

MARCH 12-16, 2014 | LOEWS PHILADELPHIA HOTEL | PHILADELPHIA

American Society of Bariatric Physicians®
Spring 2014 Obesity Conference



Diagnosis to **TREATMENT**

Recognizing Obesity as a Disease

March 12-13 | Obesity Medicine
Certification Review Course

March 13 | Nutrition & Metabolism
Society Symposium

March 14-16 | Obesity: Diagnosis to
Treatment Course

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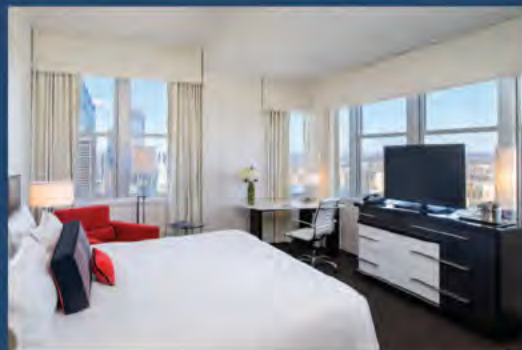


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Reserve your room online at www.loewshotels.com (select "Loews Philadelphia Hotel" and then select "Group" in the drop-down menu under partner/group rates) using the discount code, "ASB314," or call 800.235.6397 and refer to the "ASBP 2014 Spring Conference." Make a reservation by Feb. 17, 2014, to take advantage of the special ASBP conference rate, starting at \$179+tax for a single or double room.





President's Message

A Personal Invitation to You from Dr. Eric C. Westman

There has never been a more exciting time to be involved in the practice of obesity medicine—new lifestyle concepts, new medications and the new Obesity Algorithm™ charts (see page 13)! And, there is ever-growing interest from our medical colleagues since the designation of obesity as a disease by the American Medical Association last year. On behalf of the entire ASBP Board of Trustees and staff, I invite you to Philadelphia on March 12-16 for *Diagnosis to*

Treatment: Recognizing Obesity as a Disease, the spring educational conference of the American Society of Bariatric Physicians.

First of all, you will not want to miss the education- and networking-packed *Obesity: Diagnosis to Treatment Course* (March 14-16, see page 14) that includes a wide range of lectures addressing all aspects of obesity medicine for the new and established practitioner. The management of obesity is often not straightforward, as patients often have multisystem problems. The management of obesity is also dynamic, with new approaches becoming available. As we strive to improve public discussion about treatment strategies, this course also offers case discussions with audience participation so that we can all analyze, compare and contrast different management approaches.

For those planning to take the American Board of Obesity Medicine exam—or even just exploring or brushing up on basic knowledge in the field—there is the *Obesity Medicine Certification Review Course* (March 12-13, see page 6), which includes 15 lectures that together provide a comprehensive overview of obesity medicine.

Finally, each spring we partner with the Nutrition & Metabolism Society to provide a scientific symposium on nutritional themes related to obesity medicine. This year's symposium, *The Second Low-carbohydrate Diet Revolution* (March 13, see page 10), features speakers who have been generating the science behind the obesity medicine tool of carbohydrate restriction. Particularly noteworthy is a provocative lecture titled, "The Cell Biology-Insulin-Cancer Connection," by Dr. Eugene Fine, which may provide insight into the relationship between obesity and cancer. I look forward to seeing you at this exciting meeting in Philadelphia!

Sincerely,

A handwritten signature in blue ink that reads "Eric C. Westman". The signature is fluid and cursive.

Eric C. Westman, M.D., M.H.S.
ASBP President



American Society of Bariatric Physicians®

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ACCREDITATION

The American Society of Bariatric Physicians ("the Society") is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education (CME) for physicians. Please note the following accreditation statements:

- The Society designates the live activities within this conference for a maximum of 30 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
- The Society has requested that the AOA Council on CME approve the programs within this conference for 30 credits of AOA Category 2-A Hours. Approval is currently pending.

CME MISSION

Purpose: The mission of the ASBP CME program is to provide basic and up-to-date medical information regarding the chronic disease of obesity and related co-morbidities.
Expected Results: It is expected that learners will obtain the tools to clearly assess patients for obesity and related conditions, as well as increase knowledge to treat and support patients in their weight-loss efforts.

ABOUT

The American Society of Bariatric Physicians is the leading association for clinical physicians and other providers dedicated to the comprehensive medical treatment of patients affected by obesity and associated conditions. Many ASBP-member physicians also hold certification from the American Board of Obesity Medicine.

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PROGRAM NOTE

Please note this program is subject to change.



Diagnosis to TREATMENT

Recognizing Obesity as a Disease

Obesity Medicine Certification Review Course 6

12.5 CME Hours

Wednesday, March 12 -

Thursday, March 13

Provides preparation to those planning to take the American Board of Obesity Medicine certification exam.

Nutrition & Metabolism Society Symposium 10

7.5 CME Hours

Thursday, March 13

Provides specific education on carbohydrate-restricted diets as a treatment modality.

Obesity: Diagnosis to Treatment Course 14

17.5 CME Hours

Friday, March 14 - Sunday, March 16

Provides a wide selection of plenary sessions focused on trending topics in obesity medicine.

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“Our conferences are the best! Just when I think that the last one can’t be topped, it happens. **Can’t wait for Philadelphia.**”

Certification Examination for Obesity Medicine Physicians

Exam Dates:

December 6th – 13th, 2014

Early Deadline for Applications: July 21st, 2014

Deadline for Applications: September 15th, 2014

An obesity medicine physician is a physician with expertise in the sub-specialty of obesity medicine.

This sub-specialty requires competency in and a thorough understanding of the treatment of obesity and the genetic, biologic, environmental, social, and behavioral factors that contribute to obesity. The obesity medicine physician employs therapeutic interventions including diet, physical activity, behavioral change, and pharmacotherapy. The obesity medicine physician utilizes

a comprehensive approach, and may include additional resources such as nutritionists, exercise physiologists, psychologists and bariatric surgeons as indicated to achieve optimal results. Additionally, the obesity medicine physician maintains competency in providing pre- peri- and post-surgical care of bariatric surgery patients, promotes the prevention of obesity, and advocates for those who suffer from obesity.

For more information visit
www.abom.org



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Want to get more out of your ASBP membership experience?
Consider involvement in the ASBP Mentorship Program!

The ASBP Mentorship Program will take place during the *Diagnosis to Treatment Conference* on March 12-16. It offers both seasoned and emerging obesity medicine specialists with realistic, tangible opportunities to make connections and share advice about obesity treatment options and professional development. ASBP members are invited to sign up to be a mentor or mentee. ASBP staff will arrange the matches and then provide the opportunity for the meet-ups to take place. As a program participant, you are encouraged to "make the most" of your match by meeting several times and attending events together during the conference. However, it is up to you to decide what works best given your schedules.



asbp mentorship program

Opportunities to connect include:

- ABOM Reception on Wednesday, March 12
- Exhibit Hall Reception on Thursday, March 13
- The Obesity Treatment Foundation Reception on Friday, March 14
- Schedule a time to meet during the conference from March 12-16

How to become a Mentee

Are you an emerging obesity medicine specialist planning to attend an ASBP conference for the first time? Are you looking for help in getting started in obesity medicine? Are you looking to get the most out of your conference experience? If so, and you would like to be paired with a mentor, please check the appropriate box when registering.

How to become a Mentor

Are you an experienced obesity medicine specialist willing to provide advice for someone new to obesity medicine? Then, the Society needs your help! If you are interested in volunteering during the *Diagnosis to Treatment Conference* to be paired with an ASBP member attendee to share knowledge/skills unique to the obesity medicine field, please check the appropriate box on your registration form. We ask that you be willing to participate during your stay at the conference. Communication beyond the conference is completely up to you and your mentee.

Please contact Beth Amelon at 303.770.2526 or send an e-mail to beth@asbp.org with questions.



Obesity Medicine Certification Review Course

12.5 CME Hours | Wednesday, March 12 – Thursday March 13, 2014

Wednesday, March 12

1:00-1:30 PM

Evaluation of Obesity

Inge Ferguson, D.O., F.A.C.O.I.

Dr. Ferguson will review the components of a bariatric history and physical exam, including relevant laboratory and diagnostic tests for bariatric patients, and provide a diagnostic reference guide for new bariatricians.

1:30-2:00 PM

The Adipocyte

Eric C. Westman, M.D., M.H.S.

Dr. Westman will review the structure and physiology of the fat cell, including the effects of adipokines.

*98% of past attendees said the course helped
them prepare for the exam*

2:00-3:00 PM

Nutrition

Ethan Lazarus, M.D.

Dr. Lazarus will review the basic terms and concepts of daily energy requirements, including the function, significant food sources, relevant deficiency and excess symptoms of the macronutrients (carbohydrate, protein and fat) and micronutrients (vitamins and minerals), along with reviewing several areas of nutrition essential for every obesity medicine practice.

3:00-3:15 PM **Break in Classroom**

3:15-4:00 PM **Gut Hormones in Regulation & Treatment of Obesity and Its Co-morbidities**

Inge Ferguson, D.O., F.A.C.O.I.

Dr. Ferguson will review the role of ghrelin in obesity and the hormonal contribution of the small intestine to satiety; the role of pancreatic hormones in obesity will be discussed.

*87% of past attendees plan to take the ABOM exam
for obesity medicine certification*

4:00-5:00 PM **Surgery**

Thomas W. Clark, M.D., F.A.C.S., M.S.

Dr. Clark will discuss the post-operative anatomy and its impact on nutrition; identify appropriate laboratory evaluation of post-operative patients; review vitamin deficiencies and replacement therapies for each; identify immediate post-operative complications; review medication adjustments post-operatively; and review long-term post-operative complications and therapy.

5:00-6:00 PM **Childhood & Adolescent Obesity**

Wendy Scinta, M.D., M.S.

Dr. Scinta will review age-related components in obesity diagnosis, including the use of BMI charts and discussions with parents; lab evaluation; special elements of family, past medical history, and review of systems; and physical examination. Dr. Scinta will also discuss the most commonly seen age-specific co-morbidities and their relationship to coding for reimbursement, as well as evidence-based treatment for pediatric obesity with resource recommendations for practitioners, children affected by obesity, and families.

“Very well organized course, excellent presenters, kept me totally engaged and interested all throughout.”

6:00-7:00 PM **American Board of Obesity Medicine Reception**

The American Board of Obesity Medicine will give a brief presentation about the qualifications required to take the obesity medicine certification exam, offered once annually.

Thursday, March 13

- 7:00-7:45 AM **Breakfast Q&A Panel with the Experts**
Join fellow conference attendees for a unique opportunity to get your questions answered by experts from across a spectrum of topics that may affect your practice of obesity medicine.
- 8:00-9:00 AM **Health Consequences of Obesity**
W. Allen Rader, M.D., F.A.S.B.P.
Dr. Rader will review the health consequences of obesity; discuss the prevalence of obesity in the United States; and review co-morbid conditions, such as diabetes, sleep apnea, cancers, arthritis, cardiovascular disease, gallbladder disease and psychosocial aspects of obesity.
- 9:00-9:45 AM **Diet**
Eric C. Westman, M.D., M.H.S.
Dr. Westman will review and compare the various types of diets used to treat the bariatric patient, discuss the advantages and disadvantages to the various diet plans and the necessary precautions in the use of the various diets, including information to develop an individualized dietary weight-loss program.
- 9:45-10:45 AM **Behavior & Long-term Relapse Prevention (Part 1)**
Machiel Kennedy, M.D.
Dr. Kennedy will discuss how to perform a comprehensive behavioral assessment; tailor individual treatment and target problem areas for change; use tools to assess readiness for change and resistance, including the Transtheoretical Model; understand and employ motivational interviewing techniques; be familiar with different types of behavioral therapy and lifestyle approaches; understand the efficacy of meal replacements for weight loss and maintenance; and understand the critical components of maintenance.
- 10:45-11:15 AM **Break in Exhibit Hall**
- 11:15-11:45 AM **Behavior & Long-term Relapse Prevention (Part 2)**
Machiel Kennedy, M.D.
- 11:45 AM–
12:45 PM **Physical Activity**
Deborah Bade Horn, D.O., M.P.H., F.A.S.B.P.
Dr. Horn will discuss the differences among physical activity, exercise and non-exercise activity thermogenesis; basic science of musculoskeletal anatomy and physiology; the role of non-weight-related benefits of an active lifestyle, including a significant reduction of coronary artery disease and all-cause mortality; and the evidence involving physical activity and its role in weight loss and weight-loss maintenance.

12:45-1:45 PM **Lunch in Exhibit Hall**

1:45-3:15 PM **Pharmacotherapy**

Ayaz Virji, M.D., F.A.A.F.P.

Dr. Virji will discuss mechanisms of actions, indications, contraindications and side effects of currently approved anti-obesity agents. A variety of drug combinations that may be used for obesity treatment will also be reviewed.

3:15-3:45 PM **Central Nervous System Regulation of Weight**

Speaker to be decided

This lecture will provide information on how to identify and understand the role of orexigens and anorexigens, review the role of the melanocortin receptor in obesity, describe the balance between orexigens and anorexigens, and discuss the right-brain theory of obesity.

3:45-4:15 PM **Break in Exhibit Hall**

4:15-4:45 PM **Quality Assurance in a Bariatric Practice**

Ethan Lazarus, M.D.

Dr. Lazarus will discuss how to recognize and manage weight bias, discuss office policies and protocols related to obesity care, and introduce Physician Personal Health Behaviors (role modeling).

4:45-5:45 PM **Endocrine**

Jeffrey Sicat, M.D., F.A.C.E.

Dr. Sicat will review the Adult Treatment Panel III criteria, World Health Organization criteria and 2005 International Diabetes Federation definition of metabolic syndrome. He also will review the pathophysiology, etiology and prevalence of insulin resistance and the metabolic complications associated with it, including treatment options.

5:45-7:00 PM **Exhibit Hall Reception**

Take this opportunity to wind down from your full day of learning! Mingle with conference attendees and informally meet with exhibitors to discuss the products and services that interest you.

Accreditation

- The Society designates this live activity for a maximum of 12.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
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Nutrition & Metabolism Society Symposium

7.5 CME Hours | Thursday, March 13, 2014

The Second Low-carbohydrate Revolution—The recent editorial in the British Medical Journal and Catalyst TV program on Australian ABC questioning the relationship between saturated fat and heart disease represents a dramatic change in the nutritional climate. These may be the first public airings of the long-standing critiques of the diet-heart hypothesis. While the established record of success for low-carbohydrate interventions is not yet appreciated, there is a clear perception of the continued failure of low-fat, low-calorie diets and the limitations of even other alternatives that are weak implementations of carbohydrate restriction. This course will examine the scientific issues of the failed low-cholesterol, low-fat paradigm and will focus on future directions. The goal is to obtain a dispassionate, scientific view of what we know and what we need to find out to combat obesity, diabetes and other metabolic diseases.

Informational Note: The American Society of Bariatric Physicians is pleased to offer the following continuing medical education activity in cooperation with the Nutrition & Metabolism Society (NMS). It is the mission of the NMS to build from the current nutrition guidelines and to see that sound scientific information is provided for the public. NMS considers the use of carbohydrate-restricted diets to be a beneficial therapeutic treatment option for obesity and other metabolic conditions. NMS supports research in this area with the goal of improving the metabolic health of those suffering from various medical conditions. Learn more about the NMS at www.nmsociety.org.

Thursday, March 13

7:00-7:45 AM

Breakfast Q&A Panel with the Experts

Join fellow conference attendees for a unique opportunity to get your questions answered by experts from across a spectrum of topics that may affect your practice of obesity medicine.

8:00-9:00 AM

The First Low-carbohydrate Scientific Revolution

Jay Wortman, M.D.

Between 2002 and 2003, the first studies in many years addressing carbohydrate restriction started being published, and there was a surge in popular interest in low-carbohydrate diets. This lecture will examine how the surge started, what it accomplished and why it faded.

*The majority of past attendees reported they learned
how to make a positive impact on their patients’
dietary prescriptions*

9:00-10:00 AM Use of Carbohydrate Restriction for Weight Loss and the Metabolic Syndrome

Jeff S. Volek, R.D., Ph.D.

When compared to other diets, carbohydrate-restricted diets have unique metabolic effects. This is due to the change from a glucose metabolism to a fatty acid/ketone metabolism. This lecture will review studies regarding changes in body weight and metabolism from carbohydrate-restricted diets.

10:00-10:30 AM Break in Exhibit Hall

10:30-11:15 AM Update on Low-carbohydrate Metabolism

Richard D. Feinman, Ph.D.

The recent focus on low-carbohydrate diets has brought to the forefront several aspects of human metabolism, including the role of nutritional ketosis and the debate about whether a “calorie is a calorie.” This lecture will focus on what we learned from this research and what future metabolic studies are needed.

11:15 AM-12:00 PM Panel Discussion with Morning Speakers

An interactive discussion to further expand upon the morning’s topics and address questions learners may have.

*90% of past attendees rated content
usefulness “excellent”*

12:00-1:00 PM Nutrition & Metabolism Society Awards Luncheon

All NMSS attendees are invited to celebrate the achievements of this year’s recipient of the Award for Excellence in Nutrition & Metabolism Research.

1:00-1:45 PM Carbohydrate Restriction and Diabetes Mellitus

Eric C. Westman, M.D., M.H.S.

Diabetes mellitus, which is defined by chronic hyperglycemia, can be understood as a disorder of carbohydrate intolerance. This lecture will discuss the rationale for recommending a carbohydrate-restricted diet for the treatment of diabetes mellitus and highlight data from clinical trials and clinical practice using a low-carbohydrate, ketogenic diet.

- 1:45-2:30 PM **The Cell Biology-Insulin-Cancer Connection**
Eugene J. Fine, M.D.
 Most aggressive cancers demonstrate a positive positron emission tomographic (PET) result using ^{18}F -2-fluoro-2-deoxyglucose (FDG), reflecting a glycolytic phenotype, which suggests that reducing glucose uptake into cancer cells may reduce cancer growth. This lecture will review the recent research that uses carbohydrate restriction to reduce cancer growth.
- 2:30-3:15 PM **Carbohydrate Restriction and Exercise**
Stephen D. Phinney, M.D., Ph.D.
 Research regarding carbohydrate restriction has had a dramatic impact on how nutrition is viewed for optimal exercise performance. This lecture will address the importance of nutritional intake for physical activity and examine the impact of using different metabolic fuels for health and performance.
- 3:15-3:45 PM **Break in Exhibit Hall**
- 3:45-4:30 PM **Update from Sweden Regarding Low-carbohydrate, High-fat Diets**
Andreas Eenfeldt, M.D.
 In Sweden, low-carbohydrate, high-fat (LCHF) diets have risen in popularity since 2008, even resulting in a butter shortage. Now, official guidelines are beginning to change. This lecture will provide an update on the LCHF diet in Sweden.
- 4:30-5:30 PM **The Second Low-carbohydrate Revolution and Panel Discussion**
Eric C. Westman, M.D., M.H.S.
 There has been a recent resurgence in the popularity of diets based on the theme of carbohydrate-restriction, such as low-glycemic, sugar-free, gluten-free and paleo. This lecture and panel discussion will highlight recent trends and propose directions for new research in this area.
- 5:45-7:00 PM **Exhibit Hall Reception**
 Take this opportunity to wind down from your full day of learning! Mingle with conference attendees and informally meet with exhibitors to discuss the products and services that interest you.

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- The Society has requested that the AOA Council on CME approve this program for 7.5 credits of AOA Category 2-A Hours. Approval is currently pending.

NEW!

OBESITY ALGORITHM™

"Just a terrific resource. Have been wanting to give a grand rounds talk. Now I can."

—Susanne Woodlan, MD

How the comprehensive algorithm developed by obesity medicine specialists will teach physicians what they didn't learn in medical school.

DOES YOUR DOCTOR KNOW HOW TO TREAT OBESITY?

What is Obesity?

FAT >25" 32"
PERCENTAGE

WAIST >40" 35"
INCHES

BMI >30

✓ Presence of Risk Factors
✓ Presence of Chronic Disease
✓ Organ Damage
✓ Severe Disabilities from Chronic Disease

Associated Conditions

- Type 2 Diabetes
- Sleep Apnea
- Heart Disease
- Depression
- High Blood Pressure
- Certain Cancers

Prevalence of Self-reported Obesity Among U.S. Adults in 2012

States with Essential Health Benefits Benchmark Plan Coverage for Weight Loss Programs beginning 2014

2013

YEAR THAT THE AMERICAN MEDICAL ASSOCIATION OFFICIALLY RECOGNIZED OBESITY AS A CHRONIC DISEASE STATE

What That Means:

Your doctor can treat you for obesity... **BUT does your doctor know how?**

- You have affordable care options available at your doctor's office.
- Your evaluation by an obesity medicine specialist may include a history, physical exam, lab tests and diagnostic testing.
- An obesity medicine specialist can create an individualized treatment plan for you.

DIET

- Very Low-Calorie • Carb Restriction • Calorie Restriction • Fasting

ACTIVITY

- Exercise Prescription • Activity Monitors • Set Specific Goals for Aerobic & Resistance Exercise Each Week • Limit Sedentary Activities

COUNSELING

- Eliminate Provider Bias/Stigma • Identify Self-Sabotaging Behavior • Stress Management • Sleep Optimization • Psychological Support

MEDICATION

- Prescribe Medications to Curb Appetite & Promote Weight Loss

The American Society of Bariatric Physicians Obesity Algorithm helps navigate how physicians provide optimal care for patients affected by obesity. Learn more at www.ObesityAlgorithm.org

In October 2013, the Society rolled out the first-ever comprehensive algorithm that navigates the physician's role in medically treating and caring for patients affected by obesity.

The Obesity Algorithm™—developed and written for the Society by a group of leading obesity medicine specialists—aims to give all physicians training and tools for prescribing and implementing obesity treatment plans for patients. Among these plans, changes in nutrition, exercise and behavior are included. Physicians may also recommend weight-loss medications or discuss surgical options for excess fat reduction.

Visit www.ObesityAlgorithm.org to download and share these resources:

- Obesity Algorithm Adult Adiposity Evaluation & Treatment 2013
- Using the Obesity Algorithm
- Fact Sheet: Medical Options for Treating Obesity
- Patient-informative Infographic
- Presentation-ready version of the Obesity Algorithm

"Superb resource. It puts all the different pieces of puzzle together and solves what seemed a complicated problem very methodically."

—Hetal Shah, MD

Plus, watch podcasts from the rollout:

- Introduction to the Obesity Algorithm – Dr. Harold Bays
- Using the Obesity Algorithm – Dr. Deborah Bade Horn & Dr. Jennifer Seger
- Q&A Session for the Obesity Algorithm – Dr. Bays, Dr. Horn & Dr. Seger

www.ObesityAlgorithm.org



Obesity: Diagnosis to Treatment Course

17.5 CME Hours | Friday, March 14 – Sunday, March 16, 2014

The spring *Obesity: Diagnosis to Treatment Course* is comprised of a number of plenary sessions focused on addressing complex treatment options for obesity, as it is now recognized as a chronic disease state. Presentations will cover dietary strategies, pharmacotherapy options, exercise prescription and the challenges of weight-loss maintenance, and will include live analyses of complex cases. This course is ideal for clinicians who want to understand and implement the most effective clinical approaches to obesity treatment.

You asked, we listened! We incorporated interactive panel discussions and case studies into the content of this course to make your education more practical and beneficial to your current practice! Attendees may submit case studies to be reviewed during the conference. Please visit www.obesitymedicineconference.org for more information.

Friday, March 14

7:00-7:45 AM

Product Showcase Breakfast

Join fellow conference attendees for this special learning opportunity!

8:00-8:45 AM

Opening Keynote Lecture: The Obesity Algorithm™ Charts

Eric C. Westman, M.D., M.H.S.

A review of the algorithm's detailed guidelines regarding specific treatment options for obesity, including pharmacotherapy, nutrition, behavior therapy and physical activity. In addition, this lecture will review how other recently published obesity treatment guidelines support the algorithm, as well as the differences between the various guidelines.

- 8:45-9:30 AM **The Obesity Algorithm™ Panel Discussion**
Deborah Bade Horn, D.O., M.P.H., F.A.S.B.P., Richard Lindquist, M.D., A.B.F.M., F.A.A.S.P., Jennifer Seger, M.D., and Eric C. Westman, M.D., M.H.S.
 An interactive discussion to further expand upon the algorithm, address questions and discuss future use.

90% of past attendees rated speakers “excellent”

- 9:30-10:30 AM **Break in Exhibit Hall and ASBP Committee Meetings**

- 10:30-11:15 AM **Weight Control: A Question of Calories or Insulin?**
Andreas Eenfeldt, M.D.
 This presentation will delve into the controversies of the energy balance equation, suggesting that “calories consumed versus calories burned” is an oversimplified explanation for how to control weight. This lecture will discuss how insulin regulates energy balance, including how to address a few of the most common objections to this concept.

- 11:15 AM-
12:00 PM **The W.L. Asher, M.D. & Peter Lindner, M.D. Lecture: Dietary Priorities for Preventing Obesity and Improving Metabolism**
Dariusz Mozaffarian, M.D., Dr.P.H.
 Modern nutrition science has highlighted new priorities for reducing weight gain and improving metabolic risk. This talk will discuss the latest evidence, current priorities, and remaining controversies and uncertainties in this area.

“...the information covered this year was helpful and scientific.”

- 12:00-1:00 PM **Lunch in Exhibit Hall and ASBP Committee Meetings**

- 1:00-1:45 PM **The Rehabilitation of Beta-hydroxybutyrate**
Stephen D. Phinney, M.D., Ph.D.
 Although we've known for decades that the ketone, beta-hydroxybutyrate, is an effective energy source for the brain, its role as a regulator of anti-oxidant gene expression has just recently come to light. Understanding this mechanism for many of the benefits of nutritional ketosis underscores the functionality of this oft maligned molecule.

1:45-2:30 PM **The Diet Resistant State: A Newly Understood Barrier to Weight Management and Its Implications**

Robert Dent, M.D.C.M., F.R.C.P.

This presentation will review the evidence for the diet-resistant state, how it fits into other barriers to weight management, what some of the implications might be, and how it has a strong role in patient advocacy.

92% of past attendees are M.D.s or D.O.s

2:30-3:30 PM **Break in Exhibit Hall and ASBP Committee Meetings**

3:30-4:15 PM **“Two Paths Diverged, and I Took the Paddle Board Less Traveled”: Beyond Walking**

Deborah Bade Horn, D.O., M.P.H., F.A.S.B.P.

How diverse is your physical activity tool kit? What can your patient really do at 200, 300 and 400 pounds? Learn to expand and individualize your patient’s physical activity profile by evaluating the risk/benefit index for physical activity choices beyond walking. Explore physical activity choices and equipment that will help your patients reach and maintain their goals.

4:15-5:15 PM **Obesity Medicine Case Studies Discussion**

Actual case studies submitted by attendees will be reviewed and discussed by a panel of experts in obesity medicine. Do you have a case you would like to submit? Please visit www.obesitymedicineconference.org for more information.

5:15-8:00 PM **The Obesity Treatment Foundation Reception**

Celebrate the Society’s new foundation, established in early 2013 to foster, fund and enable research in the field of obesity medicine and to educate the public.

Saturday, March 15

6:30-7:15 AM **Walk with the Doc**

Deborah Bade Horn, D.O., M.P.H., F.A.S.B.P.

Join fellow conference attendees for a guided power walk through historic Philadelphia! Learn the basics of resistance tubing: safety, physical activity choices and interaction with the environment.

7:00-7:45 AM **Breakfast with Experienced Obesity Medicine Specialists**

Enjoy networking with experts in obesity medicine who can provide you with practical and clinical advice and feedback.

8:00-8:45 AM Exercise Pearls: How and Why to Get Your Patients to Exercise
Ralph Carson, Ph.D.

We are inundated daily with government guidelines, medical recommendations and frightening statistics that implore us to exercise. We make resolutions to lose weight; we purchase health club memberships and expensive home equipment. The ultimate dream is to achieve these goals quickly and painlessly. Yet, we know only too well, getting fit isn't always quick or painless. By understanding some fundamental physiology combined with motivational principles, this talk will explain why the outcomes of physical exercise are worth the effort.

8:45-9:30 AM Medical Management of Diabetes during Weight Loss
Eric C. Westman, M.D., M.H.S., W. Allen Rader, M.D., F.A.S.B.P., and Jeffrey Sicat, M.D., F.A.C.E.

This session will address the management of diabetes during the weight-loss process. Each presenter will discuss actual case examples of how they manage type 1 and type 2 diabetes mellitus during patient weight loss using two different treatment approaches: lifestyle changes or pharmacotherapy.

“ *Best conference I have attended to date.* ”

9:30-10:15 AM Diabetes Management Panel Discussion
Eric C. Westman, M.D., M.H.S., W. Allen Rader, M.D., F.A.S.B.P., and Jeffrey Sicat, M.D., F.A.C.E.

A panel discussion with obesity medicine experts who use different methods for obesity treatment. Each expert will discuss different ways to monitor and adjust diabetes medications.

10:15-10:30 AM Break in Classroom

10:30-11:15 AM The Brain Fix: Connecting Neurochemistry to Binge Eating, Compulsive Overeating and Emotional Eating and How it Drives Treatment
Ralph Carson, Ph.D.

Using chocolate as a template, the mechanism by which we crave foods is explored. This interactive presentation challenges whether one's overwhelming drive for a certain food is chemical or sensory oriented and investigates popular notions such as emotional and binge eating. A mind-body connection model will be introduced, supporting the idea that the human brain is wired to crave pleasure, and the body uses food as a pleasure substitute. The speaker will propose several solutions to eliminate these drives.

“ **Outstanding. Would not change a thing.** ”

- 11:15 AM-12:00 PM **Childhood Obesity Treatment Approaches: A Short Story**
Sarah Armstrong, M.D.
This presentation will review the current recommendations for screening and treatment of childhood obesity, including the efficacy of lifestyle-based treatment approaches. The issues related to pharmacotherapy and weight-loss surgery in adolescents will also be discussed.
- 12:00-1:00 PM **American Board of Obesity Medicine Diplomate Recognition Ceremony & State of the Society Luncheon**
This ceremony will recognize leaders in the field of obesity medicine and provide attendees with more information about the Society.
- 1:00-1:45 PM **What's New with the Affordable Care Act**
Thomas McKnight, M.D., M.P.H., M.D.I.V.
Learn about the changes taking place with the integration of the Affordable Care Act and how it will affect your current practice.
- 1:45-2:30 PM **Using Pharmacotherapy in Treating Obesity**
Denise Bruner, M.D., F.A.S.B.P.
Studies show that obesity medicine specialists are not confident in prescribing weight-management medications to their patients. This talk will review the benefits and risks so that you can safely and effectively incorporate medications into patients' individualized treatment plans.
- 2:30-3:15 PM **The Eating Behavior Questionnaire: A Novel Clinical Examination**
Ed J. Hendricks, M.D., F.A.S.B.P.
Clinical and laboratory observations indicate that drug-induced weight loss is accompanied by significant changes in eating behavior. The Eating Behavior Questionnaire (EBQ)—a newly designed tool for measuring treatment-induced eating behavior change—will be presented and discussed during this lecture. Clinical data reveals that untreated patients have high EBQ scores, that treated patients have significantly lower EBQ scores, and that EBQ scores drop quickly and dramatically after treatment initiation.
- 3:15-3:30 PM **Break in Classroom**
- 3:30-4:15 PM **Using Generic Drugs in the Treatment of Obesity**
Frank Greenway, M.D.
Pharmacologic interventions for obesity treatment can be accomplished inexpensively. This presentation will discuss generic drug options—including drug combinations—that have weight-loss properties. In addition, options for pharmacologic interventions in pediatric obesity will be discussed.

- 4:15-5:15 PM **Pharmacotherapy in Obesity Medicine Panel Discussion**
Denise Bruner, M.D., F.A.S.B.P., Ed J. Hendricks, M.D., F.A.S.B.P., and Frank Greenway, M.D.
 Hear obesity medicine experts discuss the usage of pharmacotherapy as a method for obesity treatment and get your questions answered.
- 6:00-7:00 PM **Reception**
 All conference attendees are invited to this reception for an opportunity to wind down from a busy day of learning and network with other obesity medicine specialists.

Sunday, March 16

- 6:30-7:15 AM **Aqua Session**
 Start the final day of the conference with a refreshing dip in the pool! (This activity is subject to change to another form of physical activity.)
- 7:00-7:45 AM **Breakfast Q&A Panel with the Experts**
 Join fellow attendees for a unique opportunity to get your questions answered by experts from across a spectrum of topics that may affect your practice of obesity medicine.
- 8:00-8:45 AM **Educate, Motivate, and Empower: 10 Innovative Strategies to Get Your Patients Affected by Overweight and Obesity in the Right Mindset to Lose Weight Safely and Keep It Off Permanently**
Irv Brechner and Ethan Lazarus, M.D.
 In this presentation, Mr. Brechner will present each innovative strategy for how to harness the hidden power of your mind to lose weight safely, and Dr. Lazarus will present real world examples of how these strategies work in practice.

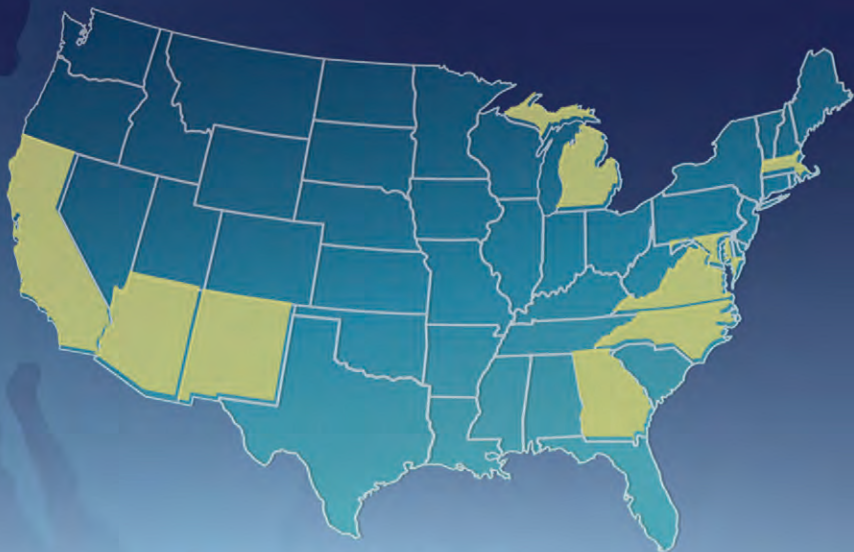
“Great conference. I was impressed with the quality of the speakers.”

- 8:45-9:30 AM **Management of Obesity in the Elderly**
Paul Bryman, D.O.
 Obesity is a complex situation in the elderly due to age-related changes in activity, caloric intake and energy regulation. This presentation will discuss how increases in fat mass and a reduction in lean mass leads to sarcopenic obesity, which is common among elderly patients and is associated with increased risk of morbidity and mortality. The paradox of obesity being associated with reduced mortality in the elderly will also be discussed.

- 9:30-10:15 AM **Hypothyroidism Labs and Treatment Made Simple**
Krishna Doniparthi, M.D.
This presentation will aid in understanding the mechanics of T4, T3 and reverse T3 thyroid physiology and its role in obesity. Attendees will learn about the different types of thyroid medications and how and when to use (or not to use) different thyroid hormone preparations; lab reference ranges versus optimal ranges; immediate versus sustained-release delivery; and compounded thyroid hormone and antibodies that can develop as a result of foods.
- 10:15-10:30 AM **Break in Classroom**
- 10:30-11:15 AM **Why Patients Affected by Obesity Have Difficulty Losing Weight**
David Bryman, D.O., F.A.S.B.P.
This lecture will cover the ways in which hormones, metabolism and obesity affect weight loss and weight re-gain.
- 11:15 AM-
12:00 PM **Conference Wrap-up and Review**
Scott Ridgen, M.D., F.A.S.B.P.
A recap of the major topics addressed during the conference.

Accreditation

- The ASBP designates this live activity for a maximum of 17.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**
- The Society has requested that the AOA Council on CME approve this program for 17.5 credits of AOA Category 2-A Hours. Approval is currently pending.



2014 DATES

Obesity Basic Medical Treatment Course

*Presented by the Obesity Medicine Association,
a division of the American Society of Bariatric Physicians®*

Jan. 25 | Baltimore • Feb. 1 | Boston

Feb. 8 | Los Angeles • Feb. 22 | Detroit

April 12 | Scottsdale, Ariz.

June 21 | Atlanta • July 19 | Albuquerque, N.M.

July 26 | Charlotte, N.C. • Aug. 9 | Richmond, Va.

The popular one-day Obesity Basic Medical Treatment (OBMT) Course is scheduled for cities throughout the United States each year. The course provides basic clinical information and tools to effectively treat patients affected by obesity and their related conditions. Participants earn up to seven (7) hours of continuing medical education (CME)* for attending this course.

*The Society designates this educational activity for a maximum of 7 *AMA PRA Category 1 Credit(s)*™. This activity has been reviewed and is acceptable for up to 7 Prescribed credits by the American Academy of Family Physicians. This program has been approved for 7 hours of AOA Category 2-A.



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JOIN US!

Join more than 1,700 of your fellow obesity medicine colleagues who have made the commitment to be part of a collective voice fighting obesity through the American Society of Bariatric Physicians. The Society and the field of obesity medicine have changed drastically during the past few years, and membership now offers more valuable benefits than ever before!

More than 1,700 of your colleagues already know the secret to improving their success in treating patients affected by obesity.

■ **Would you like immediate answers to your obesity medicine questions?**

More than 500 of the Society's members are currently networking and exchanging information on the [members-only ASBP Group on LinkedIn](#). This is an excellent way for you to expand your knowledge and treatment options throughout the year! In addition, the Society produces a member-exclusive weekly e-newsletter that helps you stay informed on current obesity news, advocacy issues, resources and educational offerings.

■ **Do you need patient resources and advocacy?**

The Society is a member of the Obesity Care Continuum and has an active [government advocacy program](#) that provides a strong collective voice in legislative affairs that affect you as an obesity medicine clinician. The Society was admitted to the American Medical Association (AMA) House of Delegates (HOD) in 2001. In mid-2013, the ASBP representative to the AMA HOD was instrumental in the consensus building that led to the overdue recognition of obesity as a disease entity.

Plus, the Society offers members a complimentary listing in the online patient tool, Find an Obesity Medicine Clinician, accessible to the public at www.FindObesityTreatment.org.

■ **Are you looking for information on new obesity medications?**

The Society was at the forefront of efforts to reaffirm members' interest in new obesity medication treatments and the importance of providing these options to patients affected by obesity. Several ASBP members testified before the U.S. Food & Drug Administration, and the Society [provides education on using these treatment modalities](#).

■ **Seeking live continuing medical education?**

The Society invites you to experience ASBP live learning opportunities! The Obesity Medicine Association, a division of the Society, hosts one-day workshops that provide an introduction to obesity medicine. In addition, the [ASBP biannual conferences](#) provide the latest research and clinical approaches for your practice. There is also a plethora of [networking opportunities](#)!

■ **Would you like additional obesity medicine education options?**

The Society's webinar and online Advanced Curriculum Fellowship Program provides a convenient at-home learning opportunity for you to gain an in-depth education in the field of obesity medicine. Members of the Society [receive a discount](#) on the program enrollment fee as well as individual modules.

So why are you waiting? Fill out the attached membership application and fax or mail to the ASBP office, or complete your membership application online at www.asbp.org.



AMERICAN SOCIETY OF BARIATRIC PHYSICIANS
Supporting and advancing the physician's role in the treatment of those affected by obesity.



General Membership Application

(not finalized until ASBP staff processes)

SPECIAL OFFER FOR ASBP SPRING CONFERENCE ATTENDEES!

Add a new membership to your conference registration and save! See page 29 for savings.

Member Information

Name _____ Date of Birth _____

Academic Credentials (eg., MD, DO): _____

Professional Credentials (e.g. FFAFP): _____

Primary Clinic Information

(Physician, International Physicians, Associate and Doctorate Members: Your primary clinic name and contact details will appear on the ASBP online directory for patients, Find an Obesity Medicine Clinician.)

Name of Clinic: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

E-mail: _____

Website: _____

Education

Medical Colleges or Universities Attended _____

Degree _____ Year _____

License in State of Current Practice

State _____ Number _____

Date _____ ☐ Limited ☐ Unlimited

Are you a member of the American Medical Association (AMA)? ☐ Yes ☐ No

Continued on Page 26.

Practice Specialty (Please select all that apply.)

- | | | |
|---|--|--|
| ☐ Allergy/Immunology | ☐ Anesthesiology | ☐ Cardiology |
| ☐ Emergency Medicine | ☐ Endocrinology | ☐ Family Medicine |
| ☐ Gastroenterology | ☐ Internal Medicine | ☐ Medical Genetics |
| ☐ Neurology | ☐ Obesity Medicine/Bariatrics | ☐ Obstetrics/Gynecology |
| ☐ Pediatrics | ☐ Sleep Medicine | ☐ Sports Medicine |
| ☐ Surgery | ☐ Other _____ | |

Applicant Statement: I have answered the above questions fully and frankly to the best of my knowledge. I agree to pay all dues and fees and conduct my practice in an ethical manner.

Signature: _____ Date: _____

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Payment Options

- | | |
|---|--|
| ☐ Physician/International Physician Member \$475/year | ☐ Associate Member \$325/year |
| ☐ Doctorate Member \$250/year | ☐ Affiliate Member \$150/year |
| ☐ Student/Physician-in-Training Member: Free for first year, \$125/year thereafter | |

Payment Information

Charge my Credit Card: ☐ Visa ☐ MasterCard ☐ AmEx ☐ Discover

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How did you hear about the Society? (Please select only one.)

- | | | |
|---|--|--------------------------------------|
| ☐ Printed Brochure | ☐ Internet Search | |
| ☐ Website (www.asbp.org) | ☐ LinkedIn, Twitter or Facebook | ☐ ASBP E-mail |
| ☐ Obesity Medicine eWeekly (ASBP e-Newsletter) | | |
| ☐ A colleague/friend _____ | | |
| ☐ Other (please explain) _____ | | |

Please fax or mail this form to the ASBP office:

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Diagnosis to TREATMENT

Recognizing Obesity as a Disease

MARCH 12-16, 2014 | LOEWS PHILADELPHIA HOTEL | PHILADELPHIA

Conference Schedule • March 2014

Wednesday March 12	Thursday March 13	Friday March 14	Saturday March 15	Sunday March 16
	Exhibit Hall Open	Exhibit Hall Open		
	Review Course 8:00 AM - 5:45 PM	8:00 AM - 5:15 PM Obesity: Diagnosis to Treatment Course	8:00 AM - 5:15 PM Obesity: Diagnosis to Treatment Course	8:00 AM - NOON Obesity: Diagnosis to Treatment Course
Review Course 1:00PM - 6:00PM	NMSS 8:00 AM - 5:30 PM			

ASBP Conference Registration Policies:

- Registration is non-transferrable and on-site badges must be worn at all times.
- Only registered attendees may attend educational sessions. Course registration is required upon entrance to the ASBP Exhibit Hall.
- Companies exhibiting who register to attend courses are not permitted to promote their company in the classroom.
- Upon payment, each registrant is sent an e-mail confirmation to the e-mail address provided on the registration form. Registration is not processed until payment is received.
- A \$50 administrative fee is charged for cancellations received before Feb. 14. A \$100 fee is charged for cancellations after Feb. 14. Refunds are not granted for no-shows.
- Program details, including content and speakers, are subject to change.
- Only your mailing address will be provided to exhibitors. To opt out from this mailing, please e-mail info@asbp.org.
- Registration and attendance at or participation in ASBP-sponsored events/activities constitutes an agreement by the registrant to the Society's use and distribution of the registrant or attendee's image or voice in photographs, videos, electronic reproductions and audio recordings of such events/activities.
- CME for these activities may only be earned by attending the live presentations. Please bear this in mind when scheduling flights and accommodations.

Register for either the "Full Conference" or "A la Carte Courses"

If selecting "Full Conference," be sure to select EITHER the "Review Course" OR "NMSS," depending on which best fits your current needs. The "Obesity: Diagnosis to Treatment Course" is automatically included with your "Full Conference" choice.

		FULL CONFERENCE				A LA CARTE COURSES							
		Review Course & Obesity: Diagnosis to Treatment Course 30 CME March 12-16		OR	NMSS & Obesity: Diagnosis to Treatment Course 25 CME March 13-16		Review Course 12.5 CME March 12-13		OR	NMSS 7 CME March 13		Obesity: Diagnosis to Treatment Course 17.5 CME March 14-16	
		By Feb. 14	After Feb. 14	By Feb. 14	After Feb. 14	By Feb. 14	After Feb. 14	By Feb. 14	After Feb. 14	By Feb. 14	After Feb. 14		
Physicians (MD, DO or International)	ASBP Member	☐ \$919	☐ \$1,289	☐ \$799	☐ \$1,009	☐ \$389	☐ \$539	☐ \$259	☐ \$349	☐ \$599	☐ \$809		
	Non-member	☐ \$1,199	☐ \$1,559	☐ \$1,049	☐ \$1,339	☐ \$499	☐ \$649	☐ \$329	☐ \$419	☐ \$779	☐ \$989		
	Registration & New Membership	☐ \$1,279	☐ \$1,639	☐ \$1,149	☐ \$1,449	☐ \$739	☐ \$889	☐ \$559	☐ \$649	☐ \$949	☐ \$1,159		
Associates, Affiliates, Doctors, Physicians-in-Training & Students	ASBP Member	☐ \$739	☐ \$1,039	☐ \$649	☐ \$879	☐ \$309	☐ \$439	☐ \$209	☐ \$279	☐ \$479	☐ \$649		
	Non-member	☐ \$949	☐ \$1,199	☐ \$819	☐ \$1,039	☐ \$399	☐ \$499	☐ \$269	☐ \$329	☐ \$609	☐ \$779		
	Registration & New Membership	☐ \$979	☐ \$1,289	☐ \$899	☐ \$1,159	☐ \$559	☐ \$689	☐ \$449	☐ \$529	☐ \$719	☐ \$899		

Registration Information

Please use one form per attendee. Only your mailing address will be provided to exhibitors.

Name _____ Credential(s) for name badge _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Practice Specialty(s) _____

☐ Check Enclosed (make payable to ASBP) ☐ Credit Card (Visa, MasterCard, AMEX and Discover accepted)

Please do not e-mail your credit card information. If paying by credit card, please complete a printed version of this form and submit via fax to 303.779.4834.

Card Number _____ Exp _____ / _____

Signature _____

How did you learn about this course?

☐ Printed Brochure ☐ LinkedIn, Twitter or Facebook ☐ Internet Search ☐ E-mail from the Society

☐ Website (www.asbp.org) ☐ Colleague or Friend ☐ Other _____

Total Amount Due: Registration Fee (i.e., courses checked above) = \$ _____

Are you interested in becoming a mentor or mentee?

☐ Yes! Please circle one: Mentor Mentee ☐ No, not at this time.

RETURN TO: American Society of Bariatric Physicians

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Register Online, Learn More & Read Conference Policies at www.obesitymedicineconference.org

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