

2023 Obesity: Etiology, Prevention, and Treatment

Session 1

Obesity Pathophysiology: Treating the Chronic Disease of Obesity

Tamas Horvath, DVM, PhD

Jean and David W. Wallace Professor of Comparative Medicine, Professor of Neuroscience and of Obstetrics, Gynecology, and Reproductive Sciences; Chair, Comparative Medicine, Yale

Genetics of Obesity

Rudolph L Leibel, MD

Christopher J. Murphy Memorial Professor of Diabetes Research, Professor of Pediatrics and Medicine, Vagelos College of Physicians and Surgeons; Head, Division of Molecular Genetics, Columbia University Irving Medical Center

Addressing Weight Bias in Clinical Settings

Scott Kahan, MD, MPH

Director, National Center for Weight and Wellness

Obesity and Co-Morbidities

Tony Ferrante, MD, PhD

Tilden-Weger-Bieler Professor of Medicine, Chief of Preventive Medicine & Nutrition, Columbia University Irving Medical Center

Is Hyperinsulinemia the Cause of Obesity, Inflammation and Insulin Resistance?

Barbara Corkey, PhD

Professor Emeritus of Medicine and Biochemistry, Boston University School of Medicine

Session 2

Carbs, Calories, or Quality: What Matters Most for Body Weight?

Kevin Hall, PhD

Senior Investigator, Integrative Physiology Section Chief, National Institute of Diabetes and Digestive and Kidney Diseases, NIH

Food Order/Nutrient Sequence: Physiological Effects and Therapeutic Implications

Alpana Shukla, MD, MRCP(UK), FTOS

Associate Professor of Research in Medicine, Director of Clinical Research, Comprehensive Weight Control Center, Weill Cornell Medical College

Using a Biological Model to Inform Dietary Targets and Develop Resources for Preventing and Treating Childhood Obesity

Cara Ebbeling, PhD, MS

Co-Director, New Balance Foundation Obesity Prevention Center; Associate Professor of Pediatrics, Harvard Medical School

Practical Nutrition Tools and Tips to Support Optimal Dietary Habits that Promote A Healthy Weight

Jaclyn M Abbot, PhD, RDN

Registered Dietitian Nutritionist, Private Practice; Adjunct Lecturer, Rutgers University

Motivational Interviewing in Obesity Counseling

Prantik Saha, MD, MPH

Assistant Clinical Professor of Pediatrics, Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center

Physical Activity: How to Help Patients Get Moving

Richard Weil, MEd, CDE

Clinical Assistant Professor of Medicine, Weill Cornell Medicine

Session 3

Epidemiology & Health Risks of Obesity

Louis Aronne, MD, FACP, FTOS, DABOM

Sanford I. Weill Professor of Metabolic Research; Medical Director, Comprehensive Weight Control Center, Weill Cornell Medicine

Obesity and Pregnancy

Alexandra Spadola, MD

Director, Labor and Delivery, Obstetrician and Gynecologist, Tufts Medical Center

An Ounce of Prevention: A Brief Family-Centered Approach to the Obesity Counseling in Pediatric Primary Care

Eugene Dinkevich, MD, FAAP, DABOM

Associate Professor of Clinical Pediatrics, Director, Division of General Pediatrics; Director, Pediatric Primary Care Services, Department of Pediatrics, SUNY Health Sciences University

Overview of the Medical Assessment of Obesity

Sarah Barenbaum, MD, DABOM

Assistant Professor of Clinical Medicine, Weill Cornell Medical College; Assistant Attending Physician, NewYork-Presbyterian Hospital

Advocacy in Obesity

Joe Nadglowski, BSc

President/CEO, Obesity Action Coalition

Session 4

Weight Loss Surgery: Procedures and Outcomes

Abraham Krikhely, MD

Assistant Professor of Surgery, Columbia University Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center

Overview of Complications of Bariatric Surgery

Abraham Krikhely, MD

Assistant Professor of Surgery, Columbia University Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center

Bariatric Endoscopy

Reem Sharaiha, MD, MSc

Assistant Professor of Medicine, Weill Cornell Medicine

New Rules and New Tools: Pediatric Metabolic and Bariatric Surgery

Jeffrey L Zitsman, MD

Professor of Surgery, Columbia University Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center; Founder & Director, Center for Adolescent Bariatric Surgery, Associate Attending, Division of Pediatric Surgery, Department of Surgery, Columbia University Irving Medical Center

Nutrient Metabolism and Obesity: Special Considerations After Bariatric Surgery

Jeffrey Mechanick, MD, FACP, MACE, FACN, ECNU

Professor of Medicine, Cardiology and Endocrinology, Diabetes and Bone Disease, Icahn School of Medicine at Mount Sinai

Gut Hormone Effects of Bariatric Surgery and What They Teach Us about Appetite Regulation

Judith Korner, MD, PhD, DABOM

Professor of Medicine, Director, Metabolic and Weight Control Center, Columbia University Irving Medical Center; Chair, American Board of Obesity Medicine

Session 5

Why is it So Hard to Keep Weight Off?

Michael Rosenbaum, MD

Professor Emeritus of, and Special Lecturer in, Pediatrics and Medicine, Associate Director of CTSA/Clinical Research Resource, Columbia University Medical Center

On-Label Pharmacological Approaches to Obesity

Katherine H Saunders, MD, DABOM

Clinical Assistant Professor of Medicine, Weill Cornell Medicine

Pharmacotherapy for Obesity in Youth

Claudia Fox, MD, MPH, FAAP, DABOM and Aaron S Kelly, PhD

Associate Professor, Department of Pediatrics, University of Minnesota; Co-Director, Center for Pediatric Obesity Medicine

Off-Label Pharmacotherapy for Obesity

Tirissa Reid, MD, DABOM

Associate Professor of Medicine, Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center

CASES with a Focus on Pharmacology (panel presentation and discussion)

Sarah Schmitz, MD

Obesity Medicine Fellow, NewYork Presbyterian Hospital, Weill Cornell Medical College

Holly Lofton, MD, DABOM

Clinical Associate Professor, Department of Surgery, Department of Medicine, NYU Grossman School of Medicine

Judy Korner, MD, PhD, DABOM

Professor of Medicine, Director, Metabolic and Weight Control Center, Columbia University Irving Medical Center; Chair, American Board of Obesity Medicine

Session 6

Behavioral Treatment of Obesity: Portion Control, Mindful Eating, and Other Lifestyle Strategies

Lisa Young, PhD, RDN, CDN

Adjunct Professor of Nutrition, Department of Nutrition and Food Studies, New York University; Registered Dietitian Nutritionist, Private Practice

Telemedicine in Obesity

Marcio Griebeler, MD

Medical Director of Obesity Programs, Subspecialty Director of Weight Management Enterprise Center, Endocrinologist, Cleveland Clinic

Public Health & Cost Considerations in Obesity Medicine

Babak Orandi, MD, PhD, MSc, FACS, DABOM

Instructor in Medicine, Weill Cornell Medical College; Visiting Assistant Professor of Surgery, University of Alabama at Birmingham

CASES, Bring Your Most Challenging in Adult Medicine, Pediatrics, and Surgery (panel presentation and discussion)

Sriram Machineni, MD

Assistant Professor of Medicine, Albert Einstein College of Medicine; Director, Fleischer Institute Medical Weight Center

Alyson Weiner, MD

Assistant Professor of Pediatrics, Weill Cornell Medical College

Ricard Corcelles, MD

Professor of Surgery, Cleveland Clinic Lerner College of Medicine of CWRU; Advanced Laparoscopic & Bariatric Surgery Fellowship Program Director, Cleveland Clinic

The New Era of Obesity Pharmacology

Dan Drucker, MD

Senior Scientist, Lunenfeld Tanenbaum Research Institute, Mt. Sinai Hospital