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Metabolic Endocrine Education Foundation (MEEF)
638 Lindero Canyon Dr Suite # 380
Oak Park, CA 91377

Register Online: **www.heartindiabetes.com/registration**

CME Symposium

IN ASSOCIATION WITH THE 24th WCIRDC

EARN CME ABIM-MOC CREDITS 1.75



Contemporary Approach to Managing Complex Metabolic Comorbidities

Thursday, December 3, 2026
7:15 pm – 9:00 pm PST
Hilton Universal City Hotel
Los Angeles, California
DINNER WILL BE SERVED

This CME Symposium will be available FREE for ONE year.

This is a CME Symposium Supported by an Educational Grant from **AstraZeneca**

Free for all 24th WCIRDC attendees. Register online: www.wcir.org/registration

JOINTLY PROVIDED MEEF FOUNDATION ABIM CME MOC ACCREDITED Creighton UNIVERSITY ADMINISTERED BY: TMIOA



CONTEMPORARY APPROACH TO MANAGING COMPLEX METABOLIC COMORBIDITIES

CHAIRS: **Yehuda Handelsman, MD • Matthew R. Weir, MD**

7:15 pm – 9:00 pm	**Dinner CME Symposium**	**Supported by AstraZeneca**
7:15 pm	**Introduction & Pre-CME Questions**	**Matthew R. Weir, MD**
7:30 pm	**Obesity and Excess Body Fat - Definition Prevalence and Treatment**	**W. Timothy Garvey, MD**
7:45 pm	**Resistant HTN in the Complex Patient - The Why and How**	**Florian Rader, MD**
8:00 pm	**CKD Role in CardionRenal & Metabolic Diseases & Management Algorithm**	**Matthew R. Weir, MD**
8:15 pm	**CRM Conditions - Heart Disease, Focus on HF**	**Shahzeb Khan, MD, MSc**
8:30 pm	**Panel Discussion and Q&A: Approaching Complex Metabolic Diseases**	
	Panel: W. Timothy Garvey, MD; Shahzeb Khan, MD, MSc; Florian Rader, MD; Matthew R. Weir, MD	
	Moderator: Yehuda Handelsman, MD	
	Post-CME Questions and Concluding Remarks	
9:00 pm	**Adjourn**	

Program Description

Obesity and dysfuctional fat is a foundational cardiorenal and metabolic (CRM/CKM) disease that contributes to multiple complications, including T2D, HTN, CKD, HF, MASLD/MASH, ASCVD, and cancer. HTN especially Resistant HTN, CKD & HF remain challenging to manage. Emerging therapies, including incretin-based treatments, SGLT2 i, selective aldosterone synthase inhibitors (ASI), are expanding therapeutic options to improve outcomes. This symposium will address current challenges and emerging strategies for the diagnosis and comprehensive management of patients with complex CRM disease and multiple comorbidities.

Learning Objectives

Upon completion of this CME symposium, participants should be able to:

- Discuss the benefits of reducing body weight in persons with obesity, including prevention or amelioration of CVRM Comorbidities
- Describe the pathophysiology of resistant hypertension, its relation to CKD, addressing available and emerging treatment options
- Understand the different Etiologies of Cardiomyopathy, its impact on HF from rEF to pEF and the Road to Management

Target Audience

This educational initiative is designed for cardiologists, nephrologists, endocrinologists, internists, family physicians, and other healthcare professionals interested in epidemiology, pathophysiology, prevention, and treatment of CKD and HF and prevention of morbidity and mortality.

FACULTY



Yehuda Handelsman, MD, Chair
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Medical Director & Principal Investigator
The Metabolic Institute of America
Chair Scientific Advisory Board
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Associate Director, Professor
Department of Nutrition Sciences
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Senior Scientist
UAB Nutrition Obesity Research Center
University of Alabama at Birmingham
Birmingham, Alabama



Florian Rader, MD, MSc
Medical Director, Hypertension Center of Excellence
Director, Hypertrophic Cardiomyopathy Center
Interim Director, Noninvasive Laboratory
Smidt Heart Institute, Department of Cardiology
Cedars-Sinai Medical Center
Los Angeles, California



Shahzeb Khan MD, MSc
Cardiovascular Disease, Internal Medicine
Baylor Scott and White Health
Associate Editor of American Journal of Preventive Cardiology
Heart Failure Reviews & European Society of
Cardiology-Heart Failure
Frisco, Texas

CME DINNER SYMPOSIUM

This CME symposium is FREE for 24th WCIRDC attendees and will stay on-demand for 90 days.
This Symposium will be available FREE for ONE year following the meeting.
Learn more: WCIR.ORG/CMEsymposium

To register for the entire 24th WCIRDC meeting please visit: wcir.org/registration

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Creighton Health Sciences Continuing Education (HSCE) and Metabolic Endocrine Education Foundation (MEEF). Creighton Health Sciences Continuing Education (HSCE) is accredited by the ACCME to provide continuing medical education for physicians.

Creighton Health Sciences Continuing Education (HSCE), designated this live educational activity for a maximum of 1.75 AMA PRA Category 1 Credit(s).

Physicians should only claim credit commensurate with the extent of their participation in the activity.

For information please contact:
info@tmioa.com or 818 342 1889

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