

Multidisciplinary Obesity Care

June 19, 2026 8:30 am-4:15 pm

Time	Session / Event	Speaker(s) / Participants
8:30-9:00 AM	Attendee Check-In & Coffee	—
9:00-9:05 AM	Welcome	Konstantinos Spaniolas, MD
9:05 - 10:25AM	OBESITY AND PATIENT HEALTH	
9:05-9:25 AM	Integrating Obesity Management into Cardiovascular Care Pathways	Tahmid Rahman, MD
9:25-9:45 AM	Metabolic Dysfunction-Associated Steatoic Liver Disease (MASLD)	Asim Khokhar, MD
9:45-10:05 AM	Obesity and Endocrinopathies: The Chicken and the Egg Problem	Esraa Askar, MD
10:05-10:25 AM	Understanding the Psychosocial Context of Patients with Obesity and Multimorbidity	Genna Hymowitz, PhD
10:25-10:35 AM	Coffee Break	
10:35AM-12:30PM	EVIDENCE-BASED OBESITY TREATMENT	
10:35-10:55 AM	Advances in GLP-1 and Dual Agonist Therapies: Indications and Contraindications	Brooke Learned, DO
10:55-11:15 AM	A Multimodal Approach: Incorporating Non-GLP1 Pharmacotherapy in Obesity Treatment Plans	Mariam Kirvalidze, DO
11:15-11:35 AM	Combining Medications and Surgery for Optimal Response	Konstantinos Spaniolas, MD
11:35-11:55 AM	Metabolic and Bariatric Surgery: Treatment for Obesity Related Comorbidities	Amy Rosenbluth, MD
11:55 AM-12:15 PM	Body Contouring Surgery Within the Continuum of Care Following Substantial Weight Loss	Tara Huston, MD

12:15–12:30 PM	Science of Nutrition: Nutritional Management of Obesity Related Comorbidities	Kelly Tahlor, RD
12:30–1:15 PM	Lunch	
1:15 – 2:15PM	EMERGING EVIDENCE AND EVOLVING PRACTICES IN OBESITY MANAGEMENT	
1:15–1:35 PM	Eating Disorders and Disordered Eating: Considerations for Obesity Management	Patricia Osborne, PhD
1:35–1:55 PM	Lean Mass Preservation in Obesity Management	Kelly Tahlor, RD
1:55–2:15 PM	Access and Process for Surgical Treatment of Adolescents and Emerging Adults	Konstantinos Spaniolas, MD
2:15 – 3:25PM	ROUNDTABLE DISCUSSION: TREATMENT PLANNING	
2:15–2:25 PM	Coordinating Care for Patients with Obesity and Multimorbidity: A Multidisciplinary Roundtable	Ghazal Sinha, MD; Sanjay Galhotra, MD; Amy Rosenbluth, MD Moderator: Silvana Obici, MD
2:25–3:25 PM	Navigating Complex Cases: Making Real World Treatment Decisions Across Modalities	Konstantinos Spaniolas, MD; Sanjay Galhotra, MD; Silvana Obici, MD; Astha Muttreja, MD, MPH Moderator: Amy Rosenbluth, MD
3:25–3:35 PM	Coffee Break	
3:35PM -3:55PM	ROUNDTABLE DISCUSSION: IMPROVING ACCESS TO OBESITY CARE	
3:35–3:55 PM	Bridging the Gap: Improving Access and Equity in Obesity Treatment	Ghazal Sinha, MD; Cathy Tuppo, MS, PT; Genna Hymowitz, PhD; Astha Muttreja, MD, MPH Moderator: Amy Rosenbluth, MD
3:55–4:15 PM	Panel Discussion Q&A	All Available Speakers Moderator: Konstantinos Spaniolas, MD