14th Annual Obesity Summit

**Diabetes, Obesity, and Cardiovascular Disease Summit**

**TWO LOCATIONS! Choose the best for you!**

**September 26-27, 2019**

- InterContinental Hotel and Bank of America Conference Center
  Cleveland, OH
- Pennington Biomedical Research Center
  Baton Rouge, LA

Register Today! [ccfcme.org/DOCS19](http://ccfcme.org/DOCS19)

This program has been endorsed by The Obesity Society, IFSO, and IBC
Attend the Cleveland Clinic 14th Annual Obesity Summit

Cleveland Clinic Diabetes, Obesity and Cardiovascular Disease 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. This Summit features diverse sessions that highlight the causes of obesity and diabetes, preventive strategies, and therapeutic management approaches designed to engage you with colleagues. Take advantage of this opportunity to learn from shared experts via live broadcast from two locations – Cleveland, OH and Baton Rouge, LA.

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 endocrinology, family practice, internal medicine, pediatrics, psychiatry and psychology, cardiology, bariatric surgery, and wellness.

By Attending, You Will Be Able To:
• Evaluate the clinical application of research findings, including animal studies, on the concept of energy balance, appetite and energy regulation, and the nutrient sensing connection between the gut and brain.
• Describe nonpharmaceutical-based strategies for reducing diabetes incidence through weight-loss approaches that focus on lifestyle, diet, and exercise.
• Compare and contrast efficacy and side effect data of pharmacologic treatments for obesity, especially diabetes drugs, and describe their clinical role in reducing risks of diabetes and cardiovascular disease.
• Identify the obesity-related factors that increase the risks for developing cardiovascular disease and identify strategies for treating obesity to prevent cardiovascular disease.
• Summarize the safety and efficacy data for bariatric surgical options, especially long-term outcomes, and describe the patient selection process.
• Demonstrate knowledge and competence to counsel patients on selection of diet, exercise, and behavioral interventions for obesity, diabetes, and eating disorders.

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

Summit Co-Directors
Phillip J. Brantley, PhD, FTOS
John S. McInerny Professor in Nutrition
Associate Executive Director for Scientific Education
Pennington Biomedical Research Center-LSU
Baton Rouge, LA

Bartolome Burguera, MD, PhD
Professor of Medicine
Cleveland Clinic Lerner College of Medicine
Chair, Endocrinology and Metabolism Institute
Bariatric and Metabolic Institute
Cleveland Clinic
Cleveland, OH

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

Leslie J. Heinberg, PhD, MA
Director, Enterprise Weight Management Center
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, MSc, PhD, FACSM
George A Bray, Jr. Super Chair in Nutrition Executive Director
Pennington Biomedical Research Center-LSU
Baton Rouge, LA

Guest Faculty
Caroline Apovian, MD
Professor of Medicine and Pediatrics
Boston University School of Medicine
Director, Nutrition and Weight Management Center
Director, Nutrition and Support Service
Boston Medical Center
Boston, MA

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

John E. Hall, PhD
Arthur C. Guyton Professor and Chair
Director, Mississippi Center for Obesity Research
The University of Mississippi Medical Center
Jackson, MS

Scott Kahan, MD, MPH
Director, National Center for Weight and Wellness Medical Director, Strategies To Overcome and Prevent (STOP) Obesity Alliance
George Washington University Milken Institute School of Public Health
Chair, Clinical Committee, The Obesity Society
Washington, DC

Randy J. Seeley, PhD
Henry King Ransom Endowed Professor of Surgery
School of Public Health
University of Michigan
Ann Arbor, MI

Jeff Volek, PhD, RD
Professor
Department of Human Sciences
The Ohio State University
Columbus, OH
Cleveland Clinic Faculty
Ali Aminian, MD
Bariatric and Metabolic Institute
Derrick Cetin, DO
Bariatric and Metabolic Institute
Dermatologic and Surgery Institute
David B. Creel, PhD, RD
Bariatric and Metabolic Institute
Carolyn Fisher, PhD
Center for Behavioral Health
Cleveland Clinic Abu Dhabi
Kasey Goodpaster, PhD
Bariatric and Metabolic Institute
Sangeeta Kashyap, MD
Endocrinology and Metabolic Institute
Matthew Kroh, MD
Chair
Dermatologic and Surgery Institute
Cleveland Clinic Abu Dhabi
Steven Nissen, MD
Chairman, Department of Cardiovascular Medicine
Heart and Vascular Institute
Kevin M. Pantalone, DO, ECNU, CCD, FACE
Endocrinology and Metabolism Institute
Ninoska Peterson, PhD
Bariatric and Metabolic Institute

Pennington Biomedical Research Center Faculty
Hans-Rudolf Berthoud, PhD, FTOS
George H. Bray Professor and Director Neurobiology and Nutrition
Owen Carmichael, PhD
Associate Professor
Director of Biomedical Imaging
Catherine Champagne, PhD, RDN, FTOS
Professor and Director Diet Assessment and Food Analysis
Michael Cook, MD
Adjunct Faculty and Assistant Professor
Clinical Surgery
University Medical Center
Kishore Gadde, MD, FTOS
Fairfax Foster Baily Chair Heart Disease Prevention
Stewart Gordon, MD
Chief Medical Officer
Louisiana Healthcare Connections
Frank Greenway, MD, FTOS
Professor Chief Medical Officer
Steven Heymsfield, MD, FTOS
President, The Obesity Society Professor and Director, Metabolism and Body Composition
Daniel Hsia, MD
Associate Professor Clinical Trials
Neil Johannsen, PhD
Adjunct Faculty
Robert and Patricia Hines Professor Louisiana State University Kinesiology
Peter Katzmarzyk, PhD, FTOS
Associate Executive Director, Population and Public Health Sciences
Corby Martin, PhD, FTOS
Professor and Director, Digestive Behavior Laboratory
Renee Puyau, RD, LDN
Director, Metabolic Kitchen
Frank Greenway, MD, FTOS
Professor
Stewart Gordon, MD
Adjunct Professor
Clinical Surgery University Medical Center

Agenda
ET-OH/CT-LA

Thursday, September 26

SESSION I: BASIC SCIENCE
8:45 am/7:45 am Energy Balance: Newest Concepts Eric Ravussin, PhD
9:15 am/8:15 am Targeting Specific Brainstem Nuclei for Pharmacologic Treatments of Obesity: GLP-1 Agonists and GDF15 Randy J. Seeley, PhD
9:35 am/8:35 am Appetite and Energy Regulation: Gut Brain Connections Hans-Rudolf Berthoud, PhD
9:55 am/8:55 am Panel Discussion/Question and Answer Period
10:15 am/9:15 am Refreshment Break and Visit Exhibits

SESSION II: DIABETES AND OBESITY TREATMENT – LIFESTYLE, DIET, EXERCISE
10:30 am/9:30 am Principles of Obesity Diagnosis and Management W. Scott Butsch, MD
11:00 am/10:00 am New “Body Composition” Methods
Steven Heymsfield, MD
11:20 am/10:20 am Weight Management Using E-Health
Corby Martin, PhD
11:50 am/10:50 am Exercise: An Essential Component of Obesity Treatment
David B. Creel, PhD, RD
12:10 pm/11:10 am Hot Diets: Ketogenic Diet
Jeff Volek, PhD, RD
12:30 pm/11:30 am Panel Discussion/Question and Answer Period
Lunch Break
Lunch presentation provided by Steven Nissen, MD

Registration, Continental Breakfast, and Visit Exhibits
Opening Remarks

– Live Broadcast from Ohio
– Live Broadcast from Louisiana
Friday, September 27

SESSION III: COMORBIDITIES
ET-OH/CT-LA
4:05 pm/3:05 pm Obesity and Heart Failure: No Longer a Paradox
Wilson Tang, MD
4:25 pm/3:25 pm Hypertension & Dyslipidemia
John Hall, PhD
5:00 pm/4:00 pm Adjourn

SESSION IV: OBESITY AND DIABETES TREATMENT-MEDICAL
ET-OH/CT-LA
8:30 am/7:30 am Type 2 Diabetes Management
Kevin M. Pantalone, DO
8:50 am/7:50 am Update: Prioritize Cardiovascular Risk Management
Kevin M. Pantalone, DO
9:10 am/8:10 am How to Implement the Newer Glucose Lowering Agents (SGLT2 inhibitors, GLP1 agonists)
Sangeeta Kashyap, MD
9:30 am/8:30 am New Medications in the Pipeline for Diabetes and Obesity
Frank Greenway, MD
9:50 am/8:50 am Hypertension and Dyslipidemia Management in Patients with Obesity
Kishore Gadde, MD
10:10 am/9:10 am Diabetes and Obesity Pharmacology Roundtable
Moderator: Sangeeta Kashyap, MD
Panel: Caroline Apovian, MD; Kishore Gadde, MD; Frank Greenway, MD; and Kevin M. Pantalone, DO
10:30 am/9:30 am Refreshment Break and Visit Exhibits

SESSION V: OBESITY AND DIABETES TREATMENT-SURGICAL
ET-OH/CT-LA
10:50 am/9:50 am Live Bariatric Surgery Transmission
Moderator: Philip R. Schauer, MD
Surgeons: Ali Aminian, MD and John Rodriguez, MD
11:50 am/10:50 am Update on Outcomes of Metabolic Surgery and Future Directions
Matthew Krah, MD
12:10 pm/11:10 am Behavioral Issues: Before and After
David B. Creel, PhD, RD
12:30 pm/11:30 am Lunch Break
DOCS_Obesity19_Brochure - June 5, 2019 10:55 AM

REGISTRATION

Register online at ccfcme.org/DOCS19

Fee Includes: Daily continental breakfast, refreshment breaks, and faculty presentations available.

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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 case of cancellation, email notification is required to process your refund. A full refund will be issued if canceled by September 5, 2019. After September 5, a $100 cancellation fee will be deducted from your refund. No refunds will be issued after September 20, 2019.

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.
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