

ACG's Obesity and Metabolic Disorders School

Friday, December 4, 2026

Hyatt Regency Louisville in Louisville, Kentucky

Course Directors:

A. Sidney Barritt, IV, MD, MSCR, FACG, and Catherine T. Hudson, MD, MPH, DABOM

13.75 hours of CME and 13.75 MOC Points for the live and on-demand lectures

7:00 am **Registration and Continental Breakfast**

7:50 am **Welcome and Introductions: Why Is the Obesity and Metabolic School in Session?**

A. Sidney Barritt, IV, MD, MSCR, FACG, and Catherine T. Hudson, MD, MPH, DABOM

8:00 am **The Metabolic Road Map for Modern GI Practice**

Catherine T. Hudson, MD, MPH, DABOM

Describe the historical evolution of obesity and metabolic syndrome as distinct but overlapping diseases, and identify the role of gastroenterologists and hepatologists in managing obesity within various practice models.

SESSION 1: Understanding Obesity as a Disease

Moderator: *Catherine T. Hudson, MD, MPH, DABOM*

8:30 am **Genetics, Environment, and Judgment: The Science (and Stigma) of Obesity**

Danny Issa, MD

Explain genetic and environmental contributors to obesity pathophysiology and discuss how stigma impacts access, outcomes, and provider behavior.

8:50 am **More Than a Number: Diagnosing Obesity Beyond BMI**

Shelby A. Sullivan, MD, FACG

Interpret limitations of BMI and identify complementary measures of adiposity, and outline appropriate screening for comorbidities and behavioral health integration.

9:10 am **Scaling Success: Lifestyle Foundations for Long-Term Weight Health**

Carolyn A. Newberry, MD, DABOM

Summarize evidence-based lifestyle interventions for weight management and apply motivational interviewing techniques to improve adherence.

9:30 am Panel Discussion / Q & A

9:50 am Break

SESSION 2: Treating Obesity and Metabolic Dysfunction

Moderator: *Pichamol Jirapinyo, MD, MPH, FACG, DABOM*

- 10:10 am **Gut Instincts: Hormones That Shape Metabolism**
Sergio Sanchez-Luna, MD
Describe the role of foregut and hindgut signaling in appetite and energy balance, and explain how surgical and endoscopic procedures modify gut hormones.
- 10:30 am **Endo-Game: The Expanding Role of Endobariatric Therapies**
Danny Issa, MD
Identify primary endoscopic bariatric interventions and revision techniques, and compare gastric versus small bowel targets for weight and metabolic benefit.
- 10:50 am **Inside Out: The GI Endoscopist's Role in Bariatric Surgery Complications**
Sergio Sanchez-Luna, MD
Explain common post-bariatric complications and endoscopic management strategies, and explain stenting, endovac, dilation, and nutritional optimization for marginal ulcers.
- 11:20 am **Beyond the Scale: GLP-1s as Chronic Disease Modifiers**
Donna H. Ryan, MD
Discuss pharmacology and mechanisms of GLP-1 receptor agonists and related agents, and summarize evidence for GLP-1-based therapies across metabolic, cardiovascular, and neurocognitive domains.
- 11:50 am **Access Denied? Navigating Coverage, Cost, and Compounding**
Shelby A. Sullivan, MD, FACG
Consider insurance, PBM, and TROA barriers to GLP-1 access, and discuss ethical and practical considerations in compounding and telehealth models.
- 12:10 pm **Panel Discussion / Q & A**
- 12:30 pm **Break / Lunch Provided**
- 1:30 pm **Fuel and Function: Optimizing Nutrition After Obesity Interventions**
Neha Dilip Shah, MPH, RD, CNSC, CHES
Identify common micronutrient deficiencies post-bariatric or GLP-1 therapy, and explain the role of protein and resistance training in preserving lean mass.

SESSION 3: Metabolic Dysfunction and the Liver

Moderator: *A. Sidney Barritt, IV, MD, MSCR, FACG*

- 1:50 pm **MASLD: The Epidemic Hiding in Plain Sight**
A. Sidney Barritt, IV, MD, MSCR, FACG
Describe the epidemiology and global burden of MASLD and MASH in patients with obesity and metabolic dysfunction.

- 2:10 pm **New and Emerging Pharmacotherapy for MASLD/MASH**
Cynthia Moylan, MD, MHS
Identify the mechanisms and clinical trial data for newly approved and late-stage investigational pharmacotherapies targeting MASLD/MASH.
- 2:30 pm **The Impact of Nutrition and Metabolic Syndrome on Liver Disease: Beyond MASLD**
A. Sidney Barritt, IV, MD, MSCR, FACG
Explain the role of sarcopenic obesity, frailty, and metabolic syndrome in the progression of chronic liver disease and cirrhosis.
- 2:50 pm **Panel Discussion / Q & A**
- 3:10 pm **Break**
- SESSION 4: Obesity and Metabolic Dysfunction in a GI Practice**
Moderator: *Gerald (Tad) Dryden, Jr., MD, MSPH, FACG*
- 3:30 pm **Inflamed and Overfed: Managing Obesity in IBD**
Gerald (Tad) Dryden, Jr., MD, MSPH, FACG
Discuss the impact of obesity on IBD activity and outcomes, and evaluate the safety and efficacy of GLP-1s and bariatric interventions in IBD.
- 3:50 pm **Under Pressure: GERD, Surgery, and GLP-1s in Obesity**
Carolyn Newberry, MD, DABOM
Explain the bidirectional relationship between obesity and reflux disease, and identify surgical and pharmacologic management strategies for reflux in high BMI patients.
- 4:10 pm **Speed Up-Slow Down: Dysmotility Across the Obesity Spectrum**
Baharak Moshiree, MD, MSc, FACG
Describe dysmotility patterns following bariatric procedures and GLP-1 therapy, and review management of dumping, gastroparesis, and candy cane syndrome.
- 4:30 pm **The Road Ahead: Collaboration, Combination, and Compassion**
Donna H. Ryan, MD
Summarize the multidisciplinary approach to obesity and metabolic dysfunction, and identify opportunities for advocacy, data collection, and collaborative care models.
- 4:50 pm **Panel Discussion / Q & A**
- 5:10 pm **Course Wrap-Up and Take-Away Points**
A. Sidney Barritt, IV, MD, MSCR, FACG, and Catherine T. Hudson, MD, MPH, DABOM

5:20 pm **In Person Course Adjourns**

ACG's Obesity and Metabolic Disorders School ON-DEMAND LECTURES

With *OPTIONAL* live Q&A – Saturday, January 9, 2027 for the Louisville Course

All attendees will be registered for the live and on-demand lectures. They will then be given the option to attend a live Q&A with the on-demand faculty for an additional 2 hours of CME and MOC credits.

Q & A Schedule:

10:00 am – 11:00 am – Q & A Hour 1

11:00 am – 11:15 am – Break

11:15 am – 12:15 pm – Q & A Hour 2

Q & A Hour 1 will cover the following talks:

Moderator: *A. Sidney Barritt, IV, MD, MSCR, FACG*

Meds, Endoscopy, and Surgery: Combination and Sequential Therapies for Obesity Treatment

(45 minute on-demand lecture)

Christopher C. Thompson, MD, MSc, FACG

Identify evidence supporting combination and sequential approaches to obesity treatment, discuss clinical decision-making regarding timing of medications before or after procedures, and explain strategies for defining treatment failure and managing weight plateau or regain.

Endoscopic Management of Bariatric Surgery Complications: GI to the Rescue

(45 minute on-demand lecture)

Catherine T. Hudson, MD, MPH, DABOM

Discuss the gastroenterologist's role in preoperative assessment and postoperative complication management, describe endoscopic tools and techniques used to manage leaks, fistulas, strictures, ulcers, and altered anatomy, and review multidisciplinary approaches for optimizing outcomes and reducing reoperation rates.

Sarcopenic Obesity and Micronutrient Deficiencies

(45 minute on-demand lecture)

Lindsey Russell, MD, MSc, CNSC

Explain the pathophysiology and clinical significance of sarcopenia in patients with obesity and liver disease, identify risks for protein-calorie and micronutrient deficiencies associated with pharmacologic and procedural weight loss therapies, and discuss prevention and treatment strategies, including resistance training and targeted supplementation.

Opening the Floodgates: The Pharmacological Pipeline for the Treatment of Obesity and Metabolic Liver Disease

(45 minute on-demand lecture)

Naim Alkhoury, MD, DABOM

Identify emerging drug classes targeting obesity and steatotic liver disease beyond incretin mimetics, explain mechanisms of action, efficacy, and safety of multi-agonist and muscle-sparing therapies, and discuss how gastroenterologists can integrate forthcoming agents into clinical and research practice.

Q & A Hour 2 will cover the following talks:

Moderator: *Catherine T. Hudson, MD, MPH, DABOM*

The Role of the Microbiome in Obesity and the Impacts of Obesity Treatment

(45 minute on-demand lecture)

Ali Rezaie, MD, MSc, FACG

Describe mechanisms by which the gut microbiome influences energy balance, inflammation, and metabolism, discuss how obesity treatments—pharmacologic, endoscopic, and surgical—affect microbial composition and function, and explore the therapeutic potential and current limitations of microbiome-targeted interventions.

Redesigning Your GI Practice to Incorporate the Elements Needed to Treat Obesity and Metabolic Liver Disease: Clinical Practice Pearls

(45 minute on-demand lecture)

Pooja Singhal, MD, FACG, DABOM

Identify key team members (dietitians, behavioral health, pharmacists) essential for comprehensive obesity care, discuss workflow strategies for integrating metabolic care into a general or subspecialty GI practice, and outline best practices for managing prior authorizations and optimizing patient access.

Incorporating Counseling for Lifestyle Modifications Into Your Busy GI Practice While Reducing Stigma: Clinical Pearls From the Experts

(45 minute on-demand lecture)

Marianna Papademetriou, MD

Apply practical counseling strategies for lifestyle change within time-limited GI visits, recognize and address weight stigma through person-first language and supportive clinic environments, and develop approaches to foster non-scale goals and patient-centered care.

What to Know When You Are Considering ABOM Certification

(45 minute on-demand lecture)

Meagan E. Gray, MD, DABOM

Describe the pathway, requirements, and benefits of ABOM board certification, discuss how certification enhances understanding of obesity as a disease and improves patient care, and evaluate whether ABOM certification aligns with individual professional goals and practice needs.

2026 Southern Regional Postgraduate Course

December 5-6, 2026

Hyatt Regency Louisville

Louisville, Kentucky

Course Directors:

Elizabeth R. Paine, MD, FACP

Dr. Paine has no relevant financial relationships with ineligible companies.

Judy A. Trieu, MD, MPH

Boston Scientific: Consultant; Cook Medical: Consultant

Dr. Trieu's disclosures are relevant to Session 1 and the endoscopy talks on Saturday afternoon.

Up to 11.00 hours of CME & 11.00 MOC points

Saturday, December 5, 2026

7:00 am **Registration and Continental Breakfast in the Exhibit Hall**

7:50 am **Welcome and Introductions**

Elizabeth R. Paine, MD, FACP, and Judy A. Trieu, MD, MPH

SESSION 1: Abdominal Pain

Moderator: *Judy A. Trieu, MD, MPH*

8:00 am **Dyspepsia**

Baharak Moshiree, MD, MSc, FACP

Define dyspepsia, differentiate functional from organic causes, and apply diagnostic and management strategies.

8:20 am **GERD**

Kerry B. Dunbar, MD, PhD

Identify typical and atypical presentations of GERD and apply diagnostic and management strategies, including lifestyle modification, pharmacologic therapy, and endoscopic and surgical interventions.

8:40 am **Pancreaticobiliary Diseases**

Judy A. Trieu, MD, MPH

Differentiate common pancreaticobiliary etiologies of abdominal pain and review diagnostic and management approaches, including laboratory investigations, imaging, and endoscopic interventions.

9:00 am **Diseases of Gut-Brain Interaction**

Christopher D. Velez, MD

Define diseases of gut-brain interaction (DGBI), explain the underlying pathophysiology, and apply approaches to diagnosis and management.

9:20 am Panel Discussion / Q&A

9:40 am Break / Visit Exhibit Hall

SESSION 2: Altered Bowel Habits

Moderator: *Elizabeth R. Paine, MD, FACG*

10:00 am **Positioning Drugs for Inflammatory Bowel Disease (for the Non-IBD Specialist)**

Elizabeth R. Paine, MD, FACG

Discuss optimized treatment of Crohn disease and ulcerative colitis in a general gastroenterology practice.

10:20 am **Noninfectious Colitis**

Darrell S. Pardi, MD, MS, FACG

Describe the common clinical presentations and management options for each type of noninfectious colitis.

10:40 am **Types of Constipation and Their Management**

Jill K. Deutsch, MD, MA

Explain the types of constipation and explore practical considerations in the treatment of these disorders.

11:00 am **Irritable Bowel Syndrome Toolkit**

William D. Chey, MD, MACG

Discuss the treatment options for each type of IBS, including nutritional and other non-pharmacologic strategies.

11:20 am Panel Discussion / Q & A

11:40 am Break / Lunch Provided

SESSION 3: Nausea and Vomiting

Moderator: *Baharak Moshiree, MD, MSc, FACG*

12:40 pm **Work-Up of Nausea and Vomiting**

Linda Anh B. Nguyen, MD, FACG

Define an evidence-based approach to the initial evaluation of nausea and vomiting in clinical practice.

- 1:00 pm **Gastroparesis**
Baharak Moshiree, MD, MSc, FACG
Review the clinical presentation, diagnostic approach, and current treatment options in gastroparesis.
- 1:20 pm **Cyclic Vomiting**
Katja Karrento, MD (NASPGHAN)
Compare and contrast the diagnostic evaluation and treatment paradigms for cyclic vomiting syndrome and marijuana hyperemesis syndromes.
- 1:40 pm **Debate: Use of THC in Nausea and Gastroparesis-Related Abdominal Pain**
Darren M. Brenner, MD, FACG and Linda Anh B. Nguyen, MD, FACG
Debate whether THC should be used in the therapeutic management of abdominal pain in nausea/vomiting disorders.
- 2:10 pm Panel Discussion / Q & A
- 2:30 pm Break / Dessert in the Exhibit Hall

SATURDAY AFTERNOON PRESENTATIONS / HANDS-ON WORKSHOP SESSIONS

Endoscopy Talks

- 3:00 pm **Luminal Strictures**
Thomas Tielleman, MD
Describe the types of luminal strictures (e.g., peptic, radiation-induced, inflammatory, anastomotic) and appropriate use of endoscopy, dilation techniques, and adjunctive therapies, and when it is appropriate to refer to an advanced endoscopists.

OR Hands-On Workshop
- 3:50 pm **Foreign Body Ingestion and Food Impaction**
Shifa Umar, MD
Review the evidence-based guidelines for managing foreign body ingestions and food impactions, including clinical assessment, timing of endoscopy, peri-procedural preparations, and endoscopic strategies.

OR Hands-On Workshop
- 4:40 pm **Non-Variceal GI Bleeding Tips and Tricks**
Mohammad Bilal, MD, FACG
Review the evidenced-based guidelines for managing non-variceal GI bleeding, including clinical assessment, timing of endoscopy, peri-procedural preparations, and endoscopic strategies.

OR Hands-On Workshop
- 5:30 pm Course Adjourns for the Day

Sunday, December 6, 2026

- 7:00 am Registration and Continental Breakfast in the Exhibit Hall
- 7:55 am Welcome and Announcements
Elizabeth R. Paine, MD, FACG, and Judy A. Trieu, MD, MPH

Session 4: Dysphagia

Moderator: *Joan Chen, MD, MS*

- 8:00 am **Work-Up of Dysphagia**
Cary C. Cotton, MD, MPH
Describe the clinical presentations of esophageal dysphagia, identify alarm features, and apply a stepwise, evidence-based diagnostic approach.
- 8:20 am **Achalasia**
Rishi D. Naik, MD, FACG
Review the pathophysiology of achalasia, diagnostic approach, and management strategies, including lifestyle, endoscopic, and surgical options.
- 8:40 am **Non-Achalasia Esophageal Motility Issues**
Joan W. Chen, MD, MS
Differentiate non-achalasia esophageal motility issues, the role of high-resolution manometry, and treatment strategies.
- 9:00 am **Eosinophilic Esophagitis**
Evan S. Dellon, MD, MPH, FACG
Review the pathophysiology of eosinophilic esophagitis and treatment strategies, including lifestyle modifications, available medications, and the role of endoscopy for disease surveillance and stricture management.
- 9:20 am Panel Discussion / Q & A
- 9:40 am Break / Visit Exhibit Hall

SESSION 5: Abnormal Liver Biochemistries

Moderator: *Gyorgy Baffy, MD, PhD, FACG*

- 10:00 am **Work-Up of Abnormal Liver Biochemistries**
Gyorgy Baffy, MD, PhD, FACG
Identify cost-effective ways to approach the evaluation of abnormal liver biochemistries.

- 10:20 am **MASLD and MASH**
Cynthia A. Moylan, MD, MHS
Differentiate MASLD and MASH and describe diagnostic strategies and therapeutic options in these conditions.
- 10:40 am **Non-Rx Drug-Induced Liver injury**
Andrew Moon, MD, FACG
Review common over-the-counter medications and supplements that cause liver injury, with particular focus on the pattern of liver injury seen, and highlight any additional treatment aside from stopping the offending drug.
- 11:00 am **Cirrhosis Management**
Mohamed Shoreibah, MD
Review evidence-based practice strategies in the diagnosis and management of cirrhosis and its sequelae.
- 11:20 am Panel Discussion / Q & A
- 11:40 am **Course Wrap-Up and Take-Away Points**
Elizabeth R. Paine, MD, FACG, and Judy A. Trieu, MD, MPH
- 11:50 am Course Adjourns