



# April 2026 Grand Rounds:

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*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## 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*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

Date of Release: May 15, 2026

Date of Termination: December 31, 2028

## Learning Objectives

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

1. Describe the clinical considerations of using GLP-1 receptor agonists in older adults with obesity, including the obesity–frailty paradox and the potential effects of weight loss on muscle mass, physical function, and overall health outcomes.

2. Apply evidence-based strategies to select appropriate older adult patients for GLP-1 receptor agonist therapy and implement interventions, such as resistance exercise, nutritional support, and functional monitoring, to preserve musculoskeletal health and physical function during weight loss treatment.

## 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:

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

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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>

companies). Content for this activity, including any presentation of therapeutic options, will be balanced, evidence-based and commercially unbiased.”

### Speaker Disclosures:

Tiffany Cortes	No relevant financial relationships.
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### Planner Disclosures:

Sriram Machenini, MD	Advisor relationship with Abbie Inc. (Pharmaceuticals), Eli Lilly (Pharmaceuticals) and NeurogastriX (Pharmaceuticals) Consultant relationship with Rhythm (Pharmaceuticals)
Angela Golden, DNP	Advisor relationship with Acella (Pharmaceuticals), Boehringer Ingelheim (Pharmaceuticals), Currax (Pharmaceuticals), Eli Lilly (Pharmaceuticals) and Novo Nordisk (Pharmaceuticals). Speaker relationship with Acella (Pharmaceuticals), Currax (Pharmaceuticals), Eli Lilly (Pharmaceuticals) and Novo Nordisk (Pharmaceuticals)

**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. Cortes TM, Vasquez L, Serra MC, Robbins R, Stepanenko A, Brown K, Barrus H, Campos A, Espinoza SE, Musi N. Effect of Semaglutide on Physical Function, Body Composition, and Biomarkers of Aging in Older Adults With Overweight and Insulin Resistance: Protocol for an Open-Labelled Randomized Controlled Trial. *JMIR Res Protoc.* 2024 Sep 13;13:e62667. doi: 10.2196/62667. PMID: 39269759; PMCID: PMC11437224.
2. Žižka O, Haluzík M, Jude EB. Pharmacological Treatment of Obesity in Older Adults. *Drugs Aging.* 2024 Nov;41(11):881-896. doi: 10.1007/s40266-024-01150-9. Epub 2024 Nov 8. PMID: 39514148; PMCID: PMC11554829.
3. Dinkla L, Beavers KM, Robbins R, Akpalu D, Wherry SJ, Miller G, Beavers DP, Espinoza S, Trejo J, Stepanenko A, Cortes TM. Bone mineral density and turnover response to GLP-1 receptor agonists in older adults with overweight/obesity and prediabetes/type 2 diabetes: a 20-week pilot trial post hoc analysis. *Front Aging.* 2025 Nov 27;6:1691007. doi: 10.3389/fragi.2025.1691007. PMID: 41393101; PMCID: PMC12695752.

## Disclaimer

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*This document was last updated April 27, 2026*