



# **TOS 2022 Physiology of the Weight Reduced State: From Mechanisms to Clinical Application**

## **Continuing Medical Education Information for Learners**

**Credit for this course may not exceed 3.75 credits when both the blended and enduring material activity format credits are combined.**

### **Blended Course Accreditation and Credit for Physicians**

The Obesity Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Obesity Society designates this blended learning format activity for a maximum of 3.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*ACCME activity ID 202358181*

### **On-Demand Course Accreditation and Credit for Physicians**

The Obesity Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Obesity Society designates enduring material for a maximum of 3.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*ACCME activity ID 202358188*

# Important Dates for On-Demand Course (Enduring Material)

Date of Release: January 4, 2023

Date of Termination: December 31, 2025

## Learning Objectives

1. Review the physiological mechanisms that oppose weight loss maintenance
2. Identify important pathways in the gut-brain axis involved in promoting weight regain
3. Describe the changes in energy expenditure in the post weight loss setting
4. Implement clinical treatment recommendations to help patients maintain weight loss over the long-term

## Commercial Support

No commercial support was received for this activity.

## Faculty and Planning Committee Disclosure Information

The Obesity Society adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers or others are required to disclose all relevant financial relationships with ineligible entities<sup>1</sup> (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

The Obesity Society asks all individuals involved in the development and presentation of Continuing Medical Education (CME) activities to disclose all relevant relationships with ineligible companies. This information is disclosed to CME activity participants. The Obesity Society has procedures to mitigate all conflicts of interest. In addition, faculty members are asked to disclose when any unapproved use of pharmaceuticals or devices is being discussed. TOS requires additional disclosures beyond the ACCME definition of an ineligible company. These include food, weight loss, and supplement industry disclosures. In the list below, the nature of the relationship and company are followed by the industry of that company.

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<sup>1</sup> An ineligible company as defined by the ACCME is one that is not eligible for ACCME accreditation, in other words those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Examples of such organizations include: 1) Advertising, marketing, or communication firms whose clients are ineligible companies, 2) Bio-medical startups that have begun a governmental regulatory approval process, 3) Compounding pharmacies that manufacture proprietary compound, 4) Device manufacturers or distributors, 5) Diagnostic labs that sell proprietary products, 6) Growers, distributors, manufacturers or sellers of medical foods and dietary supplements, 7) Manufacturers of health-related wearable products, 8) Pharmaceutical companies or distributors, 9) Pharmacy benefit managers, 10) Reagent manufacturers or sellers. Reference: <https://accme.org/faq/what-accmes-definition-ineligible-company>

## Chairs:

At TOS activities, course/session chairs are responsible for timekeeping, introductions, housekeeping announcements, and presenting audience questions to speakers. TOS has determined that chairs do not have the ability to influence content. Accordingly, TOS does not collect, mitigate, or disclose relevant financial relationships of chairs (unless they have a dual role as a planner or speaker).

## Panelists:

Panelists are speakers who speak without presenting slides in a portion of a session or course. As speakers, they are required to disclose, and their relevant financial relationships are listed below. All speakers - with or without relevant financial relationships, with or without slides - are advised, and subsequently attest that “The content and/or presentation of the information with which I am involved will promote quality or improvements in health care and will not promote a specific proprietary business interest or a commercial interest (including ACCME-defined ineligible companies). Content for this activity, including any presentation of therapeutic options, will be balanced, evidence-based and commercially unbiased.”

## Speaker Disclosures:

Name of Presenter	Relevant Financial Relationships
Lee Kaplan, MD, PhD, FTOS	Consultant relationship with Altimmune, Amgen, Boehringer Ingelheim, Gilead Sciences, Lilly, Novo Nordisk, Pfizer, Rhythm Pharmaceuticals, Xeno Biosciences (All Pharmaceuticals).  Consultant relationship with Johnson & Johnson, Gelesis, GI Windows, GI Dynamics (all Medical Device).  Consultant relationship with Intellihealth and Optum (Both Weight Management).
Eric Ravussin, PhD	Researcher relationship with Eli Lilly (Pharmaceuticals); Novartis (Pharmaceuticals); and Sanofi-Avantis (Pharmaceuticals).  Consultant relationship with Eli Lilly (Pharmaceuticals); Merck (Pharmaceuticals); Amway (Supplement); Kintai Therapeutics (Biomedical); YSOPIA (Biomedical).
Michael Rosenbaum, MD	Consultant relationship with ByHeart (Medical Food) and Scholar Rock (Pharmaceuticals)
Beverly Tchang, MD	Consulting Fee relationship with Novo Nordisk (Pharmaceuticals)

## Planner Disclosures:

Name	Relevant Financial Relationships
Aaron Kelly, PhD, FTOS	Unpaid consultant speaker relationship with Novo Nordisk (Pharmaceuticals); Unpaid consultant relationship with Vivus (Pharmaceuticals); Unpaid consultant relationship with Eli Lilly (Pharmaceuticals); Unpaid consulting relationship with Boehringer Ingelheim (Pharmaceuticals); Donated drug/placebo for NIH funded clinical trial relationship with Vivus (Pharmaceuticals)

**Reviewer Disclosures:** No members of the TOS CME Oversight Committee, charged with the resolution of all relevant conflicts of interest, had any relevant financial relationships while serving on the committee.

## Bibliography

1. Laughlin MR, Osganian SK, Yanovski SZ, Lynch CJ. Physiology of the Weight-Reduced State: A Report from a National Institute of Diabetes and Digestive and Kidney Diseases Workshop. *Obesity* (Silver Spring). 2021 Apr;29 Suppl 1:S5-S8. doi: 10.1002/oby.23079. PMID: 33759392.
2. Maclean PS, Bergouignan A, Cornier MA, Jackman MR. Biology's response to dieting: the impetus for weight regain. *Am J Physiol Regul Integr Comp Physiol*. 2011 Sep;301(3):R581-600. doi: 10.1152/ajpregu.00755.2010. Epub 2011 Jun 15. PMID: 21677272; PMCID: PMC3174765.

## Disclaimer

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*This document was last updated December 9, 2022v2.*