

Time	Topics	Speaker
7:30 AM	Registration and Breakfast	
8:30 AM	Welcome	Nabil Tariq, MD, FACS, FASMBS
8:40 AM	Obesity - Chronic Disease and Impact on Health	Nabil Tariq, MD, FACS, FASMBS
9:00 AM	Obesity Bias/ Stigma	Emily Buckley, LCSW Liv Harrison
9:35 AM	Bariatric Case Presentations	Kyle Stephens, MD, FACS, FASMBS
9:45 AM	BREAK	
10:00 AM	Nutrition Therapy in Obesity Management	Wynnifred Hoodis, MS, RDN, CSOWM, LD
10:35 AM	An Overview of the Psychosocial Evaluation for Bariatric Surgery	Emily Buckley, LCSW-S
11:10 AM	Exercise for Bariatric Patients	Brandon Jay, CEP, CPT
11:40 AM	LUNCH	
12:20 PM	Medical Therapy for Obesity: Confessions of a Bariatric Surgeon	Garth Davis, MD, FACS, FASMBS
1:15 PM	Endoscopic Weight Loss Therapies A Paradigm Shift in the Treatment of Obesity	Thomas McCarty, MD, MPH
1:45 PM	A Chance to Cut is a Chance to Cure - Surgical Options for Weight Loss	Vadim Sherman, MD, FRCSC
2:15 PM	BREAK	
2:30 PM	The Challenges and Practical Application of the Care of a Weight Management Patient	Aman Ali, MD
3:00 PM	Therapeutic Options and Panel Discussion	Kyle Stephens, MD Eleonora Avenatti, MD
3:35 PM	BREAK	
3:50 PM	Patient Panel	Laura Choi, MD Chris Beverly Liv Harrison
4:30 PM	Closing Remarks and Evaluations	Nabil Tariq, MD, FACS, FASMBS

COURSE DIRECTORS

Nabil Tariq, MD, FACS, FASMBS

Minimally Invasive and Bariatric Surgery,
Associate Professor of Clinical Surgery
Associate Program Director - General Surgery Residency and MIS/Bariatric Fellowship
Department of Surgery
Houston Methodist Hospital
Medical Director of Bariatric Surgery
Houston Methodist Sugar Land

Garth P. Davis, MD, FACS, FASMBS

Bariatric Surgery, General Surgery
Director of The Center for Weight Loss and Bariatric Surgery
Houston Methodist Department of Surgery

PATIENT PANELISTS

Liv Harrison

CEO/ President
theliveharrison.com

Chris Beverly

Administrator
New Life Brace and Limb

HOUSTON METHODIST FACULTY

Eleonora Avenatti, MD, DABOM

Assistant Professor of Medicine in Cardiology, Academic Institute
Assistant Clinical Member, Research Institute
Houston Methodist
Weill Cornell Medical College

Aman B. Ali, MD

Bariatric Surgery, General Surgery
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Emily Buckley, LCSW

Social Worker
Weight Management Center
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Laura Choi, MD, FACS

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Wynnifred Hoodis, MS, RDN, CSOWN, LD

Senior Clinical Dietician
Weight Management Center
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Brandon Jay, CEP, CPT

Exercise Physiologist
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Thomas R. McCarty, MD, MPH

Assistant Professor of Clinical Medicine, Academic Institute
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Vadim Sherman, MD, FRCSC

Assistant Professor of Surgery, Academic Institute
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Weill Cornell Medical College

Kyle W. Stephens, MD, FACS

Bariatric Surgery, General Surgery
Houston Methodist Department of Surgery

PROGRAM OVERVIEW

In 2022 the American Society for Metabolic and Bariatric Surgery (ASMBS) and International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) issued new guidelines updating the previous 1991 guideline for bariatric surgery from the National Institute of Health (NIH). Since the original release of the 1991 guidelines, the research and treatment of metabolic and bariatric surgery has vastly expanded. Updates to criteria, thresholds, approved/endorsed procedures and devices, and considerations for comorbidities are not widely known or understood. The symposium offers the opportunity to bridge the knowledge gap for learners by disseminating these updates to learners who support bariatric patients in both the inpatient and outpatient settings.

TARGET AUDIENCE

Physicians, Weight Management Staff (RD), Inpatient Care Team (RN, RD, PT, OT, PCA)

EDUCATIONAL OBJECTIVES

At the conclusion of this activity, the participant should be able to:

- Attendees will be able to identify challenges faced by patients with obesity and develop strategies, within their scope, to better address patients' needs
- Attendees will be able to identify opportunities to collaborate, across disciplines to offer more robust, comprehensive, and coordinate care to improve disease management and facilitate better patient outcomes
- Attendees will be able to utilize the most up-to-date information to provide optimal evidence-based treatment options to patients with obesity or met-s

NURSING OUTCOMES STATEMENT

Upon completion of this educational activity, participants will increase their knowledge about obesity as a chronic disease and the challenges patients face; the importance of multidisciplinary care for obesity, including behavioral, nutrition, exercise and the latest data on anti-obesity medication, and current evidence on procedural interventions.

- At least, 70% of the participants will report that their knowledge about obesity as a chronic disease and the challenges patients face; the importance of multidisciplinary care for obesity, including behavioral, nutrition, exercise and the latest data on anti-obesity medication, and current evidence on procedural interventions has "fairly or greatly improve", as a result of this activity.
- At least, 70% of the participants will affirm that they learn something from this activity that they can implement in their professional practice.

EDUCATIONAL METHOD

Didactic Lectures, Panel Discussion, and Question and Answer Sessions

ACCREDITATION AND CREDIT DESIGNATION STATEMENTS

Physicians

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

Houston Methodist designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABS MOC

Successful completion of this CME activity enables the learner to earn credit toward the CME requirement(s) of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

Nursing

Houston Methodist is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Houston Methodist will award up to 6.0 nursing professional development contact hours for this activity. Participants must attend one or both entire days of the activity and complete the evaluation

Social Workers

Houston Methodist Hospital designates this activity for 6 hours of Social Work CEUs. This offering complies with section 781.501 of the rules of The Texas State Board of Social Work Examiners.

Dietitians

This activity has been approved for 5.5 CPEUs by the Commission on Dietetic Registration.

HOW TO RECEIVE YOUR CERTIFICATE

An email will be sent from Houston Methodist CME with the necessary link to evaluate the course within 3 days. Once you have submitted your evaluation responses your certificate will be emailed to you.

CONTACT INFORMATION

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DISCLAIMER AND DISCLOSURES

Houston Methodist makes every effort to develop continuing education activities that are scientifically based, accurate, current, and objectively presented. In accordance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence in Accredited Continuing Education and American Nurse Credentialing Center (ANCC) and Accreditation Council for Pharmacy Education (ACPE) guidelines, Houston Methodist has implemented a mechanism requiring everyone in a position to control content of an educational activity (e.g., directors, planning committee members, contributors, peer reviewers, etc.) to disclose all financial relationships with ineligible companies (companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients) and mitigate any relevant financial relationships prior to the activity. Individuals must disclose to participants the existence of financial relationships at the time of the activity and 24 months prior.

Houston Methodist does not view the existence of interests or relationships with ineligible companies as implying bias or decreasing the value of a presentation. It is up to the participants to determine whether the interests or relationships influence the presenter with regard to exposition or conclusions.

In addition, if contributors will be discussing products (drugs/devices) they have been instructed to use generic names and to include various products within and across classes. If at any time during this activity you feel that there has been commercial or promotional bias, please notify the CE coordinator for the activity and note your comments by using the commercial bias comments box in the evaluation form. Please answer the question about balance in the CE activity evaluation candidly.

Some drugs/devices identified during this activity may have United States Food and Drug Administration (FDA) clearance for specific purposes only or for use in restricted research settings. The FDA has stated that it is the responsibility of the individual physician to determine the FDA status of each drug or device that he/she wishes to use in clinical practice and to use the products in compliance with applicable law.

Faculty members are also asked to disclose any unlabeled use or investigational use (not yet approved for any purpose) or pharmaceutical and medical device products and provide adequate scientific and clinical justification for such use. Physicians are urged to fully review all the available data on products or procedures before using them to treat patients.

DISCLOSURES

All the relevant financial relationships listed for these individuals have been mitigated.

Name	Role(s)	Relevant Financial Relationship(s)
Aman Ali, MD	Speaker	Consultant – Ethicon

All other individuals in control of content of this activity have no relevant financial relationships with ineligible companies to disclose.