

MAY 8, 2020
7:40 a.m. – 3:30 p.m.



AT THE FOREFRONT
**UChicago
Medicine**

IOS
ILLINOIS OBESITY
SOCIETY

Chicago Obesity Summit 2020

The University of Chicago Medicine and the Illinois Obesity Society are pleased to collaborate on the 2nd Annual Chicago Obesity Summit, offering a diverse range of presentations on the different aspects of obesity as a disease, its comorbidities and management. It is open to physicians, advanced practitioners, behavioral health specialists, dietitians and pharmacists. *Continuing education credits will be offered.*

Summit Directors



Silvana Pannain, MD
Associate Professor of Medicine
UChicago Medicine, IOS



Zaid Jabbar, MD, MS
Dupage Medical Group, IOS

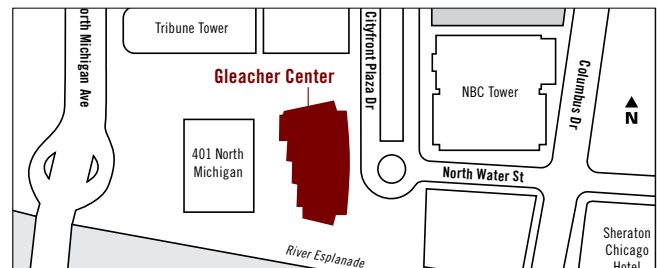


Yazen Joudeh, MD
Center for Pediatric and
Adult Wellness, IOS



The summit will be held at:

The University of Chicago Gleacher Center
6th floor, Executive Dining Room 621
450 North Cityfront Plaza Drive, Chicago, IL 60611



CME Committee

Anthony Auriemma, MD, JD
Karlijn Burrige, PA
Zaid Jabbar, MD, MS
Yazen Joudeh, MD
Silvana Pannain, MD
Omar Shamsi, MD
Aileen Waldschmidt, RD

Accreditation Statements

This Live activity, Chicago Obesity Summit 2020, with a beginning date of 05/08/2020, has been reviewed and is acceptable for up to 6 prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credits are accepted by the American Medical Association as equivalent to AMA PRA Category 1 credits toward the AMA Physician's Recognition Award.

AGENDA

Coffee, tea and refreshments will be served from 7:30 a.m.

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| 8 a.m. – 8:10 a.m. | WELCOME AND INTRODUCTION with Anthony M. Auriemma, MD, JD and Zaid Jabbar, MD, MS, Illinois Obesity Society |
| 8:10 – 8:50 a.m. | Low-Carb vs. Low-Fat Diets: Personalized Diets vs. Diet Quality with Christopher Gardner, PhD, Stanford University |
| 8:50 – 9:30 a.m. | 2018 Physical Activity Guidelines. Fitness and Physical Activity Prescription in Obesity with John Jakicic, PhD, University of Pittsburgh |
| 9:30 – 10:10 a.m. | Why Diet and Exercise Isn't Enough for Most of Our Patients and How Pharmacotherapy Can Help with Louis J. Aronne, MD, FACP, FTOS, DABOM, Weill Cornell Medicine |
| 10:10 – 10:25 a.m. | COFFEE BREAK |
| 10:25 – 11:05 a.m. | Disturbances of Circadian Rhythms: Impact on Obesity with Eve Van Cauter, PhD, UChicago Medicine |
| 11:05 – 11:45 a.m. | The Impact of Different Weight Loss Diets on Lipids and the 2018 Lipid Guidelines with Michael H. Davidson, MD, FACC, FACP, FNLA, UChicago Medicine |
| 11:45 – Noon | Q & A Moderator: Silvana Pannain, MD, Illinois Obesity Society |
| Noon – 1 p.m. | LUNCH |
| 1 p.m. – 1:40 p.m. | Top 10 Concerns That a Non-Surgeon Needs to Know About Bariatric Surgery Patients with Ryan Christopher Headley, MD, FACS, Suburban Surgical Associates/Suburban Metabolic Institute |
| 1:40 – 2:20 p.m. | Assessment and Management of Post-Bariatric Surgery Weight Gain (Including the Use of Anti-Obesity Medications After Bariatric Surgery) with Robert F. Kushner, MD, MS, Northwestern Medicine |
| 2:20 – 3 p.m. | Debate: Meat-Based vs. Plant-Based Diet with Courtney Schuchmann, MS, RDN, LDN, UChicago Medicine, Erica Battin, RD, CDE, Northwestern Medicine |
| 3 p.m. – 3:15 p.m. | Q & A Moderator: Yazen Joudeh, MD, Illinois Obesity Society |
| 3:15 – 3:30 p.m. | CLOSING REMARKS with Zaid Jabbar, MD, Illinois Obesity Society |

Register online: bit.ly/chicagoobesitysummit2020

Early registration fees

(early registration ends April 12)

- » MD: non-IOS member **\$150.00**
- » MD: IOS member **\$100.00**
- » Other*: registration and new membership **\$210.00**

Late registration fees

(April 13-April 30)

- » MD: non-IOS member **\$200.00**
- » MD: IOS member **\$150.00**
- » Other*: late registration and new membership **\$260.00**

*With the option to add first-time annual IOS membership at a discounted rate (\$60 instead of \$100.00).

The University of Chicago reserves the right to cancel or postpone this conference due to unforeseen circumstances. In the unlikely event this activity must be cancelled or postponed, the registration fees will be refunded. However, the University of Chicago is not responsible for any related costs, charges or expenses of participants, including fees assessed by airline/loading activities.

Questions?

Email admin@illinoisobesitysociety.org

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