9th Annual Obesity Summit
Science and Practice of Obesity Management

October 2 – 3, 2014
InterContinental Hotel and Bank of America Conference Center
Cleveland, OH

Register Today! ccfcme.org/Obesity
Attend the 9th 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 innovative sessions designed to engage you with colleagues as well as interactive workshops, a meet-the-professor luncheon, and question and answer sessions.

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 bariatric surgery, endocrinology, gastroenterology, cardiology, internal medicine, pulmonology, diet and nutrition, psychiatry and psychology, urology, and primary care medicine.

After attending, you will be able to:

• Summarize the recent research science of obesity including fatty liver disease associated with obesity and targeting adipose conversion
• Integrate web-based mobile tools for monitoring diet and activity and strategies to maximize the influence of lifestyle factors in obesity reduction programs
• List the various comorbidities associated with obesity and institute strategies for their evaluation and treatment
• Compare and contrast the efficacy and side effect data of pharmacologic treatment options, especially new medications
• Integrate revised treatment guidelines into weight-loss strategies
• Summarize the pros and cons for current bariatric surgical options, and apply the new guidelines to patient selection process
• Describe appropriate patient care after bariatric surgery
• Design multidisciplinary management strategies for prevention and treatment of childhood obesity

Call for Abstracts

Clinical and research abstracts of original work are being accepted until September 5, 2014. Visit the event website for instructions.
Summit Director

Philip R. Schauer, MD
Professor of Surgery
Cleveland Clinic Lerner College of Medicine
Director, Advanced Laparoscopic and Bariatric Surgery
Bariatric and Metabolic Institute
Digestive Disease Institute
Cleveland Clinic
Cleveland, OH

Summit Co-Directors

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 Pathology
Digestive Disease and Research Institutes
Cleveland Clinic
Cleveland, OH

Bartolome Burguera, MD, PhD
Department of Endocrinology, Diabetes, and Metabolism
Endocrinology and Metabolism Institute
Cleveland, OH

Guest Faculty

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

Ralph A. DeFronzo, MD
Division Chief, Diabetes
University of Texas Health Science Center
Department of Medicine
Diabetes Division
San Antonio, TX

Patty Freedson, PhD
Professor and Department Chair
Department of Kinesiology
School of Public Health and Health Sciences
University of Massachusetts
Amherst, MA

David Kaelber, MD
Associate Professor
Case Western Reserve University School of Medicine
Chief Medical Informatics Officer
MetroHealth
Cleveland, OH

Ken Resnicow, PhD
Professor, Health Behavior and Health Education
School of Public Health
University of Michigan
Ann Arbor, MI

Donna H. Ryan, MD
Professor Emerita
Associate Executive Director for Clinical Research
Pennington Biomedical Research Center
Baton Rouge, LA

Cleveland Clinic Faculty

Naim Alkhouri, MD
Department of Pediatric Gastroenterology
Pediatric Institute
Department of Gastroenterology and Hepatology
Digestive Disease Institute

Charles Bae, MD
Sleep Disorder Center
Neurological Institute

Stacy A. Brethauer, MD
Bariatric and Metabolic Institute
Digestive Disease Institute

J. Mark Brown, PhD
Department of Cellular and Molecular Medicine
Lerner Research Institute

Derrick Cetin, DO
Bariatric and Metabolic Institute
Digestive Disease Institute

Marianne Fischer, RD, LD
Nutrition Department
Digestive Disease Institute

Rebecca Flyckt, MD
Obstetrics and Gynecology
Women’s Health Institute

Leslie J. Heineberg, PhD, MA
Bariatric and Metabolic Institute
Digestive Disease Institute

Elaine Husni, MD, MPH
Rheumatologic & Immunological Disease
Orthopaedic & Rheumatologic Institute

Sangeeta Kashyap, MD
Department of Endocrinology, Diabetes, and Metabolism
Endocrinology and Metabolism Institute

Eileen Kennedy, PhD
Director, Fit Youth Program
Pediatric Institute

Matthew Kroh, MD
General Surgery
Digestive Disease Institute

Steven Nissen, MD
Department of Cardiovascular Medicine
Heart and Vascular Institute

Tomasz Rogula, MD, PhD
Bariatric and Metabolic Institute
Digestive Disease Institute

Michael F. Roizen, MD
Chief Wellness Officer
Wellness Institute

Ellen S. Rome, MD, MPH
Department of General Pediatrics
Pediatric Institute

Joe Sweet
Director, Operations and Business Development
Wellness Institute

Robert Zimmerman, MD, FACE
Director, Cleveland Clinic Diabetes Center
Vice Chairman
Department of Endocrinology, Diabetes, and Metabolism
Endocrinology and Metabolism Institute
Thursday, October 2, 2014

7:00 am Registration/Visit Exhibits
8:00 am Welcome and Introduction
   Philip R. Schauer, MD
   John P. Kirwan, PhD

**Session 1 Science of Obesity**
8:10 am Obesity, Insulin Resistance, and Type 2 Diabetes
   Ralph A. DeFronzo, MD
8:40 am Pathophysiology and Treatment of Fatty Liver Disease:
   An Underappreciated Comorbidity of Obesity
   Naim Alkhouri, MD
9:10 am Beige is Slimming:
   New Therapeutics Targeting the Conversion of White to Beige Adipose Tissue
   J. Mark Brown, PhD

**Session 2 Lifestyle (Diet and Exercise)**
10:00 am New Web-based Mobile Tools for Physical Activity
   Patty Freedson, PhD
10:30 am New Health and Wellness Internet Applications
   Joe Sweet
11:00 am Role of Whole Grain Diets in Health and Obesity
   John P. Kirwan, PhD
11:30 am Cost Effectiveness of Lifestyle Intervention
   Donna H. Ryan, MD
12:00 pm Meet the Experts Lunch (open seating)
   Join our faculty for an engaging discussion of featured topics

**Session 3 Workshops**
(select one from each session, first-come, first-served)
1:15 pm Workshop Session 1
   a. Drugs in the Treatment of Obesity
      Donna H. Ryan, MD
      Sangeeta Kashyap, MD
   b. Activity and Diet Monitoring
      Patty Freedson, MD
      Joe Sweet
   c. New Diet Approaches in Obesity
      Marianne Fischer, RD, LD
   d. Wellness Strategies
      Michael F. Roizen, MD

2:00 pm Workshop Session 2
   e. Drugs in the Treatment of Obesity
      Donna H. Ryan, MD
      Sangeeta Kashyap, MD
   f. Weight Loss Maintenance
      Leslie J. Heinberg, PhD
      Bartolome Burguera, MD, PhD
   g. Perioperative Management of the Bariatric Surgery Patient
      Stacy A. Brethauer, MD
      Derrick Cetin, DO
   h. Pediatric Obesity
      Opportunity and Impact – Studies from the 10-Year Lifestyles Program
      David Kaelber, MD

2:45 pm Refreshment Break/Visit Exhibits

**Session 4 Obesity and Comorbidities**
3:15 pm Obesity and Heart Disease
   Steven Nissen, MD
3:35 pm Sleep Apnea and Obesity
   Charles Bae, MD
3:55 pm Obesity, Infertility, and PCOS
   Rebecca Flyckt, MD
4:15 pm Obesity and Cancer
   Nathan A. Berger, MD
5:05 pm Understanding the Link Between Obesity and Arthritis
   Elaine Husni, MD
5:25 pm Poster Session
6:00 pm Adjourn

Pathophysiology of Type II Diabetes Mellitus

A five-minute question and answer period is included in each speaker’s allotted time.
Friday, October 3, 2014

Session 5  Medical and Surgical
8:00 am  Live Surgical Transmissions from Cleveland Clinic
   Moderator: Philip R. Schauer, MD
   Surgeons:
   Stacy A. Brethauer, MD
   Matthew Kroh, MD
   Tomasz Rogula, MD, PhD
11:00 am  New Guidelines for Obesity Treatment
   Donna H. Ryan, MD
11:30 am  Weight Loss Drugs: New and Established
   Bartolome Burguera, MD, PhD
12:00 pm  Lunch (on own)

Session 6  Childhood Obesity
9:00 am  STAMPEDE – 3-Year Follow Up: Sustained Remission of Type 2 Diabetes
   Philip R. Schauer, MD
   Sangeeta Kashyap, MD
9:30 am  Refreshment Break/ Visit Exhibits
10:00 am  Treatment of T2DM: A Rational Approach Based Upon Its Pathophysiology
   Ralph A. DeFronzo, MD
10:30 am  Drugs that Treat Diabetes and Obesity
   Robert Zimmerman, MD
11:00 am  New Guidelines for Obesity Treatment
   Donna H. Ryan, MD
11:30 am  Weight Loss Drugs: New and Established
   Bartolome Burguera, MD, PhD
12:00 pm  Lunch (on own)

A five-minute question and answer period is included in each speaker’s allotted time.
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 August 30, 2014. 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 216.707.4000 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 UZE)
- **InterContinental Suites Hotel:** $164 single/double plus tax (registration code UBJ)

Ground Transportation
Taxis are available from Cleveland Hopkins International Airport to the InterContinental Hotel and Bank of America Conference Center.

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 14.0 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 14.0 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.

Nearby Attractions
Visit the wide selection of restaurants and activities that Cleveland has to offer:

- **Horseshoe Casino Cleveland** is a full service casino located in the Historic Higbee Building in downtown Cleveland and includes over 2,100 slot machines, 65 table games, and a Poker room: horseshoeCLE.com
- **Historic Warehouse District** is home to restaurants and nightlife, coffee shops and specialty boutiques: warehousedistrict.org
- **Flats East Bank** is a recent development which includes a variety of popular restaurants including Ken Stewart’s, Lago, and The Willeyville: flatseast.com
- **East Fourth Street District** is home to the House of Blues, Pickwick & Frolic, Wonder Bar, Lola (home of Iron Chef Michael Symon), and more: east4thstreet.com
- **Playhouse Square Theater District** is the second largest performing arts center in the country: playhousesquare.org
- **North Coast Harbor** is home to the Rock and Roll Hall of Fame & Museum plus the Great Lakes Science Center and nearby is the Cleveland Aquarium: rockhall.com, greatscience.com, and greaterclevelandaquarium.com

Visit www.positivelycleveland.com for additional information on attractions and entertainment.

Information
For further information about this Summit, contact the Cleveland Clinic Center for Continuing Education at: 216.448.0770 or 800.238.6750.

Web Address: ccfcme.org/Obesity

Registration and Cancellation
Preregistrations are accepted until 2:00 pm ET October 1, 2014. Register on-site after this date. In case of cancellation, a full refund will be made if canceled by November 1, 2014. After November 1, 2014, 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 November 1, 2014.

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

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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Two Ways to Register

ONLINE
ccfcmoe.org/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
Registration form can be downloaded from the course website.

Fees

Fee Includes: Daily continental breakfast, refreshment breaks, Thursday lunch, and faculty PowerPoint presentations in PDF format, available online.

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*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 send email to cmeregistration@ccf.org or call 216.448.0777.

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.

Atherosclerosis

Gastric Sleeve
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