



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

Updated May 23, 2025

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

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

Obesity Fundamentals

0900h **Understanding Obesity: Setting the Stage for Treatment**
 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.
- Understand the Canadian Framework for adult obesity treatment

0920h **Moderated QA**

0930h **Fatty Liver, MASH, NASH, MASLD, MET-ALD - How Do We Make Sense of it All?**
 Dr. Mayur Brahmania

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

- Define the new nomenclature of "Fatty Liver"
- Recognize the connection between T2DM and MASLD
- Describe the prevalence of MASLD in T2DM Population
- Understand the disease burden and consequences of MASLD
- Identifying advanced fibrosis due to MASLD and familiarize yourself with current management of MASLD

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. Ellina Lytvyak

1150h **Moderated QA**

1200h **Tirzepatide - Evidence**
 Dr. Keshav Sharma

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

- Recognize key findings from the completed Tirzepatide clinical trials for obesity (SURMOUNT)

1220h **Moderated QA**

1230h **Pharmacotherapy - Future Options**
 Dr. Richdeep Gill

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

- 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 Sponsored Presentation – Peak Wellness Pharmacy

1400h **Welcome Back**
 Ross Glenn Hall

Mental Health Considerations

1400h **Binge Eating Disorder: Management Considerations and the Role of
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.

1420h **Moderated QA**

1430h **Obesity and Menopause**
 Dr. Shawna Stafford

1450h **Moderated QA**

1500h **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.

1520h **Moderated QA**

1530h **Refreshment Break**
 Exhibitor Hall is open

Evidence Based Interventions for Chronic Weight Management: Bariatric Surgery

1600h **Overview of Bariatric Surgery - Evidence**
 Dr. Artan Reso

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

1620h **Moderated QA**

1630h **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.

1650h **Moderated QA**

1700h **Intragastric Balloon**
Dr. Rachid Mohamed

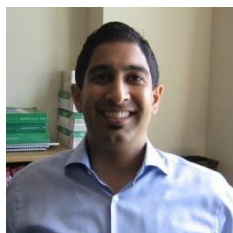
At the end of this presentation, participants will be able to:

- 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.

1720h **Moderated QA**

1730h **Closing Remarks / Evaluations/ Conference Passport Draws**

Meet Our Presenters



Dr. Mayur Brahmania

Mayur Brahmania, a clinical associate professor of medicine practicing general and transplant hepatology at the University of Calgary. His Interests are in health services research bridging the care gap in patients with chronic liver disease, specifically in patients with Hepatocellular Carcinoma, Decompensated cirrhosis and Transplant.



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 Associate 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. Ellina Lytvyak

Dr. Ellina Lytvyak, MD, PhD, DABOM, FRCPC, is an Assistant Professor at the Department of Medicine at the University of Alberta, Edmonton, Canada.

She is the Founder and Director of the Bariatric Medicine Clinic at the University of Alberta and provides comprehensive tertiary care for a complex multimorbid population of patients.

Dr. Lytvyak serves as an Evidence-Based Medicine curriculum Lead in the MD Program at the University of Alberta and as a Course Developer and Instructor for the Alberta Institute, Wenzhou Medical University.

She has an academic record spanning over 23 years and manages an extensive research platform serving as a Principal and Co-Principal Investigator for numerous research projects, including those run by international groups and consortia.

Dr. Ellina Lytvyak is an author and co-author of over 200 peer-reviewed publications, including a book chapter and guidelines. Her publications include the high-impact scientific journals Lancet, Journal of Hepatology, and Hepatology.



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

Rachid Mohamed is a clinical associate professor at the University of 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 the Department of Medicine Lead for the Peter Lougheed Centre. His interests lie in endoscopy, specifically complex pancreaticobiliary endoscopy and advanced tissue resection.



Dr. Artan Reso
MD FRCSC

Dr. Reso is a Bariatric Surgeon in Calgary. He trained in Calgary and Toronto and specialized in benign upper gastrointestinal and obesity surgery. He obtained a Masters of Surgical Education from Imperial College London, UK. He 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. Salisbury completed medical school and her Family Medicine Residency at The University of British Columbia. She practiced as a Family Physician for 10 years before deciding to pursue her passion for mental health as her principal clinical work. Prior to going into medicine, Dr. Salisbury completed a Bachelor's Degree in Honours English Literature, during which she explored the impact of illness and disease narratives in our culture, and how this influences our social experience of health. Originally hailing from Nova Scotia, you may occasionally hear a glimpse of a Maritime Accent.



Dr. Keshav Sharma

Dr. Sharma is a graduate of the University of Alberta Medical School and completed his Rural Family medicine Residency training in Southern Alberta through the University of Calgary. He initially practiced as a locum physician in Rural Alberta and in the Northwest Territories before settling down in Calgary, tailoring his practice towards nutrition weight management and bariatric medicine. He recently obtained his certification as an American Board of Obesity Medicine diplomate



Dr. Shawna Stafford

Shawna completed her undergraduate and first Master's of Science degrees at the University of Alberta. She pursued her MD at the University of Calgary and later came home to Edmonton for residency in Obstetrics and Gynecology. She now practices in Edmonton, AB as an OBGYN at the Lois Hole Hospital for Women. She has pursued a fellowship and her dABOM to further her ability to provide specialized care to women with obesity.



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 medicine physician 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.

Dr. Walji is the medical director of Calgary Weight Management Centre and 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.

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

The Alberta Obesity Society has received an educational grant or in-kind support from the following exhibitors:

