

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Bariatric University

Multidisciplinary Management of Patients Seeking Better Health through Weight Loss

PRESENTED BY THE DIGESTIVE DISEASE INSTITUTE AT VIRGINIA MASON

Friday, May 11, 2018
Virginia Mason • Seattle, Washington



Faculty

COURSE DIRECTORS:

Jeffrey A. Hunter, MD, FACS

Surgeon and Director, Bariatric Surgery Center of Excellence
Digestive Disease Institute at Virginia Mason, Seattle, Wash.

Michael C. Larsen, MD

Gastroenterologist and Director, Advanced Endoscopy Fellowship
Digestive Disease Institute at Virginia Mason, Seattle, Wash.

Jonathan P. Stoehr, MD, PhD

Endocrinologist and Director, Nutrition Center of Excellence
Digestive Disease Institute at Virginia Mason, Seattle, Wash.

GUEST FACULTY:

David E. Cummings, MD

Professor, Department of Medicine
Division of Metabolism, Endocrinology and Nutrition
The UW Medicine Diabetes Institute
University of Washington, Seattle Wash.

Joshua Thaler, MD, PhD

Associate Professor, Department of Medicine
Division of Metabolism, Endocrinology and Nutrition
The UW Medicine Diabetes Institute
University of Washington, Seattle Wash.

VIRGINIA MASON FACULTY:

Deniele E. DeGraff, MS, RD, CD

Clinical Dietitian, Bariatric Surgery

Lily Chang, MD, FACS

Surgeon
Director, Graduate Medical Education General Surgery Program

Grace A. Lee, MD

Head, Section of Endocrinology and Metabolism
Benaroya Diabetes Center at Virginia Mason

Susan M. Rausch, MD, PhD

Internist
Sleep Medicine

Asma Siddique, MD

Hepatologist
Digestive Disease Institute at Virginia Mason

Obesity is now the leading cause of preventable morbidity and mortality in the USA, as measured in Quality-Adjusted Life-Years Lost. Thousands of patients present every day with obesity plus a weight-related disease that worsens with weight gain and improves with weight loss. Recent advances in strategies for management of obesity — including surgical, medical, endoscopic/procedural, and counseling/motivational — have created opportunities for weight loss success but have left a knowledge deficit among many providers who care for obese patients.

This single-day symposium brings together a diverse and experienced set of providers to present a comprehensive review of the field, including need for greater coordination of services and greater awareness of how to access the resources around us. Join us for this opportunity to meet and interact with the full range of providers who can assist our patients.

Teaching methods include lecture, question and answer with faculty, case presentation and panel discussion.

TARGET AUDIENCE:

This course is appropriate for physicians, advanced practice providers, nurses, dietitians and social workers encountering patients with obesity and its medical complications.

OBJECTIVES:

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

- Describe mechanisms by which some bariatric/metabolic operations rapidly cause remission of type 2 diabetes
- Review the epidemiology and health impact of the obesity epidemic and new relevant clinical practice guidelines
- Discuss clinical data on FDA-approved medications for weight loss in obese patients and describe their appropriate use in clinical practice
- Summarize barriers to success in weight loss programs and propose strategies to address barriers to long-term success
- Identify which patients should be screened for nonalcoholic fatty liver disease (NAFLD) and apply evidence-based recommendations for the management of NAFLD
- Assess the effect of weight loss and weight gain on sleep apnea
- Review diabetes medications that have weight-negative effects
- Describe relevant bariatric procedures and techniques
- Review endoscopic techniques for management of weight
- Detect signs and symptoms of possible complications of common bariatric procedures
- Explain the workup and management of known metabolic complications following bariatric surgery, including hyperparathyroidism, postprandial hypoglycemia, and weight loss failure/re-gain
- Discuss the multidisciplinary management of bariatric surgical patients, and how organizing across specialties can improve the surveillance and management of these complex patients

Agenda

- 7:00 a.m. Registration opens, breakfast selection available
- 7:30 a.m. **GRAND ROUNDS PRESENTATION:**
Metabolic Surgery: Mechanisms and Use of “Bariatric” Operations to Treat Diabetes | David Cummings, MD
- 8:30 a.m. Break
- 8:45 a.m. **Opening Remarks** | Jonathan Stoehr, MD, PhD
- 8:50 a.m. **Neuro-hormonal Regulation of Weight** | Joshua Thaler, MD
- 9:30 a.m. **Medication Therapy for Weight Loss** | Jonathan Stoehr, MD, PhD
- 10:00 a.m. **Nutrition Counseling Before and After Weight Loss Surgery: Overcoming Barriers to Success** | Deniele DeGraff, RD
- 10:30 a.m. Break
- 10:45 a.m. **Complications of Obesity: Fatty Liver Disease** | Asma Siddique, MD
- 11:05 a.m. **Complications of Obesity: Sleep Apnea and Obesity Hypoventilation**
Susan Rausch, MD, PhD
- 11:25 a.m. **Complications of Obesity: Diabetes** | Grace Lee, MD
- 11:45 a.m. **Q&A with Faculty**
- 12:00 p.m. Lunch (provided)
- 1:00 p.m. **Bariatric Surgery: Update on Techniques** | Lily Chang, MD
- 1:30 p.m. **Endoscopic Procedures for Weight Loss** | Michael Larsen, MD
- 2:00 p.m. Break
- 2:15 p.m. **Diagnosis and Management of Bariatric Surgical Complications**
Jeffrey Hunter, MD
- 2:45 p.m. **Medical Complications of Bariatric Surgery** | Jonathan Stoehr, MD, PhD
- 3:15 p.m. **Panel Discussion** | Moderator: Jonathan Stoehr, MD, PhD
- 3:30 p.m. **Closing remarks and adjournment**



Accreditation with Commendation: Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: Virginia Mason Medical Center designates this live activity for a maximum of **6.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP).

Determination of credit is pending.

Location: The course will be held in Volney Richmond Auditorium on Level One of the Virginia Mason Lindeman Pavilion, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) *Please note the Terry Street entrance into Lindeman Pavilion is Level Two.* For information, contact the CME Department at 206-341-0142 or email cme@virginiamason.org.

To register, complete the form below and send via:



MAIL:

Virginia Mason CME Dept.
1100 Ninth Ave., D3-CME
Seattle, WA 98101



PHONE: 206-341-0142



FAX: 206-341-1480



E-MAIL: cme@virginiamason.org

WEB: VirginiaMasonCME.org

Cancellation and Refund Policy: Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

REGISTRATION:

Bariatric University:
Multidisciplinary Management of Patients
Seeking Better Health through Weight Loss
Friday, May 11, 2018



Please print clearly

NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Please provide one question for the faculty: _____

I will attend at the Videoconferencing Site in: _____

For information, call (206) 341-0142.

Please add me to your e-mail list for news of upcoming CME courses at Virginia Mason.

PAYMENT:

Tuition: \$185.00

Check enclosed. Make check payable to Virginia Mason CME.

Please charge my: VISA MasterCard American Express Discover

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

SIGNATURE