



February 2025 Grand Rounds: Adipocyte Biology in Health and Disease

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 202923675

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 202923677

Important Dates for On-Demand Course (Enduring Material)

Date of Release: March 1, 2025

Date of Termination: December 31, 2027

Learning Objectives

1. After participating in the webinar, learners will understand the three primary functions of adipocytes and how alterations in these specific functions impact systemic metabolic function.
2. After the webinar, learners will understand a new model of lipotrophy in male and female mice that have decreased adipose tissue, but substantial impairment in insulin action.
3. By the end of this learning activity, learners will be able to analyze the mechanisms by which adipose tissue dysfunction—such as altered adipokine secretion, chronic inflammation, and impaired lipid storage—contributes to systemic metabolic dysfunction.
4. Learners will be able to apply this knowledge to identify clinical signs of adipose tissue dysregulation and develop evidence-based strategies for the prevention and management of associated metabolic diseases, including obesity, type 2 diabetes, and cardiovascular disorders.

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 entities¹ (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. 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).

¹ 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 and Speakers:

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:

Jacqueline Stephens, PhD, FTOS	No relevant financial relationships.
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Planner Disclosures:

Jonathan Purnell, MD, FTOS	Consultation Relationship with Novo Nordisk (Pharmaceuticals), Boehringer Ingelheim (Pharmaceuticals), and Luciole (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. Harvey I, Boudreau A, Stephens JM. Adipose tissue in health and disease. *Open Biol.* 2020 Dec;10(12):200291. doi: 10.1098/rsob.200291. Epub 2020 Dec 9. PMID: 33292104; PMCID: PMC7776562.
2. Burrell JA, Boudreau A, Stephens JM. Latest advances in STAT signaling and function in adipocytes. *Clin Sci (Lond).* 2020 Mar 27;134(6):629-639. doi: 10.1042/CS20190522. PMID: 32219346.
3. Richard AJ, Hang H, Allerton TD, Zhao P, Mendoza T, Ghosh S, Elks CM, Stephens JM. Loss of Adipocyte STAT5 Confers Increased Depot-Specific Adiposity in Male and Female Mice That Is Not Associated With Altered Adipose Tissue Lipolysis. *Front Endocrinol (Lausanne).* 2022 Apr 7;13:812802. doi: 10.3389/fendo.2022.812802. PMID: 35464049; PMCID: PMC9022209.

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