

**JULY 23, 2021**  
7:45 a.m. to 3:30 p.m.



AT THE FOREFRONT  
**UChicago  
Medicine**

**IOS**  
ILLINOIS OBESITY  
SOCIETY

## Chicago Obesity Summit 2021

The University of Chicago Medicine and the Illinois Obesity Society are pleased to collaborate on the 2nd Annual Chicago Obesity Summit, offering a diverse range of presentations on the different aspects of obesity as a disease, its comorbidities and management. It is open to physicians, advanced practitioners, behavioral health specialists, dietitians and pharmacists. *Continuing education credits will be offered.*

### Summit Directors



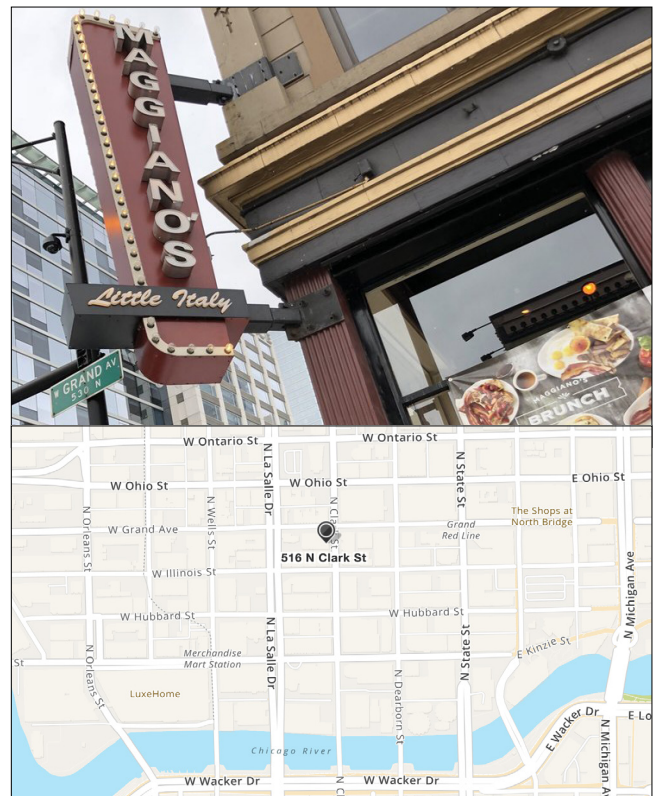
**Silvana Pannain, MD**  
Associate Professor of Medicine  
UChicago Medicine, IOS



**Zaid Jabbar, MD, MS**  
Dupage Medical Group, IOS

**This summit will be presented in a hybrid format with a limited in-person attendance and a virtual option.**

**Maggiano's Little Italy**  
516 N. Clark Street, Chicago, IL 60654



### CME Committee

**Anthony Auriemma, MD, JD**  
**Zaid Jabbar, MD, MS**  
**Yazen Joudeh, MD**  
**Silvana Pannain, MD**  
**Omar Shamsi, MD**  
**Karli Burridge, PA-C, FOMA**

### Accreditation Statements

This live activity has been approved for up to 6 prescribed credits by the American Academy of Family Physicians AAFP. Prescribed credits are accepted by the American Medical Association as equivalent to AMAPRA Category 1 credits. Physicians should claim only the credit commensurate with the extent of their participation of the activity.

The live activity has been approved for 5.5 credit(s) including 1.0 hour of Pharmacology Credit by the American Academy of Nurse Practitioners.

The live activity has been approved for 6 CPEUs hours of continuing professional education with the Commission of Dietetic Registration.

## AGENDA 7:45 am - Registration - coffee, tea and refreshments

8 a.m. - 8:10 a.m.	<b>WELCOME AND INTRODUCTION</b> with Anthony M. Auriemma, MD, JD and Zaid Jabbar, MD, MS, Illinois Obesity Society
8:10 - 8:50 a.m.	<b>Debate: Meat-Based vs. Plant-Based Diet</b> with Courtney Schuchmann, MS, RDN, LDN, UChicago Medicine, Erica Battin, RD, CDE, Northwestern Medicine
8:50 - 9:30 a.m.	<b>2018 Physical Activity Guidelines. Fitness and Physical Activity Prescription in Obesity</b> with John Jakicic, PhD, University of Pittsburgh
9:30 - 10:10 a.m.	<b>Why Diet and Exercise Isn't Enough for Most of Our Patients and How Pharmacotherapy Can Help</b> with Louis J. Aronne, MD, FACP, FTOS, DABOM, Weill Cornell Medicine
10:10 - 10:25 a.m.	<b>COFFEE BREAK</b>
10:25 - 11:05 a.m.	<b>The Impact of Different Weight Loss Diets on Lipids and the 2018 Lipid Guidelines</b> with Michael H. Davidson, MD, FACC, FACP, FNLA, UChicago Medicine
11:05 - 11:45 a.m.	<b>Disturbances of Circadian Rhythms: Impact on Obesity</b> with Kristen Knutson, PhD, Northwestern University
11:45 - Noon	<b>Q &amp; A Moderator: Silvana Pannain, MD, Illinois Obesity Society</b>
Noon - 1 p.m.	<b>LUNCH</b>
1 p.m. - 1:40 p.m.	<b>Evidence-Based Psychological Treatment for Obesity</b> with Andrea Busby, PhD, Michigan Avenue Neuropsychologists
1:40 - 2:20 p.m.	<b>From Pandemic to 2025: How is Obesity Surgery changing?</b> with Vivek Prachand, MD, MD, FACC, FACP, FNLA, UChicago Medicine
2:20 - 3 p.m.	<b>Assessment and Management of Post-Bariatric Surgery Weight Gain (Including the Use of Anti-Obesity Medications After Bariatric Surgery)</b> with Robert F. Kushner, MD, MS, Northwestern Medicine
3 p.m. - 3:15 p.m.	<b>Q &amp; A Moderator: Yazan Joudeh, MD, Illinois Obesity Society</b>
3:15 - 3:30 p.m.	<b>CLOSING REMARKS</b> with Zaid Jabbar, MD, Illinois Obesity Society

## [Click Here to Register](#)

The virtual option has unlimited registration spots available.

### Early registration fees

(early registration ends June 12)

- » Non-IOS member **\$75.00**
- » IOS member **\$50.00**
- » **Other\***: registration and new membership **\$110.00**

### Late registration fees

(June 13-July 23)

- » Non-IOS member **\$200.00**
- » IOS member **\$150.00**
- » **Other\***: late registration and new membership **\$260.00**

\*With the option to add first-time annual IOS membership at a discounted rate (\$60 instead of \$100.00).

The University of Chicago reserves the right to cancel or postpone this conference due to unforeseen circumstances. In the unlikely event this activity must be cancelled or postponed, the registration fees will be refunded. However, the University of Chicago is not responsible for any related costs, charges or expenses of participants, including fees assessed by airline/loading activities.

**Register today for the limited in-person attendance at Maggiano's Little Italy or the virtual option.**

### Questions?

Email [admin@illinoisobesitysociety.org](mailto:admin@illinoisobesitysociety.org)