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

This program has been endorsed by The Obesity Society, IFSO, and IBC
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.

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.

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.

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. McIlhenny 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
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
Derrick Cetin, DO
Digestive Disease and Surgery Institute
Cleveland Clinic Abu Dhabi
David B. Creel, PhD, RD
Bariatric and Metabolic Institute
Carolyn Fisher, PhD
Center for Behavioral Health
Cleveland Clinic Abu Dhabi
Anny Ha, MS, RD
Endocrinology and Metabolism Institute
Kasey Goodpaster, PhD
Bariatric and Metabolic Institute
Sangeeta Kashyap, MD
Endocrinology and Metabolism Institute
Matthew Kroh, MD
Chair
Digestive Disease 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
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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 Dietary 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 Ingestive Behavior Laboratory
Renee Puyau, RD, LDN
Director, Metabolic Kitchen
Eric Ravussin, PhD, FTOS
Boyd Professor and Gordon Chair Associate Executive Director for Clinical Science
Leanne Redman, MS, PhD, FTOS
Associate Professor Director, Reproductive Endocrinology and Women's Health

Agenda
– Live Broadcast from Ohio
– Live Broadcast from Louisiana

Thursday, September 26

ET-OH/CT-LA

7:30 am/6:30 am
Registration, Continental Breakfast, and Visit Exhibits

8:30 am/7:30 am
Opening Remarks

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

12:50 pm/11:50 am
Lunch Break

Lunch presentation provided by Steven Nissen, MD
**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

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

#### WORKSHOP 1 - Cleveland Clinic

- **2:05 – 2:50 pm ET**
  - A. Pediatrics Workshop - Binge, Graze and Night Eating: Problematic Eating Behaviors in Youth
    - Ellen Rome, MD and Leslie Heinberg, PhD

- **2:05 – 2:50 pm ET**
  - B. Pediatric Behavioral Interventions for Obesity
    - Ninoska Peterson, PhD and Kasey Goodpaster, PhD

- **2:05 – 2:50 pm ET**
  - C. Ins and Ous of Drug Treatment for Obesity and Diabetes
    - Caroline Apovian, MD; Sangeeta Kashyap, MD; and Scott Kahan, MD, MPH

- **2:05 – 2:50 pm ET**
  - D. Weight Loss Maintenance
    - W. Scott Butsch, MD and David Creel, PhD

- **2:05 – 2:50 pm ET**
  - E. Ketogenic Diet and Other Dietary Strategies for Obesity Treatment
    - Derrick Cetin, DO, Lauren Sullivan, RD and Jeff Volek, PhD, RD

- **2:05 – 2:50 pm ET**
  - F. Plant-based Approach to Long-term Sustainable Weight and Health Cooking Demonstration
    - Ann Esselstyn, MD and Jane Esselstyn, RN

#### WORKSHOP 1 - Pennington Biomedical Research Center

- **1:05 – 1:50 pm CT**
  - A. Patient Management Following Bariatric Surgery
    - Michael Cook, MD

- **1:05 – 1:50 pm CT**
  - B. Physical Activity: Fitness and Strength
    - Neil Johanssen, PhD

- **1:05 – 1:50 pm CT**
  - C. Weight Loss Maintenance
    - Phil Brantley, PhD

- **1:05 – 1:50 pm CT**
  - D. Best Diets for Weight Management, Diabetes, and Cardiac Health
    - Catherine Champagne, PhD, RD

#### WORKSHOP 2 - Cleveland Clinic

- **3:05 – 3:50 pm ET**
  - G. Pediatrics Workshop - Sleep Interventions and Obesity: What Can the Pediatrician Do?
    - Vaishal Shah, MD

- **3:05 – 3:50 pm ET**
  - H. Psychological and Nutritional Intervention for Patients with Obesity, Diabetes, and Disordered Eating
    - Carolyn Fisher, PhD and Anny Ha, MS, RD

- **3:05 – 3:50 pm ET**
  - I. Perioperative Management of Bariatric Patients
    - Derrick Cetin, DO and Ricard Corcelles, MD

- **3:05 – 3:50 pm ET**
  - J. Ins and Ous of Drug Treatment for Obesity and Diabetes
    - Caroline Apovian, MD; Sangeeta Kashyap, MD; and Scott Kahan, MD, MPH

- **3:05 – 3:50 pm ET**
  - K. Motivational Interviewing
    - W. Scott Butsch, MD and Kasey Goodpaster, PhD

- **3:05 – 3:50 pm ET**
  - L. Plant-based Approach to Long-term Sustainable Weight and Health Cooking Demonstration
    - Ann Esselstyn, MD and Jane Esselstyn, RN

#### WORKSHOP 2 - Pennington Biomedical Research Center

- **2:05 – 2:50 pm CT**
  - E. Medications for Adolescent Obesity Treatment
    - Daniel Hsia, MD

- **2:05 – 2:50 pm CT**
  - F. Obesity Management in Primary Care Settings: The PROPEL Trial
    - Peter Katzmarzyk, PhD

- **2:05 – 2:50 pm CT**
  - G. Body Composition and Energy Expenditure Assessment: Equipment and Procedures
    - Owen Carmichael, PhD and Leanne Redman, PhD

- **2:05 – 2:50 pm CT**
  - H. Healthy Cooking Demonstration
    - Renee Poyau, RD, LDN

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  - H. Healthy Cooking Demonstration
    - Renee Poyau, RD, LDN
**SESSION VI: ECONOMICS AND POLICY OF DIABETES, OBESITY AND CARDIOVASCULAR DISEASE**

1:45 pm/12:45 pm  Policy  
Scott Kahan, MD

2:05 pm/1:05 pm  Payer Perspective: Utilizing Population Health to Deliver ROI for Physicians & Patients  
Stewart Gordon, MD

2:25 pm/1:25 pm  Panel Discussion/Question and Answer Period

2:35 pm/1:35 pm  Refreshment Break and Visit Exhibits

**SESSION VII: PATIENT CENTERED TREATMENT**

2:55 pm/1:55 pm  Personal Weight Loss Journey  
Featuring Medical and Surgical Patient Cases  
Moderators:  
Bartolome Burguera, MD, PhD,  
and Philip R. Schauer, MD

3:25 pm/2:25 pm  Case Based Lessons  
Moderator: Derrick Cetin, DO  
Panelists: Caroline Apovian, MD;  
Catherine Champagne, MD, RDN;  
Ricard Corcelles, MD;  
Kishore Gadde, MD;  
Scott Kahan, MD, MPH;  
Ninoska Peterson, PhD; and  
Lauren Sullivan, RD

4:10 pm/3:10 pm  Adjourn

**GENERAL INFORMATION**

**Locations**

InterContinental Hotel and Bank of America Conference Center  
9801 Carnegie Avenue  
Cleveland, OH 44106  
Phone: 216.707.4100 or 877.707.8999

Pennington Biomedical Research Center  
6400 Perkins Rd  
Baton Rouge, LA 70808  
Phone: 225.763.2500

**Information**

For further information about this activity, call for abstracts, hotel accommodations, faculty disclosure, and Americans Disability Act, contact the Cleveland Clinic Center for Continuing Education.  
Local: 216.448.8710  
Website: ccfcme.org/DOCS19

**Call for abstracts!**

Submit abstracts. Enhance CV. Earn Prizes.  
Learn more and submit at ccfcme.org/DOCS19

**Accreditation**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Cleveland Clinic Foundation Center for Continuing Education and Pennington Biomedical Research Center. The Cleveland Clinic Foundation Center for Continuing Education is accredited by the ACCME to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 13.5 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.

CME credits earned in the Obesity Summit will count toward the Group Two CME requirement to qualify for the ABOM certification.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Application for 13.5 CPEUs has been submitted to the Commission on Dietetic Registration and is pending approval.

**Other Health Care Professionals**

A certificate of participation will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

**American Board of Internal Medicine MOC**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 13.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

**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 fees(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.