2nd ANNUAL
Current Concepts in the Management of Obesity
CONFERENCE

Saturday, September 19, 2015
7:30 a.m. – 4:00 p.m.
Lester Hall Theater at
Eastern Virginia Medical School, Norfolk, VA
A one-day conference on new developments for comprehensive care of obese patients

Course Director:
Stephen D. Wohlgemuth, M.D., FACS, FASMBS
Medical Director
Sentara Comprehensive Weight Loss Solutions
Assistant Professor of Clinical Surgery
Eastern Virginia Medical School

HOSTED BY
Sentara Comprehensive Weight Loss Solutions and Sentara Healthcare

www.Sentara.com/WeightLossEducation  #BariatricCME
Program Overview:
This one day conference will provide physicians and allied health providers with the most current, practical information about many facets of the treatment of obesity and its associated co-morbid conditions. Presentations will involve aspects of the medical and surgical treatment of obesity, dietary and physical approaches to management as well as psychological issues surrounding obesity. Additional topics include the best treatment for obese pregnant patients, obese cancer patients, and obese children.

Course Objectives:
After completing this activity, participants should be better able to:

- Understand the evolution and mechanisms of action of metabolic surgery.
- Learn about the role of patient advocacy in the management of obesity.
- Discuss current issues regarding obesity in children, obesity and cancer, and obesity and pregnancy.
- Gain an understanding of newer non-medical treatments of obesity.

Accreditation
Sentara Healthcare is accredited by the Medical Society of Virginia (MSV) to provide continuing medical education for the physicians.

Credit Designation
Sentara Healthcare designates this live educational activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Virginia Board of Medicine
Physicians may claim up to 6.25 in Type 1 or Type 2 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for the renewal of an active medical license.

Faculty

Course Director:
Stephen D. Wohlgemuth, M.D., FACS, FASMBS
Medical Director, Sentara Comprehensive Weight Loss Solutions
Assistant Professor of Clinical Surgery
Eastern Virginia Medical School, Norfolk, VA

Thomas W. Clark, MS, M.D., FACS
Medical Director of Bariatric Surgery Program
Sentara CarePlex Hospital, Hampton, VA
Center for Weight Loss Success, Newport News, VA

Scott J. Cross, M.D., PhD
Virginia Oncology Associates, Norfolk, VA

Kati D. Duncan, PsyD, LCP
Assessment & Therapy Associates, Chesapeake, VA

Ted Kyle, RPh, MBA
Board Chairman, Obesity Action Coalition, Tampa, FL
ConscienHealth, Pittsburgh, PA

Fernando (Joe) Maglaya, M.D., FCCP, FAASM, DABSM, DABMS-Sleep
Sentara Pulmonary, Critical Care & Sleep Specialists, Virginia Beach, VA

Walter J. Pories, M.D., FACS, FASMBS, FACC, FACG
Professor of Surgery, Biochemistry and Kinesiology
East Carolina University, Greenville, NC

Brant W. Thomas, M.D.
Lifeway Family Physicians, Virginia Beach, VA

Steven L. Warsof, M.D.
Professor, Division of Maternal and Fetal Medicine
Department of Obstetrics and Gynecology
Eastern Virginia Medical School, Norfolk, VA

Dominique R. Williams, M.D., MPH, FAAP
Medical Director, Healthy You for Life Program
Children's Hospital of the King's Daughters
Assistant Professor of Pediatrics
Eastern Virginia Medical School, Norfolk, VA
<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Objective</th>
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</thead>
<tbody>
<tr>
<td>7:30 – 8:00 a.m.</td>
<td>Registration And Continental Breakfast</td>
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<tr>
<td>8:00 – 8:10 a.m.</td>
<td>Welcome</td>
<td>Stephen D. Wohlgemuth, M.D., FACS, FASMSBS</td>
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<tr>
<td>8:10 – 8:45 a.m.</td>
<td>The Biology Behind Metabolic Surgery: How Does It Work?</td>
<td>Walter J. Pories, M.D., FACS, FASMSBS, FACC, FACG</td>
<td>Analyze the current outcomes of bariatric surgery and the mechanisms that may explain the remission of type 2 diabetes and other expressions of the metabolic syndrome.</td>
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<td>8:45 – 9:15 a.m.</td>
<td>The Integration Of Medicine And Surgery Into A Comprehensive Weight Loss Program</td>
<td>Thomas W. Clark, MS, M.D. FACS</td>
<td>Identify essential weight loss principles that can be used starting today for both medical and surgical patients.</td>
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<td>9:15 – 9:45 a.m.</td>
<td>New Approaches To Treat Obesity: What's New In The Toolbox</td>
<td>Stephen D. Wohlgemuth, M.D., FACS, FASMSBS</td>
<td>Discuss some of the newer invasive approaches to treat obesity such as intragastric balloons and gastric pacing.</td>
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<td>9:45 – 10:00 a.m.</td>
<td>Questions &amp; Answers</td>
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<td>10:00 – 10:30 a.m.</td>
<td>Break/Visit Exhibits</td>
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<td>10:30 – 11:00 a.m.</td>
<td>Motivating The Unmotivated Patient: Tips For Pre- And Post-Surgical Patients</td>
<td>Kati D. Duncan, PsyD, LCP</td>
<td>Recognize provider behaviors that unintentionally affect patient's level of motivations and to develop a line of questioning that improves adherence to healthy behaviors.</td>
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<td>11:00 – 11:30 a.m.</td>
<td>An Overview Of Common Diets And Summary Of The Virginia Beach Diet Study</td>
<td>Brant W. Thomas, M.D.</td>
<td>Illustrate different strategies for a successful diet, and compare the effects of the Mediterranean, DASH, Paleo, and Whole Food Plant Based diets.</td>
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<td>11:30 – 11:45 a.m.</td>
<td>Questions &amp; Answers</td>
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<td>11:45 – 12:30 p.m.</td>
<td>Lunch Provided / Visit Exhibits</td>
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<td>12:30 – 1:00 p.m.</td>
<td>The Effects And Risks Of Obesity On Pregnancy And Delivery</td>
<td>Steven L. Warsof, M.D.</td>
<td>Understand the pathophysiology of obesity on pregnancy and complications at time of delivery.</td>
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<td>1:00 – 1:30 p.m.</td>
<td>Obesity And Sleep Apnea, Workup And Treatment</td>
<td>Fernando (Joe) Maglaya, M.D., FCCP, FAASM, DABMS-Sleep</td>
<td>Discover the various treatment options available for obstructive sleep apnea.</td>
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<td>1:30 – 2:00 p.m.</td>
<td>The Obesity Cancer Link, Risks, And Outcomes</td>
<td>Scott J. Cross, M.D.</td>
<td>Review how obesity is linked to certain cancers and why.</td>
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<td>2:00 – 2:15 p.m.</td>
<td>Questions &amp; Answers</td>
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<td>2:15 – 2:30 p.m.</td>
<td>Break/Visit Exhibits</td>
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<td>2:30 – 3:00 p.m.</td>
<td>Multidisciplinary Team Approach To Childhood Obesity: Special Powers &amp; Trusty Sidekicks</td>
<td>Dominique Williams, M.D., MPH, FAAAP</td>
<td>Describe family-centered care and potential barriers for the treatment of pediatric obesity.</td>
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<td>3:00 – 3:30 p.m.</td>
<td>Giving Voice To People Living With Obesity</td>
<td>Ted Kyle, RPh, MBA</td>
<td>Recognize how a high prevalence of both explicit and implicit weight bias leads to discrimination in education, healthcare, employment and social interactions.</td>
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<td>3:30 – 3:45 p.m.</td>
<td>Questions &amp; Answers</td>
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<td>3:45 – 4:00 p.m.</td>
<td>Closing Thoughts</td>
<td>Stephen D. Wohlgemuth, M.D., FACS, FASMSBS</td>
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*All topics and speakers subject to change.*
Comments From Last Year

Hear what participants said after last year’s conference:

“Thank you for an excellent program with great speakers!”

“Excellent program, and will look forward to the next version.”

“I learned a lot from the conference and also got the chance to review some of the information I learned in school.”

“The new research studies about obesity were new to me and very interesting.”

“Learned how other centers of excellence are providing great comprehensive care.”

“Bariatric population is a population with harsh stereotypes and it is hard for them to get the help they really need.”

“Great program, we will send our nurses and office staff next year.”

“Speakers were very knowledgeable and the subject matter was interesting!”

Hotel Accommodations
Residence Inn by Marriott Norfolk Downtown
227 W. Brambleton Ave, Norfolk, VA 23510

Reservations
757-842-6216 or 866-941-3724
Sentara rate: $119

Click here to book online

Parking
Off-site parking fee: $18/daily
REGISTRATION DEADLINE: Friday, September 11, 2015

PLEASE PRINT:

Name: ________________________________  Credential (MD, DO, RN, etc): ____________________________
FIRST                       LAST

Affiliation: ___________________________________________ Specialty: ________________________________

Address: ___________________________________________ City: __________________ State: _______ Zip: _____________

Email: ________________________________ Office Phone: _____________________________________________

Last four digits of social security number for CME Registration: ________________________________ (or any four digits you will always remember)

Credit Card Payment:  

- Visa  
- MasterCard  
- American Express

Card Holder Name: ___________________________________________

Account Number: ________________________________  Exp Date: _________

Account Billing Address Zip Code: ___________________  CVC Code: (on back of card) _____________

Registration Fees: ✔ Check Registration below:

- Physicians: $ 150.00
- Allied Health Professionals and Administrators: $ 75.00
- Full-time EVMS Medical Students, Residents and Fellows: No Charge

Return to:  Debra Rutherford, CME Consultant
Sentara Healthcare Physician Education
800 Independence Blvd., 2nd Floor
Virginia Beach, VA 23455
Ph: 757-363-6280  Fax: 757-363-6151

Cancellation Policy: Cancellations made in writing by September 11, 2015 will be refunded less a $25.00 administrative fee. No refunds will be given after September 11, 2015. Telephone cancellations cannot be accepted.

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