



# obesity update

## Learning Objectives for February 20, 2021

### **Major Mental Health Comorbidities in Obesity. An Overview.**

Following this session, participants will be able to:

1. identify common psychiatric conditions found to be co-morbid with obesity:
  - o mood disorders (major depressive disorder, generalized anxiety disorder)
  - o eating disorders (binge eating disorder)
  - o neurodevelopmental disorders (ADHD)
2. explain why psychiatric conditions create barriers to weight loss that if left unmanaged may hinder a patients' effective participation in a weight management plan

### **Pharmacotherapy: The Changing Landscape of Obesity Treatment.**

Following this session, participants will:

1. Formulate a rationale for the role of obesity pharmacotherapy in multi-modal weight management
2. Appropriately select individuals for whom weight loss medications are indicated
3. Discuss obesity pharmacotherapy with patients
4. Compare and contrast the mode of action, safety and efficacy of available anti-obesity medications.
5. Select anti-obesity pharmacotherapies based on the specific properties of different agents
6. Employ strategies to manage common side effects of pharmacotherapy

### **Surgery for Weight Loss.**

Following this session, participants will be able to:

1. select individuals for whom bariatric surgery is appropriate
2. initiate a referral to a tertiary care center and comprehend the clinical process and timelines
3. explain how each bariatric surgery type facilitates weight loss
4. evaluate surgery's impact on patients', obesity and related co-morbidities, quality of life, and mortality
5. Identify postoperative complications of bariatric surgery and employ appropriate management including re-referral to tertiary care

### **Care After Weight Loss Surgery.**

Following this session, participants will be able to:

1. Employ and sustain standard recommendations post weight loss surgery including nutrition requirements, supplements and routine blood work
2. Observe and employ medications post weight loss surgery including medications for birth control, diabetes, lipids, blood pressure, thyroid management and anticoagulation
3. Detect weight recidivism after weight loss surgery and implement an appropriate action plan based on definition, causes and assessment.