Columbia Cornell Obesity Medicine CME 2026
Remote Review Course
Friday, June 26, 2026

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

		CME Credits
Session 1	**Obesity Science Fundamentals: Epidemiology to Physiology**	
7:00 AM	**Epidemiology and Determinants 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	**.50**
7:30 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	**.50**
8:10 AM	**Integrative Q&A: Determinants, Physiology, and Pathophysiology of Obesity** **Sabrina Diano, PhD** **Sarah Barenbaum, MD, DABOM**	**.25**
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	**Treating Patients with Obesity: Behavior, Nutrition, and Physical Activity** **Morgan Dickison, MS, RDN, CSOWM, CDN** Registered Dietitian | Comprehensive Weight Control Center, Weill Cornell Medicine **Keith Diaz, PhD** Florence Irving Associate Professor of Behavioral Medicine (in Medicine) | Columbia University Irving Medical Center	.75
12:30 PM	**Obesity Pharmacotherapy: Obesity Medications for the Long-Term Treatment of Obesity** **Mohini Aras, MD, DABOM** Assistant Professor of Clinical Medicine | Weill Cornell Medical College Assistant Attending Physician | NewYork-Presbyterian Hospital	.75
1:15 PM	**Lunch Break**	
1:45 PM	**Weight Loss Surgery and Endoscopic Procedures** **Abraham Krikhely, MD, FACS, FASMBS** Chief of the Division of Minimally Invasive and Weight Loss Surgery | Columbia University Irving Medical Center	1.00
2:45 PM	**Pediatric and Adolescent Obesity Treatment** **Alyson Weiner, MD, DABOM** Assistant Professor of Pediatrics | Weill Cornell Medical College Assistant Attending Pediatrician | NewYork-Presbyterian Hospital	.50
3:30 PM	**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 **Morgan Dickison, MS, RDN, CSOWM, CDN** Registered Dietitian | Comprehensive Weight Control Center, Weill Cornell Medicine **Keith Diaz, PhD** Florence Irving Associate Professor of Behavioral Medicine (in Medicine) | Columbia University Irving Medical Center **Abraham Krikhely, MD, FACS, FASMBS** Chief of the Division of Minimally Invasive and Weight Loss Surgery | Columbia University Irving Medical Center **Alyson Weiner, MD, DABOM** Assistant Professor of Pediatrics | Weill Cornell Medical College Assistant Attending Pediatrician | NewYork-Presbyterian Hospital **Cynthia Akagbosu, MD, DABOM** Associate Professor of Pediatrics | Columbia University Irving Medical Center	.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** Internal Medicine Physician | Avera McKennan Hospital & University Health Center Clinical Assistant Professor | University of South Dakota Sanford School of Medicine	2.0
7:40 PM	**Closing Remarks** **Sarah Barenbaum, MD, DABOM** Assistant Professor of Clinical Medicine | Weill Cornell Medical College Assistant Attending Physician | New York Presbyterian Hospital	
7:45 PM	**End of Day**	

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

		CME Credits
1.	**Practicing Obesity Medicine with Professionalism** **Sarah Barenbaum, MD, DABOM** Assistant Professor of Clinical Medicine | Weill Cornell Medical College Assistant Attending Physician | New York Presbyterian Hospital	.50
2.	**The Crossroads of Obesity and Sleep Disorders** **Jeremy McConnell, MD, FOMA, DABOM** Physician and Founder, Discover Health Obesity Medicine Clinic and Florida Sleep Specialists Chief Medical Officer | Physicians Now	.50
3.	**Anxiety, Depression, and Obesity: Understanding Mental Health in Weight Management** **Stephanie A. Hooker, PhD, MPH MS** Research Investigator | HealthPartners Institute	.50
4.	**Overcoming Barriers to Obesity Medication Use in Clinical Practice** **Sarah Barenbaum, MD, DABOM** Assistant Professor of Clinical Medicine | Weill Cornell Medical College Assistant Attending Physician | New York Presbyterian Hospital	.25
5.	**Behavioral Counseling in Pediatric Obesity Care** **Alexandra Antosy, PhD** Assistant Professor of Medical Psychology, Departments of Pediatrics and Psychiatry | New York Presbyterian Morgan Stanley Children's Hospital	.25
6.	**Mechanisms of Action for Approved and Investigational Weight Loss Medicines** **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	.75
7.	**Obesity Medicine Certification Overview (no CME credit)** **Josie Burke** Director of Physician Relations | American Board of Obesity Medicine	N/A