



Friday, May 18, 2012

OBESITY 2012

Building a Dream

T E A M

Marriott Coralville Hotel & Conference Center
300 East 9th Street
Coralville, IA

 **UNIVERSITY OF IOWA**
CARVER COLLEGE
OF MEDICINE

University of Iowa Health Care

Department of Internal Medicine

 **THE UNIVERSITY OF IOWA**
COLLEGE OF
PHARMACY

INTENDED AUDIENCE

Physicians, physician assistants, pharmacists, nurse practitioners, nurses, physical therapists, dietitians, social workers, health insurance industry executives, and wellness coordinators.

PURPOSE

The treatment of obesity incorporates diet, exercise, stress management, sleep, mental health, pharmacotherapy and bariatric surgery. This program will demonstrate how to develop a comprehensive treatment program for the care of obese patients using these modalities.

SPONSORED BY

University of Iowa Roy J. and Lucille A. Carver College of Medicine, Department of Internal Medicine, and the University of Iowa Obesity Initiative.

General Information

OBJECTIVES

Upon completion of this program, the participant should be able to:

- Review of the genetic neurobiologic contribution to human obesity and discuss the challenge of relapse from weight loss during dietary and behavioral therapy and importantly of the biologic factors that contribute to relapse from weight loss during dietary therapy.
- Review current pharmacological weight-loss interventions and describe novel therapeutic targets for increasing basal metabolic rate.
- Describe the neurohormonal role of leptin and ghrelin in obesity's etiology and complications.
- Summarize scientifically based treatment strategies to patients to help break the cycles of stress eating.
- Personalize pharmacological interventions in obesity according to individual co-morbidities.
- Discuss the long-term effects of bariatric surgery on the improvement and resolution of Type II diabetes, hypertension, hyperlipidemia and obstructive sleep apnea.
- Describe key quality and safety factors related to caring for the obese patient in a healthcare setting.
- Discuss emotional, caregiving, financial and discharge planning issues facing the obese patient.
- Subjectively and objectively measure physical activity and use this information to screen for behavioral risks or design an appropriate exercise program.
- Identify musculoskeletal conditions associated with obesity that would benefit from physical therapy intervention.
- Explain the basic relationship between adiposity, an elevated body mass index (BMI), and an enlarged neck and waist circumference and obstructive sleep apnea (OSA).
- Describe how motivational interviewing differs from a traditional medical counseling model and review fundamental motivational interviewing skills.

- Describe the FoodCorps initiative in bringing healthy food to communities and discuss public policy related to childhood obesity, food, and health.
- Select fundamental motivational interviewing skills to use when counseling patients for weight management and demonstrate the motivational interviewing approach.
- Review the unique variety of challenges faced in the approach to pediatric obesity.
- Explain how and when stress influence eating and its effect on weight.
- Identify the mechanisms by which a Paleo Diet food plan supports more weight loss with less hunger.
- Compare the features and applications of at least two different hand held device apps to assist better choices in eating and exercise.
- Identify anatomic factors which predispose patients to CPAP failure and describe the surgical approaches to CPAP failure.
- Choose meals wisely whether dining at a favorite restaurant or making a quick fast-food stop.
- Explain new CMS rules and regulations on billing for obesity counseling.

ACCOMMODATIONS

A limited number of rooms have been reserved at the Coralville Marriott Hotel & Conference Center. Room rates are \$110 plus taxes. Reservations by attendees must be received on or before April 23, 2012. Attendees are responsible for making their own hotel reservations and may do so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please reference the "Obesity Conference," when making reservations to receive the discounted group rate.

PARKING

Parking is available in the public parking ramp adjacent to the hotel at prevailing rates.

EMERGENCY CALLS

You may be reached during conference hours for emergency phone calls through the Coralville Marriott Hotel operator at 319-688-4000. Please have the caller identify the "Obesity Conference".

REGISTRATION

While registration is open until the start of the conference, we encourage early registration to enable us to provide the best possible service to participants. All but \$25 of the fee is refundable if inability to attend is made known on or before May 10, 2012. Refunds will not be made after this date. For on-site registration an additional fee of \$25 will be added. Fees include instruction and educational materials, CME and CEU recording, refreshment breaks and lunch.

SYLLABUS MATERIALS

Course syllabus materials will be emailed as a link to registered participants the week of the conference. CDs will also be available the day of the conference. Please note that print copies of the syllabus will not be provided. You are encouraged to download or print materials you wish to use in advance. You may also bring your laptop, however there will not be electrical outlets so you will need to run your laptop off the battery.

CREDIT

Physician: The University of Iowa Roy J. and Lucille A. Carver College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Iowa Carver College of Medicine designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse: This program is offered in cooperation with the University of Iowa College of Nursing, an Iowa Board of Nursing approved provider, number 1. Full time attendance will award 8.4 contact hours. Program number 12 139 93 has been assigned.



Pharmacist: The Collaborative Education Institute is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Participants will receive their online CE Statement immediately upon completion of the online program evaluation which is accessible to participants following the program.

Participants will receive 6.75 contact hours of continuing pharmacy education for participation in the entire conference. No partial credit will be given. Instructions for completing the online evaluation will be distributed the day of the program. The ACPE UAN for this application-based activity is # 107-999-12-040-L01-P.

All registered attendees will receive certificates of participation for continuing education units.

Determination of educational content for this program and the selection of speakers are responsibilities of the program director. Firms providing financial support did not have input in these areas.

Disclosure Policy: Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest.

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information contact the Office of Equal Opportunity and Diversity, (319) 335-0705.

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the Continuing Medical Education Division in advance at (319) 335-8599.

Faculty

Distinguished GUEST LECTURE



Curt Ellis
Co-Founder and
Executive Director
FoodCorps
New York, NY

THE UNIVERSITY OF IOWA

Todd Burstain, MD
Associate Professor, Course Director
Department of Internal Medicine

Rhonda Barr, PT
Physical Therapist
Department of Rehabilitation Therapies

Dale Bieber, MD
Associate Professor
Department of Internal Medicine

Charles Brenner, PhD
Carver Chair and Head
Department of Biochemistry
Founding Director
University of Iowa Obesity Initiative.

Wayne Bowers, PhD
Professor of Psychiatry
Department of Psychiatry

Emily Brown, RD, LD
Clinical Dietitian, Department of Food
and Nutrition Services
University of Iowa Hospitals and Clinics

Vanessa Curtis, MD
Assistant Professor
Department of Pediatrics

Mark Dyken, MD
Professor
Department of Neurology

Justin Grobe, PhD
Associate (Assistant Professor July 2012)
Department of Pharmacology

Kathleen F. Janz, PhD
Professor, Department of Health and
Human Physiology
College of Liberal Arts and Sciences
Department of Epidemiology
College of Public Health

William Haynes, MD
Professor
Department of Internal Medicine

Allyn Mark, MD
Professor and Roy J. Carver Chair in
Internal Medicine
Department of Internal Medicine
Founding Director
University of Iowa Obesity Initiative

Tammy Sebolt, RN, MSN, CNML
Department of Nursing
University of Iowa Hospitals and Clinics

Jessica K. Smith, MD
Assistant Professor
Department of Surgery

Linda G. Snetselaar, RD, PhD
Professor and Endowed Chair
Department of Epidemiology
Director, Nutrition Center
College of Public Health

Karen Stenger, RN, MA, CCRN
Department of Nursing
University of Iowa Hospitals and Clinics

Sonali Patel, MD, PhD
Associate
Department of Pediatrics

Lindsey Tucker, RD, LD
Clinical Dietitian, Department of Food
and Nutrition Services
University of Iowa Hospitals and Clinics

Douglas Van Daele, MD
Associate Professor
Department of Otolaryngology

Terry Wahls, MD
Professor
Department of Internal Medicine
Assistant Chief of Staff, VAMC Iowa City

Rosie Wilhelm, ACSW, LISW
Director, Department of Social Service
University of Iowa Hospitals and Clinics

7:15 am **Registration and Continental Breakfast**

7:45 am **Welcome and Announcements**
Todd Burstain, MD

Morning Sessions: **SESSION A**

8:00 am **Obesity in the 21st Century: Challenges to Prevailing Stereotypes**
Allyn Mark, MD

8:40 **Brown Fat: A Hot Topic in Obesity with Therapeutic Implications.**
Justin Grobe, PhD

9:20 **Update on Leptin and Ghrelin in Obesity Management**
Todd Burstain, MD

10:00 **Stress Eating: Breaking the Cycle**
Todd Burstain, MD

10:40 **Break**

10:55 **Pharmacologic Update in Obesity Care**
William Haynes, MD

11:35 **Bariatric Surgery's Role in Reversing Complications of Obesity**
Jessica K. Smith, MD

SESSION B

8:00 am **Caring for the Obese Patient: Respect, Quality and Safety**
Tammy Sebolt, RN, MSN, CNML and
Karen Stenger, RN, MA, CCRN

8:40 **Social Challenges of Obese Patients**
Rosie Wilhelm, ACSW, LISW

9:20 **Exercise is Medicine! The How and Why for Measuring Physical Activity in Clinical Settings** – Kathleen F. Janz, PhD

10:00 **Painful Conditions and Limited Functional Capacity in Obesity: Considerations for Prescribing Exercise and Activity**
Rhonda Barr, PT

10:40 **Break**

10:55 **Sleep Disturbances and Obesity**
Mark Dyken, MD

11:35 **Building Motivation for Lifestyle Change**
Linda G. Snetselaar, RD, PhD

12:15 pm **Lunch**

Introduction
Charles Brenner, PhD

1:00 **DISTINGUISHED GUEST LECTURE**
Curt Ellis
Co-Founder and Executive Director of
FoodCorps
Growing Forward: The Future of Healthy Food

Afternoon Workshops

30 minutes each. Each workshop will be presented twice.
Choose 2 in each session.

2:00 **CONCURRENT WORKSHOPS SESSION 1**

1. **Engaging Patients from the Start**
Linda G. Snetselaar, RD, PhD

2. **Pediatric Challenges in Obesity** –
Vanessa Curtis, MD and Sonali Patel, MD, PhD

3. **Stress Eating and its Role in Obesity and Binge Eating**
Wayne Bowers, PhD

4. **Paleo Diet Plan for Obesity Treatment** –
Terry Wahls, MD

3:00 **Break**

3:15 **CONCURRENT WORKSHOPS SESSION 2**

1. **App for Lifestyle Change: Pocket Tech in Nutrition & Exercise**
Dale Bieber, MD

2. **CPAP Treatment Pearls**
Douglas Van Daele, MD

3. **How to Eat Out**
Lindsey Tucker, RD, LD and
Emily Brown, RD, LD

4. **New CMS Billing Rules on Obesity Counseling**
Todd Burstain, MD

4:15 **Adjourn**

For additional information on this program and other upcoming CME events at the UI Carver College of Medicine, please visit <http://www.medicine.uiowa.edu/cme/>.

Agenda

OBESITY 2012:
Building a Dream Team
Friday, May 18, 2012



Registration

Obesity 2012
Friday, May 18, 2012

Name _____
Please print clearly: Address _____
City _____
Degree State/ZIP _____
Specialty Phone _____
E-mail _____
Company or Business Name _____

For Office Use Only PN: 12-139-01

AMA PRA Category 1 Credits™ _____ CEUs Earned _____
Date _____

For on-site registration an additional fee of \$25 will be added.

Fees

Physician	@ \$225	\$ _____
Allied Health Professional	@ \$150	\$ _____
UI CCOM Faculty Physician/Adjunct Faculty	@ \$100	\$ _____
Retired/Emeritus Physician	@ \$100	\$ _____
UI CCOM Allied Health Professional	@ \$50	\$ _____
UI Fellows and Residents	@ \$25	\$ _____
On-site registration add \$25	@ \$25	\$ _____

Payment Options

Please charge my: VISA MasterCard

Cardholder name (please print) _____


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I enclose a check for \$ _____ made payable to **The University of Iowa.**

Four Ways to Register: Mail, Phone, Fax or Online

 University of Iowa Carver College of Medicine
Continuing Medical Education Division
100 Medicine Administration Building
Iowa City, Iowa 52242-1101



Phone: (319) 335-8599



Fax: (319) 335-8327



Online:

www.medicine.uiowa.edu/cme
and click on *Upcoming Conferences*



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