

The Blackburn Course in Obesity Medicine

Treating Obesity 2024

Live Streaming • June 10 – 13, 2024

Schedule

Live Streaming in US Eastern Time

Sunday, June 9, 2024

9:30am to 7:45pm

Obesity Medicine Board Review

This one-day program helps prepare registrants for the ABOM certification exam.

[Click here for complete schedule.](#)

Monday, June 10, 2024

Introduction

9:30am to 9:45am

Welcome and Introduction

Amandeep Singh, MD, PhD and Angela Fitch, MD

9:45am to 10:45am

2024 Blackburn Lecture: State of Obesity in 2024

Daniel J. Drucker, MD

10:45am to 11:15am

Roundtable Discussion with Keynote Speaker

Daniel J. Drucker, MD and Steven Heymsfield, MD

11:15am to 11:45am

Break

Approach to Treatment

11:45am to 12:25pm

Clinical Approach to the Patient with Obesity

Ethan Lazarus, MD, FOMA

12:25pm to 1:05pm	Beyond BMI: Obesity Staging and Guideline-Based Treatment of Obesity <i>Timothy Garvey, MD</i>
1:05pm to 1:45pm	Body Composition <i>Grant Tinsley, PhD, CSCS, *D</i>
1:45pm to 2:25pm	Approach to a Patient with an Eating Disorder <i>Susan Himes, PhD</i>
2:25pm to 2:55pm	Panel Discussion: Approach to Treatment <i>Drs. Fitch, Garvey, Himes, Lazarus, and Tinsley</i>
2:55pm to 3:55pm	Break
3:55pm to 4:35pm	Obesity Pharmacotherapy <i>Gail O'Brien, MD</i>
4:35pm to 5:15pm	Combination Treatment for Obesity Management <i>Angela Fitch, MD</i>
5:15pm to 5:55pm	Pharmacodynamics and Medication Dosing in the Patient with Obesity <i>Christina Chow, PhD</i>
5:55pm to 6:15pm	Combination Treatment Patient Discussion <i>Angela Fitch, MD</i>
6:15pm to 6:45pm	Panel Discussion: Pharmacotherapy <i>Drs. Chow, Fitch, and O'Brien</i>

Tuesday, June 11, 2024

9:15am to 9:30am	Welcome and Introduction Day 2 <i>Course Directors</i>
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Exercise and Dietary Considerations

9:30am to 10:10am	Key Exercise Recommendations for Weight Loss and Maintenance <i>John Jakicic, PhD</i>
10:10am to 10:50am	Nutrition and the Microbiome <i>Christopher Gardner, PhD</i>
10:50am to 11:30am	Time-Restricted Eating <i>Krista Varady, PhD</i>
11:30am to 12:10pm	Dietary Strategies for Weight Loss <i>Chika Anekwe, MD</i>
12:10pm to 12:40pm	Panel Discussion: Dietary Considerations <i>Drs. Anekwe, Fitch, Gardner, Jakcic, and Varady</i>
12:40pm to 1:40pm	Break

Individualization of Care

1:40pm to 2:20pm	Genetics and the Future of Obesity Treatment <i>Jesse Richards, DO</i>
2:20pm to 3:00pm	Lipodistrophy <i>Lindsay Fourman, MD</i>
3:00pm to 3:40pm	Precision Medical Treatment of Obesity <i>Elizabeth K. Speliotes, MD, PhD, MPH, FAASLD</i>
3:40pm to 4:20pm	Precision Lifestyle Treatments for Obesity <i>Andrew Chan, MD</i>
4:20pm to 4:50pm	Break
4:50pm to 5:30pm	The Future State of Obesity Care <i>Deborah Bade Horn, DO, MPH, MFOMA</i>
5:30pm to 6:00pm	Patient Case Presentations Highlighting Precision Delivery of Care <i>Sreevidya Bodepudi, DO</i>
6:00pm to 6:30pm	Panel Discussion: Precision Care

Wednesday, June 12, 2024

9:15am to 9:30am **Welcome and Introduction Day 3**
Course Directors

Models of Delivering Care

9:30am to 10:00am **Cooperative Integrated and Virtual Care Models**
Alexander Blood, MD, MSc

10:00am to 10:30am **Private Practice Model in Obesity Care**
Shirly Ramchandani, MD

10:30am to 11:00am **Integrating Primary Care and Obesity Medicine in an Academic Medical Center**
Leigh Perreault, MD

11:00am to 11:30am **Multi-Disciplinary Weight Centers**
Adam Gilden, MD

11:30am to 11:50am **Panel Discussion: Models of Delivering Care**
Drs. Blood, Gilden, Perreault, Ramchandani, and Singh

11:50am to 12:50pm **Break**

12:50pm to 1:30pm **The New Fundamentals of Obesity Care**
Carolynn Francavilla Brown, MD

1:30pm to 2:00pm **Group-Visit Models**
Jacob Mirsky, MD, MA, DipABLM

2:00pm to 2:30pm **Culinary Medicine Programs**
David Eisenberg, MD

Pediatrics

2:30pm to 3:00pm	Assessment of the Pediatric Patient with Obesity <i>Jennifer Ahn, MD</i>
3:00pm to 3:30pm	Use of Anti-Obesity Medications in Pediatric Patients <i>Vibha Singhal, MBBS, MPH</i>
3:30pm to 4:00pm	Bariatric Endoscopy and Surgery in the Pediatric Patient <i>Cornelia Griggs, MD</i>
4:00pm to 4:20pm	Panel Discussion: Obesity in the Pediatric Population <i>Drs. Ahn, Fitch, Griggs, and Singhal</i>
4:20pm to 4:40pm	Break

Endoscopic and Surgical Approaches to Treating Obesity

4:40pm to 5:20pm	Endoscopic Sleeve Gastroplasty, POSE, and TORe <i>Barham Abu Dayyeh, MD, MPH</i>
5:20pm to 5:50pm	Gastric Balloons, Transpyloric Shuttle, and Duodenal Resurfacing <i>Amandeep Singh, MD, PhD</i>
5:50pm to 6:20pm	Update on Bariatric Surgery for Obesity <i>Eric Sheu, MD, PhD</i>
6:20pm to 6:40pm	Panel Discussion: Endoscopic and Surgical Approaches to Treating Obesity <i>Drs. Abu Dayyeh, Sheu, and Singh</i>

Thursday, June 13, 2024

9:15am to 9:30am	Welcome and Introduction Day 4 <i>Course Directors</i>
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Understanding the Needs of Patients with Obesity

9:30am to 10:00am	Obesity Treatment as We Age (Sarcopenia, Testosterone, Menopause)
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Klara Rosenquist, MD

10:00am to 10:30am	Addressing Healthcare Disparities in Obesity Treatment <i>Jamy Ard, MD</i>
10:30am to 11:00am	Ensuring Equal Access to Care for All Patients: A North Carolina Story <i>Sarah Ro, MD</i>
11:00am to 11:30am	Considerations for the Patient with Obesity prior to a Procedure <i>David Boyce, MD</i>
11:30am to 12:00pm	Panel Discussion: Making Sure Underserved Populations Have Equal Access to Care <i>Drs. Ard, Boyce, Ro, Rosenquist, and Singh</i>
12:00pm to 1:00pm	Break

Diseases Associated with Obesity

1:00pm to 1:30pm	Diagnosis and Staging of MAFLD/MASH in the Patient with Obesity <i>Kathleen Corey, MD, MPH</i>
1:30pm to 2:00pm	Treatment of MAFLD/MASH in the Patient with Obesity <i>Michelle Lai, MD, MPH</i>
2:00pm to 2:30pm	Obesity and Diabetes <i>Paul Copeland, MD</i>
2:30pm to 3:00pm	Panel Discussion: Liver Disease and Diabetes <i>Drs. Copeland, Corey, Lai, and Singh</i>
3:00pm to 3:30pm	Break
3:30pm to 4:00pm	Obesity and Cardiovascular Disease <i>Romit Bhattacharya, MD</i>
4:00pm to 4:30pm	Sleep Health and Sleep Apnea <i>Jeremy McConnell, MD</i>

4:30pm to 5:00pm	Obesity and Cancer <i>Justin Brown, PhD</i>
5:00pm to 5:30pm	The Intersection of Metabolic Disease and Mental Health <i>Christopher Palmer, MD</i>
5:30pm to 6:00pm	Panel Discussion: Cardiovascular Disease, Sleep Health, Cancer, and Mental Health <i>Drs. Bhattacharya, Brown, McConnell, Palmer, and Singh</i>