



# July 2024 Grand Rounds – Effects of Intentional Weight Loss on Changes in Lean Body Mass and Skeletal Muscle

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 202573210*

## 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 202573211*

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

Date of Release: August 1, 2024

Date of Termination: December 31, 2026

# Learning Objectives

1. After participating in the webinar, learners will be able to describe the effects of intentional weight loss on changes in body composition and on skeletal muscle mass and how exercise impacts these changes.
2. After this webinar, learners will be able to apply what they've learned about how weight loss—with or without exercise—affects body composition and metabolism, and they will be able to advise patients on how the interaction of exercise with weight loss can impact muscle mass and energy metabolism.

## 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 financial relationships with ineligible entities<sup>1</sup> (commercial interests). All relevant financial relationships 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 financial relationships with ineligible companies. This information is disclosed to CME activity participants. The Obesity Society has procedures to mitigate financial relationships. 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 all non-medical food and weight loss industry disclosures (indicated by an asterisk\*). In the list below, the nature of the relationship and company are followed by the industry of that 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:

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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>

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:

Bret Goodpaster, PhD	No Relevant Financial Relationships
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### Planner Disclosures:

Monica Agarwal, MD	No Relevant Financial Relationships
Johnny Figueroa, PhD	No Relevant Financial Relationships
Leslie Golden, MD, MPH	No Relevant Financial Relationships
Valentina Ivezaj, PhD	No Relevant Financial Relationships
Aaron Kelly, PhD	No Relevant Financial Relationships
Robert Kushner, MD	Advisor Relationship with Novo Nordisk (Pharmaceuticals), WW (Medical Food and Weight Management*), and Eli Lilly (Pharmaceuticals) Consultant relationship with Altimmune (Pharmaceuticals), Pfizer Inc. (Pharmaceuticals), and Boehringer Ingelheim (Pharmaceuticals)
Magdalena Pasarica, MD, PhD	No Relevant Financial Relationships
Jonathan Purnell, MD	Consultation Relationship with Novo Nordisk (Pharmaceuticals), Boehringer Ingelheim (Pharmaceuticals), and Luciole (Pharmaceuticals)
Amanda Velazquez, MD	Advisor relationship with WW (Medical Food and Weight Management*) and Intellihealth (Weight Management*) Consultation Relationship with Novo Nordisk (Pharmaceuticals)
Denise Wilfley, PhD	No Relevant Financial Relationships

**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. Coen PM, Menshikova EV, Distefano G, et al., Goodpaster BH. Exercise and Weight Loss Improve Muscle Mitochondrial Respiration, Lipid Partitioning, and Insulin Sensitivity After Gastric Bypass Surgery. *Diabetes*. 2015 Nov;64(11):3737-50. doi: 10.2337/db15-0809. Epub 2015 Aug 20. PMID: 26293505; PMCID: PMC4613980.

2. Brennan AM, Standley RA, Anthony SJ, et al., Goodpaster BH. Weight Loss and Exercise Differentially Affect Insulin Sensitivity, Body Composition, Cardiorespiratory Fitness, and Muscle Strength in Older Adults With Obesity: A Randomized Controlled Trial. *J Gerontol A Biol Sci Med Sci*. 2022 May 5;77(5):1088-1097. doi: 10.1093/gerona/glab240. PMID: 34406407; PMCID: PMC9071425.

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*This document was last updated July 10, 2024*