



SAINT LOUIS  
UNIVERSITY™

April 14-16, 2023  
Saint Louis, MO  
The Westin

# Midwest Metabolic Clinical Symposium

## Conference Description

The conference sessions will focus on current and emerging best practices for the management of obesity, diabetes, non-alcoholic fatty liver disease, and cardiovascular disease

- Rising incidence and prevalence of Obesity and T2DM
- Parallel increase in prevalence of NAFLD; up to 40% of the US population affected

- Discuss associated metabolic disorders and complications including hypothyroidism, obstructive sleep apnea, and Alzheimer's disease.

- Introducing current and new treatment strategies to address these multiple overlapping disorders (with common pathogenic mechanisms)

- Discuss multi-disciplinary approaches in the management of patients with the metabolic syndrome.

These conditions are seen by all physicians and are often not captured or under-diagnosed. Our aim is to bring attention to these common disorders and need for early identification of those at highest risks.

This will be a hybrid (in-person + virtual conference).

## Target Audience

The target audience includes cardiologists, endocrinologists, hepatologists, primary care providers, hospitalists, mid-level providers, Pharm.D.s, dietitians, nurses and others who manage or are interested in the management of metabolic risk factors. All trainees in the relevant fields and representatives from both the pharmaceutical and biotech industries are encouraged to attend.

## Objectives

- List metabolic risk factors
- Identify complications of the metabolic syndrome
- Diagnose, risk stratify, and treat non-alcoholic fatty liver disease including use of new metabolic and antifibrotic strategies
- Discuss new drugs to treat T2DM, including GLP1 agonists, SGLT2 inhibitors, and DPP4 inhibitor
- Describe the roles of lifestyle modification, behavioral intervention, and medical therapy in the overall management of the metabolic syndrome
- Recognize the importance of multi-disciplinary approaches to the management of the metabolic syndrome.

## Accreditation & Credit Designation

Saint Louis University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Saint Louis University School of Medicine designates this live activity for a maximum of **15.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Saint Louis University School of Medicine will provide Other learner certificates (APPs, nurses, and other types of learners). The certificate will state that the activity was designated for **15.5 AMA PRA Category 1 Credits™**. Follow your board's requirements for reciprocal CE credits.

## Disclosure

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education anyone involved in planning or presenting this educational activity will be required to disclose any financial relationships with any ineligible companies. An ineligible company is any entity whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. Any financial relationships with these ineligible companies have been mitigated by the SLU Office of CME. Speakers who incorporate information about off-label or investigational use of drugs or devices will be asked to disclose that information at the beginning of their presentation.

## American with Disabilities Act

It is the policy of the Saint Louis University not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at 314-977-7401.

# SYMPOSIUM FACULTY



## Symposium Director & Committee

Wing-Kin Syn, M.D., Ph D  
James F. King Chair in Gastroenterology  
Professor of Medicine  
Director, Division of Gastroenterology & Hepatology  
Co-Director, Liver Center

Myron Minner, MBA, RHIA  
Academic and Research Business Manager

Dzana Turan, MHA  
GI - Hepatology Research &  
Liver Center Manager

Laura Robinson, MA  
Fellowship Program Specialist

## Guest Faculty



William Alazawi, M.D.  
Ananda Basu, M.D.  
Patsy Beeson, RN  
Ali Canbay, M.D.  
Marc-Andre Cornier, M.D.  
Anna Mae Diehl, M.D., FACP  
Eva Feldman, M.D.  
Michael Fuchs, M.D.  
Matifadza Hlatshwayo-Davis, M.D.  
Anthony Hollenberg, M.D.

Sam Klein, M.D.  
Mikhail Kosiborod, M.D.  
Sheldon Litwin, M.D.  
Mario Morales, M.D.  
Lynda H. Powell, M.D.  
Jonathan Stine, M.D.  
George Taylor, D.M.D.  
Joelle Vlahakis, M.D.

## SLU Faculty



Sandeep Dhindsa, M.D.  
Joseph Espiritu, M.D.  
Megan Ferber, Ph.D.  
Christine Jacobs, M.D.  
Ajay Jain, M.D.

Wissam Kiwan, M.D.  
Ravi Nayak, M.D.  
Kamran Qureshi, M.D.  
Brent Tetri, M.D., FACP  
Gerald Wade, M.D.



## Sponsors

SLUCare



Friday, April 14

7:30 Breakfast and Registration

#### INTRODUCTION

8:30 Welcome to Saint Louis & SLU *Dean Christine Jacobs, M.D.*

Welcome to Symposium *Wing-Kin Syn, M.D.*

#### MULTIDISCIPLINARY METABOLIC TEAMS

Moderator – *Wing-Kin Syn, M.D.*

9:00 Setting up and running a Metabolic Program – the Richmond & VA experience – *Michael Fuchs, M.D.*

9:30 Introducing the Eat, Love, Move (ELM) Program at Rush *Lynda H. Powell, M.D.*

10:00 The Metabolic – NAFLD Clinic: a UK Perspective *William Alazawi, M.D.*

10:30 Cardiometabolic Center of Excellence: Care Delivery Model to Improve Quality of Care and Outcomes in Patients with Cardiometabolic Disease *Mikhail Kosiborod, M.D.*

11:00 Metabolic Disease Burden in Missouri: a public health and health policy perspective *Hlatshwayo-Davis* (Director of Health for the City of St. Louis)

11:30 LUNCH

Moderator – *William Alazawi, M.D.*

1:00 OSA and Narcolepsy and Metabolic Syndrome (including NAFLD and Cardiovascular disease) *Joseph Espiritu, M.D.*

1:30 Metabolic Syndrome as a Risk Factor for Alzheimer's Disease *Eva Feldman, M.D.*

2:00 The European Model of Metabolic Care *Ali Canbay, M.D.*

2:30 Chronic Care Model in the US Health System *Joelle Vlahakis, M.D.*

6:00 Reception / Game Busch Stadium – Cardinals

Saturday, April 15

7:30 Breakfast

#### DIABETES

Moderator – *Brent Tetri, M.D., FACC*

8:00 Diabetes and the Metabolic Syndrome *Sandeep Dhindsa, M.D.*

8:30 New treatment for Diabetes in the setting of Metabolic Syndrome *Andy Basu, M.D.*

9:00 Nutrition and the Metabolic Syndrome in the Pediatric Population *Ajay Jain, M.D.*

9:30 Break

#### ENDOCRINOLOGY & CARDIOLOGY

Moderator – *Ajay Jain, M.D.*

10:00 Diabetes, Metabolic syndrome, and Dental Disease *George Taylor, D.M.D.*

10:30 Heart Failure management in those with and without Diabetes *Sheldon Litwin, M.D.*

11:00 Perspectives in the Management of Obesity and Cardiometabolic Health *Gerald Wade, M.D.*

11:30 LUNCH

#### PULMONARY MEDICINE & ENDOCRINOLOGY

Moderator – *Ali Canbay, M.D.*

1:00 Therapeutic effects of dietary manipulation on metabolic and health outcomes *Sam Klein, M.D.*

1:30 Asthma and COPD and the Metabolic Syndrome *Ravi Nayak, M.D.*

2:00 Hypothyroidism and Metabolic Syndrome *Anthony Hollenberg, M.D.*

2:30 Role of lipids in Metabolic Syndrome *Marc-Andre Cornier, M.D.*

3:00 Break

Saturday, April 15 – continued

Sunday, April 16

7:30 Breakfast

## HEPATOLOGY

Moderator – Gerald Wade, M.D.

3:30 NAFLD Disease Burden *Michael Fuchs, M.D.*

4:00 Pathogenic Mechanisms of NAFLD *Brent Tetri, M.D., FACP*

4:30 Hepatocellular Carcinoma in the Setting of the Metabolic Syndrome *Ali Canbay, M.D.*

5:00 Noninvasive tools to identify individuals at risk of advanced NAFLD *William Alazawi, M.D.*

5:30 Management of NAFLD including Anti-fibrotics (management) *Anna Mae Diehl, M.D., FACP*

6:00 Faculty Dinner



# Registration information

## OBESITY MANAGEMENT

Moderator – Sandeep Dhindsa, M.D.

8:00 Mobile Health Intervention for Lifestyle

Modification in Patients with Nonalcoholic Fatty Liver Disease *Jonathan Stine, M.D.*

8:30 Behavioral Interventions in Patients with the Metabolic Syndrome *Megan Ferber, Ph.D.*

9:00 Surgical Interventions for Obesity *Mario Morales, M.D.*

9:30 Break

Moderator – Brent Tetri, M.D., FACP

10:00 Medical Therapies for Weight Loss *Gerald Wade, M.D.*

10:30 Metabolic Endoscopy *Wissam Kiwan, M.D.*

11:00 Weight Management in the setting of Organ Transplantation *Kamran Qureshi, M.D.*

11:30 Setting up and running a Metabolic, Liver & Weight Loss Program – SSM SLUH perspectives *Patsy Beeson, RN*

12:00 Summary & Closing *Wing-Kin Syn, M.D.*



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