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Langone Medical Center

Post-Graduate Medical School, 550 First Avenue, New York, NY 10016

NYU

# Obesity

## New Frontiers and Horizons



New York, NY  
Saturday, October 17, 2009

Visit the NYU Post-Graduate Medical School website at  
[www.med.nyu.edu/courses/cme/obesity2009](http://www.med.nyu.edu/courses/cme/obesity2009)

NYU Langone Medical Center

Sponsored by the NYU Post-Graduate Medical School

# Obesity

## New Frontiers and Horizons



New York, NY  
Saturday, October 17, 2009

NYU Langone Medical Center, Classroom F

The Post-Graduate Medical School of the New York University  
School of Medicine is committed to improving patient care  
through continuing medical education.

### Course Description

This one-day course is designed to provide health care professionals with a fundamental understanding of important complications associated with obesity. Effective practical treatment strategies will be discussed.

Specific topics include:

- Childhood Diabetes and Cognitive Impairment
- Childhood Obesity
- Nonalcoholic Steatohepatitis (NASH)
- Sleep apnea
- Psychological/social barriers to weight loss
- Role of exercise in weight loss
- Diet plans

### Statement of Need

- There is a reported association between obesity related abnormalities in glycemic control and cognitive dysfunction in adolescents. Practicing clinicians need to be aware of the relationship between glucose and cognitive impairment.
- Nonalcoholic Steatohepatitis (NASH), which is associated with obesity, can result in cirrhosis. In the past 10 years, the rate of obesity has doubled in adults and tripled in children. Because of this obesity epidemic, NASH now affects 2 to 5 percent of Americans, and is the most common reason for developing cirrhosis. Obesity also contributes to diabetes and dyslipidemia, which can further complicate the health of someone with NASH. The possibility of an individual having NASH may be overlooked, as there are few symptoms and only a liver biopsy can prove diagnosis. Practicing physicians need to recognize NASH, and be aware of possible treatment options.
- According to the National Institutes of Health, sleep apnea affects more than twelve million Americans. Because of the lack of awareness by the public and healthcare professionals, the vast majority of patients with sleep apnea remain undiagnosed and therefore untreated, despite the fact that this serious disorders can have significant consequences. Clinicians need to recognize sleep apnea as a complication associated with obesity, and develop strategies to ensure appropriate management.
- Adverse health outcomes may result from the reluctance of obese patients to seek medical care because of the stigma associated with obesity. Practitioners need to recognize these psychosocial barriers, and need assistance in tackling these complex issues. Practical strategies for coaching patients on life-style modifications to facilitate weight loss, including appropriate psychological support, diet counseling and exercise will be taught.

### Target Audience

General practitioners, gastroenterologists, endocrinologists, primary care, dieticians, psychologists.

### Learning Objectives

- Discuss the reported link between obesity-related abnormalities in glycemic control and cognitive dysfunction in adolescents
- Recognize the prevalence and complications of NASH in an obese population and implement strategies to diagnose the disease and manage potential health complications
- Describe the prevalence and impact of sleep apnea on obese patients and establish a screening strategy to correctly identify it
- Address psychological/social barriers to weight loss with patient counseling strategies on healthy meals plans and the role of exercise in weight loss



- 7:00am** Registration and Continental Breakfast
- 8:00** Introduction
- 8:15** NASH  
Edmund J. Bini, MD, MPH
- 8:40** Childhood Type II Diabetes and Insulin Resistance: A Reversible Cause of Childhood Cognitive Impairment?  
Antonio Convit, MD
- 9:10** Obesity in Kids  
Mary Jo Messito, MD
- 9:40** Q&A
- 10:10** Coffee Break
- 10:40** Sleep Apnea/Obesity  
Omar Burschtin, MD, FCCP, FAASM
- 11:10** Exercise - Getting Everyone on Their Feet  
Muriel T. Cruz, RN, MSN, EdD
- 11:35** Psychological/Social Barriers to Weight Loss  
Warren L. Huberman, PhD, MA
- 12:00pm** Lunch
- 1:00** Reconvene
- 1:15-2:00** Medical Weight Loss Strategies  
Melanie Jay, MD  
Michelle McMacken, MD  
Rob Caldwell, MD  
Diana Randlett, MD

## Primary Care Breakouts

Dietician - Real Diet, Counseling (Does it Matter?)  
Gail Schechter, MBA, RD, CDN  
Indra Samaroo, MS, RD, CDE

Plastic Surgery  
Nolan Karp, MD

**2:15-3:00** Metabolic Surgery: A Paradigm Shift  
Christine Ren-Fielding, MD

Pharmacotherapy  
Norman Sussman, MD

GERD  
Fritz Francois, MD

**3:00pm** Adjourn

## Location

NYU School of Medicine, Schwartz Lecture Hall Classroom F, 401 E. 30th Street New York, NY 10016

NYU School of Medicine is located in a predominately residential area on the East side of Manhattan.

**PHOTO IDENTIFICATION IS REQUIRED TO ENTER THE MEDICAL CENTER.**

## Online Registration Preferred

Applications will be accepted in order of their receipt. Visit our secure website [www.med.nyu.edu/courses/cme/obesity2009](http://www.med.nyu.edu/courses/cme/obesity2009) to submit online registration.

## Registration Office

NYU Post-Graduate Medical School  
P. O. Box 1855, Murray Hill Station  
New York, NY 10016

Phone: 212-263-5295, Fax: 212-263-5293

**Please Note:** We cannot accept telephone registration.

## Accreditation Statement

The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## Credit Designation Statement

The NYU Post-Graduate Medical School designates this educational activity for a maximum of 5 *AMA PRA Category 1 Credits™*.

Physicians should only claim credit commensurate with the extent of their participation in the activity. To confirm attendance, you must have your ID badge scanned daily. CME Certificates can be obtained by logging onto our website, <http://cme.med.nyu.edu>, with your Student ID Number, which can be found on your ID badge and receipt. Detailed instructions on how to obtain your CME credits online and receive your instantaneous letter of credit will be provided at the conference.

## Course Confirmation

Please supply your e-mail address to receive a confirmation letter. Written confirmation **will not** be mailed.

*If there is a specific topic or question relating to this course that would help fulfill your educational needs, please submit it on the registration panel.*

## CDR Credits

**Registered Dietitians and Dietetic Technicians:** This program has been approved by the Commission on Dietetic Registration for 5 CPEUs.

## Disclosure Statement

The NYU Post-Graduate Medical School adheres to the ACCME Essential Areas and policies, including the Standards for Commercial Support, regarding industry support of continuing medical education.

In order to resolve any identified Conflicts of Interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty will be fully noted at the meeting.

## Hotel Accommodations

Rooms are in very heavy demand in New York City; we urge you to make your reservations early. You may obtain a list of hotels located near NYU School of Medicine by visiting our website.

## Parking

Parking is available on 29th and 30th Streets between First and Second Avenues, as well as at the Schwartz Health Care Center garage on First Avenue and 30th Street.

# Faculty

## Course Directors

**Ann Danoff, MD**  
Division Chief, Endocrinology  
Associate Professor of Medicine  
NYU School of Medicine  
Department of Medicine  
Endocrine Division  
New York, NY

**Elizabeth Weinschel, MD**  
Chair, Bariatric Surgery Study Group  
Associate Professor of Medicine  
NYU School of Medicine  
Department of Medicine  
GI Division  
New York, NY

## NYU Faculty

**Edmund J. Bini, MD, MPH**  
Associate Professor of Medicine  
NYU School of Medicine  
Chief of Gastroenterology and Hepatology  
VA New York Harbor  
Healthcare System

**Omar Burschtin, MD, FCCP, FAASM**  
Assistant Professor of Medicine  
NYU School of Medicine  
Department of Medicine  
Pulmonary Disease Division

**Rob Caldwell, MD**  
Clinical Instructor  
NYU School of Medicine  
Department of Medicine  
Gouverneur Hospital  
Department of Medicine

**Antonio Convit, MD**  
Associate Professor of Psychiatry  
NYU School of Medicine  
Department of Psychiatry

**Fritz Francois, MD**  
Assistant Dean  
for Academic Affairs and Diversity  
Assistant Professor of Medicine  
NYU School of Medicine  
Department of Medicine  
GI Division

**Warren L. Huberman, PhD, MA**  
Clinical Instructor in Psychology  
NYU School of Medicine  
Departments of Psychiatry and  
Cardiac Rehabilitation

**Melanie Jay, MD**  
Clinical Assistant Professor  
of Medicine  
NYU School of Medicine  
Department of Medicine  
Division of General Internal Medicine

**Nolan Karp, MD**  
Associate Professor of Surgery  
NYU School of Medicine  
Department of Surgery  
(Plastic Surgery)

**Michelle McMacken, MD**  
Assistant Professor of Medicine  
NYU School of Medicine  
Department of Medicine  
Division of General Internal Medicine

**Mary Jo Messito, MD**  
Clinical Assistant Professor  
NYU School of Medicine  
Department of Pediatrics

**Diana Randlett, MD**  
Clinical Instructor  
Associate Director  
Bellevue Weight Management Clinic  
NYU School of Medicine

**Christine Ren-Fielding, MD**  
Associate Professor of Surgery  
NYU School of Medicine  
Department of Surgery

**Norman Sussman, MD**  
Professor of Psychiatry  
NYU School of Medicine  
Department of Psychiatry

## Guest Faculty

**Muriel T. Cruz, RN, MSN, EdD**  
Director  
Stress Testing Lab VA NYHCS  
Associate Professor  
NYU SCPS (School of Continued  
and Professional Studies)  
Anatomy and Physiology  
New York, NY

**Gail Schechter, MBA, RD, CDN**  
Clinical Nutrition Liaison  
MOVE! Coordinator  
Patient Services Section  
VA NY Harbor HC Systems  
New York, NY

**Indra Samaroo, MS, RD, CDE**  
Clinical Dietician  
Bellevue Bariatric Surgery Program  
New York, NY

Register online at [www.med.nyu.edu/courses/cme/obesity2009](http://www.med.nyu.edu/courses/cme/obesity2009)

**Obesity New Frontiers and Horizons, #000, October 17, 2009**

(Please do not reduce or enlarge this form)

PLEASE PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS AND NUMBERS.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Fax \_\_\_\_\_

**Course Confirmation: Please supply your e-mail address to receive a confirmation letter. Written confirmation will not be mailed. Make sure your e-mail address is clearly written.**

E-Mail \_\_\_\_\_

Degree \_\_\_\_\_ Specialty \_\_\_\_\_

*On-site registrants will incur an additional \$20 charge and will receive a receipt by email within 1-2 weeks.*

**Full Fee Physicians: \$175 Reduced Fee: \$75\***

\* Reduced fee applies to physicians-in-training with letter from Chief of Service; NYU School of Medicine alumni, former residents and fellows; M.D.'s employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; nurse practitioners and all other non-M.D. healthcare professionals.  
Eligibility for reduced fee must be indicated below:

**METHODS OF PAYMENT** (cash and telephone registration are not accepted).  
If faxing, do not mail or refax – this will result in a duplicate charge to your account.

CHECK In U.S. dollars ONLY \$ \_\_\_\_\_

CREDIT CARD PAYMENT (See below)

INTERNATIONAL POSTAL MONEY ORDER  
(Foreign registrants, including those from Canada, must pay  
by either International Postal Money order or credit card) \$ \_\_\_\_\_

**MAKE CHECK PAYABLE TO:** NYU Post-Graduate Medical School

**SEND TO:** Registration Department, NYU Post-Graduate Medical School, P.O. Box 1855, Murray Hill Station, New York, NY 10016

**PAYMENT BY CREDIT CARD** Credit card payments may be faxed to (212) 263-5293

Card # \_\_\_\_\_

**Amount to be charged:** \$ \_\_\_\_\_ Bill to:  Visa  Master Card  American Express

Card Member's Name (Please Print) \_\_\_\_\_ Expiration date: \_\_\_\_\_

Signature \_\_\_\_\_

**Refund Policy:** An administrative charge of 30% of your tuition payment will be assessed for cancellations prior to **October 2, 2009**. Cancellations must be in writing and postmarked no later than the above date (faxes and emails are not accepted). Cancellations will not be accepted after the above date.

**Course Cancellation Policy:** In the unusual circumstance that this course is cancelled, two weeks notice will be given and tuition will be refunded in full. The NYU Post-Graduate Medical School is not responsible for any airfare, hotel or other costs incurred.

 Special Needs or Requests:

To help fulfill your educational needs, submit a question or topic relating to this course:

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**After October 15, 2009  
Only On-Site  
Registration Available**