



Cleveland Clinic

Endocrinology and Metabolism Institute

4th Annual

Obesity Summit 2009

Science and Practice of Obesity Management

Register Today! www.ccfcmcme.org/Obesity09



September 9 – 11, 2009

InterContinental Hotel &
Bank of America Conference Center
Cleveland, Ohio

Obesity Summit 2009

Overview

The Summit draws a diverse mix of attendees interested in discussing innovative solutions to the causes of obesity, preventive strategies, and therapeutic management approaches. By bringing together leaders in clinical practice and industry, the Summit strives to explore and develop solutions to the emerging obesity epidemic that, ultimately, will improve patient outcomes and reduce obesity prevalence.

Clinical Practice-Focused Program (2.0 Days)

Will present evidence-based discussions of obesity research findings, prevention approaches, and management strategies.

This activity has been approved for *AMA PRA Category 1 Credit™*.

Topics will include:

- Childhood Obesity
- Practical Treatment Strategies
- Women's Obesity Issues
- New Non-Surgical Procedures
- What's New in Pharmacologic Strategies

Industry-Focused Program (0.5 Day) Non-CME program

Will be devoted to discussions of innovations and potential new directions for therapeutic modalities. Visit www.cfcme.org/ObesityWeb to see presentations from prior Obesity Summits.

Learning Objectives

After completing this activity, the participant will be able to:

- Summarize the recent research on obesity causes, including genetic and biologic factors;
- Discuss the efficacy of current approaches to obesity management, including lifestyle, diets, pharmacology, and surgery;
- Describe the epidemiology and causes of pediatric obesity as well as the management strategies for preventing and treating it;
- Identify comorbidities associated with obesity, including cancers, infertility, type 2 diabetes, and heart disease;
- Analyze behavioral strategies related to weight loss, weight maintenance, caloric restriction, and binge eating.

Target Audience

The Summit is directed to healthcare 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, pulmonology, diet and nutrition, psychiatry and psychology, urology, and primary care medicine.

Visit www.cfcme.org/Obesity09 for a complete list of acknowledged commercial supporters.

Obesity Summit Director

Philip R. Schauer, MD

Professor of Surgery
Cleveland Clinic Lerner College of Medicine
Director, Bariatric and Metabolic Institute
Director, Advanced Laparoscopic and
Bariatric Surgery
Endocrinology & Metabolism Institute
Cleveland Clinic

Guest Faculty

Louis Aronne, MD

Director, Comprehensive Weight Control Program
Clinical Associate Professor
Weill Cornell Medical College
Ithaca, NY

Richard Atkinson, MD

Director, Obetech Obesity Research Center
Richmond, VA
Emeritus Professor of Medicine and
Nutritional Sciences
University of Wisconsin
Madison, WI

S. Bryn Austin, ScD

Assistant Professor of Pediatrics
Harvard Medical School
Director of Fellowship Research Training
Department of Adolescent/Young Adult Medicine
Children's Hospital Boston
Boston, MA

Nathan A. Berger, MD

Professor of Medicine, Biochemistry and Oncology
School of Medicine
Director, Center for Science, Health and Society
Case Western Reserve University
Cleveland, OH

Daniel Bessesen, MD

Chief of Endocrinology
Denver Health Medical Center
Denver, CO

George Bray, MD

Chief, Division of Clinical Obesity and Metabolism
Pennington Biomedical Research Center
Baton Rouge, LA

Hubert Chen, MD

Senior Director, Clinical Research
Amylin Pharmaceuticals
San Diego, CA

Timothy Church, MD, PhD, MPH

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Pennington Biomedical Research Center
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Professor, Medicine and Public Health
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Scripps Clinic
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Thomas H. Inge, MD, PhD

Surgical Director, Surgical Weight Loss Program
for Teens
Director, Center for Bariatric Research and Innovation
Cincinnati Children's Hospital Medical Center
Cincinnati, OH

Robert F. Kushner, MD

President, The Obesity Society
Professor of Medicine
Northwestern University Feinberg School of Medicine
Chicago, IL

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Obesity Law and Advocacy Center
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Donna Ryan, MD

Associate Executive Director for Clinical Research
Pennington Biomedical Research Center
Baton Rouge, LA

B. Timothy Walsh, MD

Director, Eating Disorders Research Unit
New York State Psychiatric Institute
Columbia University Medical Center
New York, NY

Walter Willett, MD, PhD, MPH

Fredrick John Stare Professor of Epidemiology
and Nutrition
Chair, Department of Nutrition
Harvard School of Public Health
Boston, MA

Bruce M. Wolfe, MD

Surgeon, Bariatric Surgery
Center for Health & Healing
Portland, OR

Cleveland Clinic Faculty

Charles Bae, MD

Staff, Quality Review Officer
Sleep Center
Neurological Institute

Stacy Brethauer, MD

Bariatric & Metabolic Institute
Endocrinology & Metabolism Institute

Karen Cooper, DO

Bariatric & Metabolic Institute
Endocrinology & Metabolism Institute

Jeffrey Goldberg, MD

Section Head, Reproductive Endocrinology and Infertility
OB/GYN & Women's Health Institute

Leslie Heinberg, PhD

Bariatric & Metabolic Institute
Endocrinology & Metabolism Institute

Oliver Henkel, Jr.

Chief Government Relations Officer
Department of Government Relations

Sangeeta Kashyap, MD

Department of Endocrinology, Diabetes and Metabolism
Endocrinology & Metabolism Institute

Laurence Kennedy, MD, FRCP

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

John Kirwan, PhD

Associate Professor, Reproductive Biology
Department of Medicine MetroHealth Medical Center
Staff, Pathobiology
Cleveland Clinic Lerner Research Institute

Michael McMillan

Executive Director, Market and Network Services

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Ellen Rome, MD, MPH

Section Head, Adolescent Medicine
Pediatrics Institute

Sylvia Rotemberg, MD

Department of Plastic Surgery
Dermatology & Plastic Surgery Institute

James Young, MD

Chairman, Endocrinology & Metabolism Institute

Robert Zimmerman, MD

Interim Chairman and Program Director
Department of Endocrinology
Endocrinology & Metabolism Institute

Agenda | Wednesday, September 9, 2009

INDUSTRY DAY PROGRAM (NON-CME)

7:00 am Registration, Continental
Breakfast and Exhibits

7:45 am Welcome and Introduction

Delos Cosgrove, MD
CEO and President
Cleveland Clinic

Industry Session I: Targeting Diabetes with Obesity Strategies – Panel Discussion

Moderator: *Lee Wrubel, MD*

8:00 am Panelist
Amylin: *Hubert Chen, MD*
GI Dynamics: *Stuart Randle, MBA*
Allergan: *TBA*
Covidien: *TBA*
Ethicon: *TBA*

10:00 am Refreshment Break and Exhibits

Obesity in the Workplace – Panel Discussion

Moderator: *Michael McMillan*

10:30 am Panelist
Cost-Economics
Pierre-Yves Crémieux, PhD
Impact of HC Policy
Oliver Henkel, Jr.
Workmen's Compensation
Truls Østbye, MD, PhD
Legal Point of View
Walter Lindstrom, Jr, Esq

12:30 pm Adjourn

CME-CERTIFIED PROGRAM

12:30 pm Luncheon Symposium:
Lifestyle Changes for Obesity
Michael Roizen, MD

Science of Obesity

Moderator: *John Kirwan, PhD*

Lifestyle Changes for Obesity:
Luncheon Symposium

1:35 pm Biology-Pathogenesis of Obesity
George Bray, MD

2:05 pm Obesity and Mortality
Eric Ravussin, PhD

2:30 pm Obesity and Cancer
Nathan Berger, MD

2:55 pm Questions and Answers

3:15 pm Refreshment Break and Exhibits

Workshops

3:45 pm Session I

4:30 pm Session II

Topics:

**A. Best Macronutrient Approach to Weight
Loss and Maintenance**

Moderator: *Cindy Moore, RD, LD*
George Bray, MD; C. Moore, RD, LD;
Karen Cooper, DO

B. TBA
TBA

**C. Weight Management in Diabetes:
Practical Implications**

Moderator: *Donna Ryan, MD*
Speakers: *Sangeeta Kashyap, MD*
Robert Zimmerman, MD

5:15 pm Adjourn

Agenda | Thursday, September 10, 2009

7:00 am **Registration, Continental Breakfast and Exhibits**

Challenges in Obesity Management

Moderator: **Richard Atkinson, MD**

7:45 am **Clinical Challenges in Office-Based Obesity Management**
Kenneth Fujioka, MD

8:10 am **Sleep Apnea**
Charles Bae, MD

8:30 am **Infertility**
Jeffrey Goldberg, MD

8:50 am **State-of-the-Art Management of Diabetes and Obesity**
Laurence Kennedy, MD

9:10 am **Questions and Answers**

9:30 am **Refreshment Break and Exhibits**

New Approaches in Bariatric Surgery

Moderator: **Bruce Wolfe, MD**

10:00 am **Live Surgery Demonstration: Stomach Reduction**
Philip Schauer, MD

11:30 am **NIH Study Results: Bariatric Surgery Outcomes**
Bruce Wolfe, MD

11:45 am **Nutrient and Metabolic Complications After Bariatric Surgery**
Kenneth Fujioka, MD

12:00 pm **Body Contour Surgery After Weight Loss**
Sylvia Rotemberg, MD

12:15 pm **Questions and Answers**

12:30 pm **Luncheon Symposium: Dietary Patterns and Disease**
Walter Willett, MD, PhD

Childhood Obesity

Moderator: **Ellen Rome, MD**

1:30 pm **Environmental Influences**
Bryn Austin, ScD

1:55 pm **Adolescent Bariatric Surgery: Evidence-Based Update**
Thomas Inge, MD, PhD

2:20 pm **School-Based Behavioral Interventions**
Gary Foster, PhD

2:45 pm **Public Health Initiatives**
Kate Nagel, MPH

3:10 pm **Questions and Answers**

3:30 pm **Refreshment Break and Exhibits**

Workshops

4:00 pm **Session III**

4:45 pm **Session IV**

Please indicate choice of workshop on course registration form.

Topics:

D. Diet, Exercise, and Behavior

Moderator: **Cindy Moore, RD, LD**

Timothy Church, MD, PhD; Gary Foster, PhD

E. Postoperative Patient Management

Robert Kushner, MD; Stacy Brethauer, MD; Leslie Heinberg, PhD

F. Pediatric Obesity Management

Moderator: **Ellen Rome, MD**

Bryn Austin, ScD; Thomas Inge, MD, PhD; Kate Nagel, MPH

G. Pharmaceuticals

Richard Atkinson, MD; Louis Aronne, MD

5:30 pm **Adjourn**

Agenda | Friday, September 11, 2009

7:15 am **Continental Breakfast and Exhibits**

Practical Management Strategies for Obesity

Moderator: **Daniel Bessesen, MD**

8:00 am **Exercise and Health**
Timothy Church, MD, PhD

8:20 am **Weight Maintenance**
Louis Aronne, MD

8:40 am **Binge Issues**
Timothy Walsh, MD

9:00 am **Educational Initiatives for Physicians**
Robert Kushner, MD

9:20 am **Integrating Consumer Diets Into Clinical Management**
Daniel Bessesen, MD

9:40 am **Questions and Answers**

10:00 am **Refreshment Break and Exhibits**

Obesity-Induced CV Disease: The Final Pathway

Moderator: **TBA**

10:30 am **Obesity and Atherosclerosis**
Robert Kushner, MD

10:50 am **The Yin and Yang of Diabetes and Obesity in Heart Failure**
James Young, MD

11:10 am **New Obesity Drugs, Cardiovascular Endpoints, and FDA Regulation**
Steven Nissen, MD

11:30 am **Looking Ahead at the LOOK AHEAD Trial: Lessons Learned**
Donna Ryan, MD

11:50 am **Future of Obesity Management: Hot Topics in Research**
Daniel Bessesen, MD

12:10 pm **Questions and Answers**

12:30 pm **Adjourn**

NOTE: Agenda Subject to Change



NEW THIS YEAR: CLEVELAND CLINIC GOING GREEN

Syllabus will be provided to registrants on a USB flash drive. Attendees are encouraged to bring their laptops to the Summit to view the syllabus.

General Information

Location

InterContinental Hotel & Bank of America Conference Center
9801 Carnegie Avenue
Cleveland, OH 44106
Phone: 216-707-4100 or 877-707-8999
Fax: 216-707-4101

Hotel Accommodations

A block of rooms has been reserved at the InterContinental Hotel until **August 7, 2009**. To make your reservations, please contact the Hotel Reservations Department at 216-707-4100 or 877-707-8999. Please identify yourself as being with the Obesity Summit (**Online code DD9**) for a special rate of \$179 single/double (plus tax). The hotel and conference center is located on the campus of Cleveland Clinic.

Ground Transportation

Taxi service is available from Cleveland Hopkins International Airport to the InterContinental Hotel and Bank of America Conference Center. As an alternative, take the rapid transit train from the airport to the Terminal Tower in downtown Cleveland and from there take a taxi to the InterContinental Hotel and Bank of America Conference Center.

Information

For further information about the Summit, contact UNITECH Communications® at:
Local: 216-448-0770
Toll Free: 800-238-6750
Web Address: www.ccfcmc.org/Obesity09
For questions about registering online, call 216-448-0777

For emergency phone calls during the course, please call 216-707-4100 and ask for the Cleveland Clinic Registration Desk.

Registration and Cancellation

Pre-registrations are accepted by fax or online until 4:00 pm ET, **September 4, 2009**. To register after this date please do so on-site. In case of cancellation, a full refund will be made if cancelled by August 21, 2009. **After August 21, 2009, 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 30, 2009.**

Parking

Parking is available in the 100th Street Visitor's Parking Garage for a charge of \$10 per day. 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 educational activity for a maximum of 17.0 *AMA PRA Category 1 Credits™*. Physicians should only claim 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 Council on Continuing Medical Education for Category 2 credit.

This activity may be submitted for American Academy of Family Physicians Continuing Medical Education 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 17.0 physician *AMA PRA Category 1 Credits™* will be accepted for nursing credits. Nurses from other states should contact their State Board of Nursing.

Dietitians may earn CPEUs for their attendance.

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 UNITECH Communications® at 216.448.0770 at least two weeks prior to the activity.



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Upcoming Events



12th Annual Endocrinology and Metabolism Board Review

October 2, 2009 | Cleveland, Ohio | www.ccfcmc.org/Endoreview09



45th Annual Gastroenterology Update

November 19-20 | Cleveland, Ohio | www.ccfcmc.org/Gastro09

Registration Form

4th Annual

Obesity Summit 2009

Science and Practice of Obesity Management

Course # 011616 Office Use Only	
Fee _____	Date _____
MOP _____	CXL/Fee _____

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FEES: Full Summit Fee Includes syllabus (Flash Drive), continental breakfast, lunches and refreshment breaks.				
	I PLAN TO ATTEND			
	FULL SUMMIT	WEDNESDAY	THURSDAY	FRIDAY
Physician/Corporate	<input type="checkbox"/> \$500	<input type="checkbox"/> \$235	<input type="checkbox"/> \$235	<input type="checkbox"/> \$100
Comprecare Affiliate Member (ID# _____)	<input type="checkbox"/> \$325	<input type="checkbox"/> \$152.75	<input type="checkbox"/> \$152.75	<input type="checkbox"/> \$75
Resident*/Fellow*	<input type="checkbox"/> \$350	<input type="checkbox"/> \$175	<input type="checkbox"/> \$175	<input type="checkbox"/> \$85
Nurse/Physician Assistant/ Dietitian/Allied Health	<input type="checkbox"/> \$350	<input type="checkbox"/> \$175	<input type="checkbox"/> \$175	<input type="checkbox"/> \$85

*Letter from Program Director must be received in our office prior to the course to the Summit receive this fee.

WORKSHOP SIGN-UP: Please select your session choice. All optional sessions are free of charge, but require registration.			
Wednesday, September 9 3:45 pm – Session I	Wednesday, September 9 4:30 pm – Session II	Thursday, September 10 4:00 pm – Session III	Thursday, September 10 4:00 pm – Session IV
<input type="checkbox"/> A. Best Macronutrient Approach to Weight Loss and Maintenance	<input type="checkbox"/> A. Best Macronutrient Approach to Weight Loss and Maintenance	<input type="checkbox"/> D. Diet, Exercise, and Behavior	<input type="checkbox"/> D. Diet, Exercise, and Behavior
<input type="checkbox"/> B. TBA	<input type="checkbox"/> B. TBA	<input type="checkbox"/> E. Postoperative Patient Management	<input type="checkbox"/> E. Postoperative Patient Management
<input type="checkbox"/> C. Weight Management in Diabetes: Practical Implications	<input type="checkbox"/> C. Weight Management in Diabetes: Practical Implications	<input type="checkbox"/> F. Pediatric Obesity Management	<input type="checkbox"/> F. Pediatric Obesity Management
		<input type="checkbox"/> G. Pharmaceuticals	<input type="checkbox"/> G. Pharmaceuticals

REGISTER ONLINE:
www.ccfcm.org/Obesity09
Once you register online, please do not mail or fax in a registration form.
CCF main campus, family health centers, and CCHS community hospital employees (physicians and non-physicians) please register online at the above web address.

REGISTER BY MAIL OR FAX:
Last Name: _____ First Name: _____ MI: _____ Degree: _____
Address: _____
City: _____ State: _____ Zip: _____
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Specialty: _____
Email Address: _____

Total amount enclosed to be charged: \$ _____	<input type="checkbox"/> I require vegetarian meals.
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Over 75 Years of Excellence in
CONTINUING MEDICAL EDUCATION