



**Obesity Update 2010
March 13-20, 2010**

Detailed Conference Agenda

Please Note: Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

Saturday, March 13, 2010 ***Miami, Florida***

2:00 – 3:30 **Conference Registration**

Sunday, March 14, 2010 ***At Sea***

8:30 – 8:45 **Welcome: Day 1** - Your hosts will outline the CME program for the day.

8:45 - 9:45 **Epidemiology and Health Consequences of Obesity and the Pathophysiology of Obesity** - *Dr. Sean Wharton*
Dr. Wharton will review the incidence of obesity and the health consequences associated. He will also discuss the energy balance and along with the neurochemical and hormones involved in obesity. At the end of the session, delegates will understand the Mechanism in obesity that lead to comorbidities.

9:45 – 10:45 **Complementary Therapies for Achieving and Maintaining Desirable Weight in Obesity** – *Dr. Andrea Kuzmiski*
In her first session, Dr. Kuzmiski will discuss the available complementary treatment options for maintaining desirable weight in obesity. She will also review the prevalence of use of complementary treatments in the general public and those treatments supported by existing data in peer-reviewed literature. Dr. Kuzmiski will also help delegates to understand the safety and efficacy of complementary treatments for weight loss and the barriers to treatment of obesity with complementary therapies.

10:45 – 11:45 **A Physician's Financial Health in the 21st Century** – *Greg Hilderman*
In his first session, Greg will look at the impact of taxation on a Physician and his/her practice.

11:45 – 1:00 **Lunch**

1:00 – 2:00 **Physician Health: A Contemporary Update** - *Dr. Derek Puddester*
In his first session, Dr. Puddester will identify epidemiological trends relevant to physician health and sustainability in Canada. He will also review the major policy trends in Canada that may directly influence long-term trends in physician health and sustainability and specific resources to assist with individual and group-level health and sustainability.

Sunday March 14th Continued...

2:00 – 3:00 The Management of Obese Patients: A Legal Perspective

Mr. Michael Fraleigh

During his first session, Michael will provide an overview of the Practice Management sessions as well as a primer on the development of the law and distinguish between statute and common law. He will also lead a discussion of legal obligations owed to patients when managing the care of patients dealing with obesity issues.

3:00 – 4:00 Dr. Dollar vs. Dr. Sen\$e – Greg Hilderman

Greg will do a financial comparison of an incorporated Physician vs. a non-incorporated Physician.

Monday, March 15, 2010

Samana, Dominican Republic

7:45 – 8:00 Welcome: Day 2 - Your hosts will outline the CME program for the evening.

8:00 – 9:00 Environmental and Psychosocial Determinants of Obesity and Clinical Assessment of the Obese Patient - Dr. Sean Wharton

In this session, Dr. Wharton will discuss the complexities associated with the environmental impact on obesity and the psychological aspects. He will also review the clinic examination and tests to order.

9:00 – 10:00 The Dragon and The Eagle: World Economic Order In the 21st Century

Greg Hilderman

A review of current and topical investment strategies for the 21st century.

Tuesday, March 16, 2010

St. Thomas, USVI

Wednesday, March 17, 2010

Tortola, BVI

8:00 – 10:00 Global Medicine: Obesity in the Caribbean

Discussion will be focused on experiences with managing Obesity in the Caribbean. **Please note: This is an on shore lecture, in Tortola**

3:15 – 3:30 Welcome: Day 4 - Your hosts will outline the CME program for the evening.

3:30 – 4:30 The Barriers to Treatment of the Obese Patient - Dr. Sean Wharton

During his third session, Dr. Wharton will review the various barriers to treatment of the obese patient.

4:30 – 5:30 Lifestyle, Obesity and the Metabolic Syndrome – Dr. Andrea Kuzmiski

In this session, Dr. Kusmiski will review the pathophysiology of metabolic syndrome and its link to obesity and the prevalence of metabolic syndrome in the overweight/obese population. She will also discuss the challenges associated with metabolic syndrome in weight loss management and how lifestyle changes can improve the metabolic syndrome status. During the session, delegates will become skilled in the complementary assessment tools and treatment for metabolic syndrome

Wednesday March 17th Continued...

- 5:30 – 6:30 Shifting Sands: Exploring How Different Generations Understand Ethics and Professionalism in Health Care - Dr. Derek Puddester**
Dr. Puddester will identify the main generational cohorts shaping Canada's health care system and he will also highlight the unique attributes of each cohort and how they interact with each other. He will also identify three methods to improve intergenerational communication, collegiality, and professionalism.

Thursday, March 18, 2010 At Sea

- 8:30 – 8:45 Welcome: Day 5 -** Your hosts will outline the CME program for the day.
- 8:45 – 9:45 Bullet Proofing Your Practice – Part 1 – Mr. Michael Fraleigh**
In this session, Michael will provide the Delegates with the tools to improve clinical practice processes to enhance the quality of care and reduce the risk of lawsuits and regulatory complaints. Delegates will also gain appreciation for their role in the legal system and understand their various duties and responsibilities when asked or required to participate in it.
- 9:45 – 10:45 Promoting Professionalism: The Importance of Effectively Managing Disruptive Behaviour - Dr. Derek Puddester**
Dr. Puddester will define disruptive behaviour and summarize its causes, manifestations and impacts. He will also describe a staged approach to preventing and intervening in cases of disruptive behaviour and how to apply key strategies and solutions to a series of cases.
- 10:45 – 11:45 Treatment Options for Obesity – Lifestyle Modifications**
Dr. Sean Wharton
Dr. Wharton will review the different aspects of lifestyle modification. He will also discuss the evidence regarding different treatments.
- 11:45 – 1:00 Lunch**
- 1:00 – 2:00 Bullet Proofing Your Practice – Part 2 – Mr. Michael Fraleigh**
This session is a follow up to session two and will continue to provide the Delegate with the tools to improve clinical practice processes to enhance the quality of care and reduce the risk of lawsuits and regulatory complaints. Delegates will also continue to gain appreciation for their role in the legal system and understand their various duties and responsibilities when asked or required to participate in it.

Thursday March 18th Continued...

- 2:00 – 3:00** **What's New in Evidence Based Natural Medicine?** – *Dr. Andrea Kuzmiski*
Dr. Kuzmiski will review the current research in natural medicine for the treatment of obesity and weight loss and explore the recent evidence based research surrounding orthomolecular treatments for weight loss. She will also help delegates understand the key treatments for weight loss that are substantiated by research and demystify treatments commonly used by the public that are unsubstantiated by research. Throughout the session, Dr. Kuzmiski will review the most effective evidence based natural medicine treatments.
- 3:00 – 4:00** **Medication Use In Obesity and Surgical Treatment for Obesity**
Dr. Sean Wharton
In this session, Dr. Wharton will help delegates understand the medications, mechanism of action, efficacy and side effects of them. He will review the criteria for surgery and discuss the different types of surgeries available along with the risks, benefits and criteria.

Friday, March 19, 2010

Great Stirrup Cay

- 8:00 – 9:00** **Practical Management of an Obese Patient** - *Dr. Sean Wharton*
In this interactive session, Dr. Wharton will discuss the tests to order in the obese patient and how to exam them. He will also review what to do first and how to achieve long term weight loss and how to address the barriers to effective management
- 9:00 – 10:00** **Integrative Management of Adult Obesity: A Prime for Physicians**
Dr. Andrea Kuzmiski
In this interactive session, Dr. Kuzmiski will review the trends in morbidity and mortality as they pertain to the management of overweight and obese patients. She will help delegates to understand the various integrative approaches in the management of adult obesity and learn the tools that are available for the integrative management of adult obesity including body composition assessment, dietary modifications, lifestyle interventions. Dr. Kuzmiski will also help develop a dietary and lifestyle management protocols for an office based practice and discuss how to implement evidence based natural therapies within the office based practice.
- 10:00 – 10:15** **Closing Remarks**