



October 2025 Grand Rounds: Nothing is More Expensive than a Missed Opportunity

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 203305178

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 203305180

Important Dates for On-Demand Course (Enduring Material)

Date of Release: November 1, 2025

Date of Termination: December 31, 2027

Learning Objectives

At the conclusion of this activity, participants should be able to:

1. Describe the mechanisms of action and current evidence supporting GLP-1 receptor–targeted therapies in the management of chronic disease.
2. Analyze barriers to the adoption of GLP-1 receptor therapies within current care pathways, including systemic, logistical, and cultural factors.
3. Apply strategies to integrate GLP-1 receptor therapies into patient care plans where clinically appropriate.
4. Evaluate opportunities to overcome institutional inertia and access limitations in order to optimize patient outcomes with these biologic innovations.

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:

Donna Ryan, MD, FTOS	Consulting Fee relationship with Boeringer Ingelheim (Pharmaceuticals); Consulting Fee, Stock Options relationship with Calibrate (Weight Management); Consulting Fee, Stock Options relationship with Epitee (Medical Device); Consulting Fee and Advisor relationship with Wondr Health (Weight Management); Advisor relationship with Abbvie (Pharmaceuticals); Advisor relationship with Amgen (Pharmaceutical); Advisor relationship with Astra Zenica (Pharmaceutical); Advisor relationship with Biohaven (Pharmaceuticals); Advisor relationship with Carmot/Roche (Pharmaceuticals); Advisor relationship with Currax (Pharmaceuticals); Advisor and stock options relationship with Epitee (Medical Device); Advisor relationship with Fractyl (Pharmaceuticals); Advisory, Speaker, Data monitoring (Pharmaceuticals); Advisor relationship with Pfizer. (Pharmaceuticals); Advisor relationship with Source Bio (Pharmaceuticals); Advisor relationship with Regeneron (Pharmaceuticals); Advisor relationship with Structure (Pharmaceuticals); Advisor relationship with Tenvie (Pharmaceuticals); Advisor relationship with Zealand (Biomedical); Consultant relationship with Nestle (Medical Food); Consultant relationship with eMed (Telehealth); Advisor and Data Monitoring Committee relationship with CinRX (Pharmaceuticals); former advisor ended more than 24 months ago; stock options relationship with Roman (Telehealth); Data Monitoring Committee relationship with Rhythm (Pharmaceuticals)
----------------------	--

Planner Disclosures:

Monica Agarwal, MD, MEHP, FACE	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. Lincoff AM, Brown-Frandsen K, Colhoun HM, et al. Semaglutide and cardiovascular outcomes in obesity without diabetes. *N Engl J Med* 2023;389:2221-2232.
2. Drucker DJ. GLP-1 physiology informs the pharmacotherapy of obesity. *Mol Metab.* 2022 Mar;57:101351.
3. Wong CK, McLean BA, Baggio LL, Koehler JA, Hammoud R, Rittig N, Yabut JM, Seeley RJ, Brown TJ, Drucker DJ. Central glucagon-like peptide 1 receptor activation inhibits Toll-like receptor agonist-induced inflammation. *Cell Metab.* 2024 Jan 2;36(1):130-143.e5.

4. Aseel Yaseen, Sharon W. Lahiri; Health Care Provider Prescribing Habits and Barriers to Use of New Type 2 Diabetes Medications: A Single-System Survey Study. Clin Diabetes 1 October 2023; 41 (4): 490–501. <https://doi.org/10.2337/cd22-0100>
5. Patrick P. Gleason, PharmD, BCPS, Benjamin Y. Urick, PharmD, PhD, Landon Z. Marshall, PharmD, PhD, Nicholas Friedlander, PharmD, Yang Qiu, MS, and R. Scott Leslie, MPH, PhD. Real-world persistence and adherence to glucagon-like peptide-1 receptor agonists among obese commercially insured adults without diabetes. Journal of Managed Care & Specialty Pharmacy, Volume 30, Number 8. <https://doi.org/10.18553/jmcp.2024.23332>

Disclaimer

These materials and all other materials provided in conjunction with continuing medical education activities are intended solely for the purposes of supplementing continuing medical education programs for qualified health care professionals. Anyone using the materials assumes full responsibility and all risk for their appropriate use. The Obesity Society makes no warranties or representations whatsoever regarding the accuracy, completeness, currentness, noninfringement, merchantability or fitness for a particular purpose of the materials. In no event will The Obesity Society be liable to anyone for any decision made or action taken in reliance on the materials. In no event should the information in the materials be used as a substitute for professional care.

This document was last updated October 13, 2025.