



## 2026 Obesity: Etiology, Prevention, and Treatment

### Session 1

#### **CME Credits** **Lecture**

- .75**      **01.01. 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
- .75**      **01.02. How Bias and Stigma Influence the Outcomes of Obesity Prevention and Treatment**  
**Ted Kyle, RPh, MBA**  
Founder | ConscienHealth
- .75**      **01.03. 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
- .75**      **01.04. 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
- .75**      **01.05. 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
- .75**      **01.06. 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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### Session 2

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- .75**      **02.01 Nutrition Recommendations for Adults with Obesity**  
**Morgan Dickison, MS, RDN, CSOWM, CDN**  
Registered Dietitian | Comprehensive Weight Control Center, Weill Cornell Medicine
- .75**      **02.02 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
- .75**      **02.03 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
- .75**      **02.04 The Landscape of Behavioral Interventions in Obesity Medicine**  
**Ariana Chao, PhD, CRNP, FNP-BC, RN**  
Associate Professor | School of Nursing, Johns Hopkins University
- .75**      **02.05 The Role of Physical Activity in Obesity Management**  
**Keith Diaz, PhD**  
Florence Irving Associate Professor of Behavioral Medicine | Columbia University Irving Medical Center



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### Session 3

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- 1.00**      **03.01 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
- .75**      **03.02 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
- .75**      **03.03 On-Label Pharmacological Approaches to Obesity**  
**Katherine Saunders, MD, DABOM**  
Clinical Assistant Professor of Medicine | Weill Cornell Medicine  
CoFounder | Flyte Health
- .75**      **03.04 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
- 1.00**      **03.05 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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### Session 4

<b>CME Credits</b>	<b>Lecture Title</b>
<b>.75</b>	<b>04.01 Addressing Weight Bias in Clinical Settings</b> <b>Scott Kahan, MD, MPH, DABOM</b> Director   National Center for Weight and Wellness
<b>1.00</b>	<b>04.02 Beyond BMI - Strategies to Optimize Clinician-Supported Weight Loss Plans</b> <b>Eugene Lucas, MD, DABOM</b> Assistant Professor of Clinical Medicine   Weill Cornell Medical College Assistant Attending Physician   New York Presbyterian Hospital
<b>.50</b>	<b>04.03 Mental Health and Obesity</b> <b>Sasidhar Gunturu, MD, FAPA</b> 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
<b>.50</b>	<b>04.04 Case Session: Pharmacology &amp; Behavioral Obesity Medicine Strategies in Practice</b> <b>Jamie Kane, MD, DABOM</b> Chief of Obesity Medicine & Director, Center for Weight Management   Northwell Health System Associate Professor of Medicine   Zucker School of Medicine at Hofstra/ Northwell
<b>.75</b>	<b>04.05 Obesity and Type 2 Diabetes</b> <b>Joshua Cook, MD, PhD</b> Assistant Professor of Medicine in Endocrinology   Columbia University Irving Medical Center
<b>.75</b>	<b>04.06 Losing Weight and Keeping It Off: Different Problems, Different Solutions</b> <b>Michael Rosenbaum, MD</b> Professor Emeritus, Special Lecturer in Pediatrics and Medicine, Associate Director of CTSA   Columbia University Irving Medical Center
<b>1.00</b>	<b>04.07 KEYNOTE: Obesity Across the Kidney Disease Continuum: from CKD Risk to Post-Transplant Outcomes</b> <b>Babak Orandi, MD, PhD, DABOM</b> Associate Professor   Departments of Surgery & Medicine, NYU Grossman School of Medicine Transplant Surgeon and Obesity Medicine Specialist   NYU Langone Health



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- .75**      **05.01 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
- .75**      **05.02 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
- 1.00**      **05.03 Pediatric Metabolic and Bariatric Surgery: Meds +/- Surgery +/- Meds**  
**Jeffrey Zitsman, MD**  
Professor of Surgery | Columbia University Irving Medical Center
- .75**      **05.04 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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- .75**      **06.01 Women’s Health and Obesity: How Midlife and Menopause Influence Weight**  
**Maria Daniela Hurtado Andrade, MD, PhD, DABOM**  
Associate Professor of Medicine | Mayo Clinic
- .75**      **06.02 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
- .50**      **06.03 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
- .50**      **06.04 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
- .50**      **06.05 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
- No Credits**      **06.06 Obesity Medicine Certification Overview**  
**Josie Burke**  
Director of Physician Relations | American Board of Obesity Medicine



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- .75**      **07.01 Endobariatrics: Advanced Endoscopic Techniques**  
**Chino Aneke-Nash, MD, PhD**  
General Gastroenterology, Obesity and Endobariatrics | NYC Health + Hospitals/Kings County
- .75**      **07.02 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
- .75**      **07.03 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
- 1.00**      **07.04 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
- .75**      **07.05 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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- .75**      **08.01 Individualized and Long-Term Obesity Treatment Management**  
**Devika Umashanker, MD, DABOM**  
Medical Director of Obesity Medicine | Hartford HealthCare Medical
- 1.25**      **08.02 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
- 1.25**      **08.03 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