

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.

Recorded live on:

Nov 14 and 21, 2025

## 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

Visit: [www.ccrnmd.com](http://www.ccrnmd.com)

For inquiries regarding this program,  
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Education Recognition Program



# AGENDA

Friday, November 14, 2025

# Beyond The Scale

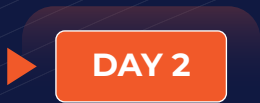
OBESITY SUMMIT '25

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
<b>Incretins and outcomes: What have we learned? - Part 1</b>			
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>	<b>Harold Bays</b>
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>	<b>Alice Cheng</b>
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>	<b>Mark Swain</b>
3:40	Discussion		
3:55	<b>Break</b>		
<b>Incretins and outcomes: What have we learned? - Part 2</b>			
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>	<b>Louis-Philippe Girard</b>
4:25	ASCVD	<i>Explain the impact of GLP-1-based therapies on atherosclerotic cardiovascular disease (ASCVD) risk in patients with obesity.</i>	<b>Milan Gupta</b>
4:40	Heart failure	<i>Evaluate the effects of GLP-1-based therapies on heart failure outcomes in patients with obesity.</i>	<b>Michael Farkouh</b>
4:55	Discussion		
<b>Closing Keynote</b>			
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>	<b>Kim Colangelo</b>
5:35	Discussion		
5:43	Closing Remarks		
5:45	<b>MEETING CLOSE</b>		





# AGENDA

Friday, November 21, 2025

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

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