

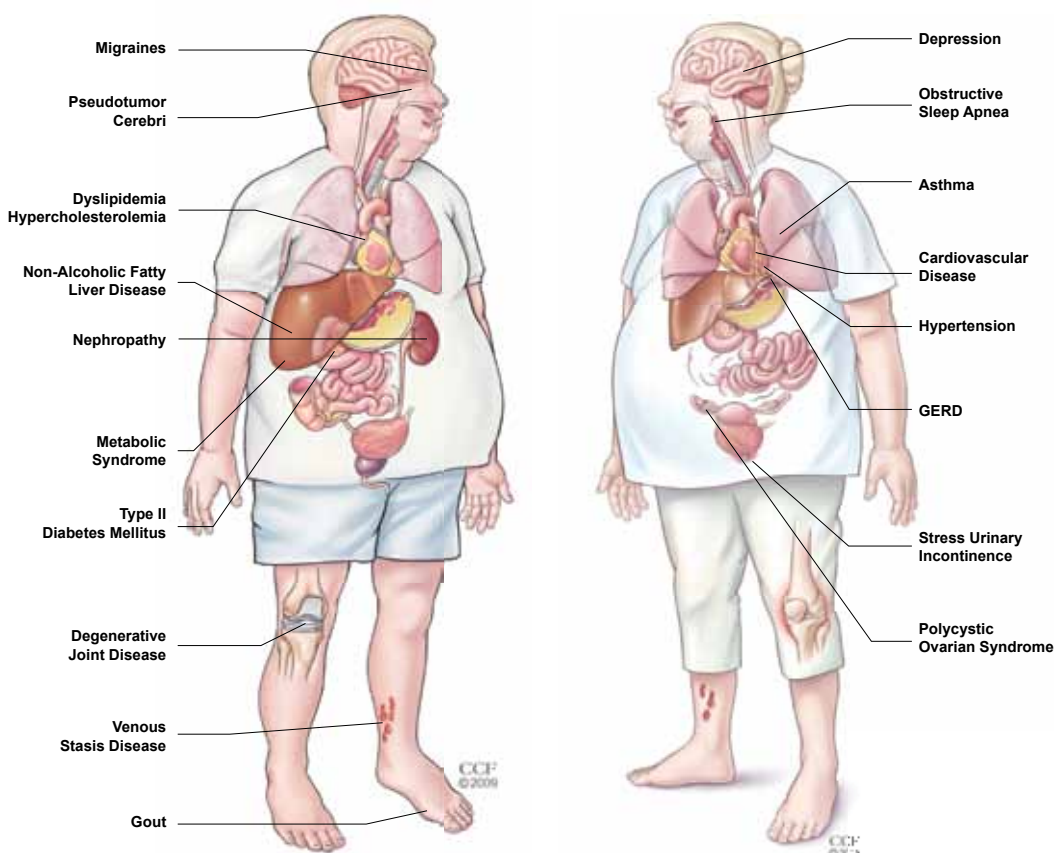
8th Annual

Obesity Summit

Science and Practice of Obesity Management

October 16 – 17, 2013

InterContinental Hotel and
Bank of America Conference Center
Cleveland, Ohio



Register Today! ccfcme.org/go-obesity

Attend the 8th Annual Obesity Summit

The *Obesity Summit* traditionally draws a diverse mix of health care practitioners interested in discussing innovative solutions to the causes of obesity, preventive strategies, and therapeutic management approaches. This year's Summit features several innovative sessions designed to engage the audience and presenters. These include interactive workshops, a meet-the-professor luncheon, and an expert panel discussion. Supplementing these will be didactic and interactive sessions focusing on:

- Obesity biology
- New medical and surgical options
- Lifestyle
- Obesity and early development

Who Should Attend?

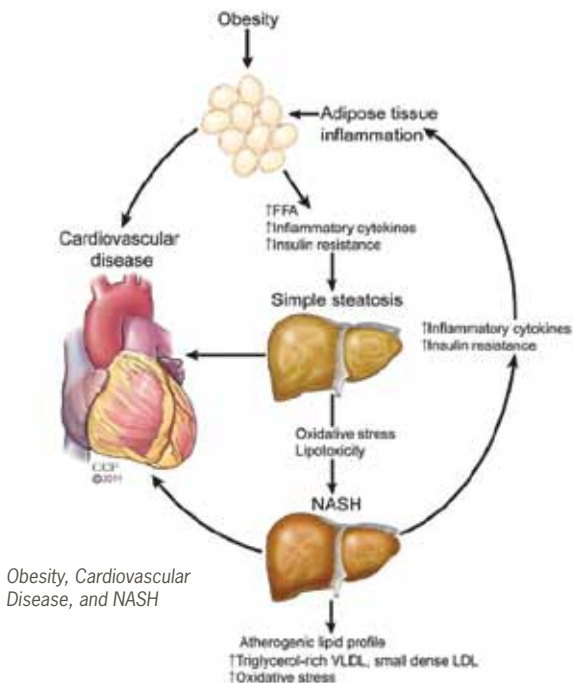
The Summit is directed to health care practitioners (including physicians, nurse practitioners, nurses, physician assistants, and dietitians), researchers, hospital administrators, medical device and pharmaceutical industry leaders, managed care company executives, venture capitalists, and others focusing on obesity-related fields, including bariatric surgery, endocrinology, gastroenterology, cardiology, internal medicine, pulmonary, diet and nutrition, psychiatry and psychology, urology, and primary care medicine.

After attending, you will be able to:

- Summarize the recent research on the biologic basis of obesity causes, including the role of gut microbiota and circadian rhythm changes.
- Describe the effect of altering gut microbiota on diabetes and cardiometabolic disease.
- Compare and contrast the role of various diet plans, especially vegetarian and Mediterranean diets.
- Integrate strategies to maximize the influence of lifestyle factors in obesity reduction programs.
- Compare and contrast the efficacy and side effect data of pharmacologic treatment options, especially new medications.
- List the pros and cons for current bariatric surgical options for obese patients, and describe the appropriate selection criteria for specific patient populations.
- Competently select the diabetic patient populations that receive the greatest benefit from bariatric surgery.
- Critically appraise research on biologic impact of gestational factors on obesity risks.
- Design multidisciplinary management strategies for prevention and treatment of childhood obesity.

Call for Abstracts

Clinical and research abstracts of original work are being accepted. Visit the event web site ccfcme.org/go-obesity for instructions. The submission deadline is **September 9, 2013**.



Obesity Summit Director

Philip R. Schauer, MD

Professor of Surgery
Cleveland Clinic Lerner College
of Medicine
Director, Advanced Laparoscopic
and Bariatric Surgery
Digestive Disease Institute
Cleveland Clinic

Coactivity Director

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 Research Institutes
Cleveland Clinic

Guest Faculty

Richard L. Atkinson, MD

Past President, American
Obesity Society
Director, Obetech Obesity
Research Center
Richmond, VA

Maha Taysir Barakat, MD, PhD

Director General of the
Health Authority
Abu Dhabi, United Arab Emirates

Hope Barkoukis, PhD, RD

Associate Professor and Vice-Chair
Department of Nutrition
Case Western Reserve University
Cleveland, OH

Nathan A. Berger, MD

Distinguished University Professor
Hanna-Payne Professor of
Experimental Medicine
Professor of Medicine, Biochemistry,
Oncology, Genetics
Director, Center for Science, Health
and Society
Case Western Reserve University
School of Medicine
Cleveland, OH

Daniel Bessesen, MD

Professor of Medicine
Division of Endocrinology,
Metabolism, and Diabetes
University of Colorado Denver
Chair, Education Committee
The Obesity Society
Chief of Endocrinology
Denver Health Medical Center
Denver, CO

Sonia Caprio, MD

Professor of Pediatrics,
Endocrinology
Department of Pediatrics
Yale School of Medicine
New Haven, CT

Patrick Catalano, MD

Director, Center for Reproductive
Health at MetroHealth
Director, Clinical Research Unit
of the CTSC
Case Western Reserve University/
MetroHealth
Professor, Reproductive Biology
MetroHealth Medical Center/Case
Western Reserve University
Cleveland, OH

William H. Dietz, MD, PhD

Former Director, Division of Nutrition,
Physical Activity and Obesity
Centers for Disease Control
and Prevention
Atlanta, GA

Lee Kaplan, MD, PhD

Director, Massachusetts General
Hospital Weight Center
Massachusetts General Hospital
Boston, MA

John Kral, MD, PhD

Professor of Surgery and Medicine
Department of Surgery
SUNY Downstate Medical Center
New York, NY

Robert F. Kushner, MD, FACP

Clinical Director, Northwestern
Comprehensive Center on Obesity
Professor in Medicine – Division of
Endocrinology and Metabolism
Northwestern University Feinberg
School of Medicine
Chicago, IL

Francesco Rubino, MD

Department of Surgery
Catholic University of Rome
Rome, Italy

Frank A.J.L. Scheer, PhD

Director, Medical
Chronobiology Program
Brigham & Women's Hospital
Assistant Professor of Medicine
Harvard Medical School
Boston, MA

Cleveland Clinic Faculty

Naim Alkhouri, MD

Department of Pediatric
Gastroenterology
Pediatric Institute
Department of Gastroenterology
and Hepatology
Digestive Disease Institute

Adam Bernstein, MD

Department of Preventive Medicine
Center for Lifestyle Medicine
Wellness Institute

Gordon Blackburn, PhD

Department of
Cardiovascular Medicine
Heart and Vascular Institute

Stacy A. Brethauer, MD

Bariatric and Metabolic Institute
Digestive Disease Institute

Bartolome Burguera, MD, PhD

Department of Endocrinology,
Diabetes, and Metabolism
Endocrinology and
Metabolism Institute

Derrick Cetin, DO

Bariatric and Metabolic Institute
Digestive Disease Institute

Karen Cooper, DO

Director, Healthy Expectations
Women's Health Institute

Kari Gali, PNP

Department of Community Pediatrics
Pediatric Institute

Stanley Hazen, MD, PhD

Departments of Cellular and
Molecular Medicine and
Translational Research
Lerner Research Institute
Department of
Cardiovascular Medicine
Heart and Vascular Institute

Leslie J. Heinberg, PhD, MA

Bariatric and Metabolic Institute
Digestive Disease Institute

Sangeeta Kashyap, MD

Department of Endocrinology,
Diabetes, and Metabolism
Endocrinology and
Metabolism Institute

Eileen Kennedy, PhD

Center for Pediatric Behavioral Health
Program Director, Fit Youth
Be Well Kids Clinic
Pediatric Institute and
Regional Operations

Laurence Kennedy, MD

Chairman
Department of Endocrinology,
Diabetes, and Metabolism
Endocrinology and
Metabolism Institute

Giovanni Piedimonte, MD, FAAP

Chairman, Pediatric Institute and
Children's Hospital

Michael F. Roizen, MD

Chief Wellness Officer
Wellness Institute

Ellen S. Rome, MD, MPH

Department of General Pediatrics
Pediatric Institute

Andrea Rumschlag, RD, CSP, LD

Pediatric Nutrition Support Team
Department of Pediatric
Gastroenterology
Pediatric Institute

Karen S. Vargo, MD

Department of Community Pediatrics
Pediatric Institute

Susan Williams, MD

Department of Endocrinology,
Diabetes, and Metabolism
Endocrinology and
Metabolism Institute

1:30 pm Registration and Exhibits

2:25 pm Welcome and Introduction

*Philip R. Schauer, MD
John P. Kirwan, PhD*

Session 1: Science of Obesity

Moderator: *Nathan A. Berger, MD*

2:30 pm Circadian Clocks in Obesity

Frank A.J.L. Scheer, PhD

3:00 pm Gut Microbiome in Obesity and Disease

Stanley Hazen, MD, PhD

3:30 pm Role of Gut Microbiota in Remission

Lee Kaplan, MD, PhD

4:00 pm Refreshment Break and Exhibits

4:30 pm Obesity Prevention and Management: Are We Making Progress?

William H. Dietz, MD, PhD

Session 2: Medical and Surgical

Moderator: *Laurence Kennedy, MD*

5:00 pm Managing Diabetes in the Highest Prevalent Country in the World

Maha Taysir Barakat, MD, PhD

5:30 pm New Drugs for Obesity Therapy

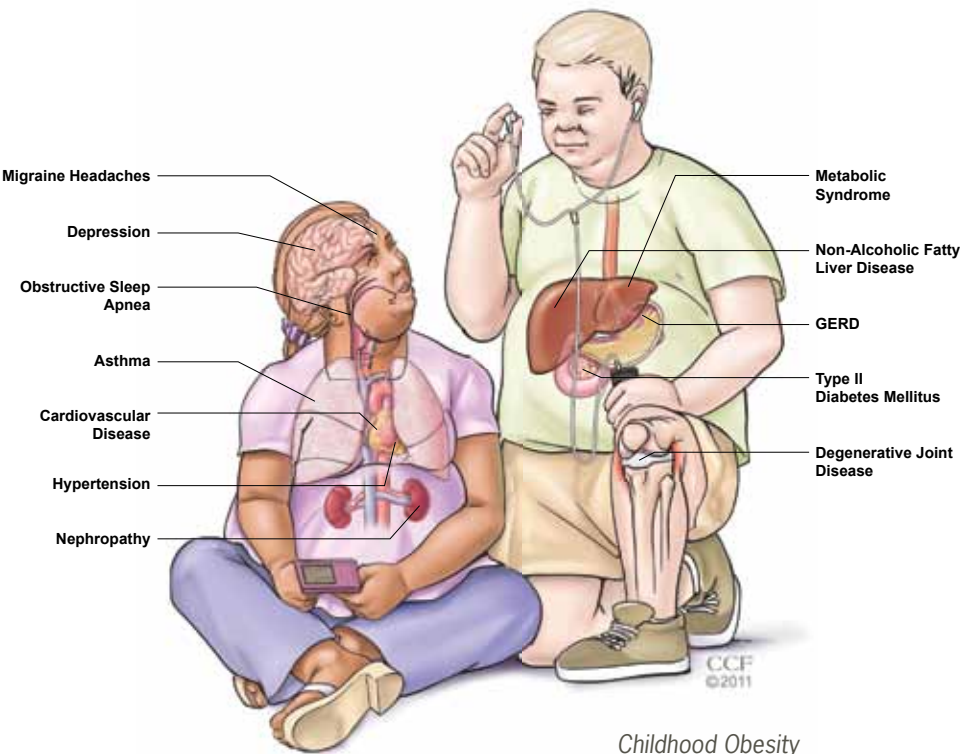
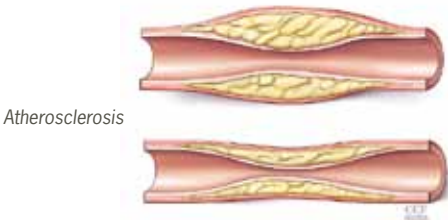
Richard L. Atkinson, MD

6:00 pm Surgical Management of Type 2 Diabetes: When and How to Refer Patients

Francesco Rubino, MD

**6:30 – 7:30 pm
Poster Session and Reception**

A five-minute question and answer period is included in each speaker's allotted time.



7:00 am Continental Breakfast and Exhibits

7:55 am Welcome
Philip R. Schauer MD
John P. Kirwan, PhD

Session 3: Lifestyle

Moderator: John P. Kirwan, PhD

8:00 am Lifestyle Intervention and Clinical Outcomes: The Look AHEAD Study
Robert F. Kushner, MD

8:30 am Maximizing Weight Loss Results from Lifestyle Intervention
Bartolome Burguera, MD, PhD

9:00 am Preventive Strategies For Obesity
Michael F. Roizen, MD

9:30 am Mediterranean Diet and Other Diet Strategies
Daniel Bessesen, MD

10:00 am Refreshment Break and Exhibits

Session 4: Obesity and Early Development

Moderator: Giovanni Piedimonte, MD

10:30 am Pregnancy in Obesity
Patrick Catalano, MD

11:00 am Pediatric Obesity
Sonia Caprio, MD

11:30 am Gestational Effects of Maternal "Weightloss" and "Metabolic" Operations
John Kral, MD, PhD

12:00 pm Lunch Meet the Professor



Pathophysiology of Type II Diabetes Mellitus

1:00 pm WORKSHOP SESSION 1 (Select One)

A. Weight Loss Maintenance
Daniel Bessesen, MD
Leslie J. Heinberg, PhD

B. Exercise and Behavioral Screening
Gordon Blackburn, PhD
Bartolome Burguera, MD, PhD

C. What's in Your Goody Bag? Tips and Tools for Office Management of Pediatric Obesity
Naim Alkhouri, MD
Ellen S. Rome, MD
Kari Gali, PNP

D. Drugs in the Treatment of Obesity
Sangeeta Kashyap, MD
Robert F. Kushner, MD

2:00 pm WORKSHOP SESSION 2 (Select One)

E. Drugs in the Treatment of Obesity
Sangeeta Kashyap, MD
Richard L. Atkinson, MD

F. Weight Management During Pregnancy
Patrick Catalano, MD
Karen Cooper, DO

G. Perioperative Management of Bariatric Surgery Patients
Derrick Cetin, DO
Stacy A. Brethauer, MD

H. Mediterranean Diet
Hope Barkoukis, PhD, RD
Adam Bernstein, MD

3:00 pm Refreshment Break and Exhibits

Session 6: Clinical Case Studies

Moderator: Sonia Caprio, MD

3:30 pm Panel Discussion/ Case Presentations
Richard L. Atkinson, MD
Daniel Bessesen, MD
Gordon Blackburn, PhD
Stacy A. Brethauer, MD
Bartolome Burguera, MD, PhD
Ellen S. Rome, MD

5:00 pm Adjourn

General Information

Location

InterContinental Hotel and Bank of America Conference Center

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

Hotel Accommodations

A block of rooms has been reserved at the InterContinental Hotel and at the InterContinental Suites Hotel until **September 14, 2013**. The hotel and conference center is located on the campus of the Cleveland Clinic. The Suites Hotel is within walking distance to the InterContinental Hotel and Bank of America Conference Center.

To make your reservations, contact the Hotel Reservations Department at 216.707.4100 or 877.707.8999. Please identify yourself as being with the **Cleveland Clinic Obesity Summit** for special rates:

- **InterContinental Hotel and Bank of America Conference Center (Main Hotel):**
\$194 single/double plus tax
(registration code Ull)
- **InterContinental Suites Hotel:**
\$164 single/double plus tax
(registration code UKY)

Ground Transportation

Taxi service is available from Cleveland Hopkins International Airport to the InterContinental Hotel and Bank of America Conference Center.

Information

For further information about this Summit, contact the Cleveland Clinic Center for Continuing Education at:

Local: 216.448.0770
Toll Free: 800.238.6750

Web Address: ccfme.org/go-obesity

Registration and Cancellation

Preregistrations are accepted until 2:00 pm ET **October 15, 2013**. Register on-site after this date. In case of cancellation, a full refund will be made if canceled by October 7, 2013. After October 7, 2013, a \$50 cancellation fee will be deducted from your refund. Written notification of your cancellation is required to process your refund. **NO REFUNDS WILL BE ISSUED AFTER October 31, 2013.**

For questions about registration, call 216.448.0777 or email us at cmeregistration@ccf.org.

Parking

Parking is available in the East 100th St./Carnegie Ave. Visitor's Parking Garage at prevailing rates. Valet parking is available at the hotel for an additional charge.

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 10.5 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.

The Ohio Board of Nursing will accept at face value the number of contact hours awarded for an educational activity that has been approved for CE by a nationally accredited system of CE approval. Therefore, the 10.5 AMA PRA Category 1 Credits™ will be accepted for nursing credits.

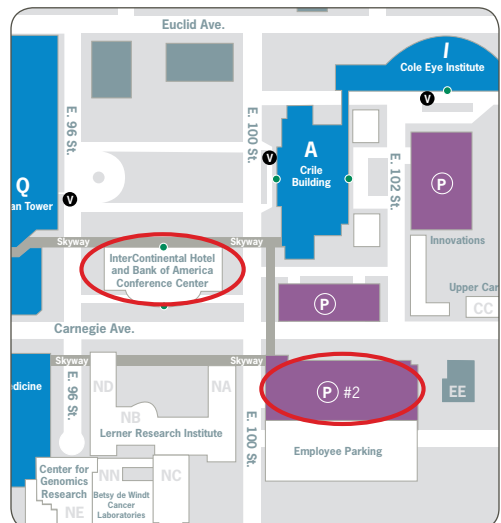
Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

Faculty Disclosure

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify us at least two weeks prior to the activity.



Registration Form

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Cleveland, Ohio

Course #: 011992

Two Ways to Register



ONLINE

ccfcmc.org/go-obesity

Cleveland Clinic employee fees and registration are available online only.



BY MAIL

The Cleveland Clinic Educational Foundation
PO Box 931653, Cleveland, OH 44193-1082

Make check payable:

The Cleveland Clinic Educational Foundation

Total check amount enclosed: \$ _____

Please Print Complete the information below if registering by mail.

First Name: _____ MI: _____ Last Name: _____ Degree: _____

Institution Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Fax Number: _____

Email Address: _____ Specialty: _____

Practice Type: ☐ Office-Based ☐ Hospital Staff ☐ Resident/Fellow ☐ Other

☐ I require a vegetarian lunch.

Fees

Fee Includes: Continental breakfast, lunch, refreshment breaks, and poster session reception

Workshop Sign Up Select one workshop per session.	
1:00 – 2:00 pm	Workshop Session 1: ☐ A. Weight Loss Maintenance ☐ B. Exercise and Behavioral Screening ☐ C. Practical Management of Childhood Obesity ☐ D. Drugs in the Treatment of Obesity
2:00 – 3:00 pm	Workshop Session 2: ☐ E. Drugs in the Treatment of Obesity ☐ F. Weight Management During Pregnancy ☐ G. Perioperative Management of Bariatric Surgery Patients ☐ H. Mediterranean Diet

	Registration Fee
☐ Physician/Researcher/Scientist	\$350
☐ CCF Alumni	\$315
☐ Corporate	\$350
☐ Resident*/Fellow*	\$200
☐ Allied Health/Other	\$200
☐ Government	\$350

*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.

For registration questions, please email cmeregistration@ccf.org or call 216.448.0777

Cleveland Clinic recognizes the importance of protecting the privacy and security of information provided to us. Therefore, we are no longer requesting credit card data in writing, including on registration forms or faxes. If you would like to register using a credit card, please log in to www.ccfcmc.org/go-obesity or call 216.448.0777 where it will be handled directly by a certified processor.

 **Cleveland Clinic**
The Cleveland Clinic Foundation
9500 Euclid Avenue
Cleveland, OH 44195

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