

- 09:00 – 09:30 Registration & Coffee**
- 09:30 – 10:00 Welcome**
Dra. Donna Ryan / Dr. Carel le Roux / Dr. Ricardo Luna
- / Welcome, Housekeeping items
 - / ARS using 5 Case-bases pre-test questions
 - / Setting the stage: Prevalence and impact of obesity in Mexico
 - / A brief history of WOF and SCOPE
- 10:00 – 10:20 What should be our objectives be when we treat obesity?**
Dra. Victoria Rajme
- / What defines obesity and when is medical intervention needed?
 - / Initial assessing and staging of the patient
 - / How much weight loss is needed to achieve any health benefit?
- 10:20 – 10:40 Discussion**
Metabolically healthy obesity, metabolically un-healthy individuals with BMI <25, aging and assessment of excess body fat.
- 10:40 – 11:00 Maximizing initial weight loss with special low-calorie diets. Strategies for maintaining successful initial weight loss.**
Dr. Simón Barquera
- / Scientific Evidence for successful initial and long term weight loss with low-calorie and very-low-calorie diets
 - / What is more effective: to reduce carbohydrates or lipids?
 - / Fad diets: a critical review
- 11:00 – 11:30 Coffee Break**
- 11:30 – 11:50 How do we achieve changes in behaviours around food intake and physical activity in general medical practices?**
Dr. Héctor Esquivias
- / What is cognitive behavioural therapy?
 - / The gold standard for an intensive lifestyle intervention and its efficacy
 - / How can we make intensive lifestyle intervention works in general medical practices? (Commercial programs, internet programs, apps and devices, other approaches)
- 11:50 – 12:10 Discussion**
Slow and steady vs. rapid weight loss, appropriate approaches for special populations (physical or mental disability, lower socioeconomic status, older patients), why do patients 'fail' at lifestyle intervention.

- 12:10 – 12:40 Medicating the patient with obesity: who qualifies, how should medications be chosen and how long should they be taken?**
Dra. Donna Ryan
- / Currently available medication in Mexico and EU: mechanism of action, safety profiles, tolerability profiles and efficacy profiles
 - / Choosing the 'right' medication for the patient
 - / Strategies for maximizing initial weight loss and successfully maintaining lost weight
- 12:40 – 13:00 Discussion**
Drug interactions, using multiple medications together, medicating the patient with renal dysfunction, HCG and other unproven therapies, off-label prescribing.
- 13:00 – 14:00 Lunch**
- 14:00 – 14:20 What is the value of surgery to achieve weight loss? What strategies can be used to maintain weight loss?**
Dr. Carel le Roux
- 14:20 – 14:40 Discussion**
Long term nutritional needs of various bariatric procedures; use of medications to treat or prevent weight gain post bariatric surgery; contraindications for surgery. What are the current practices in Mexico? Is nutritional support provided after bariatric surgery in Mexico?
- 14:40 – 15:00 How do we achieve changes in behaviours around physical activity in general medical practices?**
Dra. Elisa Morales
- / What is the evidence of exercise as a therapeutic approach to promote weight loss?
 - / The gold standard for implementing an exercise program for a patient with obesity
- 15:00 – 15:20 Discussion**
Is aerobic exercise more effective, strength exercise or both?
- 15:20 – 15:50 Coffee Break**
- 15:50 – 16:10 How to manage overweight and obesity in childhood and adolescence?**
Dr. Rafael Violante
- / Diagnosis of childhood obesity
 - / Dietary approaches and exercise
 - / Potential role of pharmacological treatment and surgery
- 16:10 – 16:30 Discussion**
Use of charts and apps for diagnosis. Which exercises to prescribe? Genetic testing for severe childhood obesity. Pradder-Willi and other syndrome. Potential role of anti-obesity agents. When is surgery needed?
- 16:30 – 16:40 Summary & Post-test**
Dra. Donna Ryan / Dr. Carel le Roux / Dr. Ricardo Luna

Contact us for more information about SCOPE