

# Beyond The Scale

OBESITY SUMMIT '24



RECORDED ON

FRIDAY

December 13, 2024

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.

## 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



Watch the recording on CCRN website Here:

[www.ccrnmd.com](http://www.ccrnmd.com) > Education > Webcasts

# AGENDA

Friday, December 13, 2024

Beyond  
The Scale  
OBESITY SUMMIT '24

TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
10:00 - 10:10	Welcome and opening remarks and guest speaker introductions		
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		
THEME 02 MENTAL HEALTH			
1:20 - 1:25	Introduction		
1:25 - 1:45	Obesity and mental health issues: chicken and egg?	Recognize the interplay of mental health issues and obesity	Sanjeev Sockalingam

TIMES	TOPIC	LEARNING OBJECTIVE	SPEAKER
1:45 - 2:05	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>	<b>Angela Alberga</b>
2:05 - 2:25	Physiology of energy regulation	<i>Discuss the regulation of energy and the impact on obesity treatments</i>	<b>Eric Doucet</b>
2:25 - 2:45	Behavioural and psychological interventions	<i>Utilize behavioural and psychological interventions that will help patients with obesity</i>	<b>David Macklin</b>
2:45 - 3:10	Discussion		
3:10 - 3:25 <b>REFRESHMENT BREAK</b>			
<b>KEYNOTE ADDRESS</b>			
3:25 - 3:30	Introduction		
3:30 - 3:50	The future of obesity management	<i>Explore future options in obesity management</i>	<b>Daniel Drucker</b>
3:50 - 4:00	Discussion		
<b>THEME 03 THE HEART AND BEYOND</b>			
4:00 - 4:05	Introduction		
4:05 - 4:25	The link between obesity, heart failure and cardiorenal disease	<i>Identify the interplay between obesity on heart failure and cardiorenal disease</i>	<b>Darren McGuire</b>
4:25 - 4:45	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>	<b>Milan Gupta</b>
4:45 - 5:05	Interventions in heart failure, sleep apnea and obesity	<i>Define treatment strategies for managing comorbidities for patients with obesity</i>	<b>Atul Malhotra</b>
5:05 - 5:25	Discussion		
5:25 - 5:30 <b>MEETING CLOSE</b>			