

ANNOUNCING CCRN'S

Beyond The Scale

OBESITY SUMMIT '24

CCRN's inaugural "Beyond the Scale - Obesity Summit" will cover broad aspects of obesity medicine with a focus on the patient voice. With a patient focus at heart, this conference aims to deliver the latest evidence in management of obesity and related complications to Canada's healthcare professionals.

FRIDAY

December 13, 2024

10:00 am – 6:00 pm EST

Program Themes

THEME ONE: ▶ The brain, the liver and food

THEME TWO: ▶ Mental health

THEME THREE: ▶ The heart and beyond

Accreditation

CFPC Accreditation:

This 1-credit-per-hour Group Learning program has been reviewed by the College of Family Physicians of Canada and is awaiting final certification by College's Ontario Chapter.

This program has received an educational grant or in-kind support from:

Platinum: Novo Nordisk

Gold: Rythm Pharmaceuticals

Silver: Eli Lilly

Conference Learning Objectives:

- ✔ Examine the impact of obesity on patients and apply a patient focused approach to obesity management
- ✔ Recognize the role of nutrition in obesity management
- ✔ Recognize the pharmacological and psychological aspects of obesity care
- ✔ Define appropriate treatment strategies to reduce risk from comorbid conditions

Scientific Planning Committee



Milan Gupta

Co-Chair

MD, FRCPC, FCCS, CPC(HC)
University of Toronto



Sean Wharton

Co-Chair

MD, PharmD
University of Toronto



Denise Campbell-Scherer

MD, PhD, CCFP, FCFP
University of Alberta



Sandra Elia

Ultra-Processed Food Addiction Counselor
Board Chair / Director, Education &
Patient Advocacy, Obesity Matters



Yvonne Kangong

MD, MPH, CCFP, DABOM
University of Calgary



Anil Maheshwari

MD, CCFP, DABOM, DABFM
McMaster University

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For inquiries regarding this program,
please contact info@ccrnmd.com.



AGENDA

Friday, December 13, 2024

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TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
10:00 - 10:10	Welcome		
10:10 - 10:20	The impact of obesity: the patient voice	Recognize the impact of obesity on patients' lives	Sandra Elia
OPENING ADDRESS			
10:20 - 10:40	Integrated Obesity Care - specialists and generalists treating the same disease	Describe a shared-care approach to managing patients with obesity	Arya Sharma
10:40 - 10:50	Discussion		
THEME 01 THE BRAIN, THE LIVER AND FOOD			
10:50 - 10:55	Introduction		
10:55 - 11:15	What you need to know about steatotic liver disease	Describe the impact of recent data and new treatment options for steatotic liver disease	Lee Kaplan
11:15 - 11:35	Rare genetic forms of obesity – are they underdiagnosed?	Explain how to diagnose rare genetic forms of obesity and examine treatment options	Megha Poddar
11:35 - 11:55	Sorting through popular diets - is one best?	Examine various diets to determine an appropriate approach for patients with obesity	John Sievenpiper
11:55 - 12:15	Social determinants of health	Identify non-medical factors that influence health outcomes for patients with obesity	Lisa Richardson
12:15 - 12:40	Discussion		
12:40 - 1:20 LUNCH BREAK			
KEYNOTE ADDRESS			
1:20 - 1:25	Introduction		
1:25 - 1:50	Can the FDA address obesity beyond BMI?	Explore national policy interventions to address obesity at a population level	TBC
1:50 - 2:00	Discussion		

TIMES	TOPIC	LEARNING OBJECTIVE	SPEAKER
THEME 02		MENTAL HEALTH	
2:00 - 2:05	Introduction		
2:05 - 2:25	Obesity and mental health issues: chicken and egg?	<i>Recognize the interplay of mental health issues and obesity</i>	Sanjeev Sockalingam
2:25 - 2:45	How can we implement best clinical practices to avoid weight bias, stigma & discrimination?	<i>Recognize the impact of bias, stigma and discrimination from the patient's perspective</i>	Angela Alberga
2:45 - 3:05	Physiology of energy regulation	<i>Explain the role of the brain in regulating weight</i>	Eric Doucet
3:05 - 3:25	Behavioural and psychological interventions	<i>Utilize behavioural and psychological interventions that will help patients with obesity</i>	David Macklin
3:25 - 3:50	Discussion		
3:50 - 4:05 REFRESHMENT BREAK			
THEME 03		THE HEART AND BEYOND	
4:05 - 4:10	Introduction		
4:10 - 4:30	The link between obesity, heart failure, and cardiorenal disease	<i>Identify the interplay between obesity on heart failure and cardiorenal disease</i>	TBC
4:30 - 4:50	Targets for risk reduction in CAD: obesity, LDL-C, TG, Lp(a)	<i>Examine treatment strategies to reduce risk for patients with obesity and CAD</i>	Milan Gupta
4:50 - 5:10	Interventions in heart failure, sleep apnea and obesity	<i>Define treatment strategies for managing comorbidities for patients with obesity</i>	Atul Malhotra
5:10 - 5:30	The future of obesity management	<i>Explore future options in obesity management</i>	Daniel Drucker
5:30 - 5:55	Discussion		
5:55 - 6:00 MEETING CLOSE			



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