



# January 2023 Grand Rounds – Anti-Obesity Pharmacotherapy Continuing Medical Education Information for Learners

Credit for this course may not exceed 1 credit when both the live and enduring material activity format credits are combined.

## Live Course Accreditation and Credit for Physicians

The Obesity Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Obesity Society designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*ACCME Activity ID 202350466*

## On-Demand Course Accreditation and Credit for Physicians

The Obesity Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Obesity Society designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*ACCME Activity ID 202351587*

# Important Dates for On-Demand Course (Enduring Material)

Date of Release: February 1, 2023

Date of Termination: December 31, 2025

## Learning Objectives

1. Learners will be aware of medications for obesity treatment that have recently been FDA approved or are currently in clinical trials.
2. Learners will understand which patients are good candidates for specific anti-obesity medications.
3. Learners will be able to apply what they've learned to identify which of their patients are appropriate candidates for specific anti-obesity pharmacotherapies.
4. Learners will be able to explain to appropriate candidates the pros and cons of specific pharmacotherapies.

## Commercial Support

No commercial support was received for this activity.

## Faculty and Planning Committee Disclosure Information

The Obesity Society adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers or others are required to disclose all relevant financial relationships with ineligible entities<sup>1</sup> (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

The Obesity Society asks all individuals involved in the development and presentation of Continuing Medical Education (CME) activities to disclose all relevant relationships with ineligible companies. This information is disclosed to CME activity participants. The Obesity Society has procedures to mitigate all conflicts of interest. In addition, faculty members are asked to disclose when any unapproved use of pharmaceuticals or devices is being discussed. TOS requires additional disclosures beyond the ACCME definition of an ineligible company. These include food, weight loss, and supplement industry disclosures. In the list below, the nature of the relationship and company are followed by the industry of that company.

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<sup>1</sup> An ineligible company as defined by the ACCME is one that is not eligible for ACCME accreditation, in other words those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Examples of such organizations include: 1) Advertising, marketing, or communication firms whose clients are ineligible companies, 2) Bio-medical startups that have begun a governmental regulatory approval process, 3) Compounding pharmacies that manufacture proprietary compound, 4) Device manufacturers or distributors, 5) Diagnostic labs that sell proprietary products, 6) Growers, distributors, manufacturers or sellers of medical foods and dietary supplements, 7) Manufacturers of health-related wearable products, 8) Pharmaceutical companies or distributors, 9) Pharmacy benefit managers, 10) Reagent manufacturers or sellers. Reference: <https://accme.org/faq/what-accmes-definition-ineligible-company>

## Chairs:

At TOS activities, course/session chairs are responsible for timekeeping, introductions, housekeeping announcements, and presenting audience questions to speakers. TOS has determined that chairs do not have the ability to influence content. Accordingly, TOS does not collect, mitigate, or disclose relevant financial relationships of chairs (unless they have a dual role as a planner or speaker). In the case of this webinar, the chair was also the planner, so disclosures have been included in this document.

## Panelists:

Panelists are speakers who speak without presenting slides in a portion of a session or course. As speakers, they are required to disclose, and their relevant financial relationships are listed below. All speakers - with or without relevant financial relationships, with or without slides - are advised, and subsequently attest that "The content and/or presentation of the information with which I am involved will promote quality or improvements in health care and will not promote a specific proprietary business interest or a commercial interest (including ACCME-defined ineligible companies). Content for this activity, including any presentation of therapeutic options, will be balanced, evidence-based and commercially unbiased."

## Speaker Disclosures:

<b>Ania M. Jastreboff, MD, PhD</b>	Advisor relationship with Novo Nordisk (Pharmaceuticals); Eli Lilly (Pharmaceuticals); Boehringer Ingelheim (Pharmaceuticals); Pfizer (Pharmaceuticals); Rhythm Pharmaceuticals (Pharmaceuticals); WW (Weight Management/Medical Food); Intellihealth (Weight Management Telehealth-TOS conflict).  Consultant relationship with Scholar Rock (Pharmaceuticals).  Researcher relationship with Novo Nordisk (Pharmaceuticals); ; Eli Lilly (Pharmaceuticals); Rhythm Pharmaceuticals (Pharmaceuticals).
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## Planner Disclosures:

<b>Aaron S. Kelly, PhD, FTOS</b>	No Relevant Financial Relationships  <u>Unpaid</u> consultant/speaker relationship with Novo Nordisk (Pharmaceuticals); <u>Unpaid</u> consultant relationship with Vivus (Pharmaceuticals); <u>Unpaid</u> consultant relationship with Eli Lilly (Pharmaceuticals); <u>Unpaid</u> consulting relationship with Boehringer Ingelheim (Pharmaceuticals); Donated drug/placebo for NIH funded clinical trial (for which this individual was not the PI) with Vivus and Novo Nordisk (Pharmaceuticals)
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**Reviewer Disclosures:** No members of the TOS CME Oversight Committee, charged with the resolution of all relevant conflicts of interest, had any relevant financial relationships while serving on the committee.

## Bibliography

1. Jastreboff AM, Aronne LJ, Ahmad NN, et al. Tirzepatide once weekly for the treatment of obesity. *N Engl J Med* 2022;387:205-216.
2. Gossmann M, Butsch WS, Jastreboff AM. Treating the Chronic Disease of Obesity. *Med Clin North Am*. 2021 Nov;105(6):983-1016. doi: 10.1016/j.mcna.2021.06.005. PMID: 34688422.
3. Müller, T.D., Blüher, M., Tschöp, M.H. et al. Anti-obesity drug discovery: advances and challenges. *Nat Rev Drug Discov* 21, 201–223 (2022). <https://doi.org/10.1038/s41573-021-00337-8>
4. Mastrocola MR, Roque SS, Benning LV, Stanford FC. Obesity education in medical schools, residencies, and fellowships throughout the world: a systematic review. *Int J Obes (Lond)*. 2020 Feb;44(2):269-279. doi: 10.1038/s41366-019-0453-6. Epub 2019 Sep 24. PMID: 31551484; PMCID: PMC7002222.

## Disclaimer

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*This document was last updated January 5, 2023v2.*