



# July 2025 Grand Rounds: Metabolic Surgery to Treat the Complications of Obesity

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 203263464*

## 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 203263468*

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

Date of Release: August 1, 2025

Date of Termination: December 31, 2027

## Learning Objectives

1. After participating in this webinar, learners will be able to describe the different types of metabolic surgery and their mechanisms of action in the treatment of obesity.
2. After participating in this webinar, participants will be able to evaluate the safety profiles, risks, and outcomes associated with commonly performed metabolic surgical procedures.
3. After participating in this webinar, participants will be able to explain the short- and long-term health benefits of metabolic surgery and its role within a comprehensive obesity treatment plan.

## 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. 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).

### Panelists and Speakers:

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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:

Ali Aminian, MD, FACS, FASMBS	Advisor relationship with Eli Lilly (Pharmaceuticals) and Ethicon (Medical Device). Consultant relationship with Medtronic (Medical Device). Researcher relationship with Ethicon (Medical Device) and Medtronic (Medical Device).
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### Planner Disclosures:

Monica Agarwal, MD, MEHP, FACE	No relevant financial relationships
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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. Aminian A, Zajichek A, Arterburn DE, Wolski KE, Brethauer SA, Schauer PR, Kattan MW, Nissen SE. Association of Metabolic Surgery With Major Adverse Cardiovascular Outcomes in Patients With Type 2 Diabetes and Obesity. *JAMA*. 2019 Oct 1;322(13):1271-1282. doi: 10.1001/jama.2019.14231. PMID: 31475297; PMCID: PMC6724187.
2. Brethauer SA, Aminian A, Romero-Talamás H, Batayyah E, Mackey J, Kennedy L, Kashyap SR, Kirwan JP, Rogula T, Kroh M, Chand B, Schauer PR. Can diabetes be surgically cured? Long-term metabolic effects of bariatric surgery in obese patients with type 2 diabetes mellitus. *Ann Surg*. 2013 Oct;258(4):628-36; discussion 636-7. doi: 10.1097/SLA.0b013e3182a5034b. PMID: 24018646; PMCID: PMC4110959.
3. Aminian A, Daigle CR, Romero-Talamás H, Kashyap SR, Kirwan JP, Brethauer SA, Schauer PR. Risk prediction of complications of metabolic syndrome before and 6 years after gastric bypass. *Surg Obes Relat Dis*. 2014 Jul-Aug;10(4):576-82. doi: 10.1016/j.soard.2014.01.025. Epub 2014 Jan 29. PMID: 24837561.

## Disclaimer

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*This document was last updated July 10, 2025.*