

July 25, 2025

8:00 a.m. – 3:30 p.m.

IOS
ILLINOIS OBESITY
SOCIETY

Chicago Obesity Summit 2025

The Illinois Obesity Society is pleased to announce the 6th 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.*

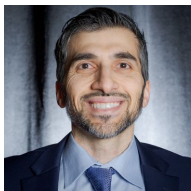
Summit Directors



Silvana Pannain, MD
Associate Professor of Medicine. University of Chicago,
Vice-President, IOS



Zaid Jabbar, MD, MS
Chair, Weight Management Dept, Duly Health and Care
Trustee, Past President, IOS



Yazen Joudeh, MD
Medical Director,
Center for Adult & Pediatric Wellness
Treasurer, IOS

CME Committee

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

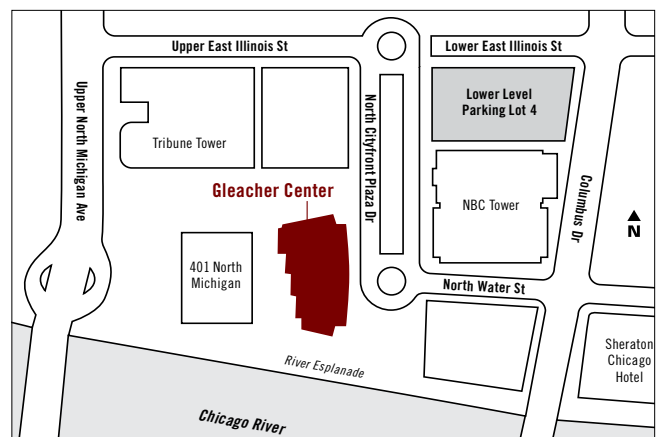
Accreditation Statements

This live activity, the Chicago Obesity Summit 2025, with a beginning date of Friday, July 25, 2025, has been reviewed and is acceptable for up to 6.5 prescribed credits by the American Academy of Family Physicians. AAFP Prescribed credits are accepted by the American Medical Association as equivalent to AMA PRA Category 1 credits toward the AMA Physician's Recognition Award. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The live activity has been approved for 6.5 CPEUs hours of continuing professional education with the Commission of Dietetic Registration.



**The summit will be held in person at:
The University of Chicago Gleacher Center,
6th floor, Executive Dining Room 621,
450 North Cityfront Plaza Drive, Chicago, IL 60611**



AGENDA Coffee, tea and refreshments will be served from 7:30 a.m.

- 8:00 – 8:10 a.m. **WELCOME AND INTRODUCTION** with Omar Shamsi, MD, President, Illinois Obesity Society
- 8:10 – 8:50 a.m. **Beyond the Scale: Understanding Obesity in Women's Health** with Sandra Christensen, MSN, ARNP, FNP-BC, MFOMA, FAANP, Owner & Obesity Specialist, Integrative Medical Weight Management, Seattle, WA
- 8:50 – 9:30 a.m. **Mind Over Matter: Harnessing Psychological Interventions in Obesity Treatment** with Carl Knopke, MD, MFOMA, FAAFP, Medical Director, Inland Empire Weight Loss, Riverside, CA
- 9:30 – 10:00 a.m. **COFFEE BREAK**
- 10:00 – 10:40 a.m. **The Physiology of Fitness: How Science Should Shape our Workout** with Renee Rogers, Ph.D., FACSM, Senior Scientist, The University of Kansas Medical Center, KS
- 10:40 – 11:20 a.m. **Strategies for Minimizing Muscle Loss During use of Incretin-mimetic Drugs for the Treatment of Obesity** with Scott Butsch, MD, MSc, Director, Obesity Medicine at Bariatric and Metabolic Institute, Cleveland, OH
- 11:20 – 11:40 a.m. **Q & A** with Silvana Pannain, MD, Vice-President, Illinois Obesity Society
- 11:40 – 12:40 p.m. **LUNCH**
- 12:40 – 1:20 p.m. **The Next Generation of Anti-Obesity Medications** with Domenica Rubino, MD, Director, Washington Center for Weight Management and Research, Inc, Arlington, VA
- 1:20 – 2:00 p.m. **Advances in Dyslipidemia: Unraveling Insights and Innovations in Treatment** with Alan Brown, MD, Cardiologist, Advocate Heart Institute, Naperville, IL
- 2:00 – 2:20 p.m. **COFFEE BREAK**
- 2:20 – 3:00 p.m. **What Providers Need to Know About Caring for their Patients Post-Bariatric Surgery** with Vafa Shayani, MD, FACS, Bariatric Medical Director, Advent Health Bolingbrook Hospital, IL
- 3:00 – 3:20 p.m. **Q & A** with Yazen Joudeh, MD, Treasurer, Illinois Obesity Society
- 3:20 – 3:30 p.m. **CLOSING REMARKS** with Karlijn Burridge, PA, Secretary, Illinois Obesity Society

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

Questions? Email admin@illinoisobesitysociety.org

www.illinoisobesitysociety.org