

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	Obesity Medicine Board Review <i>This one-day program helps prepare registrants for the ABOM certification exam.</i> Click here for complete schedule.
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Monday, June 9, 2025

Introduction

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

Approach to Treatment

11:00am to 11:40am	Clinical Approach to the Patient with Obesity <i>Ethan Lazarus, MD, FOMA</i>
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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 Speliotes, 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, FASMB, 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	<p>Supplementary Sessions</p> <p>Caring for All Patients <i>Adjoa Anyane-Yeboah, MD</i></p> <p>Equity in Obesity Care <i>Wesley Dutton, MD</i></p>
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Diagnosis and Staging of MAFLD/MASH

Kathleen Corey, MD, MPH