

**DEEP DIVE INTENSIVE**

**CME Lunch Symposium**

**Going Beyond “Eat Less and Move More”:  
Proactive and Progressive Approaches in Obesity Management**

Thursday, October 22, 2015

11:45am – 1:45pm

*Supported by educational grants from Novo Nordisk, Inc. and  
Takeda Pharmaceuticals U.S.A., Inc.*

**SYMPOSIUM OVERVIEW**

This symposium will explore obesity as a multifactorial, recurring disorder, with key genetic and environmental drivers. New genetic and epigenetic insights will provide an understanding of the inheritance, development, and treatment of obesity. Faculty experts will explain the role of CNS pathways and key gastric hormones involved in the regulation of food intake, energy homeostasis, and body weight. This information will challenge practitioners to acknowledge obesity as a serious disease, and help overcome common stigmas and barriers to treatment and maintenance.

**LEARNING OBJECTIVES**

Upon completion of these educational activities, participants will be better able to:

- Acknowledge obesity as a serious multifactorial recurring disease that needs to be addressed with a comprehensive obesity management plan.
- Describe genetic and epigenetic mechanisms involved in the susceptibility to and development of obesity.
- List the hormonal and neural pathways that regulate food intake and how they may contribute to obesity.
- Assess the weight dependent and weight independent metabolic effects of obesity treatment and other common comorbidities.
- Individualize care for obese and overweight patients by applying established guidelines, best practices, and novel management modalities to improve outcomes and overall quality of life.



## **AGENDA & FACULTY**

### **Welcome and Introductions**

Chairperson: **Robert H. Eckel, MD**

### **How Genetics, Extragenetic, and Epigenetic Factors Affect Body Weight**

Presenter: **Harold E. Bays, MD**

### **How the Gut Talks to the Brain: Interactions among Hormonal and Neural Pathways that Regulate Food Intake and Body-Fat Mass**

Presenter: **Samuel Klein, MD**

### **Individualizing Therapies for the Cardiometabolic Patient**

Presenter: **Deborah Bade Horn, DO, MPH**

### **The Biology of Weight Regain and Effective Strategies for the Long-Term Weight Management in Obese Individuals**

Presenter: **Robert H. Eckel, MD**

### **Clinical Cases & Expert Panel Discussion**

Moderator: **Robert H. Eckel, MD**

Presenters & Discussants: **Harold E. Bays, MD; Deborah Bade Horn, DO, MPH; Samuel Klein, MD**

### **Summary and Closing Remarks**

Chairperson: **Robert H. Eckel, MD**

*Note: Agenda & Faculty are subject to change.*