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## **Obesity Medicine: Management Essentials**



## **Conference Introduction**

#### **Conference Overview**

The Obesity Medicine: Management Essentials conference aims to equip health care providers with a thorough understanding of obesity, its multifaceted treatment strategies, and the complications associated with it. Participants will explore evidence-based approaches to managing obesity, including lifestyle interventions, pharmacotherapy, and surgical options. Additionally, the course will address the physiological, psychological, and social implications of obesity and include strategies to improve patient outcomes and quality of life.

#### **Educational Objectives**

## After attending this live activity, participants should be able to:

- Review the epidemiology and pathophysiology of obesity.
- Implement appropriate tools and methods to assess obesity in patients.
- Design effective dietary and activity plans tailored to individual patient needs.
- Develop comprehensive management plans for patients with obesity and obesity-related complications.
- Implement culturally sensitive care practices to address obesity in diverse populations.

#### **Target Audience**

 General practitioners, physicians, surgeons, nurses, nurse practitioners, physician assistants, dietitians, nutritionists, certified diabetes educators, endocrinologists, cardiologists, hepatologists, psychiatrists, psychologists, and other allied health professionals.

## Accreditation, Maintenance of Certification and Disclosure

#### **Physicians**

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this live activity for a maximum of 6 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

#### **Nurses and Nurse Practitioners**

For the purpose of recertification, the American Nurses Credentialing Center, American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credit*(s)<sup>TM</sup> issued by organizations accredited by the ACCME.

#### **Physician Assistants**

PAs may claim a maximum of 6 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit(s)<sup>TM</sup> from organizations accredited by the ACCME.

#### **Pharmacists**

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for AMA PRA Category 1 Credit(s)<sup>TM</sup>.

#### **Commission on Dietetic Registration (CDR)**

Registered Dietitians (RD) and Registered Dietitian Nutritionists (RDN) may claim a maximum of 6 Category 1 credits for completing this activity. The Commission on Dietetic Registration (CDR) accepts AMA PRA Category 1 Credit(s)<sup>TM</sup> issued by organizations accredited by the ACCME.

#### **Maintenance of Certification (MOC)**

This CME activity is offering Maintenance of Certification (MOC) points for members of the American Board of Internal Medicine. Visit the course website for additional details on how points will be awarded.

#### **Commercial Support**

This course is supported, in part, by educational grants from industry. In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, a complete list of commercial support received will be provided to all learners who participate in the continuing education activity. For more information: www.accme.org/standards.

## **Faculty**

#### **Course Directors**

#### Samantha Harris, MD

Endocrinologist, Scripps Clinic Center for Weight Management Scripps Whittier Diabetes Institute La Jolla, California

#### Athena Philis-Tsimikas, MD

Corporate Vice President Scripps Whittier Diabetes Institute La Jolla, California

#### **Conference Faculty**

#### David Ahn, MD

Endocrinologist, Program Director, and Kris V. Iyer Endowed Chair in Diabetes Care Mary and Dick Allen Diabetes Center Hoag Hospital

#### Sunil Bhoyrul, MD

Chief of Surgery and Medical Director of Bariatric Surgery Scripps Memorial Hospital La Jolla La Jolla, California

#### Ken Fujioka, MD

Director, Nutrition and Metabolic Research Center Scripps Clinic Del Mar, California

#### Eduardo Grunvald, MD

Medical Director, Center for Advanced Weight Management Director, Obesity Medicine UCSD Bariatric and Metabolic Institute La Jolla, California

#### Jennie Luna, MD

Endocrinologist Scripps Clinic San Diego, California

#### Janet Nash, MS, RD, CDCES

Registered Dietitian Certified Diabetes Care & Education Specialist Scripps Health San Diego, California

#### Raymond Plodkowski, MD

Endocrinologist Scripps Clinic Del Mar, California

#### Jennifer Shapiro, PhD

Clinical Psychologist everyBody Behavioral Health San Diego, California

#### Alaina Vidmar, MD

Medical Director, Obesity Medicine and Bariatric Surgery Associate Professor of Pediatrics Keck School of Medicine of USC Los Angeles, California

#### **Faculty Disclosure**

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, course directors, planners, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disgualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All relevant financial relationships with ineligible companies listed for individuals in control of content have been mitigated.

A complete listing of faculty disclosures associated with this program can be found on the conference website: <u>www.scripps.org/obesitycme</u>.



### **Conference Agenda**

#### Saturday, May 3, 2025

7 a.m. Registration, Breakfast & View Exhibits

#### 7:55 a.m. Welcome and Introductions

- 8 a.m. The Essentials of Obesity Medicine Samantha Harris, MD
- 8:25 a.m. Evaluating Obesity in Patients: Insights from Medical History and Physical Assessment Raymond Plodkowski, MD
- 8:50 a.m. Unlocking the Genetics of Obesity Eduardo Grunvald, MD

#### 9:15 a.m. Panel Discussion/Q&A

- 9:30 a.m. Break & View Exhibits
  - 10 a.m. Comorbidities of Significance: Diabetes, Cardiovascular Disease, MASLD, and Malignancies Jennie Luna, MD
- 10:25 a.m. Comprehensive Lifestyle Modifications for Weight Loss: Nutrition and Physical Activity Janet Nash, RD, CDCES
- 10:50 a.m. **GLP1 Basics** Ken Fujioka, MD
- 11:15 a.m. Panel Discussion/Q&A
- 11:30 a.m. Lunch
- 12:30 p.m. Bariatric Surgery as a Treatment for Metabolic Disease Sunil Bhoyrul, MD
- 12:55 p.m. Beyond the Scale: Understanding the Link Between Obesity and Mental Well-Being Jennifer Shapiro, PhD
- 1:20 p.m. Weight Loss Fads: Where's the Evidence? David Ahn, MD
- 1:45 p.m. Panel Discussion/Q&A
  - 2 p.m. Break & View Exhibits
- 2:15 p.m. Tackling Pediatric Obesity: Insights and Strategies Alaina Vidmar, MD
- 2:40 p.m. Patient Experience
- 3:05 p.m. Practical Approaches: Matching Patients to Therapies Samantha Harris, MD

#### 3:30 p.m. Panel Discussion/Q&A

3:45 p.m. Adjourn

Topics, times and speakers are subject to change.



## **Conference Location & Hotel Information**

#### **Scripps Memorial Hospital La Jolla**

Schaetzel Center · 9890 Genesee Ave · La Jolla, California 92037

## **Conference Fees & Registration**



### **Register Online** → <u>www.scripps.org/obesitycme</u>

#### Space is limited, so register early!

In-Person Included: Course tuition, breakfast, breaks, lunch, internet access, electronic course materials, and course recordings

Not Included: Travel costs, lodging, parking, and dinners

	Thru Mar 18	March 19-April 30	After April 30
Physicians (MD, DO, MBBS)	\$300	\$350	\$400
Scripps Physicians*	\$250	\$300	\$350
RN, NP, PA, Other	\$225	\$275	\$325
Scripps RN, NP, PA, Others*	\$175	\$225	\$275
Students, Residents, Fellows**	\$125	\$175	\$225

\*Must use a valid Scripps email address at registration.

\*\*To receive the student, resident, fellow registration discount, please email or call Scripps CME and provide proof of your status.

#### **Attendance Policies**

#### Attendee Cancellation, Substitution and Refund

The course tuition is refundable, minus a \$100 processing fee (MD, DO, RN, PA, NP) or a \$50 processing fee (Students, Residents, Fellows), if your cancellation is received in writing no later than **Friday, April 18, 2025**. Attendee substitutions are allowed, but notification must be made in writing by **Friday, April 18, 2025**. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows." No refunds shall be made for cancellations due to inclement weather.

#### **Scripps Conference Modification or Cancellation**

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. Attendees who purchase non-refundable airline tickets do so at their own risk. Scripps encourages the purchase of travel insurance as we are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

#### **Family and Guest Attendance Policy**

All conference activities and meals are exclusively reserved for paid conference attendees. Children and family members are not allowed to attend meal functions or permitted in the meeting space.

#### Health and Safety Waiver and Assumption of Risk

By completion and submission of the online registration form, participants certify they have read and fully understand the Health and Safety Waiver and Assumption of Risk Agreement.

#### **Recording and Photography Clause**

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.

## 🕞 Scripps

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## May 3, 2025

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Scripps Memorial Hospital La Jolla Schaetzel Center - La Jolla, California Visit www.scripps.org/obesitycme for conference updates.