

The Evolution of Multidisciplinary Obesity Treatments and the Role of Nutrition: Past, Present and Future

**FREE
3.0
RN CE
RD CPEU***

WEDNESDAY, 23 OCTOBER 2024

11:00 AM – 2:00 PM EDT
(Americas and Europe)

THURSDAY, 24 OCTOBER 2024

8:00 AM – 11:00 AM SGT, CST, MYT
(Asia Pacific)

INTRODUCING A VIRTUAL, GLOBAL, SCIENTIFIC, EDUCATIONAL PROGRAM

For over 50 years, the Abbott Nutrition Research Conference (ANRC) has brought together key experts and clinicians from around the globe to discuss scientific advances in nutrition. This year, the conference will focus on the multidisciplinary care of those with obesity and will be broadcast live, providing an opportunity to engage with health care professionals worldwide.

MODERATOR

Learnings From Past to Present: Multidisciplinary Obesity Care



STEVEN HEYMSFIELD, MD

Professor and Director
Body Composition-Metabolism Laboratory
Pennington Biomedical Research Center
of the Louisiana State University System
Baton Rouge, LA, USA



REGISTER NOW

Or visit
<https://anhi-live.org/anrc-2024>

EXPERT SPEAKERS

**Prescribing Antiobesity
Medications:
Beyond Weight Loss**



**AMANDA VELAZQUEZ,
MD, DABOM**

Assistant Professor of
Medicine and Surgery,
Director of Obesity Medicine,
Dept of Surgery
Center for Weight Management
and Metabolic Health
Cedars-Sinai
Los Angeles, CA, USA

**Maximizing Nutrition
in Obesity Treatment:
Lessons from
Bariatric Surgery**



**COLLEEN TEWKSBURY,
PhD, MPH, RD, CSOWM,
LDN, FAND, FASMBS-IH**

Assistant Professor of
Nutrition Science,
School of Nursing
Assistant Professor of
Nursing in Surgery,
Perelman School of Medicine
University of Pennsylvania,
Philadelphia, PA, USA

**The Psychological,
Physical and Metabolic
Consequences of
Weight Cycling**



**SANDRA CHRISTENSEN,
MSN, ARNP, FNP-BC,
MFOMA, FAANP**

Obesity Specialist,
Speaker & Author,
Integrative Medical
Weight Management,
Seattle, WA, USA

**Could HMB be a
Key Player to Support
Muscle Health During
Weight Loss?**



**PHILIP ATHERTON,
PhD**

Chair of Molecular Medicine,
Lead of Centre of Metabolism,
Ageing & Physiology (CoMAP)
Academic Unit of Injury,
Recovery & Inflammation
Sciences (IRIS)
School of Medicine
Royal Derby Hospital
Derby, England, UK

**The Interplay of
Nutrition, Obesity,
and the
Gut Microbiome**



**JENS WALTER,
PhD**

Professor of Ecology, Food,
and the Microbiome,
APC Microbiome Ireland,
University College Cork,
Cork, Ireland

**Personalized and
Precision Nutrition
in the Management
of Obesity**



**ELLEN BLAAK,
PhD**

Professor and
Chair in Human Biology,
Department of Human Biology,
Maastricht University,
NUTRIM School for Nutrition
and Translational Research
in Metabolism,
Maastricht, The Netherlands

The Evolution of Multidisciplinary Obesity Treatments and the Role of Nutrition: Past, Present and Future

LIVE AROUND THE WORLD
WEDNESDAY, 23 OCTOBER 2024

TIME ZONE	BROADCAST #1	BROADCAST #2
PDT Pacific Daylight Time / North America (UTC -7h)	8 – 11 AM	5 – 8 PM
EDT Eastern Daylight Time / North America (UTC -4h)	11 AM – 2 PM	8 – 11 PM
BRT Brasília Time / Latin America (UTC -3h)	12 – 3 PM	9 PM – 12 AM
BST British Summer Time / United Kingdom (UTC +1h)	4 – 7 PM	1 – 4 AM (Thurs. 24 Oct.)
CEST Central European Summer Time / Western Europe (UTC +2h)	5 – 8 PM	2 – 5 AM (Thurs. 24 Oct.)
SGT Singapore Time / Asia (UTC +8h)	11 PM – 2 AM	8 – 11 AM (Thurs. 24 Oct.)
CST China Standard Time (UTC +8)	11 PM – 2 AM	8 – 11 AM (Thurs. 24 Oct.)
MYT Malaysia Time (UTC +8)	11 PM – 2 AM	8 – 11 AM (Thurs. 24 Oct.)
AEDT Australian Eastern Daylight Time (UTC +11h)	2 – 5 AM (Thurs. 24 Oct.)	11 AM – 2 PM (Thurs. 24 Oct.)

Join us for this exciting event with global experts, including scientific presentations and Q&A

OBJECTIVES

- Understand the evolution of obesity treatments and the latest research on nutrition’s role during weight loss
- Evaluate how antiobesity medications can impact muscle health and discuss ways to prevent muscle loss during weight reduction
- Review approaches to optimize nutritional adequacy and address patient-reported dietary challenges during obesity treatment
- Explore the effects of weight cycling on muscle health and understand the psychological and behavioral impacts of weight regain
- Discuss new and innovative approaches to treating obesity, including the influence of the microbiome and precision nutrition

Participants can only claim credit for one of the learning formats (live program, group program, or self-study). To receive credit for the self-study program, participants must view the self-study program independently and complete the post-test and evaluation to obtain their certificate.

Abbott Nutrition Health Institute is an approved provider of continuing nursing education by the California Board of Registered Nursing Provider #CEP 11213.

*The CPE activity application for *The Evolution of Multidisciplinary Obesity Treatments and the Role of Nutrition: Past, Present and Future* is pending CDR review and approval for 3.0 CPEUs.