

The Blackburn Course in Obesity Medicine

Treating Obesity 2025

Live Streaming • June 9 – 12, 2025

Schedule

Live Streaming in US Eastern Time

Sunday, June 8, 2025

9:00am to 7:20pm	<p>Obesity Medicine Board Review</p> <p><i>This one-day program helps prepare registrants for the ABOM certification exam.</i></p> <p>Click here for complete schedule.</p>
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Monday, June 9, 2025

Introduction

9:00am to 9:10am	<p>Welcome and Introduction</p> <p><i>Amandeep Singh, MD, PhD and Angela Fitch, MD</i></p>
9:10am to 10:10am	<p>2025 Blackburn Lecture: State of Obesity in 2025</p> <p><i>Donna Ryan, MD</i></p>
10:10am to 10:40am	<p>Roundtable Discussion with Keynote Speaker</p> <p><i>Donna Ryan, MD and Steven Heymsfield, MD</i></p>
10:40am to 11:00am	<p>Break</p>

Approach to Treatment

11:00am to 11:40am	<p>Clinical Approach to the Patient with Obesity</p> <p><i>Ethan Lazarus, MD, FOMA</i></p>
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11:40am to 12:20pm	Beyond BMI: Obesity Staging and Guideline-Based Treatment of Obesity <i>Timothy Garvey, MD</i>
12:20pm to 1:00pm	Body Composition <i>Grant Tinsley, PhD, CSCS, *D</i>
1:00pm to 1:40pm	Approach to a Patient with an Eating Disorder <i>Susan Himes, PhD</i>
1:40pm to 2:20pm	Panel Discussion: Approach to Treatment <i>Drs. Fitch, Garvey, Himes, Lazarus, and Tinsley</i>
2:20pm to 2:50pm	Break

Pharmacotherapy

2:50pm to 3:30pm	Obesity Pharmacotherapy <i>Gail O'Brien, MD</i>
3:30pm to 4:10pm	Combination Treatment for Obesity Management <i>Angela Fitch, MD</i>
4:10pm to 4:50pm	Pharmacodynamics and Medication Dosing in the Patient with Obesity <i>Christina Chow, PhD</i>
4:50pm to 5:30pm	Clinicians as Patients: A Perspective <i>Angela Fitch, MD</i>
5:30pm to 6:10pm	Panel Discussion: Pharmacotherapy <i>Drs. Chow, Fitch, and O'Brien</i>

Self-Paced Study

Time for self-paced study of any of the pre-recorded sessions, including the following:

6:10pm	Supplementary Sessions Staging, Assessment, and Treatment of Obesity
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*Daniel Bessesen, MD***Patient-Centric Treatment of Obesity***Sean Wharton, MD***Complex Genetic Obesity Syndromes***Sadaf Forroqi, MD***Patient Case Presentations Highlighting Delivery of Care 1***Jennifer Mulligan, MD***Patient Case Presentations Highlighting Delivery of Care 2***Jennifer Mulligan, MD***Patient Case Presentations Highlighting Delivery of Care 3***Sreevidya Bodepudi, MD*

Tuesday, June 10, 2025

9:00am to 9:10am

Welcome and Introduction Day 2*Course Directors*

Exercise and Dietary Considerations

9:10am to 9:50am

Key Exercise Recommendations for Weight Loss and Maintenance*John Jakicic, PhD*

9:50am to 10:30am

Nutrition and the Microbiome*Christopher Gardner, PhD*

10:30am to 11:10am

Time-Restricted Eating*Krista Varady, PhD*

11:10am to 11:50am

Dietary Strategies for Weight Loss*Chika Anekwe, MD, MPH*

11:50am to 12:30pm

Culinary Medicine Programs*Michelle Hauser, MD, MS, MPA, FACP, FACLM*

12:30pm to 1:10pm

Panel Discussion: Dietary Considerations*Drs. Anekwe, Fitch, Gardner, Hauser, Jakcic, and Varady*

1:10pm to 1:40pm

Break

Individualization of Care

1:40pm to 2:20pm	The New Fundamentals of Obesity Care <i>Carolynn Francavilla Brown, MD, FOMA</i>
2:20pm to 3:00pm	Genetics and the Future of Obesity Treatment <i>Jesse Richards, DO</i>
3:00pm to 3:40pm	Lipodystrophy <i>Lindsay Fourman, MD</i>
3:40pm to 4:20pm	Panel Discussion: Individualization of Care <i>Drs. Fitch, Fourman, Francavilla Brown, and Richards</i>
4:20pm to 4:40pm	Break

Precision Care

4:40pm to 5:20pm	Precision Medical Treatment of Obesity <i>Andres Acosta, MD, PhD</i>
5:20pm to 6:00pm	Precision Lifestyle Treatments for Obesity <i>Andrew Chan, MD, MPH</i>
6:00pm to 6:40pm	The Future State of Obesity Care <i>Deborah Horn, DO, MPH, MFOMA</i>
6:40pm to 7:20pm	Patient Case Presentations Highlighting Precision Delivery of Care <i>Florence Porterfield, MD</i>
7:20pm to 8:00pm	Panel Discussion: Precision Care <i>Drs. Acosta, Chan, Horn, Porterfield, and Singh</i>

Self-Paced Study

Time for self-paced study of any of the pre-recorded sessions, including the following:

8:00pm	Supplementary Sessions Circadian Influences and Lifestyle Interventions
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Frank Scheer, MD

A Dietitian's Approach to a Patient with Obesity

Abeer Bader, RD

Tailoring Obesity Care Based on Genetic Differences

Ruth Loos, MD

Research into Tailoring Obesity Care

Elizabeth Speliotos, MD

Using Technology to Deliver Personalized Metabolic Care

Eran Segal, MD

Wednesday, June 11, 2025

9:00am to 9:10am

Welcome and Introduction Day 3

Course Directors

Models of Delivering Care

9:10am to 9:50am

Cooperative Integrated and Virtual Care Models

Alexander Blood, MD, MSc

9:50am to 10:40am

Delivering Effective Obesity Care in Private Practice

Shirly Ramchandani, MD

10:40am to 11:20am

Integrating Primary Care and Obesity Medicine in an Academic Medical Center

Leigh Perreault, MD

11:20am to 12:00pm

Multi-Disciplinary Weight Centers

William Yancy, MD, MHS

12:00pm to 12:40pm

Group-Visit Models

Jacob Mirsky, MD, MA, DipABLM

12:40pm to 1:20pm

Panel Discussion: Models of Delivering Care

Drs. Blood, Mirsky, Perreault, Ramchandani, Singh, and Yancy

1:20pm to 1:50pm

Break

Pediatrics

1:50pm to 2:30pm	Assessment of the Pediatric Patient with Obesity <i>Jennifer Mulligan, MD</i>
2:30pm to 3:10pm	Use of Anti-Obesity Medications in Pediatric Patients <i>Vibha Singhal, MBBS, MPH</i>
3:10pm to 3:50pm	Bariatric Endoscopy and Surgery in the Pediatric Patient <i>Cornelia Griggs, MD</i>
3:50pm to 4:30pm	Panel Discussion: Obesity in the Pediatric Population <i>Drs. Fitch, Griggs, Mulligan, and Singhal</i>
4:30pm to 4:50pm	Break

Endoscopic and Surgical Approaches to Treating Obesity

4:50pm to 5:30pm	Endoscopic Sleeve Gastroplasty, POSE, and TORe <i>Barham Abu Dayyeh, MD, MPH</i>
5:30pm to 6:10pm	Gastric Balloons, Transpyloric Shuttle, and Duodenal Resurfacing <i>Amandeep Singh, MD, PhD</i>
6:10pm to 6:50pm	Update on Bariatric Surgery for Obesity <i>Richard Peterson, MD, MPH, FACS, FASMBS, DABS-FPMBS</i>
6:50pm to 7:30pm	Nonsurgical Management of the Postbariatric Surgery Patient <i>Angela Fitch, MD</i>
7:30pm to 8:10pm	Panel Discussion: Endoscopic and Surgical Approaches to Treating Obesity <i>Drs. Abu Dayyeh, Fitch, Peterson, and Singh</i>

Self-Paced Study

Time for self-paced study of any of the pre-recorded sessions, including the following:

8:10pm	Supplementary Sessions Providing Virtual Obesity Care <i>Katherine Saunders, MD and Leon Igel, MD</i>
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Optimizing Obesity Care in Private Practice: Strategies for Success*Carolynn Francavilla Brown, MD***Advancing Obesity Care in Academic Medicine: Challenges and Opportunities***Lauren Oshman, MD and Dina Griauzde, MD***Multi-Disciplinary Weight Center Case Study: Massachusetts General Hospital***Angela Fitch, MD***Multi-Disciplinary Weight Center Case Study: Geisinger***Christopher Still, MD***Multi-Disciplinary Weight Center Case Study: University of Colorado***Adam Gilden, MD*

Thursday, June 12, 2025

9:00am to 9:10am

Welcome and Introduction Day 4*Course Directors*

Disparities and Stigma in Obesity Care

9:10am to 9:50am

Addressing Healthcare Disparities in Obesity Treatment*Jamy Ard, MD, FTOS*

9:50am to 10:30am

Ensuring Equal Access to Care for All Patients: A North Carolina Story*Sarah Ro, MD*

10:30am to 11:10am

Stigma and Bias in Treating Obesity*Joseph Nadglowski*

11:10am to 11:50am

Panel Discussion: Disparities and Stigma*Drs. Ard, Ro, and Singh, and Joseph Nadglowski*

11:50am to 12:20pm

Break

Considerations in the Patient with Obesity

12:20pm to 1:00pm

The Unbearable Lightness of Weight and Age*Beverly Tchang, MD*

1:00pm to 1:40pm

The Intersection of Metabolic Disease and Mental Health

Christopher Palmer, MD

1:40pm to 2:20pm	Considerations for the Patient with Obesity Prior to a Procedure (with Patient on GLP-1, Colonoscopy Considerations) <i>Amanda S. Xi, MD, MSE</i>
2:20pm to 3:00pm	Panel Discussion: Considerations in the Patient with Obesity <i>Drs. Palmer, Singh, Tchang, and Xi</i>
3:00pm to 3:20pm	Break

Diseases in the Patient with Obesity

3:20pm to 4:00pm	Obesity and Cardiovascular Disease <i>Harold Bays, MD, MFOMA, FTOS, FACC, FNLA, FASPC, DABOM</i>
4:00pm to 4:40pm	Sleep Health and Sleep Apnea <i>Jeremy McConnell, MD</i>
4:40pm to 5:20pm	Obesity and Cancer <i>Justin Brown, PhD</i>
5:20pm to 6:00pm	Treatment of MAFLD/MASH in the Patient with Obesity <i>Michelle Lai, MD</i>
6:00pm to 6:40pm	Obesity and Diabetes <i>Paul Copeland, MD</i>
6:40pm to 7:20pm	Panel Discussion: Diseases in the Patient with Obesity <i>Drs. Bays, Brown, Copeland, Lai, McConnell, and Singh</i>

Self-Paced Study

Time for self-paced study of any of the pre-recorded sessions, including the following:

7:20pm	Supplementary Sessions Caring for All Patients <i>Adjoa Anyane-Yeboah, MD</i> Equity in Obesity Care <i>Wesley Dutton, MD</i>
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Diagnosis and Staging of MAFLD/MASH

Kathleen Corey, MD, MPH