Register Online: **https://www.wcir.org/registration**

CME Symposium

IN ASSOCIATION WITH THE 24th WCIRDC

EARN CME ABIM-MOC CREDITS 1.75



Wednesday, December 2, 2026
6:30 pm – 8:15 pm PST
Hilton Universal City Hotel
Los Angeles, California

DINNER WILL BE SERVED

Approach to Managing Obesity and Comorbidities Circa 2026

This CME Symposium will be available FREE for ONE year.

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

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

JOINTLY PROVIDED TMIOA MLI ABIM CME MOC ACCREDITED



APPROACH TO MANAGING OBESITY AND COMORBIDITIES CIRCA 2026

CHAIRS: **Yehuda Handelsman, MD and Norman E. Lepor, MD**

6:30 pm - 8:15 pm Dinner CME Symposium Supported by Regeneron Pharmaceuticals

6:30 pm	Introduction & Pre-CME Questions	Norman E. Lepor, MD
6:45 pm	Obesity & Comorbidities Epidemiology, Diagnosis & Management Challenges	Caterina Conte, MD, PhD
7:05 pm	Weight Loss Modalities Addressing Quality Weight Loss	Samuel Klein, MD
7:25 pm	The Treatment of CVD Risk Factors in Obesity and Diabetes	Norman E. Lepor, MD
7:45 pm	Panel Discussion and Q&A: Losing Weight the Right Way Panel: Caterina Conte, MD, PhD, Samuel Klein, MD, Norman E. Lepor, MD Moderator: Yehuda Handelsman, MD Post-CME Questions and Concluding Remarks	
8:15 pm	Adjourn	

Program Description

This symposium will explore evidence-based strategies for the comprehensive management of obesity and comorbidities, addressing associated cardiometabolic and renal complications. Topics will include the clinical benefits and limitations of incretin-based therapies, strategies to preserve lean body mass during weight loss, and advanced lipid-lowering approaches to reduce cardiovascular risk. Faculty will discuss simplifying complex treatment regimens to improve adherence, optimize outcomes, and enhance patient care.

Learning Objectives

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

- Describe how the pathophysiology of obesity contributes to the development of the cardiorenal and metabolic complications.
- Compare and contrast the benefits and limitations of pharmacologic weight reduction modalities especially in preserving muscle mass
- Discuss ASCVD risk reduction with lipids lowering therapies focusing on the benefit of lowering LDL-C

Target Audience

This educational initiative is designed for cardiologists, nephrologists, endocrinologists, internists, family physicians, and other healthcare professionals interested in the epidemiology, pathophysiology, prevention, and treatment of obesity with the goal of reducing ASCVD risk

FACULTY



Yehuda Handelsman, MD, Chair
FACP, FNLA, FASPC, FAHA, MACE
Medical Director & Principal Investigator
Medical Director & Principal Investigator
The Metabolic Institute of America
Adjunct Clinical Professor of Medicine,
Charles Drew University, Los Angeles, CA
Chair, Scientific Advisory Board
DCMi – Diabetes CardioRenal & Metabolism Institute
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Norman E. Lepor, MD, Chair
FACC, FAHA
Founder and Director
National Heart Institute
Past President, California Chapter
American College of Cardiology
Clinical Professor of Medicine
David Geffen School of Medicine
UCLA
Attending Cardiologist
Smidt Cedars-Sinai Heart Institute
Los Angeles, CA



Caterina Conte, MD, PhD
Professor of Internal Medicine
San Raffaele Roma University, Rome
Head of the Obesity and Obesity-related
Cardiometabolic Complications Research Unit
Obesity Clinic at MultiMedica Research Hospital
Milan, Italy



Samuel Klein, MD
William H. Danforth Professor of Medicine
Director of the Center for Human Nutrition
Chief of the Division of Nutritional Science
and Obesity Medicine
Washington University
School of Medicine
St. Louis, Missouri

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 MLI-Medical Learning Institute and The Metabolic Institute of America (TMIOA).

MLI-Medical Learning Institute is accredited by the ACCME to provide continuing medical education for physicians. MLI-Medical Learning Institute 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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