

CME opportunity

AHN Annual Diabetes and Obesity Care Symposium

May 20–21, 2023

Seven Springs Mountain Resort
777 Water Wheel Drive
Champion, PA 15622

Jointly sponsored by:
Allegheny General Hospital
Bariatric and Metabolic Institute and
Center for Diabetes and Endocrine Health
West Penn Hospital
Allegheny Health Network



Conference overview

Multiple treatment modalities exist for obesity and diabetes, and they are continuing to evolve as more resources are dedicated to these chronic diseases. The aim of this conference is to educate physicians and advanced practice providers about the most up-to-date treatment options for obesity, diabetes, and associated comorbidities. Our intended audience includes gastroenterologists, endocrinologists, general and specialty surgeons, internal medicine physicians, sleep medicine physicians, family practice physicians, physician extenders, nurses, and dietitians.

Conference objectives

- Discuss current trends and evidence-based outcomes in diabetes and obesity management
- Educate primary care and specialty care physicians on medical and surgical options to treat obesity and diabetes
- Provide resources for physicians and advanced practice providers who treat patients with obesity and diabetes, and to reduce fragmented care
- Establish the close relationship between diabetes, obesity and related comorbidities and their management as chronic diseases

Accreditation

This conference will provide a total of 10.75 hours of education.

Saturday: 7.0 | Sunday: 3.75

Physicians

This activity has been planned and implemented in accordance with the essential areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint providership of Allegheny General Hospital and Bariatric and Metabolic Institute and Center for Diabetes and Endocrine Health, West Penn Hospital. Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Allegheny General Hospital designates this live activity for a maximum of 10.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

West Penn Hospital is approved as a provider of nursing continuing professional development by Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Nursing contact hours pending.

American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME.

American Academy of Nurse Practitioners (AANP) accepts *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME.

The National Commission on Certification of Physician Assistants (NCCPA) states that the *AMA PRA Category 1 Credits*[™] are acceptable for continuing medical education requirements for recertification.

Dietitians

This program is approved to provide 10.75 RD/DTR CPEUs through Allegheny Health Network's accreditation by the ACCME.

Non-physicians

Allegheny General Hospital certifies participation in this educational activity, which has been designated for a maximum of 10.75 *AMA PRA Category 1 Credits*[™].

Program agenda

Saturday, May 20, 2023

7 – 8 a.m. Registration, breakfast, and visit exhibits

8 – 8:20 a.m. Welcome and overview

Session 1 – Overview

8:20 – 8:40 a.m. Obesity – scope of the problem and what not to miss
George M. Eid, MD, FACS, FASMBS

8:40 – 9 a.m. Nature vs. nurture – it's about more than willpower
Fahad Zubair, MD

9 – 9:20 a.m. Updates on diabetes treatment guidelines and practical tips for management
Jamil Bawerjan Alkhaddo, MD

9:20 – 9:40 a.m. The role of medical weight loss
Melissa Shultz, PA-C

9:40 – 10 a.m. Discussing metabolic and bariatric surgery in the primary care setting
Gregory Ferenchak, MD

10 – 10:15 a.m. Break and visit exhibits

Session 2 – Diabetes

10:15 – 10:20 a.m. Newest therapies and diabetes technology
Patricia L. Bononi, MD

10:20 – 10:40 a.m. When to refer to a specialist
Jamil Bawerjan Alkhaddo, MD

10:40 – 11 a.m. Cut it out – surgical treatment of diabetes
Kellen Hayes, MD, FASMBS

11 – 11:20 a.m. Management of diabetes after bariatric surgery
Amit Bhargava, MD

11:20 – 11:40 a.m. Panel discussion

11:45 a.m. – 12:45 p.m. Lunch and visit exhibits

Session 3 – Medical weight loss

12:45 – 1:05 p.m. Defining success and how to beat the bias
Fahad Zubair, MD

1:05 – 1:20 p.m. What's in the toolbox? Current medications and pharmacology
Melissa Shultz, PA-C

1:20 – 1:40 p.m. Managing weight regain in the primary care setting
Gregory Ferenchak, MD

1:40 – 2 p.m. Bariatric surgery and cancer risk reduction
Michael L. Rawlins, MD, FACS, FASMBS

2 – 2:15 p.m. Panel discussion

Session 4 – Bariatric surgery

2:15 – 2:35 p.m. The past, present and future of bariatric surgery
Michael L. Rawlins, MD, FACS, FASMBS

2:35 – 2:55 p.m. Preoperative process and postoperative follow-up
Chloe Matthews, PA-C

2:55 – 3:15 p.m. Long-term outcomes
Tunc Aksehirli, MD, FASMBS

3:15 – 3:35 p.m. New procedures and therapies
George M. Eid, MD, FACS, FASMBS

3:35 – 3:55 p.m. Is bariatric surgery an option for type 1 diabetes?
Patricia L. Bononi, MD

3:55 – 4:15 p.m. Panel discussion

Program agenda, continued

Sunday, May 21, 2023

7 – 8 a.m. Registration, breakfast, and visit exhibits

Session 1 – Managing obesity in the primary care setting

8 – 8:20 a.m. The obesity encounter
Fahad Zubair, MD; Melissa Shultz, PA-C

8:20 – 10 a.m. Workshop (3–4 case scenarios)
Panel discussion

Break-out rooms

Session 2A – Nutrition and behavioral health

10 – 10:20 a.m. Importance of dietary modification
Richard Sitter, MS, RD, LDN

10:20 – 10:40 a.m. Overcoming dietary hurdles
Julia Maher, MS, RD, LDN

10:40 – 11 a.m. Role of behavioral health
Kathryn E. Shevchik, PhD

11 – 11:20 a.m. Postoperative vitamins and vitamin deficiencies
Richard Sitter, MS, RD, LDN

11:20 – 11:40 a.m. Panel discussion

Session 2B – Managing comorbidities

10 – 10:20 a.m. Fatty liver disease
Amit Bhargava, MD

10:20 – 10:40 a.m. Managing PCOS
Saira Varghese-Mammen, MD

10:40 – 11 a.m. OSA: when to test and retest
Tunc Aksehirli, MD, FASMBS

11 – 11:20 a.m. Effect of weight loss on cardiovascular outcomes
Kellen Hayes, MD, FASMBS

11:20 – 11:40 a.m. Panel discussion

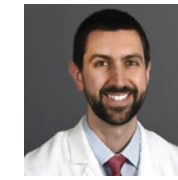
11:45 a.m. Wrap-up and adjourn

Course co-directors



Patricia L. Bononi, MD

Assistant Professor,
Drexel University College of Medicine
Program Director, Diabetes, Endocrinology,
and Metabolism Fellowship
Allegheny Health Network
Medical Education Consortium



Kellen Hayes, MD, FASMBS

Bariatric and Metabolic Institute,
West Penn Hospital



George M. Eid, MD, FACS, FASMBS

System Chair, Bariatric and Metabolic Institute
System Division Chief, Minimally Invasive Surgery
Professor of Surgery, Drexel University
College of Medicine
Adjunct Professor of Biomedical Engineering,
Carnegie Mellon University
Allegheny Health Network



Fahad Zubair, MD

Medical Director, Obesity Medicine
Associate Medical Director, Nutrition Medicine
Allegheny Health Network

Planning committee



Mary Ann Raible, MSN, RN, NE-BC

Magnet Program Director
West Penn Hospital,
Nursing Administration

Faculty



Tunc Aksehirli, MD, FASMBS

General Surgery/MIS/Bariatric Surgery
Bariatric and Metabolic Institute,
Jefferson Hospital
Allegheny Health Network



Amit Bhargava, MD

Vice-Chief, Director of Clinical Operations
Division of Endocrinology
Vice President, American Diabetes Association
Western Pennsylvania Community
Leadership Board
Assistant Professor of Medicine,
Drexel University College of Medicine
Course Director, Endocrine Elective,
Drexel University College of Medicine
Course Director, Endocrine Elective,
Lake Erie College of Osteopathic Medicine
Allegheny Health Network



Jamil Bawerjan Alkhaddo, MD

Chief, Division of Endocrinology – CDEH
Assistant Professor of Clinical Medicine
Allegheny Health Network

Faculty, continued



Gregory Ferenchak, MD

AHN Primary Care Institute
Core Faculty, Forbes Family Medicine Residency
Assistant Clinical Professor,
Drexel University College of Medicine
Assistant Clinical Professor,
Lake Erie College of Medicine



Melissa Shultz, PA-C

Bariatric and Metabolic Institute
Allegheny Health Network



Julia Maher, MS, RD, LDN

Registered Dietitian
Allegheny Health Network



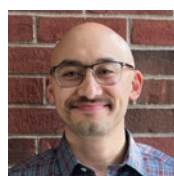
Kathryn E. Shevchik, PhD

Bariatric and Metabolic Institute
Allegheny Health Network



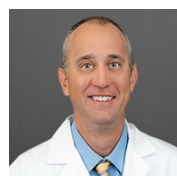
Chloe Matthews, PA-C

Bariatric and Metabolic Institute
Allegheny Health Network



Richard Sitter, MS, RD, LDN

Lead Dietitian, Bariatric and Metabolic Institute
Allegheny Health Network



Michael L. Rawlins, MD, FACS, FASMBS

MIS/Bariatric/General Surgery
Program Director, Bariatric Surgery Fellowship
Allegheny Health Network



Saira Varghese-Mammen, MD

Clinical Endocrinologist,
The Center for Diabetes and Endocrine Health
Allegheny Health Network

Disclosure of significant relationships with relevant commercial companies. In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which in the context of their presentation(s), could be perceived as a real or apparent conflict of interest (e.g., ownership of stock, honoraria, or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s).

Registration

Online registration can be accessed at cme.ahn.org:

Click on **Courses**, then type or scroll down to find **AHN Annual Diabetes and Obesity Care Symposium** and click on **Register**. The registration fee includes the course materials, continental breakfast, lunch, and break refreshments.

Fees

Non-AHN physicians: \$125

AHN physicians: \$100

Non-AHN and other health care providers: \$75

AHN and other healthcare providers: \$50

Lodging

Seven Springs Mountain Resort

777 Waterwheel Drive

Champion, PA 15622

To reserve your rooms, please call 855-322-1601, or scan the QR code below to book online.

If booking over the phone, listen for prompts and **press 2** for East Coast resorts, then **press 5** for Seven Springs. The group code is **S7SAHN23**.



Scan code to book
your room online.

Questions?

Please contact Bernice Sulkowski in the CME office at bernice.sulkowski@ahn.org for more information.



Scan code for
more information.

Allegheny General Hospital
Continuing Medical Education
320 East North Avenue
Suite 214, South Tower
Pittsburgh, PA 15212

