



Managing Obesity: A Growing Epidemic

Saturday, February 23, 2019

MercyOne Des Moines Medical Center
East Tower Auditorium, 1111 6th Ave., Des Moines

PURPOSE

This conference is designed to provide health care professionals with expanded knowledge of existing and evolving clinical protocols in the management of obese patients.

AUDIENCE

Physicians, Physician Residents, Physician Assistants, Nurse Practitioners, Registered Nurses, Dietitians, Pharmacists, Licensed Practical Nurses and Medical Assistants.

OBJECTIVES:

Upon completion of this program, participants will be able to:

- Identify the most commonly performed bariatric surgeries and their indications and contraindications
- Discuss the epidemiologic basis for the relationship of obesity and cardiovascular disease and obesity management goals
- Describe current diet trends and the pros and cons of strict diets
- Identify treatment for weight regain after bariatric surgery and the strategies to promote continued weight loss
- Compare medications that impact weight and address medication pharmacokinetic parameters affected by weight changes

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**Earlybird registration
must be
postmarked by
February 15, 2019.**

**On-site registration
available.**

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FACULTY

Joel E. Rand, MPAS, PA-C

Enrico L. Martin, M.D., FACC,
FASE, FASNC, FSCCT, FSCMR

Katie Paulson, MS, RDN, LD

Gretchen Halley, RDN, LD, MAT,
AFFA

Kara Thompson D.O., MMGT.

Lynn Kassel, Pharm.D., BCPS

CONTINUING EDUCATION CREDITS

Mercy Medical Center-Des Moines is accredited by the Iowa Medical Society (IMS) to provide continuing medical education for physicians. Mercy Medical Center-Des Moines designates this live activity for a maximum of 5 AMA PRA Category 1 credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses will be awarded 5.0 contact hours from Mercy Medical Center – Des Moines, Iowa Board of Nursing Provider #17. Full attendance is required; no partial credit will be given.

Pending American Association of Medical Assistants (AAMA)

CEUs will also be awarded to Registered Dietitian Nutritionists.

Other health care professionals: It is up to discretion of the licensee to choose relevant courses. Participants successfully completing the course may receive a course completion certificate upon request.



For more information,
call Jacque Perkins
(515) 358-9307.

AGENDA

7:15 a.m. Registration, Exhibitor Hall and Breakfast

7:55 a.m. Welcome and Introduction

8 a.m. **Bariatric Surgery: An Overview** – Joel E. Rand, MPAS, PA-C

- Discuss the prevalence of morbid obesity
- Explain the indications and contraindications for bariatric surgery
- Review the most commonly performed bariatric procedures
- List the post-operative care requirements for bariatric patients

9 a.m. **Obesity and the Heart** – Enrico L. Martin, M.D., FACC, FASE, FASNC, FSCCT, FSCMR

- Discuss the epidemiologic basis for the relationship of obesity and cardiovascular disease
- Explore the truth behind the so-called “obesity paradox”
- Review the pathogenesis of obesity and adiposopathy (sick fat) and its relationship with metabolic and cardiovascular diseases
- Discuss obesity management goals and options

10 a.m. **Which Diet is Right for Me?** – Katie Paulson, MS, RDN, LD

- Review current diet trends
- Compare pros and cons of strict diets
- Describe dietary changes vs dieting

11 a.m. **Exercise Techniques** – Gretchen Halley, RDN, LD, MAT, AFFA certified Personal Trainer and Group Aerobics Instructor

11:15 a.m. Break, Exhibitor Hall and Snacks

11:45 a.m. Patient Stories

12:45 p.m. **Managing Weight Regain After Bariatric Surgery** – Kara Thompson, D.O., MMGT.

- Review factors that lead to obesity and prevalence
- Examine the benefits of weight loss
- Discuss why obesity can be “treatment resistant”
- Identify treatment for weight regain after bariatric surgery
- Explore strategies to get those with obesity on track with weight loss

1:15 p.m. **Medication Adjustments for Patients in a Weight Loss Journey**
Lynn Kassel, Pharm.D., BCPS

- Compare and contrast medications that impact weight
- Address medication pharmacokinetic parameters affected by weight changes

2:15 p.m. Evaluation and Closing

Schedule and speakers are subject to change.

Registration form: Managing Obesity: A Growing Epidemic 2019

Name: _____

Title: M.D. D.O. PA-C ARNP RN LPN Other: _____

Organization name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Business: _____ Mobile: _____

E-mail: _____



Registration Deadline:

Early bird registrations postmarked by Feb. 15, 2019: \$35

Registrations postmarked after Feb. 15, 2019 (including walk-ins): \$45

The registration fee must be prepaid; refunds will be extended for cancellations before Feb. 23.



Payment Options:

Check - If paying by check, please complete the registration form and mail along with your payment to:

Mercy Weight Loss & Nutrition Center

ATTN: Debi Knowles

12493 University Ave., Ste, 110

Clive, IA 50325

Please make checks payable to Mercy Bariatric Conference.

Credit Card - If paying by credit card, please call the Mercy Nurse at (515) 643-2590 to register. Registration information will be taken at that time. Payment is requested at the time of registration (registration will not be confirmed until payment is received).

We encourage participation by all individuals. If you have a disability, dietary concern or other special need, please let us know in advance so we may serve you.