

Announcing CCRN's Second Annual

Beyond The Scale

OBESITY SUMMIT '25

CCRN's second annual Obesity Summit, entitled Beyond the Scale, will transcend the boundaries set by traditional chronic disease management conferences. This two-day virtual conference will cover broad aspects of obesity medicine. This patient-centered conference will deliver the latest evidence in the diagnosis and management of obesity in clinical practice.

FRIDAY

Nov 14 and 21, 2025

12:00 pm – 5:45 pm EST

Accreditation

CFPC Accreditation:

This activity has been certified by the College of Family Physicians of Canada for up to 9.25 MainPro+® Certified Activity credits.

AAFP Accreditation:

Members of the American Academy of Family Physicians are eligible to receive up to 9.25 Prescribed credit hours for attendance at this meeting/event due to a reciprocal agreement with the College of Family Physicians of Canada.

RCPSC Accreditation:

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Calgary Office of Continuing Medical Education and Professional Development. This activity has been approved for a maximum of 10 hours (credits are automatically calculated).

AMA Accreditation:

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™.

This program has received an educational grant or in-kind support from:

Platinum: Novo Nordisk, Eli Lilly

Gold: Rhythm Pharmaceuticals, Boehringer Ingelheim

Silver: Roche

Conference

Learning Objectives:

- ✓ Examine the impact of obesity on patients and apply a patient focused approach to obesity management.
- ✓ Recognize the role of nutrition in obesity management.
- ✓ Recognize the pharmacological and psychological aspects of obesity care.
- ✓ Define appropriate treatment strategies to reduce risk from comorbid conditions.

Scientific Planning Committee



Milan Gupta

Co-Chair

MD, FRCPC, FCCS, CPC(HC)
University of Toronto



Sean Wharton

Co-Chair

MD, PharmD
University of Toronto



Yvonne Kangong

MD, MPH, CCFP, DABOM
University of Calgary



Ian Patton

Director of Advocacy & Public
Engagement, Obesity Canada



Sandy Van

MD, CCFP, ABOM Diplomate
Haven Weight Management,
MEDCAN

Register Now

Visit: www.ccrnmd.com

For inquiries regarding this program,
please contact info@ccrnmd.com.



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Education Recognition Program



AGENDA

Friday, November 14, 2025

Beyond The Scale

OBESITY SUMMIT '25

TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
12:00	Welcome and opening remarks and guest speaker introductions		
Opening Keynote			
12:10	The evolution of obesity – fate vs personal failure	Examine the biological and environmental factors that drive obesity to reframe it as a complex disease beyond individual willpower.	Kirsi Pietiläinen
12:32	Discussion		
Session 1			
12:40	Introduction		
12:45	The pathophysiology of obesity	Describe the key physiological mechanisms of obesity and explain how they contribute to the development and maintenance of obesity.	Sean Wharton
1:03	Sex differences in obesity and cardiometabolic disease	Describe how obesity and cardiometabolic disease prevalence and presentation differ between sexes	Sasha High
1:21	Hyperphagia: diagnosis and management	Define hyperphagia and discuss evidence-based approaches for diagnosing and managing hyperphagia in clinical practice, including the screening and diagnosis of rare genetic obesity disorders such as Bardet-Biedl Syndrome (BBS).	Satya Dash
1:39	Sarcopenia: adipose tissue and muscle cross-talk	Explain the pathophysiological relationship between adipose tissue and skeletal muscle and its implications for obesity management, including the recognition of sarcopenia, strategies for muscle preservation, and approaches for monitoring and supporting muscle health.	Michael Tsoukas
1:57	Discussion		
2:20	Break		

TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
Incretins and outcomes: What have we learned? - Part 1			
2:50	Introduction		
2:55	Obesity	<i>Evaluate the efficacy, safety, and clinical applications of GLP-1-based therapies in the treatment of obesity.</i>	Harold Bays
3:10	Diabetes	<i>Describe the mechanisms and clinical impact of GLP-1-based therapies on glycemic control in patients with obesity and diabetes.</i>	Alice Cheng
3:25	MASLD/MASH	<i>Summarize the emerging evidence on the effects of GLP-1-based therapies on metabolic dysfunction-associated steatotic liver disease (MASLD) and steatohepatitis (MASH).</i>	Mark Swain
3:40	Discussion		
3:55	Break		
Incretins and outcomes: What have we learned? - Part 2			
4:05	Introduction		
4:10	Chronic kidney disease	<i>Describe the effects of GLP-1-based therapies on kidney outcomes in patients with obesity and chronic kidney disease.</i>	Louis-Philippe Girard
4:25	ASCVD	<i>Explain the impact of GLP-1-based therapies on atherosclerotic cardiovascular disease (ASCVD) risk in patients with obesity.</i>	Milan Gupta
4:40	Heart failure	<i>Evaluate the effects of GLP-1-based therapies on heart failure outcomes in patients with obesity.</i>	Michael Farkouh
4:55	Discussion		
Closing Keynote			
5:10	Introduction		
5:13	Primary care: managing the interplay between obesity and cardiometabolic disease	<i>Identify and apply practical approaches for managing obesity-related cardiometabolic conditions in primary care, incorporating multidisciplinary strategies to optimize patient outcomes.</i>	Kim Colangelo
5:35	Discussion		
5:43	Closing Remarks		
5:45	MEETING CLOSE		



TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
12:00	Welcome and opening remarks and guest speaker introductions		
Opening Keynote			
12:10	The role of digital health in obesity management	Describe how digital health technologies can support obesity management and patient engagement.	Zayna Khayat
12:32	Discussion		
Session 1			
12:40	Introduction		
12:45	Is there a dietary fix for prediabetes?	Explain the role of diet in the prevention and management of prediabetes and type 2 diabetes.	Brendan Byrne
1:03	Ultraprocessed foods and industry reform	Explain the impact of ultraprocessed foods on obesity and strategies for industry reform.	Kevin Hall
1:21	Who will fund these drugs? The economics of preventative health	Explain the economic challenges and considerations in funding preventive medications for obesity and related conditions.	Kevin Pottie
1:39	Managing patients who cannot access GLP-1 based agents	Identify alternative treatment options for patients unable to access GLP-1 receptor agonists.	Trudy McFarlane
1:57	Discussion		
2:22	Break		



TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
Session 2			
2:52	Introduction		
2:57	Reducing weight stigma	<i>Discuss strategies to reduce weight stigma and promote compassionate, patient-centered care.</i>	Taniya Nagpal
3:15	Hedonic eating - diagnosis and treatment	<i>Identify hedonic eating in patients and apply effective treatment strategies in clinical practice.</i>	David Macklin
3:33	Weight regain	<i>Identify key factors contributing to weight regain and strategies to address them.</i>	Tony Chetty
3:51	How to optimize dose titration	<i>Discuss practical strategies and monitoring approaches for safe and effective dose titration.</i>	Sandy Van
4:09	Discussion		
Session 3			
4:34	Introduction		
4:39	Guidelines dissemination: Challenges and Opportunities	<i>Identify barriers and strategies for successful implementation of obesity guidelines.</i>	Megha Poddar
Closing Keynote			
4:59	New trials and new drugs: What we still have to learn	<i>Summarize recent obesity therapy trials and highlight remaining gaps in evidence.</i>	John Wilding
5:19	Discussion		
5:34	Closing Remarks		
5:35	MEETING CLOSE		



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