |



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Session 5: Supplemental Topics for the Obesity Medicine Certification Exam
CME Credits
(These titles are on-demand only)

- 1. Practicing Obesity Medicine with Professionalism** **.50**
Sarah Barenbaum, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | New York Presbyterian Hospital
- 2. Sleep Disorders & Obesity: Clinical Assessment and Board Review Essentials** **.25**
Jeremy McConnell, MD, FOMA, DABOM
Physician and Founder, Discover Health Obesity Medicine Clinic and Florida
Sleep Specialists
Chief Medical Officer | Physicians Now
- 3. Anxiety, Depression, and Obesity: Understanding Mental Health in Weight Management** **.50**
Stephanie A. Hooker, PhD, MPH MS
Research Investigator | HealthPartners Institute
- 4. Overcoming Barriers to Obesity Medication Use in Clinical Practice** **.25**
Sarah Barenbaum, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | New York Presbyterian Hospital
- 5. Behavioral Counseling in Pediatric Obesity Care** **.25**
Alexandra Antosy, PhD
Assistant Professor of Medical Psychology, Departments of Pediatrics and
Psychiatry |
New York Presbyterian Morgan Stanley Children's Hospital
- 6. Understanding How Obesity Medications Work: A Board-Focused Review** **.50**
Daniel J. Drucker, OC, MD, FRCPC, FRSC, FRS
University Professor of Medicine | University of Toronto
Senior Investigator, Lunenfeld-Tanenbaum Research Institute | Mt. Sinai
Hospital, Toronto
- 7. Obesity Medicine Certification Overview (no CME credit)** **N/A**
Josie Burke
Director of Physician Relations | American Board of Obesity Medicine