



Annual Obesity Update

Saturday May 24, 2025

0815 – 1730h

Mount Royal University
Roderick Mah Centre for Continuous Learning
Ross Glen Hall
4825 Mount Royal Gate SW
Calgary, Alberta

0815h **Registration and Light Continental Breakfast**
 Ross Glenn Hall

0845h **Opening Remarks / Welcome**
 Dr. Richdeep Gill

Obesity Fundamentals

0900h **Pathophysiology and the Challenge of Weight Loss Maintenance**
 Dr. Shahebina Walji

At the end of this presentation, participants will be able to:

- Explain the pathophysiology of obesity.
- Recognize the neuro-physiological barriers to weight loss maintenance.
- Prioritize early intervention for chronic weight management, understanding the long-term impact on disease trajectory, patient health and well-being.
- Identify the impact of 5-15% weight loss on obesity-related co-morbidities.

0920h **Moderated QA**

0930h **Weight Bias**
 Speaker TBD

At the end of this presentation, participants will be able to:

- Outline what weight bias is.
- Explore the prevalence of weight bias in the community and in healthcare environments.
- Curate a strategy to improve weight bias.

0950h **Moderated QA**

1000h **Role of Sleep**
 Dr. Willis Tsai

At the end of this presentation, participants will be able to:

- Recognize why sleep is so important and how to integrate impactful conversations with patients.
- Diagnose a sleep disorder.
- Develop skills to manage sleep.

1020h **Moderated QA**

1030h **Refreshment Break**
 Exhibitor Hall is open

Evidence Based Interventions for Chronic Weight Management: Pharmacotherapy

At the end of this presentation, participants will be able to:

- Formulate a rationale for the role of pharmacotherapy in multi-modal weight management
- Compare and contrast the mechanisms of action, safety and efficacy profiles of currently available anti-obesity medications.
- Become familiar with newer medications currently under investigation for the future management of obesity.

1100h	Welcome Back Ross Glenn Hall
1100h	Naltrexone SR-bupropion SR - Evidence Dr. Ian Rigby
1120h	Moderated QA
1130h	Semaglutide - Evidence Dr. Joseph Solomon
1150h	Moderated QA
1200h	Tirzepatide - Evidence Dr. Chris Dockx
1220h	Moderated QA
1230h	Pharmacotherapy - Future Options Dr. Sabrina Kwon

At the conclusion of this activity, participants will be able to:

- Recognize key findings from the completed Tirzepatide clinical trials for obesity (SURMOUNT)
- Identify up and coming pharmacotherapy options in obesity management
- Explore some of the considerations we should observe as anti-obesity medications become increasingly more potent

1250h	Moderated QA
1300h	Lunch Exhibitor Hall is open
1345h	Welcome Back Ross Glenn Hall

Mental Health Considerations

1345h **Binge Eating Disorder - Lisdexamfetamine**
 Dr. Meredith Salisbury

At the end of this presentation, participants will be able to:

- Discuss the diagnosis and management of Binge Eating Disorder to differentiate it from obesity.

1405h **Moderated QA**

1415h **Emotional Eating**
 Dr. Alana Ireland

At the end of this presentation, participants will be able to

- Explore emotional eating with patients.
- Determine predictors and contributors to emotional eating.
- Discuss management of emotional eating.

1435h **Moderated QA**

1445h **Refreshment Break**
 Exhibitor Hall is open

Evidence Based Interventions for Chronic Weight Management: Bariatric Surgery

1515h **Overview of Bariatric Surgery - Evidence**
 Dr. Noah Switzer

At the end of this presentation, participants will be able to:

- Select individuals for whom bariatric surgery is appropriate.
- Explain how each bariatric surgery type facilitates weight loss.
- Evaluate surgery's impact on patients' obesity and related co-morbidities, quality of life, and mortality.
- Initiate a referral to a tertiary care center and comprehend the clinical process and timelines

1535h **Moderated QA**

1545h **Revisional Bariatric Surgery - Evidence**
 Dr. Artan Reso

At the end of this presentation, participants will be able to:

- Discover what revisional bariatric surgery is.
- Review the indications for revisional bariatric surgery.

- Identify and differentiate which procedure is optimum.

1605h **Moderated QA**

1615h **Care After Bariatric Surgery**
 Dr. Gabriel Marcil

At the end of this presentation, participants will be able to:

- Employ and sustain standard recommendations post bariatric surgery including nutrition requirements, physical activity, supplements, and routine blood work
- Observe and employ medications post-bariatric surgery including medications for birth control, diabetes, lipids, blood pressure, thyroid management, and anti-coagulation.
- Recognize weight recidivism after bariatric surgery and implement an appropriate action plan based on definition, causes, assessment.

1635h **Moderated QA**

1645h **Intragastric Balloon**
 Dr. Rachid Mohamed

At the end of this presentation, participants will be able to:

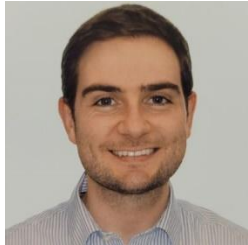
- Gain an understanding of the novel Allurion balloon and its position in the management of obesity.
- Decipher which patients are appropriate for intragastric balloon therapy as an option for weight management.

1705h **Moderated QA**

1715h **Closing Remarks / Evaluations/ Conference Passport Draws**

1730h **Event Concludes**

Meet Our Presenters



Dr. Chris Dockx
BSc MBBS CCFP

Dr. Dockx completed his BSc at McMaster University before obtaining his medical degree from the University of Limerick in Ireland. Following his studies abroad, he completed his residency training in family medicine at

Dalhousie University.

Following this he was a family physician in Prince Edward Island before accepting an opportunity in Edmonton to focus his medical practice in bariatrics. He has been a diplomate of the American Board of Obesity Medicine since 2020 and he holds an academic appointment with the University of Alberta.



Dr. Richdeep Gill
MD PhD FRCSC FACS

Dr. Gill completed both his medical degree and General Surgery residency at the University of Alberta. During his residency Dr. Gill pursued his research interests in surgical frontiers and was awarded a PhD in Experimental Surgery. He went on to complete subspecialty

training in Bariatric Surgery before joining the Calgary Adult Bariatric Surgery Clinic.

Dr. Gill holds an academic appointment at the University of Calgary. Dr. Gill's surgical career focuses on the improvement of obesity related co-morbidities and optimizing outcomes for bariatric patients. Dr. Gill has been a diplomate of the American Board of Obesity Medicine since 2021.



Dr. Alana Ireland
PhD R. Psych

Dr. Alana Ireland is an Assistant Professor and Registered Psychologist whose research and clinical work focuses on weight-related issues such as obesity, eating disorders, body image, and weight bias. Her research

has emphasized the importance of interdisciplinarity and translating findings from research into practice.



Dr. Sabrina Kwon

Dr. Kwon completed her medical school at the University of Western Ontario and her family medicine residency at the University of Alberta. She has worked in obesity medicine since 2012 supporting patients with evidence-based medical and surgical treatment options, providing clinical teaching for medical learners, presenting programs to increase awareness of obesity as a chronic disease amongst fellow physicians and allied health clinicians and working in the OR as a surgical assist for bariatric surgeries.

Making a positive difference in the lives of others, performing music, travelling, learning languages, thinking about possibilities and innovation and spending time with her friends, family and pets are what bring her joy. Dr. Kwon has been a diplomate of the American Board of Obesity Medicine since 2015.



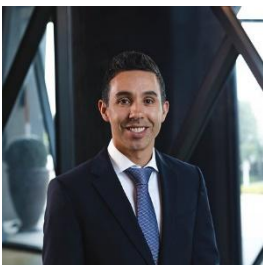
Dr. Gabriel Marcil

Dr. Marcil is a general surgeon with specialty training in minimally invasive and bariatric surgery. He currently practices at the Red Deer Regional Hospital in Red Deer, Alberta.

He graduated from McGill University's medical school in 2015 and went on to complete his general surgery residency at the University of Calgary in 2020. After residency, he obtained his bariatric surgery fellowship at the University of Alberta. He then became certified with the American Society for Metabolic and Bariatric Surgery in 2021. Dr. Marcil previously obtained a law degree with focus on biotechnologies and pharmaceuticals from the University of Sherbrooke.

Dr. Marcil has published numerous obesity related peer-reviewed articles and frequently presents research at international meetings with his colleagues from the University of Alberta and University of Calgary.

He recently obtained his certification as an American Board of Obesity Medicine diplomate.



Dr. Rachid Mohamed

Dr. Rachid Mohamed is a therapeutic endoscopist in Calgary, based out of the Peter Lougheed Center. Rachid completed medical school in Edmonton and went on to an internal medicine residency at the University of Alberta. He moved home to Calgary in 2008 where he completed his gastroenterology fellowship followed by a fellowship in therapeutic endoscopy. He is Section Head for Therapeutic Endoscopy in the Calgary zone. His interests lie in endoscopy, specifically complex pancreaticobiliary endoscopy and advanced tissue resection.



Dr. Artan Reso
MD Med. FRCSC

Dr. Reso is a Bariatric Surgeon in Calgary. He trained in Calgary and Toronto specializing in benign upper gastrointestinal and obesity surgery. He obtained a Masters of Surgical Education from Imperial College in London, UK and is an Associate Clinical Professor at the University of

Calgary.



Dr. Ian Rigby
MD FRCPC

Dr. Rigby is an Emergency Physician at Foothills Medical Centre and the Peter Lougheed Hospital in Calgary. He is a Clinical Associate Professor of Medicine at the University of Calgary.

He obtained his MD at the University of Calgary and completed his residency in Emergency Medicine at Queens University. He subsequently completed a Postgraduate Diploma in Medical Education from the University of Dundee, Scotland, dovetailing with his academic interest in medical education.

Dr. Rigby has developed and facilitated the curriculum at the University of Calgary's undergraduate medical program. Dr. Rigby has been a diplomate of the American Board of Obesity Medicine since 2022.

Dr. Meredith Salisbury



Dr. Joseph Solomon
MD CCFP

Dr. Solomon completed his medical school training and residency program at the University of Calgary.

His research includes surgical oncology and cell biology and he holds an academic appointment with the University of Calgary where he teaches medical residents at the Cumming School of Medicine. Dr. Solomon has a passion for health, fitness, and weight management which he integrates into his primary care practice and at The Alberta Obesity Centre. Dr. Solomon has been a diplomate of the American Board of Obesity Medicine since 2021.



Dr. Noah Switzer
MD MPH FRCSC ABOM

Dr. Noah Switzer is a Bariatric surgeon in Edmonton. He trained both in Canada and the United States and subspecialized in obesity surgery and revisional surgery. He received a Masters Degree in Public Health at Harvard University, with his research interests focused on the obesity epidemic. He obtained his ABOM in 2021.



Dr. Willis H. Tsai
MD FRCPC FAASM MSc.

Dr. Tsai completed medical school and Internal Medicine Residency at the University of Toronto, Respiriology Fellowship at the University of Western Ontario, and Sleep Medicine Fellowship (and MSc in Clinical Epidemiology) at the University of Calgary. He is a Clinical Professor of Medicine in the Departments of Medicine and Community Health Sciences (Cumming School of Medicine, University of Calgary). He practices Respiriology at the Rockyview General Hospital and Sleep Medicine at the Foothills Medical Centre Sleep Centre. His academic interests are in predictive analytics, health outcomes assessment, and use of administrative data. He is also involved in graduate student supervision.



Dr. Shahebina Walji
MD CCFP FCFP Dip. ABOM

Dr. Walji is an obesity specialist in Calgary. She obtained her Medical Degree from McMaster University and her Family Medicine designation from the University of Toronto. She is a Diplomat of the American Board of Obesity Medicine.

In 2008, Dr. Walji co-founded Calgary Weight Management Centre, a multi-disciplinary clinic offering sensitive, comprehensive, and evidence-based care to patients who struggle with their nutritional patterns, weight, and related health issues.

As an Assistant Professor with the Faculty of Medicine at the University of Calgary, she offers clinical and didactic teaching to medical students and residents, and she serves as a mentor for practicing clinicians across all disciplines in healthcare. She is actively involved in the development, review and implementation of various obesity focused educational programs, as well as programs involving binge eating disorders.

Dr. Walji is a co-author for the Primary Care Chapter of the 2020 Canadian Adult Obesity Guidelines.