This program has been endorsed by The Obesity Society, International Federation for the Surgery of Obesity and Metabolic Disorders, International Bariatric Club, Mississippi Primary Health Care Association and World Obesity Federation.

October 11 – 12, 2018

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

• Hospitality Management Center of
  Mississippi Gulf Coast Community College
  Biloxi, MS

Register Today! ccfcme.org/18DOCS
After attending, you will be able to:

- Describe the research on mechanisms for tissue-specific lipid partitioning that affects insulin sensitivity, energy balance, and body weight regulation.
- Summarize recent research on the interaction between obesity and muscle sarcopenia.
- Summarize recommendations for reducing diabetes incidence through weight-loss strategies that focus on the importance of lifestyle interventions.
- Debate key counseling strategies to address the lack of weight-loss efforts by patients stemming from the social acceptance of obesity and the lack of patient confidence in their ability to lose weight.
- Describe the obesity-related factors that increase the risks for developing cardiovascular disease, especially atrial fibrillation, and identify strategies for their evaluation, prevention, and treatment.
- 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 and describe their use in patients who are obese.
- Demonstrate knowledge and competence to counsel patients on selection of diet, cooking techniques, exercise programs, and virtual visits as practical weight-loss strategies.

Cleveland Clinic’s Diabetes, Obesity and Cardiology Summit (DOCS) attracts a diverse mix of health care practitioners interested in discussing innovative solutions and new strategies for diabetes, obesity and cardiovascular disease management. DOCS features sessions that highlight the causes of obesity and diabetes, preventive strategies, and therapeutic management approaches designed to engage you with colleagues. 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 diabetes- or obesity-related fields, including endocrinology, family practice, internal medicine, pediatrics, psychology, and dietetics, researchers, hospital and corporate administrators, and others who have an interest in diabetes- or obesity-related fields, including endocrinology, family practice, internal medicine, pediatrics, psychology, cardiology, bariatric surgery, and wellness.

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

W. Scott Butsch, MD, MSc
Bariatric and Metabolic Institute
Digestive Disease and Surgery Institute
Cleveland Clinic
Cleveland, OH

Deborah Colby, Med, RD, CDE
The National Diabetes and Obesity Research Institute at Tradition
Biloxi, MS

Leslie J. Heinberg, PhD
Vice Chair for Psychology
Department of Psychiatry and Psychology
Bariatric and Metabolic Institute
Digestive Disease and Surgery Institute
Cleveland Clinic
Cleveland, OH

John P. Kirwan, PhD
Executive Director
Pennington Biomedical Research Center
Baton Rouge, LA

Guest Faculty

Steven N. Blair, PEd, FACSM
Retired Professor
Departments of Exercise Science and Epidemiology and Biostatistics
Arnold School of Public Health
University of South Carolina
Columbia, SC

Andrea E. Bonny, MD
Assistant Professor of Pediatrics
Ohio State University
Director of Research
Division of Adolescent Medicine
Nationwide Children's Hospital
Columbus, OH

Mark D. Borchelt, MD, FACE
Memorial Physicians Clinic
Endocrinology
Memorial Hospital at Gulfport
Gulfport, MS

Robert H. Eckel, MD
Charles A. Boettcher II Endowed Chair in Atherosclerosis
Professor of Medicine
Division of Endocrinology, Metabolism and Diabetes, and Cardiology
Professor of Physiology and Biophysics
Director of Lipid Clinic
University of Colorado Hospital
Aurora, CO

Ann Crile Esselstyn, MEd
CoAuthor, The Prevent and Reverse Heart Disease Cookbook
Cleveland, OH

Jane Esselstyn, RN
CoAuthor, The Prevent and Reverse Heart Disease Cookbook
Cleveland, OH

W. Timothy Garvey, MD
Professor and Chair
Department of Nutrition Sciences
School of Health Professions
Senior Scientist
Nutrition Obesity Research Center
University of Alabama at Birmingham
Birmingham, AL

Deborah Bade Horn, DO, MPH, MS
Chair
Obesity Medicine Association
Center for Obesity Medicine and Metabolic Health Performance
The University of Texas Science Center at Houston
Houston, TX

Alex Hurd
Senior Director
Program Development and Portfolio Management
Health and Wellness Transformation
Walmart
Bentonville, AR

Robert F. Kushner, MD
Professor of Medicine
Northwestern University Feinberg School of Medicine
Medical Director
Center for Lifestyle Medicine
Northwestern Medicine
Chicago, IL

Leanne Redman, PhD, MS
Associate Professor
LPEA Endowed Fellowship Director
Reproductive Endocrinology and Women's Health Research Program
Pennington Biomedical Research Center
Baton Rouge, LA

Rob Stinson
Executive Chef and Restaurant Owner
Biloxi, MS

Susan Z. Yanovski, MD
LPFA Endowed Fellowship Director
Prisma Health Endowed Professor
University of South Carolina
Columbia, SC

Derek Ware, MD
Memorial Hospital at Gulfport
Gulfport, MS
Cleveland Clinic Faculty

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

Gordon Blackburn, PhD  
Heart and Vascular Institute

Derrick Cetin, DO  
Bariatric and Metabolic Institute  
Digestive Disease and Surgery Institute

Mina Chung, MD  
Heart and Vascular Institute

Pamela Combs, MSN, CNP  
Endocrinology and Metabolism Institute

Srinivasan Dasarathy, MD  
Digestive Disease and Surgery Institute

Ronald R. Gambino, RN, BSN, MPA  
Endocrinology and Metabolism Institute

Kasey Goodpaster, PhD  
Bariatric and Metabolic Institute  
Digestive Disease and Surgery Institute

Jen Hyland, RD  
Cleveland Clinic Children's Pediatric Institute

Matthew Kroh, MD  
Chief, Digestive Disease and Surgery Institute  
Abu Dhabi

Sumana Narasimhan, MD  
Cleveland Clinic Children's Pediatric Institute

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

Kevin M. Pantalone, DO  
Endocrinology and Metabolism Institute

Ninoska Peterson, PhD  
Bariatric and Metabolic Institute  
Digestive Disease and Surgery Institute

John Rodriguez, MD  
Bariatric and Metabolic Institute  
Digestive Disease and Surgery Institute

Hussein Saadi, MD  
Chief, Medical Subspecialties Institute  
Abu Dhabi

Richard K. Shewbridge, MD  
Endocrinology and Metabolism Institute

Lauren Sullivan, RD  
Bariatric and Metabolic Institute  
Digestive Disease and Surgery Institute

Robert Zimmerman, MD  
Endocrinology and Metabolism Institute

Agenda

Thursday, October 11

SESSION I: BASIC SCIENCE

8:30 am/7:30 am  Lipoprotein Lipase: How Tissue-Specific Lipid Partitioning Impacts Insulin Sensitivity, Energy Balance and Body Weight Regulation  
Robert H. Eckel, MD

9:00 am/8:00 am  Welcoming Remarks  
Tomislav Mihaljevic, MD

9:10 am/8:10 am  Role of Obesity in Muscle Wasting of Liver Disease  
Srinivasan Dasarathy, MD

9:40 am/8:40 am  Obesity Research: New Directions and Opportunities  
Susan Z. Yanovski, MD

10:10 am/9:10 am  Panel Discussion/ Question and Answer Period  
Srinivasan Dasarathy, MD  
Robert H. Eckel, MD  
Susan Z. Yanovski, MD

SESSION II: DIABETES AND OBESITY TREATMENT – LIFESTYLE, DIET, EXERCISE

11:00 am/10:00 am  Principles of Obesity Diagnosis and Management  
Robert F. Kushner, MD

11:30 am/10:30 am  Helping the Nonadherent Patient Benefit from Lifestyle Intervention  
Leslie J. Heinberg, PhD

12:00 pm/11:00 am  Debate: Fatness v Fitness  
Steven N. Blair, PEd  
Leanne Redman, PhD, MS

12:30 pm/11:30 am  Panel Discussion/ Question and Answer Period  
Steven Blair, PEd  
Leslie J. Heinberg, PhD  
Robert F. Kushner, MD  
Leanne Redman, PhD, MS

12:50 pm/11:50 am  Lunch Break  
Lunch Presentation  
The Future of Healthcare  
Alex Hurd

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

WORKSHOP 1

2:00 – 2:45 pm ET

A. Pediatrics, Part 1  
The Role of the Structured Diet in Pediatric Obesity Management  
Jen Hyland, RD  
Management of Type 2 Diabetes Mellitus  
Sumana Narasimhan, MD

B. Perioperative Management of Bariatric Patients  
Derrick Cetin, DO  
Matthew Kroh, MD

C. Weight Loss Maintenance  
Leslie J. Heinberg, PhD  
Robert F. Kushner, MD

D. Behavioral Interventions  
Kasey Goodpaster, PhD  
Ninoska Peterson, PhD

E. Plant-based Approach to Long-term Sustainable Weight and Health Cooking Demonstration  
Ann Esselstyn, MEd  
Jane Esselstyn, RN

2:45 pm/1:45 pm  Refreshment Break and Visit Exhibits

WORKSHOP 1

1:00 – 1:45 pm CT

A. Exercise  
John P. Kirwan, PhD  
Leanne Redman, PhD, MS

B. Healthy Cooking Demonstration  
Chef Rob Stinson

C. Diabetes Care Path  
Pamela Combs, MSN, CNP  
Robert Zimmerman, MD

D. Perioperative Management of Bariatric Patients  
Mark D. Borchelt, MD  
Derek Ware, MD

2:45 pm/1:45 pm  Refreshment Break and Visit Exhibits
### SESSION III: COMORBIDITIES

**ET/CT**

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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| 4:05 pm/3:05 pm | **Obesity and Atherosclerosis**  
                      Steven Nissen, MD                                                  |
| 4:20 pm/3:20 pm | **Afib**  
                      Mina Chung, MD                                                        |
| 4:35 pm/3:35 pm | **Diabetes and Obesity in the Middle East: Challenges and Opportunities**   
                      Hussein Saadi, MD                                                    |
| 4:50 pm/3:50 pm | **Weight Loss and Pregnancy**  
                      Leanne Redman, PhD, MS                                               |

### SESSION IV: DIABETES TREATMENT - MEDICAL

**ET/CT**

<table>
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<tr>
<th>Time</th>
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| 8:00 am/7:00 am | **AACE Perspective of Diabetes Therapy**  
                      W. Timothy Garvey, MD                                                |
| 8:25 am/7:25 am | **Type 2 Diabetes: Therapy Update**  
                      Kevin M. Pantalone, DO                                               |

### SESSION V: OBESITY TREATMENT - MEDICAL

**ET/CT**

<table>
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<tr>
<th>Time</th>
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| 8:50 am/7:50 am | **Mainstream Medicine and Obesity**  
                      Deborah Bade Horn, DO, MPH                                          |
| 9:15 am/8:15 am | **Shared Medical Appointments for Patients with Obesity and Diabetes**  
                      Bartolome Burguera, MD, PhD                                          |
| 9:40 am/8:40 am | **Pharmacotherapy: What Drugs, What Dose and When**  
                      W. Scott Butsch, MD, MSc                                              |
| 10:05 am/9:05 am | **Pharmacotherapy – Behavioral Interface**  
                      Robert F. Kushner, MD                                                |
| 10:30 am/9:30 am | **Diabetes and Obesity Pharmacology Roundtable**  
                      Moderators: Bartolome Burguera, MD, PhD, and W. Scott Butsch, MD, MSc  
                      Discussants: Deborah Bade Horn, DO, MPH; W. Timothy Garvey, MD;  
                      Robert F. Kushner, MD; Kevin M. Pantalone, DO; Richard K. Shebbiebridge, MD; and Robert Zimmerman, MD |

### WORKSHOP 2

**Friday, October 12**

**ET/CT**

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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| 3:15 – 4:00 pm | **Pediatrics, Part 2**  
                      Update on Polycystic Ovary Syndrome  
                      Andrea E. Bonny, MD                                                  |
| 3:30 – 4:15 pm | **Question and Answer/Panel Discussion**  
                      Andrea E. Bonny, MD; Jen Hyland, RD; Sumana Narashimhan, MD          |
| 3:45 – 4:30 pm | **Nutritional Approach to a Patient with Obesity**  
                      Derrick Celin, DO; Lauren Sullivan, RD                               |
| 4:00 – 4:45 pm | **Exercise**  
                      Gordon Blackburn, PhD; Steven N. Blair, PEd                         |
| 4:15 – 5:00 pm | **Nuts and Bolts of Obesity Pharmacotherapy**  
                      W. Scott Butsch, MD, MSc; Robert F. Kushner, MD                     |
| 4:30 – 5:15 pm | **Plant-based Approach to Long-term Sustainable Weight and Health Cooking Demonstration**  
                      Ann Esselstyn, MD; Jane Esselstyn, RN                                |

### SESSION VI: OBESITY AND DIABETES TREATMENT - SURGICAL

**ET/CT**

<table>
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<tr>
<th>Time</th>
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| 11:00 am/10:00 am | **Panel Discussion/ Question and Answer Period**  
                      Mina Chung, MD; Steven Nissen, MD; Leanne Redman, PhD, MS; Hussein Saadi, MD |
| 11:15 am/10:15 am | **Before and After Bariatric Surgery**  
                      Derrick Celin, DO                                                    |
| 12:00 pm/11:00 am | **Dessert with Exhibitors**                                              |

### WORKSHOP 2

**ET/CT**

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<th>Session</th>
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| 2:15 – 3:00 pm | **Weight Loss Maintenance**  
                      Bartolome Burguera, MD, PhD; Leanne Redman, PhD, MS                  |
| 2:30 – 3:15 pm | **Healthy Cooking Demonstration**  
                      Chef Rob Stinson                                                       |
| 2:45 – 3:30 pm | **Virtual Visits**  
                      Pamela Combs, MSN, CNP; Ronald R. Gambino, RN, MSN                    |
| 3:00 – 3:45 pm | **The Intersection of Weight Loss and Newer Medications for Diabetes**  
                      Richard K. Shebbiebridge, MD                                           |

### SESSION VII: PATIENT CENTERED TREATMENT

**ET/CT**

<table>
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<th>Time</th>
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| 2:15 pm/1:15 pm | **Personal Weight Loss Journey Featuring Medical and Surgical Patient Cases**  
                      Moderators: Bartolome Burguera, MD, PhD, and Philip R. Schauer, MD   |
| 3:00 pm/2:00 pm | **Case Based Lessons**  
                      Moderator: Derrick Celin, DO                                            
                      Discussants: Kasey Goodpaster, PhD; Deborah Bade Horn, DO, MPH;  
                      Robert F. Kushner, MD; and Lauren Sullivan, RD                      |
| 3:45 pm/2:45 pm | **Adjourn**                                                             |
LOCATION

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

CALL FOR ABSTRACTS

A limited block of rooms has been reserved at the InterContinental Hotel only until 5:00 pm ET on September 19, 2018. To make your reservations, contact the hotel at 216.707.4100 or 877.707.8999 and identify yourself as an attendee for the Cleveland Clinic Obesity Summit for a special rate of $205 plus tax.

White House Hotel, Biloxi, MS
A limited block of rooms has been reserved at the White House Hotel only until September 11, 2018. To make your reservations, contact the Hotel Reservations Department at 228.233.1230 and identify yourself as Cleveland Clinic/NDORI for a special rate of $129 plus tax.

CALL FOR ABSTRACTS

The submission deadline is August 31, 2018. All medical professionals and trainees are invited to submit clinical and/or research abstracts for consideration for poster presentation. Clinical and research abstracts of original work are being accepted. Visit ccfcme.org/18DOCS for full details and application.

INFORMATION

For further information about this activity, faculty disclosure, and Americans with Disabilities Act, visit ccfcme.org/18DOCS

REGISTRATION

Register online at ccfcme.org/18DOCS

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

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<th>On or before Sept. 7, 2018</th>
<th>After Sept. 7, 2018</th>
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<tr>
<td>Physician</td>
<td>$450</td>
<td>$500</td>
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<tr>
<td>Non-Physician</td>
<td>$275</td>
<td>$325</td>
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<tr>
<td>Resident/Fellow*</td>
<td>$50</td>
<td>$100</td>
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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.

Registration and Cancellation

In the unlikely event that this occurs, any registration fees 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.
Register Today!
ccfcme.org/18DOCS
October 11 - 12, 2018

TWO LOCATIONS!
Choose the best location for you!

Mississippi Gulf Coast Community College Hospital Management Center
Biloxi, MS

InterContinental Hotel and Bank of America Conference Center
Cleveland, OH

Special Guest
Tomislav Mihaljevic, MD
CEO and President, Cleveland Clinic

Special Guest
Cleveland Clinic
CEO and President
Tomislav Mihaljevic, MD

Diabetes, Obesity, and Cardiology Summit
13th Annual Obesity Summit