

Keynote Forum August 23, 2017

Obesity & Bariatric Surgery 2017



INTERNATIONAL OBESITY, BARIATRIC AND METABOLIC SURGERY SUMMIT AND EXPO

August 23-24, 2017 | Holiday Inn Toronto International Airport
Toronto, Canada

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Mervyn Deitel

Director of MGB-OAGB Club, Canada

A brief history of bariatric surgery to the present

Massive obesity results in serious diseases. Surgery has frequently been the only means to achieve and sustain significant weight loss and resolve co-morbidities. Thus, operations providing weight loss by gastric restriction with early satiety and especially by intestinal bypass with controlled malabsorption have evolved over the past 50 years. A brief history of bariatric operations is given, including their major complications, management and potential nutritional sequelae. The bypass operations are now being used to resolve diabetes mellitus type-2 in patients with lesser obesity. Oral supplementation is necessary postoperatively for vitamin D₃, calcium, iron, B₁₂ and folate. Currently, the MGB and OAGB are being performed, which are fairly rapid and simple with excellent resolution of co-morbidities, durable weight loss and ease of reversal.

Speaker Biography

Mervyn Deitel was graduated in Medicine from the University of Toronto in 1961 and trained in Surgery at Beth Israel, Bellevue and N.Y. University Hospitals in New York, Roswell Park Cancer Institute in Buffalo and Trauma at Parkland Memorial in Dallas. He has started I.V. Hyperalimentation (TPN) in 1967 in Canada and started Bariatric Surgery in Canada in 1970 with JI-bypass, later gastroplasties and RYGB. He was a Past Professor of Surgery and of Nutritional Sciences, University of Toronto and was Founding Member of the ASBS in Iowa 1983. He was the President of ASBS 1994-1995 and was awarded the Outstanding Achievement Award of the ASMBS Foundation in 2004. He has founded the Obesity Surgery Journal in 1991 and was the Editor-in-Chief from 1991-2008. He was awarded the IFSO Golden Pin in 1997 and IFSO Honorary Life Membership in 2003. He has 202 papers in PubMed and wrote 5 textbooks on nutrition and on bariatric surgery, 21 invited book chapters and has made >500 invited presentations. He served on the Editorial Board of *Journal of American College of Nutrition*, and is an advisor in nutrition to the *American Journal of Family Practice*. He is Chief Advisor of the International Bariatric Club.

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Joycelyn M Peterson

Oakwood University, USA

Pediatric vegetarian diets are healthful, nutritionally adequate, and may provide health benefits in the prevention of obesity

Pediatric Vegetarian Diets: Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle, including pregnancy, lactation, infancy, childhood, and adolescence.

Vegetarian Diets in Perspective: A vegetarian is a person who eats all plant foods, does not eat meat, including fowl or seafood, or products containing these foods. The eating patterns of vegetarians may vary considerably. There are basically three types of vegetarian diets: The lacto-ovo-vegetarian eating pattern, the most common type is based on grains, vegetables, fruits, legumes, nuts, seeds, dairy products, and eggs, lacto-vegetarian diet includes milk with plant foods but excludes any other foods from animals such as eggs and total vegetarian or plant based diet is made of grains, fruits, vegetables, legumes, nuts, seeds, excludes the use of all animal products. Vegan means no animal products excluding the wearing of leather products.

Pediatric Vegetarian Diets: There are many reasons for the rising interest in vegetarian diets. Health, economic, ecological, ethical or religious reasons are at the top five.

Scientific research continues to document the health advantages of the vegetarian diet with lower risk of heart related diseases, obesity, and cancer. Many are starting their children on a vegetarian lifestyle for the major reason to maintain good health and to prevent diet related diseases. The number of vegetarians in the United States and Canada is expected to increase during the next decade. Food and nutrition professionals can assist vegetarian clients by providing current, accurate information to parents about vegetarian nutrition, diet and resources.

Speaker Biography

Joycelyn M Peterson has completed Nutrition and Dietetics degrees at Loma Linda University and Johns Hopkins University (Post-master's studies in international nutrition). She is Professor and Chairperson of Nutrition and Dietetics Department at Oakwood University, Alabama, USA. She has recently published her dissertation in the *Annals of Nutrition Metabolism* 8/2011, and is a contributing Writer for newspapers and health magazines and has also published two vegetarian cookbooks. Her professional experience includes vegetarian nutrition consultant, public health speaker, and program planner for international and state-wide public health nutrition initiatives, conducting research at the undergraduate and graduate levels.

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Bobby Whisnand

Bobby Whisnand Fitness, USA

Built in America: Making wellness fit for life!

Bobby Whisnand rewrites the book on wellness by delivering an eye-opening keynote presentation on the state of wellness in the United States. Bobby turns heads as he clearly shows the medical industry, health associations, companies and individuals what's missing in their ways of wellness. With topics like "The Fitness Industry is Out of Shape", "The Perfect Pair of Genes", "Lucky #23" and "Living Your Life in Dog Years", Bobby opens the eyes and hearts of his audience by showing his turnkey solutions for a much healthier and accountable exercise industry, a clearer path to a nation of healthier eating and a more practical and effective way for the medical industry to show their patients the true way to health. Bobby helps his audiences to see wellness in an entirely new light and paves the way to a much healthier and longer living nation.

Speaker Biography

Bobby Whisnand is a keynote speaker, personal trainer, exercise therapist, and author holding a BS in Psychology from Midwestern State University. He is certified through the International Sports Science Association as a Specialist in Exercise Therapy, Specialist in Sports Nutrition, and as an Elite Trainer. He is also a Cooper Aerobics Institute certified personal trainer. Over his 27 years in the fitness industry, he has designed fitness programs for over 7,000 patients, of which over 5,000 were weight loss surgery patients. He has received endorsements from many doctors and surgeons from many areas of medicine and has represented the American Heart Association as a fitness expert at many events. He has also written several articles on heart health for the Polar Heart Rate Company which were selected for global publication. One of Bobby's favorite things to do is speak, and he has given over 500 presentations on fitness, heart health, and motivation to a wide array of audiences.

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Keynote Forum August 24, 2017

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Chandra Hassan

University of Illinois at Chicago, USA

Bariatric surgery: Challenges, barriers and future directions in the surgical treatment of morbid obesity

Bariatric surgery is the most effective long-term treatment for morbid obesity. Despite this fact, currently, only 1% of individuals who are morbidly obese—that is, 1 in 100 people—undergo bariatric surgery. There are numerous current challenges with the surgical treatment of morbid obesity such as the low post-surgical follow-up rates with only 30% of patients following-up after one year. There is also significant weight regain or insufficient weight loss post-bariatric surgery, which may be an additional reason for the lack of post-surgical follow-up. In addition, there are several novel procedures for the treatment of obesity which do not necessarily lead to significant improvement in weight loss. Most of all, surgical and medical approaches to obesity do not typically address the underlying causes of obesity (e.g., unhealthy diets, physical inactivity, etc.). There are also numerous barriers to the surgical treatment of obesity, including the selection criteria, the costs associated with bariatric surgery and the fact that certain ethnic minority groups are not seeking bariatric surgery at the same rate as other ethnic groups. The aim of this presentation is

threefold: First, to describe the current state of the bariatric surgery care and outcomes; second, to describe the current challenges and barriers to seeking pre- and post-bariatric care and third to describe the process of the comprehensive structuring of our pre- and post-surgical treatment of obesity program in order to improve outcomes. The overall goal is to issue a call to action to develop strategic plans to improve post-surgical weight loss and medical and psychosocial outcomes in order to enhance the overall management of the surgical treatment of obesity.

Speaker Biography

Chandra Hassan has completed his MD degree and post-graduate work in Surgery from Stanley Medical College, University of Madras, India. He has then received a Fellowship from the Royal College of Surgeons of England. He has completed his Internship and Residency at Bronx-Lebanon Hospital Center at Yeshiva University and Albert Einstein School of Medicine, Bronx, NY and completed Bariatric Surgery Fellowship at Danbury Hospital at Yale University, USA. He is currently an Assistant Professor of Surgery and the Director of Bariatric Surgery at both the University of Illinois at Chicago, Division of General, Minimally Invasive and Robotic Surgery and at Mount Sinai Hospital in Chicago, Illinois. He is also a Fellow of the American College of Surgeons.

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Moise Bendayan

University of Montreal, Canada

Oral administration of leptin for the control of food intake and weight management

Leptin plays fundamental roles regulating appetite and energy expenditure. Originally discovered as an adipokine, it is also secreted by the gastric chief cells in an exocrine regulated fashion. To overcome the harsh conditions of the gastric juice it is complexed to a chaperon, the soluble isoform of its receptor. The released leptin-leptin receptor complex is channeled towards the intestinal lumen. Leptin is then internalized by the duodenal enterocytes, transcytosed and released towards circulation to reach target cells. The physiological presence of leptin in the gastric juice led us to put forward the proposal of an oral administration of leptin. Oral leptin administered in an appropriate vehicle that protects from early degradation by gastric and pancreatic juices and promotes internalization by the intestinal cells, led to its rapid appearance in circulation. Once administered to normal and obese mice, oral leptin decreased food intake by 60% and significantly reduced body weight. The effects were proportional to the administered amounts. By adjusting these, we were able to reduce and stabilize body weight in ob/ob obese mice for long periods of time. Studies with dogs using an oral tablet containing leptin with the different components that protect and promote leptin internalization, has shown its efficiency in reducing food intake. Further studies demonstrated that oral leptin stimulated brown

adipose tissue. It activates UCP1 and other mitochondrial enzymes for lipid oxidation, lipolysis and decreases in fat synthesis, leading to rapid reduction of body weight and adiposity. Taken together these results demonstrate that oral leptin reaches blood circulation and target cells very efficiently. Besides acting as a satiety hormone reducing appetite and decreasing food intake, oral leptin triggers lipolysis for the overall major loss of body weight.

Speaker Biography

Moise Bendayan Full Professor Department of Pathology & Cell Biology, Faculty of Medicine Université de Montréal, Montreal Quebec Canada 1976: Ph.D. Anatomy University of Montreal (Drs Rasio & Sandborn) 1976-1979 Post-doctoral training, Département de Morphologie Université de Genève (Dr Orci) 1981-1982 Institut de la recherche sur le cancer Villejuif France (Dr Puvion) 1987 and 2006 Sabbatical at the Diabetes Unit, Hadassah Hospital Hebrew University Jerusalem, 1979-Assistant Professor University of Montreal 1988- now Full Professor 1990-98 Chair Department of Anatomy-Cell biology Membre du Montreal Diabetes Center Research grants from: CRM, IRSC, FRSC, Heart Fondation, Juvenile Diabetes Foundation, NIH, Diabete Quebec and others Average 150,000-200,000\$/year + millions in equipment Publications by December 2016. 21 book chapters 290 original articles in peer reviewed journals (Nature, Science, Journal of Cell Science) 291 Congress Abstracts. Administration :Chairman of the Department Member of many Scientific Associations among which : President of the American Histochemical Society , Vice President of the Canadian Anatomists ,President and Member of the CIHR, FRSC. Diabete Quebec...research committees Research on Endocrinology, Diabetes, Obesity, Cell and Molecular Biology since 1972

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Mehmet Emre Atabek

Necmettin Erbakan University, Turkey

Non-alcoholic fatty liver disease in childhood obesity as an increasing problem

Pediatric liver disease is a serious complication of childhood obesity. The growing obesity epidemic is believed to be a main character of the rising prevalence of nonalcoholic fatty liver disease (NAFLD) in children. NAFLD refers to a spectrum of hepatic pathologies ranges from simple steatosis to steatohepatitis, fibrosis and cirrhosis of the liver. It is generally related with obesity and associated with generally metabolic syndrome and type 2 diabetes mellitus, dyslipidemia, hypertension, a cardiovascular disease risk. In this presentation, we discuss the current status of non-alcoholic fatty liver disease in childhood obesity.

Speaker Biography

Mehmet Emre Atabek has completed his Ph.D from Erciyes University and Post-doctoral studies from Selcuk University School of Meram Medicine. He is the Director of Pediatric Endocrinology, a premier pediatric endocrinology and diabetology service organization. He has published more than 120 papers in reputed journals and has been serving as an Editorial Board Member of repute. He has been interested in searching metabolic problems of obese children in most of his articles. His articles have been cited more than 1100 citations by another article in Web of Science so far. He continues to work as Head of the Department of Pediatric Endocrinology, Necmettin Erbakan University.

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