

# Metabolic Syndrome CME Symposium

Free Educational Event



Baylor  
College of  
Medicine

## Overview

The main objective is to educate the learners on the current state of metabolic syndrome as a disease of epidemic proportions, our current understanding of its causes, and how available treatments help reverse this disease. The learners will also gain familiarity with the various surgical, endoscopic and pharmaceutical therapies that are available and better understand how to support patients who have received these therapies.

## Saturday, May 20, 2023

8:00 AM – 4:15 PM CST

Baylor College of Medicine, Cullen Auditorium, 1 Baylor Plaza, Houston, TX 77030

Parking in Garage 6 (Attached to the building), 1329 Morsund St., Houston, TX 77030

TWO WAYS TO  
ATTEND!

Join us in Houston or watch via live stream.  
Either option gets you access to the entire meeting.

Limited Seating Available. Register Online Today!  
[metabolic-syndromes.com](http://metabolic-syndromes.com)

## Agenda

8:00-8:30 AM ..... Breakfast

8:30-8:35 AM ..... Welcome.....Samer Mattar, MD, Matthew Yang, MD

8:35-8:50 AM ..... Epidemiology and Pathophysiology of Metabolic Syndrome..Samer Mattar, MD

8:50-9:05 AM ..... Medical Components of MetS ..... Vani Potluri, MD

9:05-9:20 AM ..... Psychological components of MetS ..... Rheanna Ata Brown, PhD

9:20-9:40 AM ..... Panel Discussion .....Moderators: Samer Mattar, MD, Matthew Yang, MD

9:40-9:55 AM ..... Societal Cost of MetS..... Samer Mattar, MD

9:55-10:10 AM ..... Bias and Discrimination in MetS..... Ann Xu, MD

10:10-10:30 AM .... Panel Discussion .....Moderators: Samer Mattar, MD, Matthew Yang, MD

10:30-10:45 AM ...Break

10:45-11:00 AM .... Broaching the Topic of Obesity ..... Olunmi Oladunjoye, MD

11:00-11:15 AM ..... Medical Evaluation..... Georgia Holder Haynes, MD

11:15-11:30 AM .... Nutritional Evaluation..... Sarah Mahlke RD

11:30-11:45 AM .... Psychological Evaluation ..... Rheanna Ata Brown, PhD

11:45-12:00 PM .... Physical evaluation and Prehabilitation..... Angela Cortez, MD

12:00-12:15 PM ..... Panel Discussion ..... Moderators: Georgia Holder-Haynes, MD, Saundra Nguyen, MD

12:15-12:30 PM .... Managing the Patient with Weight Recurrence ..... Saundra Nguyen, MD

12:30-1:00 PM ... Lunch

1:00-1:15 PM ..... The current state of Anti-Obesity Medications ..... Matthew Yang, MD

1:15-1:45 PM ..... Endoscopic Options for MetS ..... Wasif Abidi, MD

1:45-2:00 PM ..... Surgical Options for MetS ..... S. Julie-Ann Lloyd, MD, PhD

2:00-2:15 PM ..... Panel Discussion..... Moderators: S. Julie-Ann Lloyd, MD, PhD, Olunmi Oladunjoye, MD

2:15-2:30 PM ..... Patient Panel Discussion ..... Demis Lipe, MD

2:30-2:45 PM ..... Emerging Technology in MetS..... S. Julie-Ann Lloyd, MD, PhD

2:45-3:00 PM ..... Break

3:00-3:15 PM ..... Supporting the patient with MetS..... Sarah Mahlke, RD

3:15-3:30 PM ..... Creating the Ideal Metabolic/Bariatric program..... Samer Mattar, MD

3:30-3:45 PM ..... Importance of Accreditation and Long-term Follow-up... Georgia Holder Haynes, MD

3:45-4:00 PM ..... Panel Discussion..... Moderators: Samer Mattar, MD, Matthew Yang, MD

4:00-4:15 PM ..... Closing Remarks..... Samer Mattar, MD

## Target Audience

This activity is designed to meet the educational needs of Primary Care Physicians, Endocrinologists, Physician Assistants and APRNs who regularly treat and manage overweight and obese patients.

## Activity Goal

This activity is designed to address the following core and team competencies:  
*Patient Care and Medical Knowledge.*

## Learning Objectives

- Describe the current understanding of hormonal and physiological changes that affect patients with metabolic syndrome
- Describe the main concepts of the common surgical, endoscopic and medical options available for treating metabolic syndrome
- Gain familiarity of the medical, psychological and societal cost of medical syndrome
- Describe the benefits of multidisciplinary approach in evaluating and optimizing patients with metabolic syndrome

- List and describe the risks and benefits of currently available anti-obesity medications
- Describe the risk, safety, efficacy and durability of weight loss options and list keys to prolonged success

## Accreditation

In support of improving patient care, CineMed is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. CineMed designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



JOINTLY ACCREDITED PROVIDER<sup>™</sup>  
INTERPROFESSIONAL CONTINUING EDUCATION

This activity is supported by an educational grant from Medtronic.

MANAGED AND ACCREDITED BY  
 CineMed