

# Obesity Medicine: Management Essentials



**May 3, 2025**

**The Schaezel Center—Scripps Memorial Hospital  
La Jolla, California**

Visit [www.scripps.org/obesitycme](http://www.scripps.org/obesitycme) for conference updates!

# Conference Introduction

## Conference Overview

The Obesity Medicine: Management Essentials conference aims to equip healthcare 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 discuss 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>™</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>™</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>™</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>™</sup>.

### Commission on Dietetic Registration (CDR)

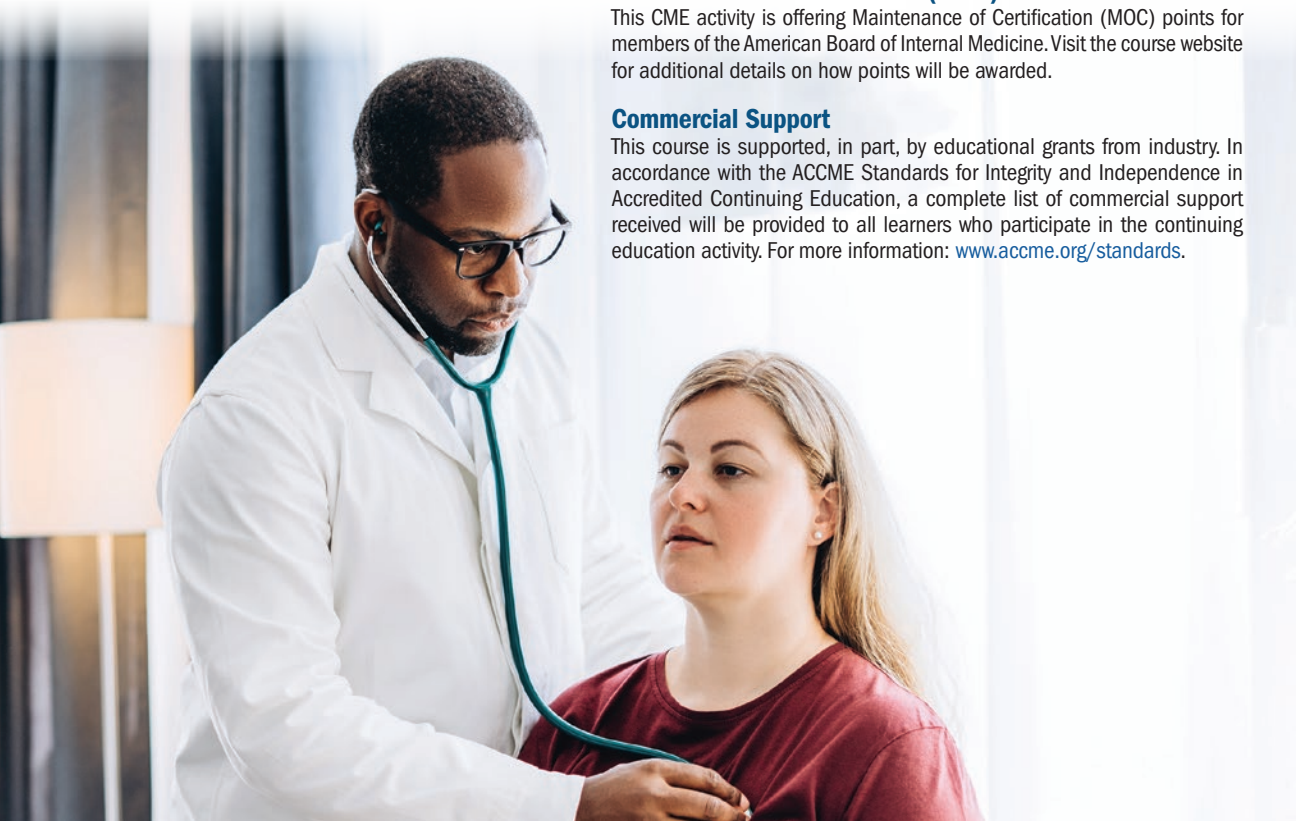
Registered Dietitians (RD) and Registered Dietitian Nutritionists (RDN) may claim a maximum of 6 Category 1 credits for completing this activity. The Commission on Dietetic Registration (CDR) accepts *AMA PRA Category 1 Credit(s)*<sup>™</sup> issued by organizations accredited by the ACCME.

### 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](http://www.accme.org/standards).



# 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 Bhojwala, 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*

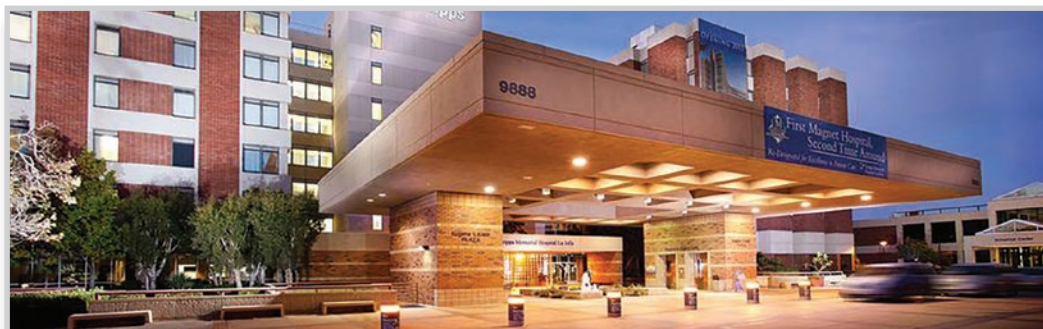
2:40 p.m. **Patient Experience**

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

## The Schaetzel Center—Scripps Memorial Hospital

9890 Genesee Ave · La Jolla, California 92037

## Conference Fees & Registration



Register Online → [www.scripps.org/obesitycme](http://www.scripps.org/obesitycme)

### 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.








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A yellow measuring tape is coiled around a silver kitchen scale. The scale's dial is visible, showing a weight of approximately 10 kg. The background is a light blue gradient.

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