

Announcing CCRN's Third Annual

Beyond The Scale

OBESITY SUMMIT '26

CCRN's third 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

Dec 4 and 11, 2026

12:00 pm – 5:45 PM ET

This program has been developed by CCRN and has received unrestricted educational grants and in-kind support from: Boehringer Ingelheim, Rhythm Pharmaceuticals, 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



Neha Pagidipati

Co-Chair

MD, MPH
Duke University



Sean Wharton

MD, FRCPC, PharmD
University of Toronto



Yvonne Kangong

MD, MPH, CCFP, FRCPC, DABOM
University of Calgary



Anil Maheshwari

MD, CCFP, DABOM, DABFM
McMaster University



Eugene Wright Jr.

MD
Duke University

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

TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
12:00	Welcome		
KEYNOTE ADDRESS			
12:08	Introduction		
12:10	Are we treating obesity or reengineering metabolism?	Evaluate how obesity treatments influence metabolic health beyond weight reduction, including effects on glycemic control and cardiometabolic risk.	TBD
12:30	Discussion		
THEME ONE			
12:40	Introduction		
12:43	Adipose tissue diversity: function and malfunction	Explain how differences in adipose tissue distribution and function contribute to obesity-related metabolic complications.	Guillaume Pare
1:01	What do the latest dietary guidelines teach us?	Apply current Canadian and U.S. dietary guidance to develop individualized, sustainable nutrition recommendations for adults living with obesity.	TBD
1:19	Physical activity recommendations	Apply evidence-based physical activity recommendations to support individualized obesity management.	TBD
1:37	Discussion		
THEME TWO			
1:55	Introduction		
1:58	How do current treatments stack up for weight loss and diabetes management?	Compare the efficacy, safety, and patient-selection considerations of current obesity treatments for weight management and glycemic control.	TBD
2:16	Muscle loss - reality or hype?	Evaluate evidence on changes in lean mass and muscle function during obesity treatment and identify strategies to preserve physical function.	TBD
2:34	Nutritional deficiencies with long-term treatment	Identify potential nutritional deficiencies associated with long-term obesity treatments and appropriate strategies for assessment, prevention, and management.	TBD
2:52	Discussion		



3:10 **REFRESHMENT BREAK**

THEME THREE

3:35 Introduction

3:38	When obesity is a symptom: early recognition of genetic obesity	Recognize clinical features, including early-onset obesity, hyperphagia, and multisystem findings, that warrant evaluation or referral for rare genetic obesity.	Sue Pedersen
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3:56	Sleep and obesity	Identify obstructive sleep apnea in patients living with obesity and discuss practical approaches to diagnosis and management.	TBD
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4:14	MASLD and more: diagnosis and management	Apply a risk-based approach to identifying, assessing, and managing metabolic dysfunction-associated steatotic liver disease (MASLD) in patients living with obesity.	Ellina Lytyvak
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4:32 Discussion

DEBATE - GLP1/Bariatric Surgery: Competitors or Collaborators?

4:50 Introduction

4:53	Faculty 1 - GLP-1s will replace bariatric surgery	Evaluate evidence supporting the use of incretin-based pharmacotherapy as an alternative to bariatric surgery for selected patients with obesity.	TBD
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5:10 Rebuttal

5:13	Faculty 2 - GLP-1s will complement bariatric surgery	Identify clinical circumstances in which incretin-based pharmacotherapy and bariatric surgery may be used sequentially or together to support long-term obesity care.	TBD
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5:30 Rebuttal

5:33 Discussion

5:43 - 5:45 **MEETING CLOSE**

TIME	TOPIC	LEARNING OBJECTIVE	SPEAKER
12:00	Welcome		
KEYNOTE ADDRESS			
12:08	Introduction		
12:10	Precision medicine for obesity	Evaluate how clinical phenotype, complications, treatment response, and patient preferences can guide individualized obesity treatment selection.	Andreas Acosta
12:30	Discussion		
THEME ONE			
12:40	Introduction		
12:43	Successful global food policies	Assess the effects and limitations of food-policy interventions on dietary behaviours, obesity prevention, and population health across different settings.	TBD
1:01	What to do when GLP-1's are not accessible?	Develop evidence-based obesity management plans when GLP-1 receptor agonists are inaccessible, incorporating alternative therapies, behavioural support, and available resources.	TBD
1:19	Where do generics fit in?	Evaluate the potential role of generic medications in improving access to obesity treatment.	TBD
1:37	Discussion		
THEME TWO			
1:55	Introduction		
1:58	ASCVD	Integrate obesity management into atherosclerotic cardiovascular disease (ASCVD) risk reduction using evidence on lifestyle, pharmacologic, and procedural interventions.	Neha Pagidipati
2:16	Chronic Kidney Disease	Identify evidence-based strategies for managing obesity in patients with chronic kidney disease to improve clinical outcomes.	David Cherney
2:34	Heart Failure	Evaluate obesity treatment options in patients with heart failure, considering heart failure phenotype, clinical outcomes, and treatment safety.	TBD
2:52	Discussion		

3:10 **REFRESHMENT BREAK**

THEME THREE

3:35 *Introduction*

3:38	GLP-1's: Current and future agents	Compare the efficacy, safety, and clinical applications of current and emerging oral and injectable GLP-1 receptor agonists in obesity management.	TBD
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3:56	Dual agonists: Current and future agents	Compare current and emerging dual-agonist therapies for obesity, including their mechanisms, clinical evidence, safety profiles, and potential patient selection.	TBD
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4:14	Triple agonists and beyond	Evaluate emerging multi-target therapies for obesity, including their clinical evidence and remaining gaps in research.	TBD
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4:32 Discussion

DEBATE - Should we initiate GLP-1s before patients develop comorbidities?

4:50 Introduction

4:53	Faculty 1 - Patients should be started early based on BMI/obesity thresholds	Appraise evidence supporting initiation of GLP-1 receptor agonist therapy before obesity-related complications develop, including eligibility criteria and potential long-term benefits and risks.	TBD
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5:10 Rebuttal

5:13	Faculty 2 - Not all patients with obesity need treatment: wait for comorbidities	Appraise evidence supporting complication-based selection and timing of GLP-1 receptor agonist therapy, including risks, benefits, and the role of nonpharmacologic management.	TBD
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5:30 Rebuttal

5:33 Discussion

5:43 - 5:45 **MEETING CLOSE**



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