First Annual Scripps Health Cardiometabolic Summit
Determining the Link Between Diabetes, Obesity, and Cardiovascular Disease

Saturday, November 7, 2009
Hilton La Jolla Torrey Pines
La Jolla, California

Registration: 7:30 am – 8:30 am
Educational Program: 8:30 am – 5:00 pm
Breakfast & Lunch will be provided.

Course Chair
Ken Fujioka, MD

Co-Chair
Michael W. Lee, MD

Complimentary Registration
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Overview
Obesity is a major contributor to diabetes and cardiovascular disease and, despite a variety of available treatments and surgical options, these health problems have reached epidemic proportions in the United States. This full day course will serve as an educational intervention to increase physicians’ awareness of strategies to reduce the burden of obesity, diabetes, and cardiovascular disease. The history, pathophysiology, and genetics of obesity will be reviewed. Lifestyle changes that can lead to weight reduction, such as diet, exercise, and behavioral modification, will be presented. Leading clinicians will also discuss therapeutic interventions and surgical options for diabetes, obesity, and their comorbidities.

Program Highlights
This interactive course is designed to provide enhanced educational content in a variety of formats.

- **CME Credits:** Earn up to 6.5 AMA PRA Category 1 Credits™
- **Interactive Workshops:** Select the topics that matter most to your practice and break out into groups to discuss treatment recommendations
- **Case Presentations:** Hear different perspectives as a panel of renowned faculty discuss their approaches to complex cases
Target Audience
The target audience for this activity is primary care physicians, internists, endocrinologists, cardiologists, and other healthcare professionals involved in the treatment of obese patients with co-morbid conditions.

Educational Objectives
After completing this activity, participants should be able to:

- Utilize appropriate tools for management of obese patients based on NHLBI recommendations to reduce risk of diabetes and cardiovascular disease.
- Assess evidence-based data on metabolic syndrome and how diabetes contributes to cardiovascular risks to help limit the risk of myocardial infarction, stroke, and other co-morbidities among obese diabetics.
- Develop individualized strategies that incorporate evidence-based recommendations for diet and exercise, insulin resistance, HDL cholesterol, and blood pressure to limit cardiovascular risk in diabetic and non-diabetic obese patients.
- Incorporate clinical study data on the impacts of diabetic medications on weight into effective glycemic control strategies among obese diabetic patients.
- Review evidence-based data on reduction of cardiometabolic risk in morbidly obese non-diabetic and diabetic patients following bariatric surgery.

ACCREDITATION:
Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this educational activity for a maximum number of 6.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CULTURAL AND LINGUISTIC COMPETENCY:
This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.

COMMERCIAL SUPPORT DISCLOSURE:
This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. Scripps would like to thank the following companies for providing generous financial support for this educational activity. Their support helps make this conference possible.

Allergan
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ABOUT SCRIPPS:
Scripps Health, a nonprofit health care system based in San Diego, California, includes more than 2,600 affiliated physicians and 12,000 employees at five acute-care hospital campuses, home health care services and a network of clinics, physician offices and outpatient centers. Scripps is committed to contributing to the future of medicine through its clinical research trials and graduate medical education programs. More information can be found at www.scripps.org.

Scripps Conference Services & CME, which offers more than 40 nationally recognized annual conferences in over 15 specialty areas, is committed to providing exceptional educational courses for physicians and other health care professionals. More information and conference brochure downloads are available at www.scripps.org/conferenceservices.

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Course Chair

Ken Fujioka, MD
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Co-Course Chair

Michael W. Lee, MD
Attending Physician
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Faculty

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Clinical Professor of Medicine
Weill Medical College of Cornell University
Adjunct Associate Professor of Clinical Medicine
Columbia University College of Physicians and Surgeons
Director, Comprehensive Weight Control Program
New York Presbyterian Hospital
New York, New York

George A. Bray, MD
Boyd Professor
Pennington Biomedical Research Center
of Louisiana State University
Baton Rouge, Louisiana

James McCallum, MD, FACE
Head, Division of Diabetes and Endocrinology
Director, Endocrinology Fellowship Program
Scripps Clinic/Scripps Green Hospital
La Jolla, California

Patrick M. O’Neil, PhD
Director, Weight Management Center
Professor, Department of Psychiatry and Behavioral Sciences
Professor, Department of Surgery
Medical University of South Carolina
Charleston, South Carolina

Mark C. Takata, MD
Bariatric Surgical Director
Scripps Clinic, Center for Weight Management
La Jolla, California

Douglas W. Triffon, MD
Director of Lipid Clinic
Scripps Clinic
Board Certified Clinical Lipidologist
La Jolla, California
**Agenda**

*7:30 – 8:30 am*
- **Registration and Continental Breakfast**

*8:30 – 8:35*
- **Welcome and Overview of Program**
  - Ken Fujioka, MD

*8:35 – 8:45*
- **Pre-Test**
  - Ken Fujioka, MD

**History and Background**

*8:45 – 9:05*
- **History of Obesity and Its Treatment – Exploring the Pathophysiology, Genetics and Environment**
  - George A. Bray, MD

*9:05 – 9:25*
- **Obesity – Assessing Primary Co-Morbid Conditions: Diabetes, Dyslipidemia, CVD**
  - Douglas W. Triffon, MD

*9:25 – 9:45*
- **Obesity – Assessing Secondary Co-Morbid Conditions: Hormonal Changes, Joint Disease, Lung Disease**
  - Ken Fujioka, MD

*9:45 – 10:00*
- **Diets, Pre-Packaged Meals, and Meal Replacement Products – What Are Your Patients Using? What Works?**
  - Michael W. Lee, MD

*10:00 – 10:20*
- **Behavioral Modification – What You Can Do in 12 Minutes**
  - Patrick M. O’Neil, PhD

*10:20 – 10:35*
- **Incorporating Exercise into Weight Reduction Programs**
  - Ken Fujioka, MD

*10:35 – 10:55*
- **BREAK**

*10:55 – 11:15*
- **Current and Emerging Incretin Therapeutics – Their Impact on Diabetes and Obesity**

*11:15 – 11:45*
- **Bariatric Surgery – When, Who, and How?**
  - Mark C. Takata, MD

*11:45 – 12:00 pm*
- **Emerging Anti-Obesity Therapeutics – What’s on the Horizon?**
  - Ken Fujioka, MD

*12:00 – 12:15*
- **Hyperlipidemia in the Diabetic Patient – Current and Emerging Treatments**
  - Douglas W. Triffon, MD

*12:15 – 1:15*
- **LUNCH**
Experience education that you can apply immediately to your practice

- Our innovative program offers new educational content in several formats.
- Key opinion leaders address advances in cardiometabolic health with cutting edge lectures.
- Case presentations take new data and apply them to real-life patient situations.
- Participants can chose to attend two of four rotating workshops that provide varied approaches to treating obese patients.
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Registration Form

Name __________________________ Degree ________________

Address ____________________________

City __________________________ State/Province __________ Postal Code __________ Country ________________

Phone __________________________ Fax (for confirmation purposes) ________________

E-mail (for confirmation purposes) __________________________

DIETARY REQUEST
❑ Kosher   ❑ Vegetarian

How did you hear about this meeting?  
(Check all that apply)
❑ Brochure   ❑ Internet
❑ E-mail     ❑ Word of Mouth

Please indicate your primary specialty:  
(Please check one)
❑ Cardiologist
❑ Endocrinologist
❑ Internist
❑ Primary Care Physician
❑ Other __________________________

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E-mail questions to:
MeetingRegistration@VindicoMedEd.com

ADA compliance: In compliance with the American with Disabilities Act of 1990, we will make reasonable efforts to accommodate persons with disabilities. Please call with your requests.

Priority Code: 663-123456
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