

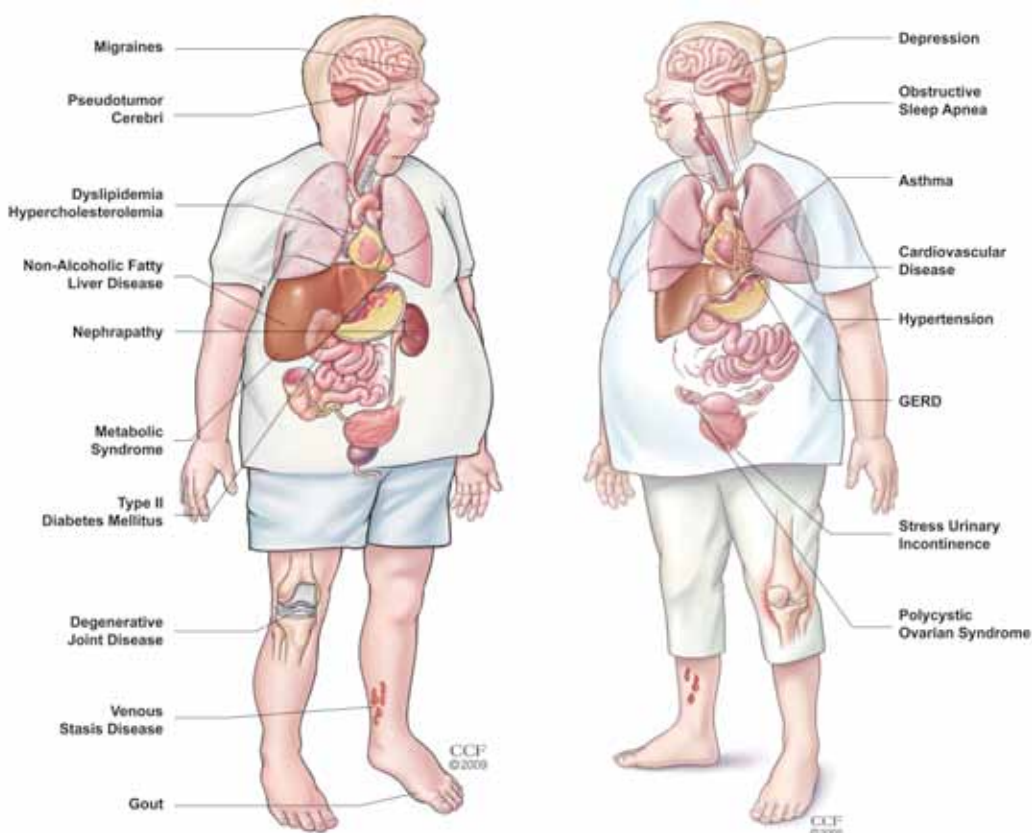
5th Annual

Obesity Summit 2010

Science and Practice of Obesity Management

November 3–4, 2010

InterContinental Hotel and Bank of America Conference Center
Cleveland, Ohio



Register Today! www.ccfcmc.org/obesity10

5th Annual

Obesity Summit 2010

Science and Practice of Obesity Management

Overview

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 interactive, discussion-stimulating sessions designed to engage the audience and presenters. These include interactive workshops, a meet the experts luncheon, and an expert panel discussion that invites attendees to bring examples of difficult, unusual cases. Supplementing these will be didactic/interactive sessions focusing on key issues regarding obesity biology, prevention, and treatment.

Target Audience

The Summit is directed to health care practitioners (including physicians, nurse practitioners, nurses, physician assistants, and dietitians), researchers, and others focusing on obesity-related fields, including bariatric surgery, endocrinology, gastroenterology, cardiology, internal medicine, pulmonology, diet and nutrition, psychiatry and psychology, gynecology, and family practice medicine.

Learning Objectives

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

- Summarize the recent research on obesity causes, including genetic and biologic factors;
- Discuss the efficacy of current obesity prevention and treatment strategies, including lifestyle, diets, pharmacology, and surgery options;
- Describe the epidemiology and causes of childhood obesity as well as management strategies for prevention and treatment;
- Diagnose and treat comorbidities associated with obesity, including cancers, diabetes, and heart disease.

Obesity Summit Director

PHILIP R. SCHAUER, MD

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

Special Program Announcement

To learn more about the business and financial drivers of obesity and diabetes, join us at a special nonaccredited *Medical Innovation Summit: Obesity, Diabetes, and the Metabolic Crisis* preceding the 2010 Obesity Summit. This year's annual event will be November 1-3, 2010.

Confirmed speakers include the CEOs of Johnson & Johnson, Eli Lilly, sanofi-aventis, McKesson, Amgen, Medtronic, Stryker, Covidien, Bard, GE Healthcare, and Satiety.

Special pricing is available for *Obesity Summit 2010* registrants to attend the *Medical Innovation Summit*. Please call 216.445.5004 for more information.

For more information, visit:
www.clevelandclinic.org/summit



Guest Faculty

CAROLINE M. APOVIAN, MD, FACP, FACN

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

LOUIS J. ARONNE, MD, FACP

Clinical Professor of Medicine
Weill Cornell Medical College
New York, NY

RICHARD L. ATKINSON, MD

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

NATHAN A. BERGER, MD

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

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Professor of Psychology, Epidemiology and Public Health
Director, Rudd Center for Food Policy and Obesity
Yale University
New Haven, CT

LaDAVIA DRANE, ESQ

Legislative Counsel
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Temple University
Philadelphia, PA

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Director, Massachusetts General Hospital Weight Center
Associate Professor of Medicine
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Northwestern University Feinberg School of Medicine
Immediate Past President
The Obesity Society
Chicago, IL

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Minneapolis, MN

PATRICK M. O'NEIL, PhD

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Weight Management Center
Professor, Department of Psychiatry and Behavioral Sciences
Professor, Department of Surgery
Medical University of South Carolina
Charleston, SC

SHARON A. ROSS, PhD, MPH

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Nutritional Science Research Group
Division of Cancer Prevention
National Cancer Institute
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DONNA H. RYAN, MD

President, The Obesity Society
Associate Executive Director for Clinical Research
Pennington Biomedical Research Center
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Assistant Commissioner
Bureau of Chronic Disease Prevention and Control
New York City Department of Health and Mental Hygiene
New York, NY

RICHARD M. WATANABE, PhD

Department of Preventive Medicine
Keck School of Medicine
University of Southern California
Los Angeles, CA

BRUCE M. WOLFE, MD

Professor of Surgery
Division of General Surgery
Oregon Health and Science University
President, American Society for Metabolic and Bariatric Surgery
Portland, OR



Fatty Liver

Cleveland Clinic Faculty

GORDON G. BLACKBURN, PhD

Program Director of
Cardiac Rehabilitation
Heart and Vascular Institute

STACY A. BRETHAUER, MD

Advanced Laparoscopic and
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Bariatric and Metabolic Institute

ALLISON BRINDLE, MD

Cleveland Clinic Children's Hospital
Pediatric Institute

CHRISTINE CARTER-KENT, MD

Pediatric Gastroenterology
Cleveland Clinic Children's Hospital
Pediatric Institute

BIPAN CHAND, MD

Director, Surgical Endoscopy
Bariatric and Metabolic Institute

ARIEL E. FELDSTEIN, MD

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Cleveland Clinic Lerner College of
Medicine of Case Western
Reserve University
Department of Cell Biology/
Pediatric Gastroenterology
Pediatric Institute

TARA HARWOOD, MS, RD, LD

Pediatric Dietitian
Cleveland Clinic Children's Hospital
Pediatric Institute

LESLIE J. HEINBERG, PhD

Associate Professor, Cleveland
Clinic Lerner College of Medicine
of Case Western Reserve University
Director, Behavioral Services
Bariatric and Metabolic Institute

SANGEETA KASHYAP, MD

Endocrinology and
Metabolism Institute

LAURENCE KENNEDY, MD, FRCP

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

JOHN P. KIRWAN, PhD, FACSM

Associate Professor of
Molecular Medicine
Gastroenterology, Hepatology,
and Pathobiology
Digestive Disease Institute

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Advanced Laparoscopic and
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Bariatric and Metabolic Institute

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Department of Pediatric Cardiology
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Senior Director
Public Health and Research
Office of Government Relations

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Medical Director
Cardiac Rehab and Stress Testing
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Chairman, Wellness Institute

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Head, Section of Adolescent Medicine
Cleveland Clinic Children's Hospital
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Program Manager
Public Health and Research
Office of Government Relations

JAMES B. YOUNG, MD

Chairman
Endocrinology and
Metabolism Institute

ROBERT S. ZIMMERMAN, MD

Director
Cleveland Clinic Diabetes Center
Program Director
Department of Endocrinology
Endocrinology and
Metabolism Institute

1:30 pm Registration and Exhibits

2:30 pm **Opening Remarks**
Philip R. Schauer, MD
Ellen S. Rome, MD

2:40 pm **Keynote Speaker:**
Is There the Courage to Prevent Obesity?
Kelly D. Brownell, PhD

Basic Science, Genetics, Cancer

Moderator: Nathan A. Berger, MD

3:10 pm **New Understandings of Body Weight Regulation**
Lee M. Kaplan, MD, PhD

3:30 pm **Clinical Implications of Genetic Variations Underlying Obesity**
Richard M. Watanabe, PhD

3:50 pm **Infectious Etiology of Obesity**
Richard L. Atkinson, MD

4:10 pm **Fatty Liver and Insulin Resistance: Target Discovery**
Ariel E. Feldstein, MD

4:30 pm **Understanding the Diet-Obesity-Cancer Link**
Sharon A. Ross, PhD

4:50 pm **Questions and Answers**

5:00 pm Refreshments/Exhibits

Obesity Treatment Strategies: Lifestyle (Diet, Exercise, and Behavior)

Moderator: John P. Kirwan, PhD

5:15 pm **Evaluating Psychological Issues of Obesity and Comorbidities**
Patrick M. O'Neil, PhD

5:30 pm **Behavioral Strategies for Weight Management: Principles and Practices**
Gary D. Foster, PhD

5:45 pm **Outcomes of Lifestyle Intervention: Look Ahead and LOSS Studies**
Donna H. Ryan, MD

6:00 pm **Community Weight Loss Programs**
Kate Fox Nagel, MPH

6:15 pm **Questions and Answers**

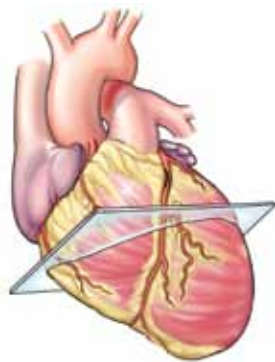
6:30 pm Adjourn



Obesity Induced Nephropathy



Obstructive Sleep Apnea



Ventricular Hypertrophy

Thursday, November 4, 2010

7:00 am Registration, Continental Breakfast, and Exhibits

7:45 am **Special Presentation: Employee Wellness: Strategies for Healthy Behavior in the Workplace**
Michael F. Roizen, MD

Childhood Obesity: Prevention, Policy, and Community Interventions

Moderator: *Ellen S. Rome, MD*

8:15 am **Keynote Speaker: An Integrated Approach to Preventing Obesity and Eating Disorders in Youth: Why and How?**
Dianne Neumark-Sztainer, PhD

Prevention and Policy Panel: Community Interventions

Moderator: *Ellen S. Rome, MD*

8:45 am **Panelists:**
Persis A. Sosiak, RN
Dianne Neumark-Sztainer, PhD
Lynn D. Silver, MD
LaDavia Drane, Esq

9:30 am **Questions and Answers**

9:45 am Refreshment Break and Exhibits

Obesity Treatment Strategies: Medicine and Surgery

Moderator: *James B. Young, MD*

10:00 am **Physicians Role in Obesity Management**
Robert F. Kushner, MD

10:15 am **Cardiovascular Effects of Weight Loss**
James B. Young, MD

10:30 am **Managing Metabolic Comorbidities of Obesity**
Laurence Kennedy, MD

10:45 am **New Pharmacologic Approaches**
Caroline M. Apovian, MD

11:00 am **Bariatric Surgery Outcomes**
Bruce M. Wolfe, MD

11:15 am **Surgical Treatment of Type 2 Diabetes**
Philip R. Schauer, MD

11:30 am **Combining Medical and Surgical Therapy**
Louis J. Aronne, MD

11:45 am **Questions and Answers**

12:00 pm Meet the Experts Lunch

Register on-site for interactive lunch discussions with Summit faculty.

Lunch topics include:
Protein-Sparing Modified Fast, Obesity and Fatty Liver Disease, BMI Assessments in Schools, Managing Type 2 Diabetes, Bariatric Surgery, Linking Obesity and Eating Disorders, and more!

Workshops

Choice of one workshop per session

1:00 pm Session 1

a) Weight Loss Maintenance and Avoiding Regain
Moderator: *Leslie J. Heinberg, PhD*

b) Drugs in the Treatment of Obesity
Moderators: *Caroline M. Apovian, MD*
Louis J. Aronne, MD

c) Prevention of Obesity and Diabetes
Moderators: *Donna H. Ryan, MD*
Sangeeta Kashyap, MD

2:00 pm Session 2

a) Bariatric and Plastic Surgery Considerations for Primary Care
Moderators: *Bipan Chand, MD*
S. Cristina Rotemberg, MD

b) Establishing an Obesity Practice
Moderator: *Robert F. Kushner, MD*

c) Pediatric Obesity: Community Interventions
Moderators: *Persis A. Sosiak, RN*
Kate Fox Nagel, MPH

3:00 pm Refreshment Break and Exhibits

Debates and Discussions – “Bring Your Own Case”

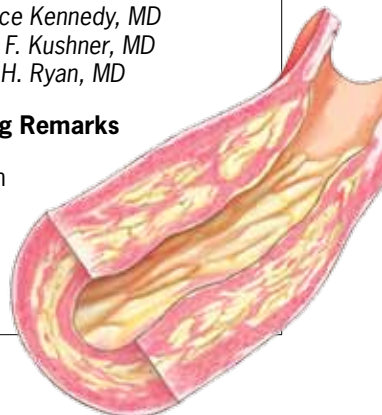
Moderator: *Robert S. Zimmerman, MD*

3:15 pm **Panelists:**
Caroline M. Apovian, MD
Louis J. Aronne, MD
Gordon G. Blackburn, PhD
Stacy Brethauer, MD
Gary D. Foster, PhD
Laurence Kennedy, MD
Robert F. Kushner, MD
Donna H. Ryan, MD

4:45 pm **Closing Remarks**

5:00 pm Adjourn

Atherosclerosis



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 until October 3, 2010. To make your reservations, contact the Hotel Reservations Department at 216.707.4100 or 877.707.8999. Identify yourself as being with the Obesity Summit (**reservation code IW6**) for a special rate of **\$189 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.

Information

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

Local: 216.448.0770

Toll Free: 800.238.6750

Web Address: www.ccfme.org/obesity10

For questions about registering, call 216.448.0777 or email, CMEregistrator@ccf.org

Registration and Cancellation

Preregistrations are accepted by fax or online until 4:00 pm ET, November 1, 2010. To register after this date, you must do so on-site. In case of cancellation, a full refund will be made if cancelled by October 15, 2010. After October 15, 2010, a \$100 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 December 24, 2010.**

Parking

Parking is available in the E. 100th Street/ Carnegie Avenue Visitor 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 educational activity for a maximum of 12.5 *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.

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 12.5 physician *AMA PRA Category 1 Credits™* will be accepted for nursing credits. Nurses from other states should contact their State Board of Nursing.

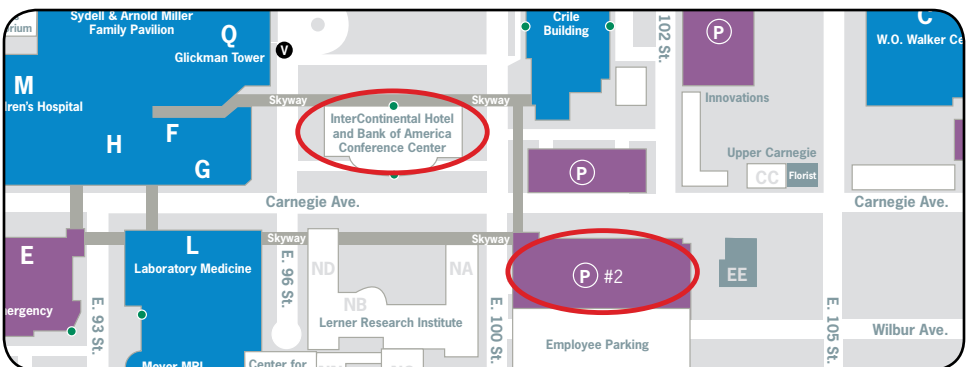
The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians; therefore, this activity is acceptable for 12.5 CPEUs by the Commission on Dietetic Association.

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 the Cleveland Clinic Center for Continuing Education at 216.448.0770 at least two weeks prior to the activity.



Registration Form

5th Annual Obesity Summit 2010

November 3-4, 2010

InterContinental Hotel and Bank of America Conference Center | Cleveland, Ohio

Course # 011680 Office Use Only	
Fee _____	Date _____
MOP _____	CXL/Fee _____

Register Online

www.ccfcmec.org/obesity10

CCF main campus, family health centers, and CCHS community hospital employees (physicians and non-physicians) please register online at the above web address.

Fees

Full Summit fee includes electronic syllabus, continental breakfast, lunch and refreshment breaks.

	Advance Registration	Onsite
Physician	\$325	\$375
Comprecare Affiliate Member (ID# _____)	\$212	\$262
Corporate	\$325	\$375
Resident*/Fellow*	\$225	\$275
Other Professionals	\$225	\$375

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

Workshop Registration – Thursday, November 4, 2010

Select only one workshop per session. Based on space availability; first-come, first-served.

1:00 pm	Session 1: <input type="checkbox"/> A. Weight Loss Maintenance and Avoiding Regain <input type="checkbox"/> B. Drugs in the Treatment of Obesity <input type="checkbox"/> C. Prevention of Obesity and Diabetes
2:00 pm	Session 2: <input type="checkbox"/> A. Bariatric and Plastic Surgery Considerations for Primary Care <input type="checkbox"/> B. Establishing an Obesity Practice <input type="checkbox"/> C. Pediatric Obesity: Community Interventions

Meet the Experts Lunch Registration - Thursday, November 4, 2010

Register at summit registration desk. Table assignments are on a first-come, first-served basis.

Complete the information below if registering by mail or fax:

Please Print

Last Name	First Name	MI	Degree
Company			
Address			
City		State	Zip
Phone		Fax	
Email Address		Specialty	
Practice Type <input type="checkbox"/> Hospital <input type="checkbox"/> Office Based <input type="checkbox"/> Resident/Fellow <input type="checkbox"/> Other			
<input type="checkbox"/> I require a vegetarian lunch			

\$ _____ Total amount enclosed or to be charged

Make check payable to: The Cleveland Clinic Educational Foundation

or charge to the following account: Visa MasterCard American Express Discover

Card Number

Exp Date

3 or 4 Digit Verification Number:

Signature

FAX NUMBER: 216.448.0783

MAILING ADDRESS: The Cleveland Clinic Educational Foundation
PO Box 931653 • Cleveland, OH 44193-1082

For questions about registering, email CMEregistraton@ccf.org or call 216.448.0777



Cleveland Clinic

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