CHRONIC DISEASES IN CHILDHOOD OBESITY: RISKS AND BENEFITS OF EARLY INTERVENTION SYMPOSIUM

THE HILTON COLUMBUS, EASTON TOWN CENTER, COLUMBUS, OHIO

APRIL 2–3, 2009

Keynote:
Richard H. Carmona, MD, MPH, FACS
17th Surgeon General of the United States (2002-2006)
Vice Chairman of Canyon Ranch
President of Canyon Ranch Institute
Distinguished Professor at the
Zuckerman College of Public Health
University of Arizona

Moderator:
John B. Dixon, MBBS, PhD, FRACGP
Associate Professor
Head of Obesity Research
School of Primary Health Care
Monash University, Melbourne, Australia

For more information, please call (614) 355-0676 or visit the web at
www.NationwideChildrens.org/Obesity
Dear friends and colleagues:

We hope that you will join us for the symposium, "Chronic Diseases in Childhood Obesity: Risks and Benefits of Early Intervention" on April 2-3, 2009 in Columbus, Ohio. We are honored to have Dr. Richard Carmona, 17th Surgeon General of the United States, as our keynote speaker as well as Dr. John Dixon, international leader in obesity research, as guest moderator.

Population studies show that the reach of obesity now extends not only to both genders and every ethnic group, but also to all ages, including infants, toddlers, pre-school children and adolescents. Extreme obesity is one of the fastest growing segments of this epidemic, driving the development of many comorbid conditions. Recent research has documented the steady rise of chronic diseases among children, including type II diabetes, hepatic and cardiovascular disease.

This 1 ½ day symposium was organized to discuss the advent of chronic diseases among overweight children and what therapeutic interventions the health care community should employ to address them. Speakers will present the metabolic changes that foster chronic diseases, specifically the manifestations of obesity in cardiovascular and hepatic systems. The ability to screen for and identify high-risk obesity states will be discussed. Guidelines and approaches to childhood obesity currently being used by clinicians will be presented. The potential risks and benefits of a more aggressive standard of care, encompassing screening for at-risk children and the use of medical and surgical therapies earlier in the course of childhood obesity, will be the focus of the symposium.

The symposium will be held at The Hilton Columbus at Easton Town Center in Columbus, Ohio. The Easton Town Center complex offers a broad blend of shopping, restaurants and entertainment in a walkable layout. The conference will open with an overview of obesity complications by Dr. John Dixon. A lunchtime address by Dr. Kenneth Thorpe, Rollins School of Public Health at Emory University, will offer an examination of the economic implications of burgeoning chronic diseases in childhood. The Gala Event will highlight the Symposium's Keynote Address by Dr. Richard Carmona, 17th Surgeon General of the United States who continues as a leader in health strategy and public policy.

Nationwide Children's Hospital and The Ohio State University Medical Center, as hosts for this timely symposium, welcome you. We ask you to join us in an interactive educational conversation about the current health of our obese youth and to strategize on the development of new standards of treatment to meet these newly recognized health care needs.

Conference Organizers

Nationwide Children’s Hospital
Marc P. Michalsky, MD, FACS, FAAP
Steven Teich, MD, FACS, FAAP
Robert Murray, MD, FAAP

The Ohio State University Medical Center
Bradley J. Needleman, MD, FACS
Dara P. Schuster, MD, FACE
The roots of chronic diabetes and cardiovascular disease are laid down through metabolic adaptations in response to excess adipose tissue. These physiologic changes can be documented to occur in the first decade of life.

Given the magnitude of potential chronic health risks surrounding obesity, should we apply our most effective medical, pharmaceutical and surgical therapies to the treatment of young children?

**Purpose**

This symposium will focus on the advent of chronic metabolic diseases among young, overweight children. The meeting will explore the potential risks and benefits of routine assessment of family health-risk, screening for obesity-related comorbidities and broader use of pharmacological and surgical therapies early in the clinical course. Medical and surgical leaders in the field of pediatric weight management and metabolic disease will discuss the evolving standard of care.

**Intended Audience**

Our goal is to attract a multidisciplinary audience that includes clinicians, clinical researchers and basic science researchers in the field of adolescent and childhood obesity. There will be multiple panel discussions and facilitated audience discussions among researchers and clinicians.

**Disclosure of Commercial Relationships**

Anyone in a position to control content must disclose all relevant financial relationships with any commercial interests in the last 12 months. Any relationships identified will be resolved prior to the individual’s involvement in the educational activity.
Conference Speakers

**Donna A. Caniano, MD, FACS, FAAP**  
H. William Clatworthy Professor of Pediatric Surgery  
The Ohio State University College of Medicine  
Surgeon-in-Chief  
Nationwide Children’s Hospital  
Columbus, Ohio

**Richard H. Carmona, MD, MPH, FACS**  
17th Surgeon General of the United States (2002-2006)  
Vice Chairman of Canyon Ranch  
President of Canyon Ranch Institute  
Distinguished Professor at the Zuckerman College of Public Health  
University of Arizona

**Stephen R. Daniels, MD, PhD**  
Professor and Chairman, Department of Pediatrics  
University of Colorado Denver School of Medicine  
Pediatrician-in-Chief  
L. Joseph Butterfield Chair in Pediatrics  
The Children’s Hospital  
University of Colorado at Denver and Health Sciences Center  
Denver, Colorado

**John B. Dixon, MBBS, PhD, FRACGP**  
Associate Professor  
Head of Obesity Research  
School of Primary Health Care  
Monash University  
Melbourne, Australia

**Michael S. Freemark, MD**  
Professor of Pediatrics  
Duke University School of Medicine  
Chief, Division of Pediatric Endocrinology  
Durham, North Carolina

**Sandra G. Hassink, MD, FAAP**  
Director, Childhood and Adolescent Weight Management Clinic  
Department of Pediatrics  
Division of General Pediatrics/Primary Care Specialties  
Nemours/Alfred I. DuPont Hospital for Children  
Wilmington, Delaware

**Robert P. Hoffman, MD**  
Associate Professor of Pediatrics  
Department of Pediatrics  
Division of Endocrinology and Metabolism  
The Ohio State University College of Medicine  
Columbus, Ohio

**Thomas H. Inge, MD, PhD, FACS, FAAP**  
Associate Professor of Surgery and Pediatrics  
University of Cincinnati College of Medicine  
Surgical Director, Adolescent Comprehensive Weight Management Center  
Director, Center for Bariatric Research and Innovation  
Department of Surgery  
Division of Pediatric Surgery  
Cincinnati Children’s Hospital Medical Center  
Cincinnati, Ohio

**Thomas R. Kimball, MD**  
Professor of Pediatrics  
University of Cincinnati College of Medicine  
Director, Echocardiography  
Director of the Cardiovascular Imaging Core Research Laboratory  
Cincinnati Children’s Hospital Medical Center  
Cincinnati, Ohio

**Jane W. McGrath, MD, FAAP**  
Associate Professor of Pediatrics  
University of New Mexico  
Director, Envision New Mexico  
UNM Health Science Center  
Albuquerque, New Mexico

**Marc P. Michalsky, MD, FACS, FAAP**  
Assistant Professor of Clinical Surgery  
The Ohio State University College of Medicine  
Surgical Director, Center for Healthy Weight and Nutrition  
Nationwide Children’s Hospital  
Columbus, Ohio

**Bradley J. Needleman, MD, FACS**  
Assistant Professor of Surgery  
The Ohio State University College of Medicine  
Director, Bariatric Surgery Program  
Center for Minimally Invasive Surgery  
Ohio State University Medical Center  
Columbus, Ohio

**Dara P. Schuster, MD, FACE**  
Associate Professor of Medicine  
The Ohio State University College of Medicine  
Associate Medical Director, Chronic Disease Management  
Department of Internal Medicine  
Division of Adult and Pediatric Endocrinology, Diabetes and Metabolism  
Columbus, Ohio

**Jeffrey B. Schwimmer, MD**  
Associate Professor of Pediatrics  
University of California School of Medicine  
Director of the Weight and Wellness Center  
Director of the Fatty Liver Clinic  
Division of Gastroenterology, Hepatology and Nutrition  
Rady Children’s Hospital San Diego  
San Diego, California

**Melinda S. Sothern, PhD, CEP**  
Professor and Director, Section of Health Promotion  
Behavioral and Community Health Sciences Department  
School of Public Health  
Louisiana State University Health Sciences Center  
New Orleans, LA

**Kenneth E. Thorpe, PhD**  
Robert W. Woodruff Professor and Chairman  
Department of Health Policy and Management  
Rollins School of Public Health  
Emory University  
Atlanta, Georgia
Keynote Speakers

Richard H. Carmona, MD, MPH, FACS

17th Surgeon General of the United States (2002 - 2006); Vice Chairman of Canyon Ranch; President of Canyon Ranch Institute; Distinguished Professor at the Zuckerman College of Public Health, University of Arizona

In 2002, Dr. Richard Carmona became the 17th Surgeon General of the United States. Dr. Carmona was selected because of his extensive experience in public health, clinical sciences, and health care management. Dr. Carmona is committed to the belief that prevention is an effective means to improve public health, reduce health care costs, and improve the individual's quality of life.

Dr. Carmona’s path to becoming Surgeon General was characterized by numerous challenges throughout his life. Born to a poor Hispanic family in New York City, Dr. Carmona experienced homelessness, hunger, and health disparities during his youth. These experiences greatly sensitized him to the relationships among culture, health, education and economic status, and thus, shaped his future.

Dr. Carmona’s early training was in general and vascular surgery with a Fellowship in trauma, burns and critical care. He later continued his education by completing a Master’s degree in Public Health at the University of Arizona. His interest in public health stemmed from the realization that most of his patients’ illnesses and injuries were completely preventable.

Dr. Carmona currently serves as chairperson of the Partnership to Fight Chronic Disease. Additionally, Dr. Carmona chairs the efforts of the committee, Strategies to Overcome and Prevent Obesity Alliance (STOP) at George Washington University. Dr. Carmona is Vice Chairman of Canyon Ranch, a 30-year health and wellness company. His duties include oversight of health strategy and policy for all Canyon Ranch endeavors. He is also President of the non-profit Canyon Ranch Institute.

For more information on this speaker please visit www.apbspeakers.com.

John B. Dixon, MBBS, PhD, FRACGP

John B. Dixon, is a senior clinical scientist with the Human Neurotransmitters Laboratory at the Baker IDI Heart and Diabetes Institute and Head of the Obesity Research Unit at the School of Primary Health Care at Monash University, both in Melbourne, Australia.

After his medical degree at the University of Melbourne in 1975, Dr. Dixon trained and then practiced as a rural primary care physician before returning to Melbourne in the late 1990s, completing a PhD titled “The comorbidity of severe obesity and changes associated with weight loss” in 2002.

Known internationally for his research and education programs regarding the problems and management of obesity, Dr. Dixon’s background in primary care has enabled a diverse examination of the problems and diseases related to severe obesity, and has facilitated broad vision and collaboration in research activities. With over 100 peer reviewed journal articles and book chapters, Dr. Dixon has been successful in attracting research grants from industry and the NHMRC. He is an associate editor of both Obesity Surgery and SOARD.

Dr. Dixon is current president of the Australian and New Zealand Obesity Society (ANZOS- the Obesity Society), an executive member of OSSANZ (Obesity Surgeons Society of Australia and New Zealand) and is on both the scientific and program committees of ASMBS (American Society of Metabolic and Bariatric Surgeons) as a physician member.
Thursday, April 2, 2009

7:00 a.m. – 8:00 a.m. Registration and Continental Breakfast

Session I  Introduction

8:00 a.m. – 8:30 a.m. The Long-term Risk of Childhood Obesity

John B. Dixon

Presentation of a Case:
8-year-old obese African American girl, high-risk family health history,
BMI > 99th percentile, findings of acanthosis nigricans, sleep disturbance, teased
at school, hyperinsulinemic, at risk for hypertension, with high tryglycerides,
slightly elevated liver function tests and a high C-reactive protein.

Session II  What’s Happening to the Physiology of this Girl?

8:30 a.m. – 9:15 a.m. Changes in Physiology with Increased Fat Mass

Dara P. Schuster

9:15 a.m. – 10:00 a.m. The Advent of Metabolic Syndrome in Children

Stephen R. Daniels

10:00 a.m. – 10:30 a.m. BREAK

Session III  What is this Child’s Future?

10:30 a.m. – 11:15 a.m. Cardiovascular Dysfunction in Children with Extreme Obesity

Thomas R. Kimball

11:15 a.m. – 12:00 noon Implications of Early-onset Dyslipidemia for Lifelong CVD

Stephen R. Daniels

Luncheon

12:00 noon – 1:00 p.m. Luncheon, Exhibits and Luncheon Speaker

12:15 p.m. – 12:45 p.m. The Economics of Lifelong Complicated Obesity

Kenneth E. Thorpe

Session III  What is this Child’s Future?  (Continued)

1:00 p.m. – 1:45 p.m. Identifying and Controlling Obesity-related Liver Disease

Jeffrey B. Schwimmer

Session IV  How Do We Identify Risk Among Obese Children?: “Early” Identification

1:45 p.m. – 2:30 p.m. Weighing Risk – The Expert Committee’s Recommendations in Practice

Sandra G. Hassink

2:30 p.m. – 3:15 p.m. School-based Screening to Identify Hidden Risk

Jane W. McGrath

3:15 p.m. – 3:30 p.m. BREAK
Session V  Why Should We Wait to Treat this Patient?
3:30 p.m. – 4:30 p.m.  Best Treatment First: Should Metformin be used for Hyperinsulinemia and Pre-diabetes? A Debate and Discussion
  Michael S. Freemark
  Robert P. Hoffman

Gala Event  The Hilton Columbus, Easton Town Center
6:00 p.m. – 6:45 p.m.  Cocktail Reception
6:45 p.m. – 10:00 p.m.  Evening Program
7:15 p.m.  Welcome Address
  Steve Allen, MD, Chief Executive Officer, Nationwide Children’s Hospital
7:30 p.m.  Keynote Address
  Will the Obesity Epidemic Break our Health Care System?
  Richard H. Carmona
  Discussion with the Audience
  Health Care Reform: Baby Steps toward the Prevention of Disease
  Richard H. Carmona

Friday, April 3, 2009
7:00 a.m. – 8:00 a.m.  Continental Breakfast

Session VI  What Treatments Can We Offer the Extremely Obese Child?
8:00 a.m. – 8:45 a.m.  Diet, Exercise, Behavior: The Promise and Limits of Lifestyle Change
  Melinda S. Sothern
8:45 a.m. – 9:30 a.m.  Medical vs Surgical Intervention for Metabolic Complications?
  John B. Dixon
9:30 a.m. – 9:45 a.m.  BREAK

Session VII
9:45 a.m. – 11:45 a.m.  Four Personal Perspectives on Pediatric Bariatric Surgery
  John B. Dixon, Moderator
  Building Public “Buy in” Through Research – Marc P. Michalsky
  How Young Should We Go with Surgery? – Thomas H. Inge
  Ethical Issues in Pediatric Bariatric Surgery – Donna A. Cariano
  The Future of Bariatric/Metabolic Surgery – Bradley J. Needleman
11:45 a.m. – 12:15 pm  Discussion: What Should a New Standard of Care Look Like?
  John B. Dixon, Moderator
12:15 p.m.  Adjourn
Gala Event

Thursday, April 2, 2009

6:00 p.m. – 10:00 p.m.

The Gala Event will feature a reception where participants and guests can mingle with the conference speakers and other colleagues. The evening program will be highlighted by the Keynote Address “Is the Obesity Epidemic Breaking our Health Care System?” delivered by Dr. Richard Carmona, 17th Surgeon General of the United States (2002-2006). Please join us for an opportunity to network with leaders in the field of childhood obesity prevention, management and treatment.

Coming to Columbus

Columbus is Ohio’s capital and the nation’s 15th largest city, with a dynamic business climate, a commitment to diversity, exciting annual festivals and cultural events, unique arts and entertainment opportunities, and home of great professional, amateur and collegiate sports. Easton Town Center houses over 160 best-of-class retailers, an array of fine dining restaurants and multiple entertainment venues.

Transportation

Port Columbus International Airport, located just 10 minutes from The Hilton Columbus at Easton Town Center, is served by 10 airlines and their regional affiliates providing more than 340 daily arrivals and departures to 36 airports. Major carriers include Air Canada Jazz, American, Continental, Delta, Midwest Connect, Northwest, Southwest, United, USA 3000 and US Airways. All ground transportation may be accessed via the terminal walkway or baggage claim level exits.

Taxi service is provided by many vendors.

The average fare from Port Columbus International Airport to The Hilton Columbus at Easton Town Center is approximately $20. Airport shuttles are operated by Arch Express, Super Shuttle and Urban Express Transportation. Cost varies based on the number of passengers and the distance. Reservations are recommended.
Accommodations

A room block has been reserved for conference registrants at The Hilton Columbus at Easton Town Center. The room rate for single/double occupancy is $179 per night. This special rate will be honored through March 10, 2009. The Hilton Columbus is a AAA 4-Diamond, full service, upscale hotel conveniently located within the Easton Town Center; excellent shopping, entertainment and dining are literally steps away. The hotel features a full-service restaurant, specialty in-room coffee bar, lobby lounge, and a sports bar. An on-site fitness center provides a large workout area and massage therapy, an indoor pool, whirlpool and game room. All rooms have high-speed internet connectivity. Wi-Fi is available in the lobby areas. For guests who need an office-away-from-the-office, a complete business center offers high-speed internet and is available seven days a week.

The hotel is minutes away from downtown, Nationwide Children’s Hospital, and The Ohio State University. Please contact the hotel directly for reservations and mention you are attending the Obesity Conference. Please secure your hotel room as soon as possible. Information for The Hilton Columbus and other hotels in the area include:

**The Hilton Columbus (Host Hotel)**
Located at Easton Town Center
3900 Chagrin Drive
Columbus, Ohio 43219
Telephone: (614) 414-5000
Toll Free: 1-800-Hiltons
(Group Rate Code: CHO)

**Courtyard by Marriott Columbus – Easton**
Located at Easton Town Center
3900 Easton Loop West
Columbus, Ohio 43219
Telephone: (614) 416-8000

**Residence Inn at Easton**
Located at Easton Town Center
3999 Easton Loop West
Columbus, Ohio 43219
Telephone: (614) 416-1000
Symposium Pricing Information

The registration fee includes educational materials, breakfast for both days, lunch on Thursday and the Gala Event. Registration will be confirmed within two weeks of receipt of payment. The Obesity Symposium Planning Committee reserves the right to limit registration to assure a quality educational experience.

<table>
<thead>
<tr>
<th></th>
<th>Received after March 5, 2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symposium Registration – Physician</td>
<td>$350.00 $450.00</td>
</tr>
<tr>
<td>Symposium Registration – trainees and non-Physician</td>
<td>$175.00 $275.00</td>
</tr>
<tr>
<td>Guest for Gala Event</td>
<td>$100.00 $100.00</td>
</tr>
</tbody>
</table>

How to Register

Attendees may register online at www.NationwideChildrens.org/Obesity or by using the attached registration form. Please follow the instructions carefully. A credit card must be used to register online. Upon receipt of the registration fee each attendee will receive a registration confirmation within two weeks.

Continuing Education

Nationwide Children’s Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Nationwide Children’s Hospital designates this educational activity for a maximum of 11.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Cancellation Policy

A refund, minus 30% for administrative costs, will be given for cancellations received in writing before March 20, 2009. After this date, no refund will be possible. For a change of name, a fee of $50.00 will be charged.

Nationwide Children’s Hospital reserves the right to cancel any program listed based upon enrollment or other contributing factors. Individuals who have enrolled will be notified at least one week in advance of a cancellation. Full tuition will be refunded or can be applied to another program should a program be cancelled.
For your convenience, register online at www.NationwideChildrens.org/Obesity

Name  ❑ Ms.  ❑ Mrs.  ❑ Mr.  ❑ Dr.

Title  Organization

Preferred Address

City  State  Zip  Country

Work County (if Ohio resident)

Telephone (work)  (home)

Fax  E-mail Address

❑ I prefer a vegetarian lunch

Specialty

❑

Special Services Required
❑ Interpreter for the Hearing Impaired  ❑ Wheelchair Seating
❑ Other (please explain)

---

<table>
<thead>
<tr>
<th>Registration Fees (in US Dollars)</th>
<th>Received after March 5, 2009</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symposium Registration – Physician</td>
<td>$350.00  $450.00</td>
<td>$</td>
</tr>
<tr>
<td>Symposium Registration – trainees and non-Physician</td>
<td>$175.00  $275.00</td>
<td>$</td>
</tr>
<tr>
<td>Guest for Gala Event</td>
<td>$100.00  $100.00</td>
<td>$</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$</strong></td>
<td><strong>$</strong></td>
</tr>
</tbody>
</table>

Amount Enclosed: $__________________

Payment: ❑ Cash  ❑ Check

Credit Card Information: ❑ Visa  ❑ MasterCard

Card #  Exp. Date

Name on Card

Please make check payable to: NATIONWIDE CHILDREN'S HOSPITAL and mail with registration form to: Obesity Conference, Nationwide Children’s Hospital, PO Box 7199, Columbus, OH 43205-7696, FAX (614) 355-0670

**Registration deadline is March 20, 2009**

If registering multiple individuals, please duplicate this form.

**ADA** — We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us serve you better. Please notify us of your special needs at least two weeks in advance.

**Questions?** — Contact the Professional Conference Coordinator, Nationwide Children’s Hospital, Education Department, P.O. Box 7199, Columbus, Ohio, USA, 43205-0199, (614) 355-0676 or see our website at www.NationwideChildrens.org/Obesity

**Smoke-Free Work Force Policy** — To provide the best care possible to our patients and their families, Nationwide Children’s Hospital has adopted a smoke-free environment policy. Employees, medical staff members, affiliated staff and students, volunteers, contract personnel, vendors and/or conference participants are prohibited from smoking or using other forms of tobacco both indoors and outdoors on any property owned or leased by Nationwide Children’s Hospital.
To learn more, or to reserve your place at the symposium, please visit www.NationwideChildrens.org/Obesity