



Columbia Cornell Obesity Medicine CME 2026 On-Demand Review for the Obesity Medicine Certification Exam

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

		<u>CME Credits</u>
<u>Session 1</u>	Obesity Science Fundamentals: Epidemiology to Physiology	
1.01	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
1.02	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
1.03	Integrative Q&A: Determinants, Physiology, and Pathophysiology of Obesity Cynthia Akagbosu, MD, DABOM Associate Professor of Pediatrics Columbia University Irving Medical Center Sabrina Diano, PhD	.25



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<u>Session 2</u>	<u>Clinical Evaluation and Diagnosis of Obesity</u>	<u>CME Credits</u>
2.01	<p>Evaluating & Examining Patients with Obesity Chanel Ligon, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital</p>	.75
2.02	<p>Diagnosing Patients with Obesity: Characterizing Severity Vidhu Thaker, MD Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics Columbia University Irving Medical Center</p>	.50
2.03	<p>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</p>	.50
2.04	<p>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</p>	.75
2.05	<p>Panel Discussion and Q&A: How to Evaluate and Diagnose Obesity in Clinical Practice Sarah Barenbaum, MD, DABOM ; Chanel Ligon, MD, DABOM; Vidhu Thaker, MD</p>	.25



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	CME Credits
Session 3 Comprehensive Treatment of Obesity	
3.01 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
3.02 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
3.03 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
3.04 Pediatric and Adolescent Obesity Treatment Alyson Weiner, MD, DABOM Assistant Professor of Pediatrics Weill Cornell Medical College Assistant Attending Pediatrician NewYork-Presbyterian Hospital	.50
3.05 Panel Discussion and Q&A: Multimodal Treatment of Obesity Cynthia Akagbosu, MD, DABOM; Mohini Aras, MD, DABOM; Morgan Dickison, MS, RDN, CSOWM, CDN; Abraham Krikhely, MD, FACS, FASMBS; Alyson Weiner, MD, DABOM	.25
3.06 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
3.07 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
3.08 Panel Discussion and Q&A: Comprehensive Obesity Management Sarah Barenbaum, MD, DABOM Beverly Tchang, MD, FTOS, DABOM	.25



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Session 4	CME Credits
Breaking Down Board Questions: Clinical Reasoning in Obesity Medicine	
4.01 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	2.25
Session 5	
Supplemental Topics for the Obesity Medicine Certification Exam	
5.01 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
5.02 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
5.03 Anxiety, Depression, and Obesity: Understanding Mental Health in Weight Management Stephanie A. Hooker, PhD, MPH MS Research Investigator HealthPartners Institute	.50
5.05 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
5.05 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
5.06 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
5.07 Obesity Medicine Certification Overview (no CME credit) Josie Burke Director of Physician Relations American Board of Obesity Medicine	N/A