

2024 Obesity Symposium

Program Agenda:

7:15-7:45 am	Registration and Continental Breakfast
7:45-8 am	Welcome & Introduction Paul Stanish, MD, FACS, Bariatric & General Surgeon Powers Health Bariatric Services, Munster, IN
8-8:35 am	Medication Update & Challenges in Weight Loss Management Omar Shamsi, MD, Medical Director Endeavor Health Weight Loss and Obesity Center, Elmhurst, IL Anthony Auriemma, MD, JD, FOMA Medical Director, Ascension Illinois Medical Group Weight Loss Solutions, Schaumburg, IL
8:35-9:10 am	Health Benefits of Intermittent Fasting Kristina Varady, PhD, Professor and Director Metabolic Kitchen University of Illinois, Chicago, IL
9:10-9:45 am	Food, Plants and Dance – Move over NSAIDS Geeta Maker-Clark, MD, ABOIM, Director Integrative Nutrition and Advocacy, Endeavor Health, Evanston, IL
9:45-10 am	Q&A
10-10:30 am	Break
10:30-11:05 am	Weighty Decisions: Bariatric Surgery vs Anti-Obesity Medications, Yazan Assaf, MD, Bariatric & General Surgeon, Powers Health Bariatric Services Munster, IN
11:05-11:40 am	Navigating the Future of Bariatric Surgery: Robotic vs. Laparoscopic Approaches, Hung Dang, DO, Bariatric & General Surgeon, Powers Health Bariatric Services, Munster, IN
11:40-12:20 pm	Weight Regain after Bariatric Surgery Paul Stanish, MD, FACS, Bariatric & General Surgeon, Medical Director of Powers Health Bariatric Services
12:20-12:35 pm	Q&A
12:35-1:05 pm	Luncheon
1:05-1:45 pm	Panel Discussion
1:45-2:00 pm	Evaluation and Adjournment

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Powers Health Community Hospital is approved as a provider of nursing continuing professional development by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. MSD Provider Number: IN 225-10. 4.5 contact hours awarded for completed registration form, attendance of the entire live activity, and completion of the evaluation.

Designation:

Powers Health designates this live activity for a maximum of 4.5 AMA PRA Category 1 credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Policy:

In accordance with ACCME Standards for Integrity and Independence in Accredited Continuing Education, educational programs sponsored by the Powers Health must ensure balance, independence, objectivity, and scientific rigor in all sponsored educational programs. Prior to the activity, all faculty, authors, editors, and planners participating in a CHS-sponsored activity are required to disclose to attendees any relevant financial relationship with an "ineligible company" whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Disclosure Statement:

Anthony Auriemma, MD, JD, FOMA discloses being a consultant for Lilly USA, and on the Speaker's Bureau for Novo Nordisk, Lilly USA, Vivus Pharmaceuticals, Currax Pharmaceuticals. Speaker discloses that he does intend discuss off-label/investigative use(s) of the following commercial product(s)/device(s) such a phentermine, topiramate, metformin, zonisamide. Kristina Varady, PhD discloses being on Grant/Research Support for NIH, NIDDK R01 grants and other K.A.V. received author fees from Hachette Book Group for the book, The Every Other Day Diet and from Pan MacMillan Publishing for the book The Fastest Diet. K.A.V. also serves on two NIH Data Safety Monitoring Boards (DSMBs) for the HALLO-P study and the DIAL Health study. These were discussed with the speakers and that all relevant financial relationship has been mitigated and resolved. Omar Shamsi, MD, Geeta Maker-Clark, MD, Yazan Assaf, MD, Hung Dang, DO and Paul Stanish, MD discloses no relevant financial relationship with any ineligible companies. The CME/CNE Staff discloses no relevant financial relationship with any ineligible companies. No other relevant financial relationships were identified for any member of the planning committee or presenter/author.

Saturday, November 9, 2024
7:15 am – 2 pm

Center for Visual and Performing Arts
1040 Ridge Road, Munster

REGISTRATION

This symposium is FREE;preregistration required by Tuesday, October 29, 2024.

To register, please use the QR code or login to HealthStream account; catalog tab; 39264.

If you have any questions email Aquilina Ritacca Continuing Medical Education Coordinator at aritacca@powershealth.org or call 219-703-1790.



Scan to register

Program Objectives:

1. Review the latest medications approved for weight loss.
2. Discuss the mechanisms of action for these medications.
3. Examine clinical trial data on the effectiveness of new weight loss medications.
4. Assess the safety profiles and potential side effects.
5. Explore common challenges faced by patients and healthcare providers.
6. Discuss the impact of adherence, cost, and access to medications.
7. Highlight the importance of combining medication with lifestyle changes.
8. Discuss strategies for personalized weight loss plans.
9. Preview upcoming medications in the pipeline.
10. Discuss ongoing research and potential breakthroughs in weight loss pharmacotherapy.
11. Define the different types of intermittent fasting
12. Report the health benefits of intermittent fasting in human subjects
13. Discuss the safety of intermittent fasting on humans
14. Review practical considerations for implementing fasting in everyday life.
15. Describe the importance of the anti-inflammatory diet
16. Inform what the components of an AI diet are in the research
17. Educate on the neuroscience of dance and its impact on neurodegenerative disease
18. Discuss the research on botanical medicines for stress and inflammation
19. Describe the role of adaptogenic herbs on our physiology
20. Understand the basic mechanisms of current Anti-Obesity medications, including semaglutide and tirzepatide as well as their actions and clinical indications.
21. Outline the types of bariatric surgery (gastric bypass, sleeve gastrectomy, duodenal switch, SADI-S), detailing their procedures, metabolic benefits, risks, and patient suitability.
22. Analyze the advantages and limitations of bariatric surgery versus anti-obesity and medications in treating the disease of obesity, considering long-term outcomes, patient compliance, and overall health improvements.
23. Apply knowledge of both bariatric surgery and anti-obesity medications to assist in creating individualized treatment plans that optimize weight management and improve patient health.
24. Describe the key differences between robotic and laparoscopic bariatric surgeries.
25. Identify and evaluate the benefits and risks associated with robotic and laparoscopic surgeries, focusing on patient outcomes, recovery times, and potential complications.
26. Discuss the various factors that influence the decision-making process between robotic and laparoscopic approaches, including patient characteristics, surgeon expertise, and institutional resources.
27. Summarize recent research findings, clinical guidelines, and best practices related to robotic and laparoscopic bariatric surgeries.
28. Integrate the knowledge gained into clinical practice to make informed decisions about surgical technique selection, aiming to enhance patient care and surgical success rates.
29. Identify factors contributing to post-op bariatric patient weight re-gain
30. Learn best practice strategies for clinicians to address post-op bariatric patient weight re-gain