

9TH LEARNING RETREAT

ON THE **PRINCIPLES**
AND **PRACTICE** OF
INTERDISCIPLINARY
OBESITY
MANAGEMENT
FOR DIETITIANS

Thursday, October 25th to
Friday, October 26th, 2018

Oakham House, Ryerson Student Centre, Thomas Lounge
ADDRESS: 55 Gould Street Toronto ON M5B 1E9

Details at: www.dietitians.ca/www.obesitynetwork.ca

An intensive educational experience with a strong emphasis on the practical aspects of obesity management and the role of the dietitian in inter-professional bariatric care.

This certification will build knowledge in the areas of:

- 5As of Obesity Management • EOSS
- Your role(s) as part of the interdisciplinary obesity management team
- Clinical assessment and medical management of obesity

PRESENTED BY:

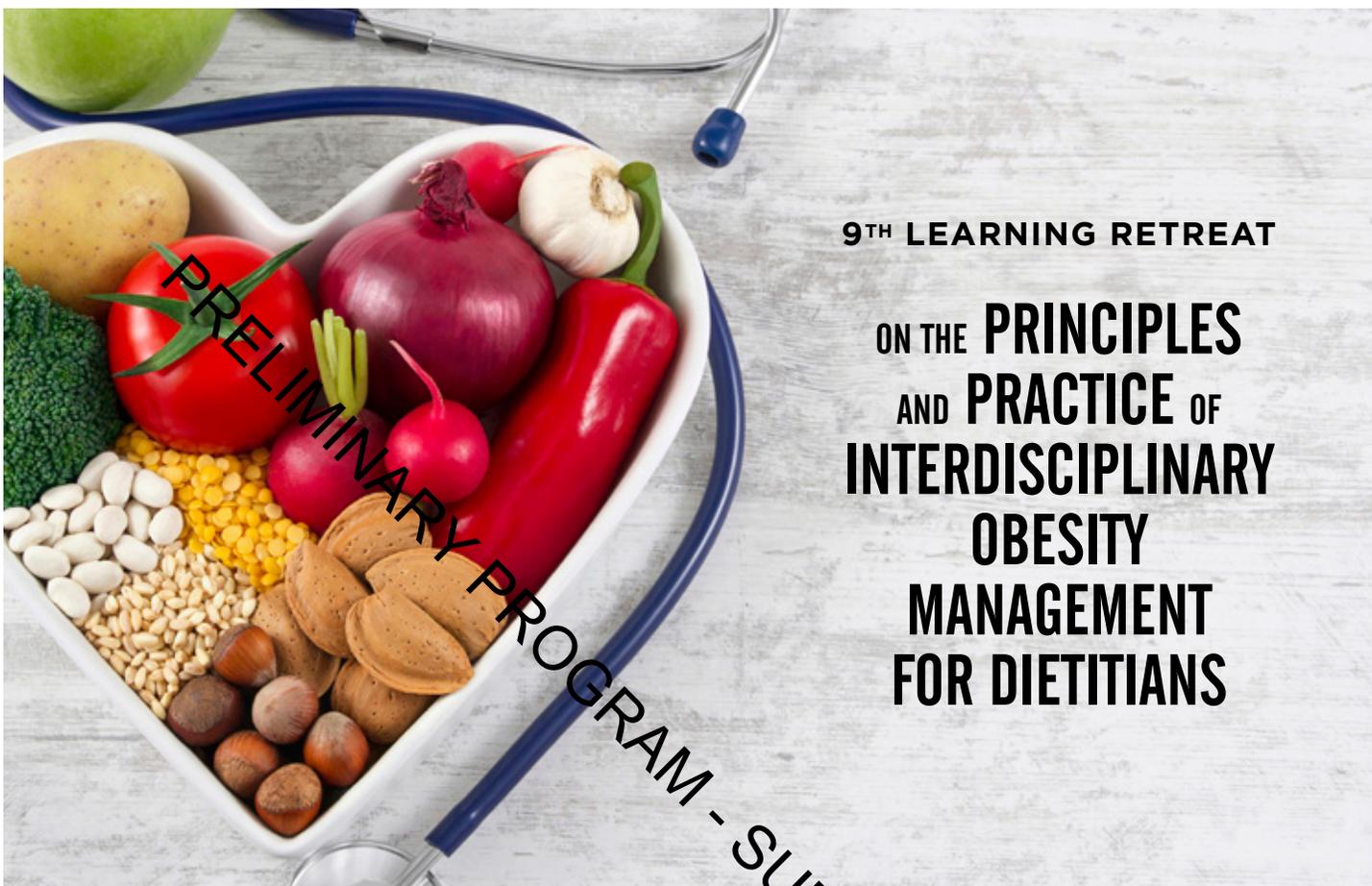
canadian
obesity
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en obésité



Dietitians of Canada
Les diététistes du Canada



9TH LEARNING RETREAT

ON THE PRINCIPLES AND PRACTICE OF INTERDISCIPLINARY OBESITY MANAGEMENT FOR DIETITIANS

program overview

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learning objectives



AT THE CONCLUSION OF THE WORKSHOP, PARTICIPANTS WILL BE ABLE TO:

- Discuss relevance of epidemiology and causes in management of obesity.
- Recognize environmental factors that influence obesity, both in obesity prevention and obesity management, particularly as related to public health approaches to obesity management.
- Develop an awareness of potential professional weight bias/stigma (of all health care providers) as a barrier to the management of obesity.
- Facilitate effective client-centred conversations with patients who have obesity or are at risk.
- Develop skills to counsel patients on complications of obesity.
- Distinguish differences and advantages between common forms of behavioural & pharmacotherapies.
- Develop skills to counsel on lifestyle and management strategies that patients can realistically incorporate based on their individual needs.
- Meets the certification criteria for the Canadian Bariatric Educator (CBE) Program.

Canadian Obesity Network-Réseau canadien en obésité (CON-RCO)

CON-RCO is a broad Network of over 12,000 individuals and organizations who are committed to stemming the tide of obesity in Canada and reducing the mental, physical and economic burden of obesity on Canadians. The mission of CON-RCO is to act as a catalyst for addressing obesity in Canada and to foster knowledge translation, capacity building, and partnerships among stakeholders so that researchers, health professionals, policy makers and other stakeholders may develop effective solutions to treat, and to prevent, obesity. CON-RCO's three strategic goals are to 1) Address the social stigma associated with obesity; 2) Change the way professionals think about obesity and interact with obese individuals; and 3) Improve access to obesity prevention, treatment and management. Since 2006, CON-RCO has trained more than 8,000 health professionals on key issues related to obesity. In 2016, CON expanded to include the public and has a website that is a one-stop resource for support to remove the stigma from obesity and bring positivity and respect to those who are affected by it; credible and evidence-based information and tools designed to change how we perceive and discuss obesity; and a conduit for connecting to the community of researchers, health professionals and policy makers who want to make a difference in the lives of those living with obesity management, launched two widely used literature alerting services, published and award winning magazine (CONDUIT), organized Canada's only recurring scientific conference dedicated to obesity. CON-RCO is a non-profit organization hosted by the University of Alberta and Alberta Health Services in Edmonton, Alberta. Find out more at www.obesitynetwork.ca

Dietitians of Canada - Les diététistes du Canada (DC)

DC is the national professional association for dietitians, representing 6,000 members at the local, provincial, national and international levels. As the recognized leaders of dietetic practice, DC advances health through food and nutrition, providing trusted information to Canadians and advising governments at the federal and provincial/ territorial levels on best practices in nutrition. DC supports its members through a broad portfolio of professional development activities, accreditation of academic programs, and supports research as a founding partner of the Canadian Foundation for Dietetic Research. We promote dietitians as valuable members of the health team providing cost-effective health promotion, disease prevention, treatment and supportive care. DC is one of the largest organization of dietetics professionals in the world, and actively facilitates the global advancement of dietetics.

welcome message from the hosts



Dr. Arya Sharma,
*Scientific Director and CEO, FRCPC,
Canadian Obesity Network*



Marsha Sharp,
*Chief Executive Officer,
Dietitians of Canada*

A PARTNERSHIP FOR A HEALTHIER CANADA

The Dietitians of Canada (DC) and the Canadian Obesity Network (CON-RCO) have enjoyed a mutually beneficial partnership since the creation of CON-RCO in 2006. DC was a proud supporter of the CON-RCO initiative from its first submission for funding to the Networks of Centres of Excellence program. Currently, over 1000 registered dietitians working in health care delivery, policy, academe and the private sector are members of CON-RCO, which is a testament to the level of interest the profession has in this pervasive and costly disease.

As the incidence of obesity and related impacts on the health of Canadians, our health care system and our economy continue to skyrocket, all health workers have an important role to play in what must be a multi-disciplinary approach to treating those whose health is affected by excess weight. Dietitians, given the wide scope of their skills and experience in food, nutrition and disease prevention issues, are ideally positioned to make a significant contribution to treatment efforts.

To that end, members of both organizations have contributed to the development of this unique 2-day learning event, which features some of Canada's top experts speaking on a wide range of issues surrounding this disease. We are sure that the breadth and depth of the topics covered will arm attendees with practical knowledge they can integrate into their daily practice.

We look forward to seeing you in Toronto.

Sincerely,
Arya M. Sharma, Scientific Director
and Chief Executive Officer,
Canadian Obesity Network

Marsha Sharp, Chief Executive Officer,
Dietitians of Canada

learning retreat **daily** **schedule**

THURSDAY, OCTOBER 25, 2018

7:30 am – 8:00 am

Registration Desk Opens

Light refreshments served.

8:00 am – 8:20 am

Welcome and Opening Remarks

Arya Sharma, MD, PhD, FRCPC, Professor and Chair, Obesity, Research and Management, University of Alberta

Obesity is a complex disease that requires lifelong treatment. The opening will cover:

- epidemiology of obesity in Canada
 - trends across the lifespan
 - specific trends in special populations (e.g. ethnic, children, adolescents, First Nations)
- An overview of the complexity of the causes of obesity will be reviewed (biological, behavioural, and environmental).

8:20 am – 9:10 am

Living with Obesity: A Patient's Experience

Ian Patton, PhD, Vice-Chair, CON Public Engagement Committee

9:10 am – 9:30 am

Health Break

9:30 am – 12:00 pm

Setting the Stage: Biology of Obesity & Weight Loss

Eric Doucet, PhD, Professor, School of Human Kinetics, University of Ottawa

Dr. Doucet will review the importance of some of the biological processes associated with obesity to better understand this disease. This talk will cover:

- Energy balance
- Basal Metabolic Rate
- Physical Activity
- Overview of central nervous system aspects:
 - Role of neuropeptides (and how these vary with bariatric surgery or weight loss)
 - Role of brain, gut, adipocyte interactions (role of key hormones and how these interact to contribute to obesity)
- Body Composition and its relation to the regulation of energy intake and expenditure.

12:00 pm – 1:00 pm

Lunch

1:00 pm – 2:00 pm

Nutrition Guidelines for Pre- and Post-Bariatric Surgery Part one-Science

Jennifer Brown, Registered Dietitian with the Ottawa Hospital Weight Management Clinic and Bariatric Centre of Excellence

Bariatric surgery is increasingly being used as an intervention for obesity management. Dietitians play a key role in the pre and post-operative management of patients considering or have had bariatric surgery. This presentation will cover the following components to help support dietitians at any level of experience in bariatric surgery.

- Review surgical operations and nutrition-related implications
- Hormonal changes after bariatric surgery – connection between hedonic hunger, appetite measures and peptide hormones post-bariatric surgery
- Weight regain after bariatric surgery – review of possibilities and how dietitians can help

2:00 pm – 2:15 pm

Health Break

2:15 pm – 3:30 pm

Nutrition Guidelines for Pre- and Post-Bariatric Surgery Part two-Practical

Jennifer Brown, Registered Dietitian with the Ottawa Hospital Weight Management Clinic and Bariatric Centre of Excellence

- Incorporating a HAES-approach to bariatric surgery treatment
- Pre-op assessment/preparation
- Post-op nutrition requirements
- Using a nutrition-focused physical assessment (NFPA) in post-bariatric patients – assessing micronutrient deficiencies
- Post-op cases (the good, bad and ugly)
- Weight regain after bariatric surgery – review of possibilities and how dietitians can help

learning retreat **daily** **schedule**

3:30 pm – 4:30 pm

Pharmacotherapy

Sean Wharton, MD, PharmD, FRCP(C), Internal Medicine Specialist Adjunct Professor York University, Dept. Kinesiology and Health Sciences

- Current Canadian options: orlistat, liraglutide
- Options in the US: Phentermine, Topiramate/phentermine, Lorcaserin, naltrexone/bupropion
- Alternative therapy
- Summary of current evidence

4:30 pm

Summary & Closing remarks

Jennifer Brown, Registered Dietitian with the Ottawa Hospital Weight Management Clinic and Bariatric Centre of Excellence

Eric Doucet, PhD, Professor, School of Human Kinetics, University of Ottawa

Arya Sharma, MD, PhD, FRCPC, Professor and Chair, Obesity, Research and Management, University of Alberta

FRIDAY, OCTOBER 26, 2018

7:30 am – 8:00 am

Light refreshments served and recap of the day

8:00 am – 8:15 am

Welcome to Day 2 and Opening Remarks

Sean Wharton, MD, PharmD, FRCP(C), Internal Medicine Specialist Adjunct Professor York University, Dept. Kinesiology and Health Sciences

8:15 am – 9:15 am

Obesity Medicine: Perspectives from Primary Care – Current Challenges and Hope for the Future and Food Addiction: Everything in Moderation for Everyone?

Angie Hong, MD, CCFP, FCFP, ABOM diplomate Discovery Weight Clinic, Toronto

- To discuss the four main challenges faced by primary care physicians when managing obesity as a disease.
- To share information regarding new initiatives and opportunities for involvement.
- To open a conversation about the concept of food addiction and treatment.

9:15 am – 9:30 am

Health Break

9:30 am – 12:00 pm

Weight Bias & Behavioural Therapy

T. Michael Vallis, PhD, Associate Professor, Department of Psychology, Dalhousie University
Individuals living with obesity are highly stigmatized and face multiple forms of prejudice and discrimination because of their weight, often due to widespread negative stereotypes. How can practitioners recognize the impact of stigmatization in the context of subtle and at times unconscious psychological behaviors? Participants will receive an overview of the concept of stigma and weight bias. How can health providers help obese individuals overcome difficulties in changing their eating habits and maintaining these changes? The goal of this session is to help participants engage patients in ways to ensure the emotional factors associated with eating become the starting point for clinical interventions. The presentation will include skills and strategies for motivational enhancement, behaviour modification and emotion management.

learning retreat **daily** **schedule**

12:00 pm – 1:00 pm

Lunch

1:00 pm – 2:30 pm Weight Bias & Behavioural Therapy

T. Michael Wallis, PhD, Associate Professor, Department of Psychology, Dalhousie University

- Behavioural modification
- Motivational interviewing (MI): different techniques with examples
- Techniques and tips/strategies to approach the patient (advanced)
- Weight bias/stigma
- Evidence of Mindfulness?
- Health at Every Size

2:30 pm – 2:45 pm

Health Break

2:45 pm – 3:30 pm

Understanding clinical assessment using the EOSS classification system

Sean Wharton, MD, PharmD, FRCP(C), Internal Medicine Specialist Adjunct Professor York University, Dept. Kinesiology and Health Sciences

Proper assessment of a patient with obesity is a crucial component of developing a management strategy. This session will guide dietitians through the assessment of a patient with obesity. He will highlight the Edmonton Obesity Staging System (EOSS), a 5-point ordinal classification system for obesity that considers co-morbidity and functional status, has been validated against nationally representative US samples and is superior to BMI, WC or metabolic syndrome in predicting mortality. EOSS can also guide clinical management and may allow better triaging of resources in health care systems to patients who stand to benefit the most.

- Mortality, CVD, Diabetes and metabolic syndrome, Cancer, Hepatic, Mental health, Lung function (including sleep apnea)
- Musculoskeletal disorders
- Other consequences to touch on:
 - Intertrigo, pannus, deep vein thrombosis, hypertension, fertility (PCOS)
 - Strategies to approach the patient (basic)

- Patient history, current lifestyle, physical assessment (EOSS), testing, Goal setting with patients

3:30 pm – 4:00 pm

Complex Case Studies

Jennifer Brown, Registered Dietitian with the Ottawa Hospital Weight Management Clinic and Bariatric Centre of Excellence.

Sean Wharton, MD, PharmD, FRCP(C), Internal Medicine Specialist Adjunct Professor York University, Dept. Kinesiology and Health Sciences

4:00 pm – 4:30 pm

Closing remarks & Evaluation

PRELIMINARY PROGRAM - SUBJECT TO CHANGE

speakers



JENNIFER BROWN MSc., RD

Registered Dietitian, The Ottawa Hospital Weight Management Clinic & Bariatric Centre of Excellence

Jennifer Brown is a registered dietitian with the Ottawa Hospital Weight Management Clinic and Bariatric Centre of Excellence and is the provincial lead for eConsult in bariatric nutrition. She is an expert member of the American Academy of Nutrition and Dietetics Evidence Analysis Workgroup on Bariatric Surgery (systematic review project), co-chair of the Ontario Bariatric Network Dietitian Task Force and an executive member of the bariatric surgery subgroup of the Dietitians of Canada – DOC network. She received a BSc. from St. Francis Xavier University in Human Nutrition and a MSc. from the University of Ottawa in Human Kinetics exploring the relationship between appetite, olfaction, food reward and peripheral hormone changes in weight regain after Roux-en-Y gastric bypass surgery. Jennifer has been invited to speak at numerous nutrition, obesity and surgery conferences across North America and hopes to standardize bariatric nutrition care through collaborative research across Canada and internationally.



ÉRIC DOUCET PhD

Professor at University of Ottawa, Faculty of Health Sciences, School of Human Kinetics

Eric Doucet is an expert in the study and treatment of obesity and its associated complications. He is full professor at the School of Human Kinetics at the University of Ottawa. He obtained his Ph.D. in Physiology and Endocrinology at Université Laval in Québec City in 2001. His undergraduate and masters training focused on nutrition and physical activity. His current research program focuses specifically on understanding the contribution of certain physiological and endocrine factors to obesity. He is also interested in the effects of nutrition, eating behaviour and physical activity on energy balance. He has published articles in refereed journals, such as the International Journal of Obesity, Obesity, the Journal of Clinical Endocrinology and Metabolism, the American Journal of Clinical Nutrition, the British Journal of Nutrition and the European Journal of Clinical Nutrition amongst others.

speakers



ANGIE HONG MD, CCFP, FCFP, ABOM DIPLOMATE

Physician, Discovery Weight Clinic, Toronto

Dr. Angie Hong is a fellow of the Canadian College of Family Physicians, a diplomate of the American Board of Obesity Medicine and a member of the Canadian Obesity Network. She completed her medical degree at the University of Toronto. She is a faculty member at CBT Canada where she is involved in teaching physicians how to implement Cognitive Behavioural Therapy techniques with weight management.



IAN PATTON PhD

Vice-Chair, Canadian Obesity Network Public Engagement Committee

Ian Patton has been involved in CON for several years as a researcher and a trainee. He has also struggled with weight his entire life and is a recent Bariatric Surgery patient. Ian worked as an obesity expert and lived as a person with obesity. His involvement with the CON Public Engagement Strategy was a natural fit and something he is very passionate about. Ian is excited to help introduce the general public to the deep knowledge base of the network and brilliance of CON members.

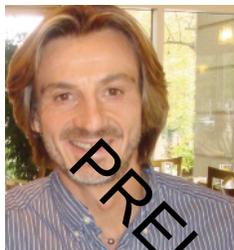


ARYA M. SHARMA MD/PhD, DSc (hc), FRCPC

Professor of Medicine, Obesity Research & Management Chair, University of Alberta, Medical Director of the Edmonton Regional Bariatric Program and Scientific Director, Canadian Obesity Network

Dr. Sharma's research focuses on an evidence-based approach to managing obese patients and includes the development of the Edmonton Obesity Staging System. Dr. Sharma has authored or coauthored more than 300 publications and has lectured widely on the aetiology and management of hypertension, obesity, and related cardiometabolic disorders. Dr. Sharma is regularly featured as a medical expert in national and international TV and print media including the CBC, CTV, New York Times, and MSNBC. Dr. Sharma maintains a widely-read blog where he regularly posts his ideas and thoughts on obesity prevention and management: <http://www.drsharma.ca>.

speakers



MICHAEL VALLIS PhD

Associate Professor, Department of Psychology, Dalhousie University

Dr. Michael Vallis is a registered health psychologist practicing at Capital Health, Halifax, and is cross-appointed to Dalhousie University as Associate Professor in Family Medicine and Psychiatry, and Adjunct Professor in Psychology and Health and Human Performance. He created the Behaviour Change Institute, a training program for lifestyle counseling skills for physicians, nurses, dietitians and other healthcare providers. He is active in research on motivation, behavioural change and adaptation to chronic disease. He is an Associate Editor of the Canadian Journal of Diabetes and is the Canadian Lead for the Diabetes Attitudes, Wishes and Needs 2 Study (DAWN2). He is an academic mentor for the Canadian Foundation of HealthCare Improvement's Atlantic Healthcare Collaboration and was recently awarded a Queen's Diamond Jubilee Medal by the Canadian Diabetes Association.



SEAN WHARTON MD, FRCPC, PHARM D

Medical Director of the Wharton Medical Clinic, a community based internal medicine weight management clinic and Adjunct Professor at York University, Department of Kinesiology and Health Sciences.

Dr. Wharton's research includes the clinical aspects of bariatric medicine and diabetes research. Diabetes management is a focus for Dr. Wharton as 25% of overweight and obese patients have this chronic medical condition. Dr. Wharton was the lead author of the weight management chapter for the 2013 Canadian Diabetes Association Guidelines. He is a member of the Royal College of Physicians and Surgeons, the Canadian Obesity Network, The Obesity Society and the Canadian Association of Bariatric Surgeons and Physicians, and a Diplomat of the American Board of Obesity Medicine.

general information

REGISTRATION: Delegates may register between 7:30 - 8:00 am on October 25th.
Certificate of Attendance & Credits: Upon having attended the Learning Retreat

CERTIFICATE OF ATTENDANCE & CREDITS: Upon having attended the Learning Retreat in its entirety, delegates will receive a certificate of attendance. Certificates can be picked up at the end of the conference at the registration desk. This event is pending accreditation for SCOPE points and Continuing Professional Development (CPD) certification.



VENUE INFORMATION:

- The conference will be held at Ryerson Student Centre/Oakham House, Thomas Lounge
- 55 Gould Street
- Telephone: 416-979-5250
- Web address: <http://ryersonstudentcentre.ca/>

BOOK YOUR HOTEL ROOM:

We are holding a small block of guest rooms at the Chelsea, 33 Gerrard Street West, Toronto ON (<http://chelsea.eatonhotels.com/>), at \$150/night plus taxes. This is within 10 minutes walk of the workshop meeting rooms. Guest self-parking costs \$29/night plus taxes.

To book your guest room and get the advertised rate go to Eaton Chelsea online booking.

GETTING THERE:

The Ryerson Student Centre is easily accessed by public transit or car. It is on the south side of Gould St. just west of Church St.

Public Transit: Yonge/Dundas subway station: walk north on Yonge, east side, to Gould, turn right and walk east to the Centre. Yonge/College subway station: walk south on Yonge, east side, to Gould, turn left and walk east to the Centre.

By Car: Don Valley: south exit at Richmond St. E., continue towards Church St., turn right (north) at Church. Gardiner Expressway: east exit at Jarvis St and drive north. Turn left (west) on Dundas and right (north) on Church St.

For more details and a parking map: go to <http://ryersonstudentcentre.ca/contact/directions>

PARKING:

There are two parking facilities, 1) Campus Store Garage, 300 Victoria Street, and 2) Pitman Hall Garage, 160 Mutual Street. For more information including a map and rates, go to <http://www.ryerson.ca/ubs/parking/vehicle.html>. Cost is \$16 per day at Campus Store Garage and \$14 per day at Pitman Hall Garage. There is also Green P and street parking in the area.

INTERNET:

Complimentary wireless internet is available in the Thomas Lounge.

retreat pre-readings

Registrants will be required to read a set of articles and background information so that they are prepared for the workshop.

A test of the content may be required prior to attending the workshop to ensure all registrants are at approximately the same learning level.

Readings will be made available once registration has been confirmed.

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*Byrne, S., Cooper, Z., Fairburn, C. (2008). Weight maintenance and relapse in obesity: a qualitative study. *International Journal of Obesity*, 27, 955–962. doi:10.1038/sj.ijo.0802305

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Chaput, J.P. & Sharma, A.M. (2011). Is physical activity in weight management more about 'calories in' than 'calories out'? *British Journal of Nutrition*, 106(11), 1768–1769.

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Gustafson, B., Hedjazifar, S., Gogg, S., Hammarstedt, A., Smith, U. (2015). Insulin resistance and impaired adipogenesis. *Trends in Endocrinology and Metabolism*, 26(4), 193–200.

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*Kirk, S.F., Price, S.L., Penney, T.L., Rehman, L., Lyons, R.F., Piccinini-Vallis, H., Vallis, T.M., Curran, J., Aston, M. (2014). Blame, Shame, and Lack of Support A Multilevel Study on Obesity Management. *Qualitative Health Research*, 24(6), 790–800. doi:10.1177/1049732314529667

Lau, D., Douketis, J., Morrison, K., Hramiak, I., Sharma, A.M., Ur, E. (2007). 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children [summary]. *Canadian Medical Association Journal*, 176(8suppl), S1–13. doi: 10.1503/cmaj.061409

retreat pre-readings

*Muckelbauer, R., Sarganas, G., Gruneis, A., Muller-Nordhorn, J. (2013). Association between water consumption and body weight outcomes: a systematic review. *American Journal of Clinical Nutrition*, 98, 282-299. doi: 10.3945/ajcn.112.055061

*Padwal, R.S., Pajewski, N.M., Allison, D.B., Sharma, A.M. (2011). Using the Edmonton obesity staging system to predict mortality in a population-representative cohort of people with overweight and obesity. *Canadian Medical Association Journal*, 183(14), E1059-1066. doi:10.1503/cmaj.110387

*Puhl, R.M. & Heider, C.A. (2009). The Stigma of Obesity: A Review and Update. *Obesity*, 17(5), 941-964. doi:10.1038/oby.2009.1636

Pull, C. (2010). Current psychological assessment practices in obesity surgery programs: what to assess and why. *Current Opinion in Psychiatry*, 23(1), 30-36. doi: 10.1097/YCO.0b013e328334c817

*Purcell, K., Sumithran, P., Prendergast, L.A., Bouniu, C.J., Delbridge, E., Proietto, J. (2014). The effect of rate of weight loss on long-term weight management: a randomised controlled trial. *The Lancet Diabetes & Endocrinology*, 2(12), 954-962.

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*Taylor, V.H., Stonehocker, B., Steele, M., Sharma, A.M. (2012). An overview of treatments for obesity in a population with mental illness. *Canadian Journal of Psychiatry*, 57(1), 13-20.

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*Vallis, M., Piccinini-Vallis, H., Sharma, A.M., Freedhoff, Y. (2013). Clinical review: modified 5 As: minimal intervention for obesity counseling in primary care. *Canadian Family Physician*, 59(1), 27-31.

Certificate of Attendance & Credits:

Upon having attended the Learning Retreat in its entirety, delegates will receive a certificate of attendance. Accreditation and Continuing Professional Development (CPD) certification pending.

PARKING AT RYERSON

Bookstore / Parking Garage
Pitman Hall / Student Residence Lot

West side of Victoria Street between Dundas and Gould
West side of Mutual Street between Gerrard and Gould

Parking lots are also at the Eaton Centre and on Carlton, Church, Dundas, Bay, and Gerrard



support@ryersonstudentcentre.ca

416.979.5250 ext. 1-2353

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notes



PRELIMINARY PROGRAM - SUBJECT TO CHANGE



PRELIMINARY PROGRAM - SUBJECT TO CHANGE

Proud supporter of the Dietitians' Learning Retreat

Celebrate

 Nutritional Supplements