

THE 15<sup>TH</sup> ANNUAL POSTGRADUATE NUTRITION SYMPOSIUM

Advances and Novel Targets in

# ENERGY BALANCE & OBESITY

July 9–10, 2014

Daniel Tosteson Medical Education Center  
Carl Walter Amphitheater (2nd Floor)  
260 Longwood Avenue, Boston, MA  
Harvard Medical School

Presented by



**HARVARD**  
MEDICAL SCHOOL  
DIVISION OF NUTRITION

and  
NUTRITION OBESITY  
RESEARCH CENTER  
AT HARVARD



**HARVARD SCHOOL  
OF PUBLIC HEALTH**

DEPARTMENT OF  
NUTRITION

## Wednesday, July 9, 2014

**7:15 a.m.** | **Registration & Continental Breakfast**

**8:00 a.m.** | **Welcome**

**W. Allan Walker, MD**  
Conrad Taff Professor of  
Nutrition & Pediatrics  
Director, Division of Nutrition  
Harvard Medical School  
Director, Mucosal Immunology  
Laboratory  
Massachusetts General Hospital

**Steven K. Grinspoon, MD**  
Professor of Medicine  
Harvard Medical School  
Director, MGH Program in Nutritional  
Metabolism  
Co-Director, Nutrition Obesity  
Research Center at Harvard  
Massachusetts General Hospital

## SESSION I: Determinants of Energy Expenditure and Balance

**Moderator:** Hideo Makimura, MD, PhD, Harvard Medical School, Massachusetts General Hospital

**8:10 a.m.** | **Leptin Signaling in Central Appetite Pathways**

**Rexford S. Ahima, MD, PhD**  
Professor of Medicine, University of Pennsylvania, Perelman School of  
Medicine, Division of Endocrinology, Diabetes and Metabolism

**8:40 a.m.** | **Brown Fat: Critical Determinant of Energy Expenditure**

**Aaron Cypess, MD, PhD, MMSc**  
Assistant Professor, Harvard Medical School  
Assistant Investigator and Staff Physician, Joslin Diabetes Center

**9:10 a.m.** | **Metabolic Flexibility and Substrate Partitioning in Energy Balance**

**Eric Ravussin, PhD**  
Boyd Professor, Douglas L. Gordon Chair in Diabetes & Metabolism,  
Associate Executive Director, Pennington Biomedical Research Center

**9:40 a.m.** | **Break**

**10:10 a.m.** | **Gastric Peptides in Energy Balance**

**David E. Cummings, MD**  
Professor of Medicine, Senior Investigator, Diabetes & Obesity Center of  
Excellence, University of Washington

- 10:40 a.m.** | **The Effect of Sleep on Energy Balance**  
Eve Van Cauter, PhD  
Professor of Medicine, Frederick H. Rawson Professor, Director, Sleep, Metabolism and Health Center, The University of Chicago
- 11:10 a.m.** | **Roundtable Discussion - Session Speakers**
- 11:40 a.m.** | **Closing Remarks**
- 11:45 a.m.** | **Lunch**

## SESSION II: Current Therapies for Obesity and Fat Accumulation

**Moderator:** W. Scott Butsch, MD, MSc, Harvard Medical School, Massachusetts General Hospital Weight Center

- 12:40 p.m.** | **Introductions**
- 12:45 p.m.** | **Recently Approved Therapeutics for Obesity**  
Caroline M. Apovian, MD, FACP, FACN  
Professor of Medicine and Pediatrics, Boston University School of Medicine  
Director, Nutrition and Weight Management Center  
Director, Nutrition and Support Service, Boston Medical Center
- 1:15 p.m.** | **Targeting of Visceral and Ectopic Adipose Depots**  
Steven K. Grinspoon, MD  
Professor of Medicine, Harvard Medical School  
Director, MGH Program in Nutritional Metabolism  
Co-Director, Nutrition Obesity Research Center at Harvard, Massachusetts General Hospital
- 1:45 p.m.** | **Dietary Strategies for Weight Loss; More than Just Calories**  
David S. Ludwig, MD, PhD  
Professor of Pediatrics, Harvard Medical School  
Professor of Nutrition, Harvard School of Public Health  
The John Fielding Crigier Jr. & Mary Adele Crigier Chair in Pediatric Endocrinology, Boston Children's Hospital
- 2:15 p.m.** | **Break**

- 2:45 p.m.** | **Behavioral Modification in Weight Loss Therapy**  
John P. Foreyt, PhD  
Professor, Departments of Pediatrics, Medicine, and Psychiatry and Behavioral Sciences  
Director, Behavioral Medicine Research Center  
Baylor College of Medicine
- 3:15 p.m.** | **Roundtable Discussion - Session Speakers**  
*and* Abraham Thomas, MD, MPH, Division Head, Endocrinology, Whitehouse Chair in Endocrinology, Henry Ford Hospital  
Chairperson, FDA Endocrinologic and Metabolic Drugs Advisory Committee
- 4:00 p.m.** | **Closing Remarks/Adjourn**

## Thursday, July 10, 2014

- 7:30 a.m.** | **Registration & Continental Breakfast**
- 8:00 a.m.** | **Welcome and Introductions**  
George L. Blackburn, MD, PhD  
S. Daniel Abraham Professor of Nutrition  
Associate Director of Nutrition, Division of Nutrition, Harvard Medical School  
Department of Surgery, Beth Israel Deaconess Medical Center

### SESSION III: Novel Therapeutics to Alter Energy Balance

**Moderator:** Miguel Alonso-Alonso, MD, Harvard Medical School, Beth Israel Deaconess Medical Center

- 8:10 a.m.** | **A Novel Muscle Protein Regulating Energy Balance: Irisin**  
Bruce M. Spiegelman, PhD  
Stanley J. Korsmeyer Professor of Cell Biology and Medicine, Dana-Farber Cancer Institute, Harvard Medical School
- 8:40 a.m.** | **Effects of Gastric Bypass on Energy Therapeutics**  
Lee M. Kaplan, MD, PhD  
Director, Obesity, Metabolism and Nutrition Institute, Massachusetts General Hospital  
Associate Professor of Medicine, Harvard Medical School

<b>9:10 a.m.</b>	<b>Novel Effects of Bile Acids on Energy Regulation</b> Karen K. Ryan, PhD Assistant Professor, Department of Internal Medicine, Division of Endocrinology, Diabetes and Metabolism, University of Cincinnati
<b>9:40 a.m.</b>	<b>Break</b>
<b>10:10 a.m.</b>	<b>Potential Effects of Altered Gut Microbiota on Energy Balance</b> Jonathan Krakoff, MD Chief, Obesity and Diabetes Clinical Research Section, National Institutes of Health
<b>10:40 a.m.</b>	<b>Sirtuins in Metabolism and Energy Balance</b> Marcia C. Haigis, PhD Associate Professor, Department of Cell Biology, Harvard Medical School
<b>11:10 a.m.</b>	<b>Roundtable Discussion - Session Speakers</b>
<b>11:40 a.m.</b>	<b>Closing Remarks</b> Steven Grinspoon, MD Harvard Medical School, Massachusetts General Hospital
<b>11:45 a.m.</b>	<b>Adjourn</b>

## WEBCAST

A webcast of this symposium will be available at <http://nutrition.med.harvard.edu>

Additional Webcasts available:

- Metabolic Syndrome
- Nutrition and Global Health
- Protective Nutrients: Are They Here to Stay?
- The Genetics of Obesity
- Obesity and Inflammation

## Speakers, Moderators & Discussants

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# Thank You

*This program is supported by an unrestricted educational grant from:*

**Takeda Pharmaceuticals International, Inc.,  
US Region**

**The David S. and Karen A. Shapira Foundation**

**Boston Nutrition Obesity Research Center**

**The Peanut Institute**

**The Conrad Taff Teaching Fund**

**S. Daniel Abraham Teaching Fund**

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Join us next year for the  
2015 Postgraduate Nutrition Symposium:

**Diet and Microbiota in Health and Disease**

