Beyond the scale: A practical masterclass in modern weight and cardiometabolic medicine

GP26 Workshop Agenda (Draft)

Time: 1.00pm – 4.00pm
Format: Half day interactive workshop
Facilitators: workshop presented by Dr Teresa Girolamo and Dr Zana Murfitt

Obesity medicine is evolving rapidly, with new insights into the biology of weight regulation, highly effective therapied, and a growing focus on cardiometabolic health. General practitioners are at the forefront of delivering evidence-based care for this complex, chronic disease.

This interactive masterclass will provide a practical update on modern obesity management, covering the pathophysiology of weight regulation, lifestyle and behavioural interventions, obesity management medications (OMM's), bariatric surgery, MAFLD, CKM syndrome, and emerging therapies on the horizon. Participants will also explore important challenges including eating disorders following GLP-1/GIP therapy through engaging discussion and real-world case studies.

Time	Topic / Activity
1.00pm – 1.30pm	Session 1 Understanding obesity – why weight regulation is so difficult
1.30pm 2.10pm	Session 2 Evidence based treatment options
2.10pm	Break
2.25pm – 2.55pm	Session 3 Obesity as a cardiometabolic disease
2.55pm – 3.15pm	Session 4 What's on the horizon?
3.15pm - 3.35pm	Session 5 Challenges and unintended consequences
3.35pm – 3.50pm	Session 6 Bringing it all together: rapid fire clinical cases
3.50pm – 4.00pm	Session 7 5 things every GP should do differently on Monday morning
4.00pm	Close