



Fourth Annual Midwest Metabolic Clinical Symposium Agenda

April 11-12, 2026

SLU Education Union Bldg., 1312 Carr Lane, Saint Louis, MO 63104

Organizer: Wing-Kin Syn, M.D., Ph.D. (wingkin.syn@health.slu.edu)

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Saturday, April 11, 2026

	INTRODUCTIONS
7:30 AM – 8:30 AM	<i>Registration & Continental Breakfast</i>
8:30 AM – 9:00 AM	<i>Introductory Remarks & Overview</i> Ravi Nayak, M.D. James B. and Ethel D. Miller Endowed Chair in Internal Medicine Chair and Professor of Internal Medicine Director, Division of Pulmonary, Critical Care and Sleep Medicine Co-Director, Adult Cystic Fibrosis Program Co-Director, Cystic Fibrosis Center Saint Louis University School of Medicine Wing Kin Syn, M.D., Ph.D. James F King Chair in Gastroenterology Professor of Internal Medicine Director, Division of Gastroenterology & Hepatology Co-Director Liver Center Director, Research Track Fellowship Saint Louis University School of Medicine Co-Chair, Digestive Disease Clinical Program, St Louis Region Director, Comprehensive Metabolic Center SSM Health - Saint Louis University Hospital
	METABOLIC SYNDROME & ORGAN SYSTEMS: SESSION ONE <i>Session Chair: Dr. Wing-Kin Syn</i>
9:00 AM – 9:30 AM	<i>Metabolic Risk Factors & the Impact of Global Health</i> Puneet Puri, MBBS, MD, FAASLD Professor of Medicine Virginia Commonwealth University, Richmond Physician Central Virginia VA Health Care System

9:30 AM – 10:00 AM	<p><i>Weight management in patients with Metabolic Risk Factors</i></p> <p>Gerald Wade, M.D. Assistant Professor Co-Director, Comprehensive Metabolic Center Section Chief, Ambulatory Medicine, Medical Director of the Bridge Clinic Division of General Internal Medicine Saint Louis University School of Medicine</p>
10:05 AM – 10:35 AM	<p><i>Updates in MASLD Management</i></p> <p>Brent Tetri, M.D., FACP Professor of Medicine / Hepatologist Co-Director Liver Center Division of Gastroenterology & Hepatology Saint Louis University School of Medicine</p>
10:35 AM – 11:05 AM	<p><i>Keynote Speaker: Pathogenic Mechanisms of MASLD Associated Liver Fibrosis</i></p> <p>Massimo Pinzani, M.D., Ph.D., F.R.C.P., F.A.A.S.L.D., M.A.E. Scientific Director of IRCCS ISMETT – UPMC Professor of Medicine at University College London (UCL) Founder & Director of the UCL Institute for Liver and Digestive Health Past, Sheila Sherlock Chair of Hepatology at UCL</p>
11:05 AM – 11:35 AM	Q&A
11:35 AM – 12:35 PM	<p>All Poster Rounds (Judges)</p> <p>Poster Round: TBD</p>
11:35 AM – 1:30 PM	Lunch
	<p>METABOLIC SYNDROME & ORGAN SYSTEMS: SESSION TWO</p> <p><i>Session Chair: TBD</i></p>
1:30 PM – 2:00 PM	<p><i>Metabolic Syndrome & Obstructive Airway Disease</i></p> <p>Ravi Nayak, M.D. James B. and Ethel D. Miller Endowed Chair in Internal Medicine Chair and Professor of Internal Medicine Director, Division of Pulmonary, Critical Care and Sleep Medicine Co-Director, Adult Cystic Fibrosis Program Co-Director, Cystic Fibrosis Center Saint Louis University School of Medicine</p>
2:00 PM – 2:30 PM	<p><i>Relationship of Sex Hormones & The Metabolic Syndrome / MASLD (maybe)</i></p> <p>Sandeep Dhindsa, M.D. Professor of Internal Medicine Chief of Endocrinology and Metabolism Division Division of Endocrinology and Metabolism Saint Louis University School of Medicine</p>
2:30 PM – 3:00 PM	<p><i>Why MASLD & Metabolic Syndrome Keep Cardiologists Busy</i></p> <p>Divya Ratan Verma, MD MS Division Director (Interim) of Cardiology Director of Cath Lab Associate Professor of Medicine</p>

	Interventional and Structural Cardiologist St. Louis University Medical Center
3:05 PM – 3:35 PM	<i>Impact of Metabolic Risk Factors and GI Disorders</i> Adam Farmer, M.D., Ph.D. Professor of Internal Medicine Associate Division Director Director of Neurogastroenterology & Motility Program Director, Neurogastroenterology Fellowship Division of Gastroenterology & Hepatology Saint Louis University School of Medicine
3:35 PM – 4:05 PM	Q&A
4:05 PM – 5:05 PM	SELECTED ABSTRACTS FOR ORAL PRESENTATIONS
5:05 PM – 7:00 PM	Cocktail Hour / Hors d'oeuvres

SUNDAY, April 12, 2026

7:00 AM – 8:00 AM	<i>Registration & Breakfast</i>
	METABOLIC SYNDROME & ORGAN SYSTEMS: SESSION THREE <i>Session Chair: TBD</i>
8:00 AM – 8:30 AM	<i>Impact of Sleep on Metabolic Syndrome: Community Perspectives</i> Joseph Ojile, M.D. Founder, CEO, Medical Director of Clayton Sleep Institute Adjunct Clinical Professor of Internal Medicine Saint Louis University School of Medicine
8:30 AM – 9:00 AM	<i>Why We Should Optimize Metabolic Health After Organ Transplantation</i> Uchenna Agbim, MD. Assistant Professor of Medicine Division of Gastroenterology & Hepatology Saint Louis University School of Medicine
9:00 AM – 9:30 AM	<i>Metabolic Risk Factors & Cancers: Perspectives from Basic Science</i> Ryan M. Teague, Ph.D. Professor Molecular Microbiology and Immunology Saint Louis University School of Medicine
9:35 AM – 10:05 AM	<i>Keynote Speaker: Novel Therapies for Liver Fibrosis</i> Massimo Pinzani, M.D., Ph.D., F.R.C.P., F.A.A.S.L.D., M.A.E. Scientific Director of IRCCS ISMETT – UPMC Professor of Medicine at University College London (UCL) Founder & Director of the UCL Institute for Liver and Digestive Health Past, Sheila Sherlock Chair of Hepatology at UCL
10:05 AM – 10:35 AM	Q&A

10:35 AM – 10:40 AM	<i>Break</i>
	METABOLIC SYNDROME & ORGAN SYSTEMS: SESSION FOUR <i>Session Chair: TBD</i>
10:40 AM – 11:10 AM	<i>Management of Met-ALD</i> Antonio J. Sanchez, MD, FACP Transplant Hepatologist Clinical Professor of Medicine Director of Hepatology Division of Gastroenterology and Hepatology University of Iowa Health Care Course Director, Clinical and Professional Skills (CAPS) III Carver College of Medicine
11:10 AM – 11:40 AM	<i>Role of Diet, Metabolic Risk Factors, and Brain Health</i> Russell H. Swerdlow, MD Gene and Marge Sweeney Professor University Distinguished Professor Professor of Neurology, Cell Biology & Physiology, Biochemistry & Molecular Biology, Pharmaceutical Chemistry Director, University of Kansas Alzheimer's Disease Research Center Director, KUMC Neurodegenerative Disorders Program Director, Heartland Center for Mitochondrial Medicine University of Kansas School of Medicine
11:40 AM – 12:10 PM	<i>Predictive Modeling in Metabolic Health</i> Lewis Frey, Ph.D. Professor Co-associate Director of Research Division of Gastroenterology & Hepatology Saint Louis University School of Medicine
12:15 PM – 12:45 PM	<i>Gut Disorders & Metabolic Syndrome in Pediatrics</i> Ajay Jain, M.D., DNB, MHA Endowed Professor of Pediatrics, Pharmacology and Physiology Chief, Division of Pediatric Gastroenterology, Hepatology and Nutrition Director, Pediatric Liver Transplantation Director, Healthy First program Saint Louis University School of Medicine and SLUCare Group at SSM Health SSM Cardinal Glennon Children's Medical Center
12:45 PM – 1:15 PM	<i>Comprehensive Metabolic Center: The SLUH Experience</i> Gerald Wade, M.D. Assistant Professor Co-Director, Comprehensive Metabolic Center Section Chief, Ambulatory Medicine, Medical Director of the Bridge Clinic Division of General Internal Medicine Saint Louis University School of Medicine

1:15 PM – 1:45 PM	Q&A
1:45 PM	<p><i>Wrap-Up</i></p> <p>Wing-Kin Syn, M.D., Ph.D. James F King Chair in Gastroenterology Professor of Internal Medicine Director, Division of Gastroenterology & Hepatology Co-Director Liver Center Director, Research Track Fellowship Saint Louis University School of Medicine</p> <p>Co-Chair, Digestive Disease Clinical Program, St Louis Region Director, Comprehensive Metabolic Center SSM Health - Saint Louis University Hospital</p>
1:50 PM	<i>Packed Lunch to Go</i>