



Cleveland Clinic

Digestive Disease and Surgery Institute
Endocrinology and Metabolism Institute
Heart and Vascular Institute
Wellness Institute



**THE NATIONAL DIABETES
& OBESITY RESEARCH INSTITUTE**
AT TRADITION

12th Annual Obesity Summit

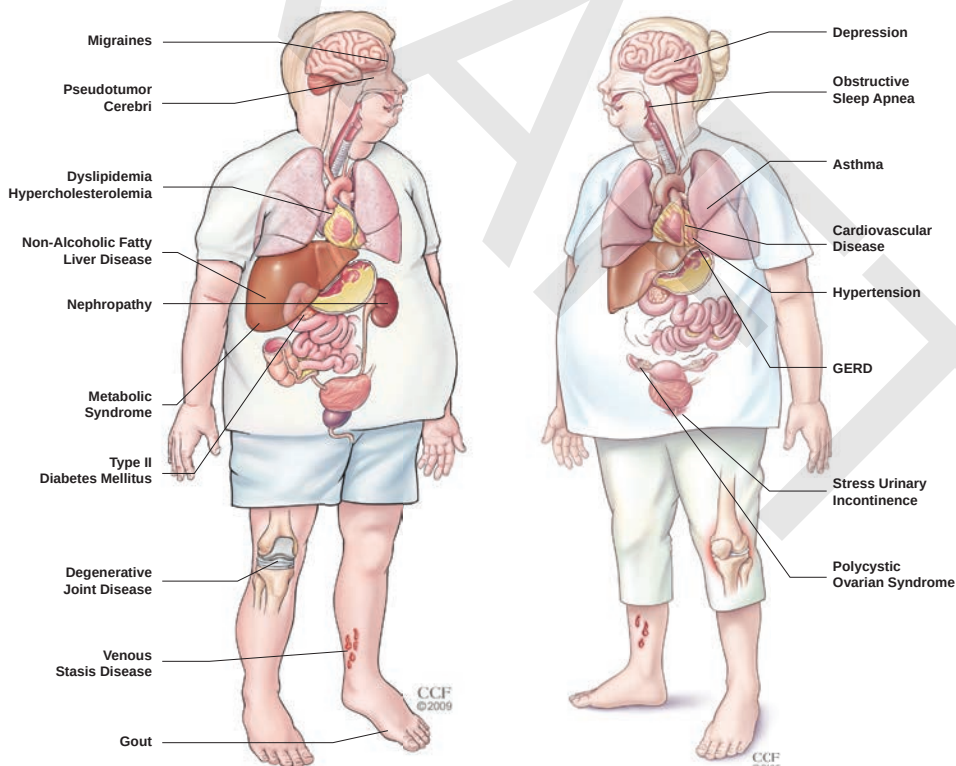
New Strategies for Diabetes, Obesity and
Cardiovascular Disease Management

September 28 – 29, 2017

InterContinental Hotel and
Bank of America Conference Center
Cleveland, OH

Mississippi Gulf Coast Community College
Hospitality Management Center
Biloxi, MS

**TWO
LOCATIONS!**
**Choose the best
for you!**



Register Today! ccfcme.org/obesitysummit17

This program has been endorsed by The Obesity Society, IFSO, and IBC.



**OBESITY
SOCIETY**
Research. Education. Action.



IFSO

IBC
INTERNATIONAL
BARIATRIC CLUB

Attend the 12th Annual Cleveland Clinic Obesity Summit

The Cleveland Clinic Obesity Summit attracts a diverse mix of health care practitioners interested in discussing innovative solutions to the causes of obesity, preventive strategies, and therapeutic management approaches. This Summit features diverse sessions designed to engage you with colleagues as well as patient interviews, live surgeries, interactive workshops, case-based lessons, and question and answer sessions. Take advantage of the opportunity to learn from shared experts via live broadcast from two locations – Cleveland, OH and Biloxi, MS.

Who Should Attend?

Health care professionals (including physicians, nurse practitioners, nurses, physician assistants, and dietitians), researchers, hospital and corporate administrators, and others who have an interest in obesity-related fields, including endocrinology, family practice, internal medicine, pediatrics, psychiatry and psychology, bariatric surgery, and wellness.

After attending, you will be able to:

- Debate the cost-effectiveness issues associated with obesity and diabetes programs and policies
- Summarize recent research on the basic science of obesity-related pathophysiology and comorbidities and explain their potential clinical implications
- Explain the relationship between diabetes and obesity in areas such as cardiovascular disease, orthopedic and rheumatic disease, and diabetic nephropathy, and identify strategies for their evaluation, prevention, and treatment
- Discuss the most recent research on energy balance, body composition, nutrition, and the impact of exercise on both obesity and diabetes
- Compare and contrast efficacy and side effect data on pharmacologic treatments for obesity and diabetes and describe their clinical role in weight-loss strategies
- Summarize the safety and efficacy data for bariatric surgical options, including new guidelines for bariatric surgery
- Demonstrate knowledge and competence to counsel patients on diet selection, cooking techniques, and behavioral modification as practical weight-loss strategies

Summit Director

Philip R. Schauer, MD

Professor of Surgery
Cleveland Clinic Lerner College of
Medicine of Case Western
Reserve University
Director, Advanced Laparoscopic and
Bariatric Surgery
Bariatric and Metabolic Institute
Digestive Disease and Surgery Institute
Cleveland Clinic
Cleveland, OH

Summit Co-Directors

Bartolome Burguera, MD, PhD

Professor of Medicine Cleveland Clinic
Lerner College of Medicine
Director, Obesity Programs
Department of Endocrinology, Diabetes,
and Metabolism
Endocrinology and Metabolism Institute
Bariatric and Metabolic Institute
Cleveland Clinic
Cleveland, OH
Executive Medical Director
The National Diabetes and Obesity
Research Institute at Tradition
Tradition, MS

Deborah Colby, MEd, RD, LD, CDE

Director, Education
The National Diabetes and Obesity
Research Institute
Tradition, MS

John P. Kirwan, PhD

Professor of Molecular Medicine
Cleveland Clinic Lerner College
of Medicine
Director, Metabolic Translational
Research Center
Endocrinology and Metabolism Institute
Departments of Gastroenterology and
Hepatology and Pathobiology
Digestive Disease and Surgery Institute
Lerner Research Institute
Cleveland Clinic
Cleveland, OH

Guest Faculty

Michael Adcock, FACHE

Executive Director
Center for Telehealth
The University of Mississippi
Medical Center
Jackson, MS

Caroline M. Apovian, MD, FACP, FASN

Professor of Medicine and Pediatrics
Boston University School of Medicine
Director, Nutrition and Weight
Management Center
Director, Nutrition and Support Service
Boston Medical Center
Boston, MA

KC Arnold, ANP, BC-ADM

The Diabetes Center
Ocean Springs, MS

Patrick M. Catalano, MD

Dierker-Biscotti Women's Health and
Wellness Professor
Director, Center for
Reproductive Health
Director, CWRU CTSC Clinical Research
Unit at MetroHealth Medical Center
Professor and Emeritus Chair,
Reproductive Biology
MetroHealth System Campus/Case
Western Reserve University
Cleveland, OH

Tearsanee C. Davis, DNP, FNP-BC

Center for Telehealth
The University of Mississippi
Medical Center
Jackson, MS

Megan T. Duet, MS

Project Manager
Center for Telehealth
The University of Mississippi
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Martin Gibala, PhD

Professor and Chair of
Kinesiology Department
McMaster University
Ontario, Canada

John E. Hall, PhD

Arthur C. Guyton Professor and Chair
Director, Mississippi Center for
Obesity Research
The University of Mississippi
Medical Center
Jackson, MS

Timothy S. Harlan, MD, FACP

Associate Dean for Clinical Services
Goldring Center for Culinary Medicine
Associate Director of Clinical Medicine
Tulane University School of Medicine
New Orleans, LA

William H. Herman, MD, MPH

Professor of Epidemiology
Professor of Internal Medicine
School of Public Health
University of Michigan
Ann Arbor, MI

Rudolph L. Leibel, MD

Christopher J. Murphy Memorial
Professor of Diabetes Research
Head, Division of Molecular Genetics
Co-Director, Naomi Berrie
Diabetes Center
College of Physicians and Surgeons
Columbia University
New York, NY

Paul Loprinzi, PhD

Assistant Professor of Health and
Exercise Science
Department of Health, Exercise
Science and Recreation
Management
The University of Mississippi
University, MS

Donna H. Ryan, MD

Professor Emerita
Pennington Biomedical
Research Center
Baton Rouge, LA

Leah Sarris, RD

Director of Operations and
Executive Chef
Goldring Center for Culinary Medicine
Tulane University School of Medicine
New Orleans, LA

Victor D. Sutton, PhD, MPPA

Director, Office of Preventive Health
Mississippi State Department of Health
Jackson, MS

Cleveland Clinic Faculty

Ali Aminian, MD
Bariatric and Metabolic Institute
Digestive Disease and
Surgery Institute

Percy Bhatena
Wellness Institute

Gordon Blackburn, PhD
Heart and Vascular Institute

Stacy A. Brethauer, MD
Bariatric and Metabolic Institute
Digestive Disease and
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Derrick Cetin, DO
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Amy Gannon, MEd, RD, LD
Wellness Institute

Mladen Golubic, MD, PHD
Wellness Institute

Kasey Goodpaster, PhD
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Digestive Disease and
Surgery Institute

Marwan Hamaty, MD
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Metabolism Institute

Leslie J. Heinberg, PhD, MA
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Digestive Disease and
Surgery Institute

Roy Kim, MD, MPH
Cleveland Clinic Children's
Pediatric Institute

Matthew Kroh, MD
Digestive Disease and
Surgery Institute

Megan Lavery, PsyD
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Digestive Disease and
Surgery Institute

George Muschler, MD
Orthopaedic and Rheumatologic
Institute
Taussig Cancer Institute

Laura Nagy, PhD
Department of Pathobiology

Sumana Narasimhan, MD
Cleveland Clinic Children's Pediatric
Institute

Steven Nissen, MD, MACC
Chairman, Cleveland Heart and
Vascular Institute

Kevin M. Pantalone, DO, ECNU, FACE
Endocrinology and
Metabolism Institute

James Perko Sr, CEC, AAC
Wellness Institute

Ninoska Peterson, PhD
Bariatric and Metabolic Institute
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Surgery Institute

John Rodriguez, MD
Bariatric and Metabolic Institute

Bruce Rogen, MD, MPH, FACP
Cleveland Clinic Employee
Health Plan

Richard K. Shewbridge, MD, FACP
Endocrinology and
Metabolism Institute

Jennifer Willoughby, RD, CSP, LD
Cleveland Clinic Children's
Pediatric Institute

James Young, MD
Chairman, Endocrinology and
Metabolism Institute

Robert Zimmerman, MD, FACE
Endocrinology and
Metabolism Institute

Agenda

 – Live Broadcast from Ohio

 – Live Broadcast from Mississippi

Thursday, September 28

ET/CT

7:30 am/6:30 am **Registration, Continental Breakfast, and Visit Exhibits**

8:30 am/7:30 am **Welcome**
Philip R. Schauer, MD

8:35 am/7:35 am **Opening Remarks**
Mississippi Governor Phil Bryant

SESSION I: HEALTH ECONOMICS of OBESITY and DIABETES

8:45 am/7:45 am **Health Economics of Obesity: Cost Effective Programs** 
William H. Herman, MD, MPH

9:15 am/8:15 am **The Real Impact of Wellness** 
Bruce Rogen, MD, MPH

9:35 am/8:35 am **Epidemiology** 
Victor D. Sutton, PhD, MPPA

9:55 am/8:55 am **Panel Discussion/ Question and Answer Period**

10:10 am/9:10 am **Refreshment Break and Visit Exhibits**

SESSION II: BASIC SCIENCE

10:30 am/9:30 am **Leptin and Its Role in Obesity** 
Rudolph L. Leibel, MD

11:00 am/10:00 am **The Many “Rolls” of Fat in Alcoholic Liver Disease** 
Laura Nagy, PhD

11:20 am/10:20 am **Obesity and Hypertension** 
John E. Hall, PhD

11:40 pm/10:40 am **Panel Discussion/ Question and Answer Period**

SESSION III: DIABETES AND OBESITY – COMORBIDITIES

11:50 am/10:50 am **Obesity and Pregnancy** 
Patrick M. Catalano, MD

12:05 pm/11:05 am **Obesity and Heart Failure** 
James Young, MD

12:20 pm/11:20 am **Obesity as a Modifiable Risk Factor for Orthopedic and Rheumatologic Disease** 
George Muschler, MD

12:35 pm/11:35 am **Obesity and Diabetic Nephropathy** 
Paul Loprinzi, PhD

12:50 pm/11:50 am **Panel Discussion/Question and Answer Period**

1:05 pm/12:05 pm **Lunch Break and Visit Exhibits**

SESSION IV: LIFESTYLE, DIET, EXERCISE

2:30 pm/1:30 pm **Energy Balance and Body Composition** 
Rudolph L. Leibel, MD

2:50 pm/1:50 pm **Exercise Prescription** 
Martin Gibala, PhD

3:10 pm/2:10 pm **Nutrition** 
Donna H. Ryan, MD

3:30 pm/2:30 pm **Role of Exercise and Complications of Diabetes** 
Paul Loprinzi, PhD

3:50 pm/2:50 pm **Panel Discussion/ Question and Answer Period**

4:00 pm/3:00 pm **Refreshment Break and Visit Exhibits**

SESSION V: DIABETES TREATMENT- MEDICAL

4:20 pm/3:20 pm **First Line Therapies for Type 2 Diabetes: More Just Just Metformin?** 
Robert Zimmerman, MD

4:40 pm/3:40 pm **What To Do After Metformin: GLP-1, SGLT2 or DPP-4?** 
Kevin M. Pantalone, DO

5:00 pm/4:00 pm **Hypertension and Lipid Lowering Agents** 
Steven Nissen, MD

5:20 pm/4:20 pm **Panel Discussion/ Question and Answer Period**

5:30 pm/4:30 pm **Adjourn**

Friday, September 29

ET/CT

7:30 am/6:30 am Registration, Continental Breakfast, and Visit Exhibits

SESSION VI: OBESITY AND DIABETES TREATMENT- SURGICAL

8:00 am/7:00 am **Live Surgery Transmission** 
Moderator:
Philip R. Schauer, MD
Surgeons: Ali Aminian, MD
Stacy Brethauer, MD
Matthew Kroh, MD
John Rodriguez, MD

9:20 am/8:20 am **Update on Bariatric Surgery and Outcomes: New Guidelines** 
Philip R. Schauer, MD

9:40 am/8:40 am **Bariatric Primer for the Primary Care Physician** 
Bartolome Burguera, MD, PhD

10:00 am/9:00 am **Panel Discussion/ Question and Answer Period**

10:10 am/9:10 am **Refreshment Break and Visit Exhibits**

WORKSHOPS (Select one from each session, first-come, first-served)

Cleveland Location Only Pediatrics Concurrent Workshop 1:00 – 2:45 pm ET

Type 2 Diabetes
Sumana Narasimhan, MD

Metabolic Syndrome and Diet
Roy Kim, MD

Nutritional Excess or Food Insecurity?
Jennifer Willoughby, RD

Panel Discussion
Roy Kim, MD,
Sumana Narasimhan, MD,
Jennifer Willoughby, RD

WORKSHOP 1 1:00 – 1:45 pm ET

- A. Exercise and Behavioral Screening for Obese Patients**
Gordon Blackburn, PhD, and Martin Gibala, PhD
- B. Culinary Medicine: Love the Food that Loves You Back and Shared Medical Appointments**
James Perko Sr, CEC, and Mladen Golubic, MD, PhD
- C. Weight Loss Maintenance**
Derrick Cetin, DO, and Megan Lavery, PsyD
- D. Behavioral Modification**
Kasey Goodpaster, PhD, and Ninoska Peterson, PhD

1:45 pm/12:45 Refreshment Break and Visit Exhibits

WORKSHOP 2 2:00 – 2:45 pm ET

- E. Prevention Coaching**
Percy Bhatena and Amy Gannon, MEd
- F. Culinary Medicine: Love the Food that Loves You Back Shared Medical Appointments**
James Perko Sr, CEC, and Mladen Golubic, MD, PhD
- G. Diet Strategies**
Caroline M. Apovian, MD
- H. Perioperative Management of the Bariatric Patient**
Stacy A. Brethauer, MD, and Derrick Cetin, DO

SESSION VII: OBESITY TREATMENT- MEDICAL

10:30 am/9:30 am **Weight Loss Drugs** 
Caroline M. Apovian, MD

10:50 am/9:50 am **Medications That Cause Obesity** 
Donna H. Ryan, MD

11:10 am/10:10 am **A Practical Approach to Obesity Management** 
Bartolome Burguera, MD, PhD

11:30 am/10:30 am **Putting It All Together: Pharmacotherapy Roundtable**
Moderator:
Bartolome Burguera, MD, PhD
Roundtable:
Caroline M. Apovian, MD
Steven Nissen, MD
Kevin M. Pantalone, DO
Donna H. Ryan, MD
Robert Zimmerman, MD

11:50 am/10:50 am **Lunch Break and Visit Exhibits**

Biloxi Location Only 12:00 – 1:45 pm CT

Cooking Demo
(Limited availability, first come, first served)
Only offered one-time for an additional fee of \$75
Timothy Harlan, MD, and Leah Sarris, RD

WORKSHOP 1 12:00 – 12:45 pm CT

- A. Diabetes Technology**
KC Arnold, ANP
- B. Diabetes Prevention**
Marwan Hamaty, MD
- C. How to Use Newer Medications for Type 2 Diabetes**
Richard K. Shewbridge, MD
- D. Weight Loss Maintenance**
Bartolome Burguera, MD, PhD, and Leslie J. Heinberg, PhD, MPH

WORKSHOP 2 1:00 – 1:45 pm CT

- E. Benefits of Diabetes Self-Management Training**
Deborah Colby, MEd, RD
- F. Telemedicine in Diabetes (Diabetes Monitoring Project)**
Michael Adcock, FACHE, Megan T. Duet, MS, and Tearsanee C. Davis, DNP
- G. Exercise and Behavioral Strategies for Managing Diabetes and the Obese Patient**
Paul Loprinzi, PhD, and Donna H. Ryan, MD

Continued

Friday, September 29 continued

SESSION VIII: PATIENT CENTERED TREATMENT

ET/CT

- 3:00 pm/2:00 pm** **Personal Weight Loss Journey Featuring Medical and Surgical Patient Cases**
Bartolome Burguera, MD, PhD, and Philip R. Schauer, MD
- 3:45 pm/2:45 pm** **Case Based Lessons**
Moderator: Derrick Cetin, DO
Panel: Bartolome Burguera, MD, PhD, and Philip R. Schauer, MD
- 4:30 pm/3:30 pm** **Closing Remarks**
- 4:45 pm/3:45 pm** **Adjourn**

General Information

Locations

InterContinental Hotel and Bank of America Conference Center

9801 Carnegie Avenue
Cleveland, OH 44106
Phone: 216.707.4100 or 877.707.8999

Mississippi Gulf Coast Community College Hospitality Management Center

420 Debuys Road
Biloxi, MS 39531
Phone: 228.897.3971

Hotel Accommodations

InterContinental Hotel and Bank of America Conference Center, Cleveland, OH

A limited block of rooms has been reserved at the InterContinental Hotel only until 5:00 pm ET, September 6, 2017. To make your reservations, contact the hotel at 855.765.8709 and identify yourself as an attendee for the Obesity Summit for a special rate of \$205 plus tax (online code DOP).

White House Hotel, Biloxi, MS

A limited block of rooms has been reserved at the White House Hotel only until August 28, 2017. To make your reservations, contact the Hotel Reservations Department at 228.271.6348 and identify yourself as Cleveland Clinic/NDORI for a special rate of \$129 plus tax.

Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 12.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from this activity may submit the credit hours to the **American Osteopathic Association** for Category 2 credit.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Application for 12.5 CPEUs has been submitted to the Commission on Dietetic Registration and is pending approval.

Information

For further information about this activity, call for abstracts, faculty disclosure, and Americans Disability Act, contact the Cleveland Clinic Center for Continuing Education.

Local: 216.444.9990, Ext. 2

Website: ccfcme.org/ObesitySummit17

Registration

Register online at ccfcme.org/ObesitySummit17

Fee Includes: Daily continental breakfast, refreshment breaks, and faculty presentations available online via mobile app or laptop.

	FULL	
	On or before Sept. 1, 2017	After Sept. 1, 2017
Physician	\$450	\$500
Non-Physician	\$275	\$325
Resident/Fellow*	\$50	\$100

*Letter from program director is required to receive the discounted fee. If letter is not received two weeks prior to the activity, the full physician fee will be charged.

Registration and Cancellation

In case of cancellation, email notification is required to process your refund. A full refund will be issued if canceled by August 27, 2017. After August 27, a \$100 cancellation fee will be deducted from your refund. No refunds will be issued after September 21, 2017.

For registration questions, please send email to cmeregistration@ccf.org or call 216.448.8710.

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone activity in our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any trip cancellations or changes.

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Special Guest



Mississippi Governor,
Phil Bryant

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Call for Abstracts!

View course website for submission details.



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Cleveland, OH 44195

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