

The Texas Heart Institute at Baylor College of Medicine Cardiovascular Grand Rounds

Friday, October 9, 2026

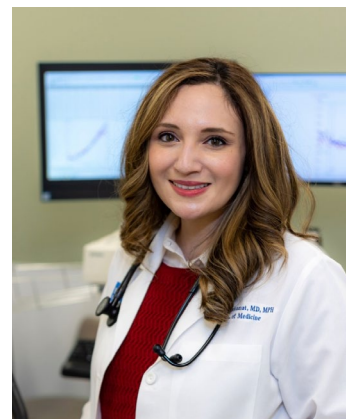
12:00 – 1:00 p.m.

Weight Management in a Cardiometabolic Disease Era

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In-Person Location

Baylor St. Luke's Medical Center
Denton A. Cooley Auditorium (C060, Level B1)
6720 Bertner Avenue

Zoom Access and Attendance Process

- ▶ Click here to join the presentation:
https://us06web.zoom.us/webinar/register/WN_ExFOkSLuTbe8qiNc6nnF5Q
- ▶ Sign in to track attendance and earn credit.
Text Phone Number: **713-903-7277**
Event ID: **WADRON**

Objectives: At the conclusion of the session, the participants should be able to:

- Define clinical obesity and its scope.
- Understand effective lifestyle interventions for weight loss.
- Discuss updates in obesity pharmacotherapy and future directions in weight management.

Target Audience: This activity is intended for cardiologists, cardiovascular and cardiothoracic surgeons, anesthesiologists, intensivists, primary care physicians, fellows, residents, medical students, physician assistants, nurses, nurse practitioners, other advanced practice providers, and perfusionists at Baylor St. Luke's Medical Center, Baylor College of Medicine, and the greater Texas Medical Center.

Needs Statement: Clinicians engaged in the practice of cardiovascular medicine including physicians in practice, faculty members, fellows, residents, medical students, allied health and other healthcare practitioners and care team members in related disciplines need to receive regular updates on evidence-based clinical practices, and technological and pharmaceutical advances in cardiovascular medicine. The series aims to expand the knowledge of learners, advance their clinical skills and competencies, address the challenges of healthcare delivery in the clinic, hospital, diagnostic, and surgical settings to enhance the quality of cardiovascular care, and improve patient outcomes by providing education to address gaps arising from the continually evolving practice standards, how to implement them, and the steps for performance change.

Educational Methods: Educational methods will include lectures, case presentations, and audience response.

Activity Evaluation: Participants may be asked to complete a session evaluation.

Accreditation/Credit Designation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Baylor College of Medicine and The Texas Heart Institute. Baylor College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

⌵ **DISCLOSURE OF FINANCIAL RELATIONSHIPS**

Relevant Financial Relationships with Ineligible Companies: *All relevant financial relationships listed have been mitigated.*

Select all roles that apply for this session.

Layla Abushamat, MD, MPH, MSc, DABOM	☒ Presenter ☐ Moderator ☐ Panel Discussant
Research Support: National Institutes of Health/NID DK(K23); Clinical trial sub-investigator - Novartis, Amgen, Lilly, Arrowhead, Merck, Ionis, NovoNordisk (currently), American Diabetes Association Junior Faculty Award, Clinical trial sub-investigator - New Amsterdam (ended); Advisory Committee: New Amsterdam (ended); Speaker Honorarium: Medscape (current). PeerDirect, Cardiometabolic Health Congress, Novartis, American Diabetes Association (ended).	

No Financial Relationships with Ineligible Companies: *Nothing to disclose.*

Select all roles that apply for this session.

Karla Campos Bekardi, MD	☒ Planning Committee Member ☐ Presenter ☐ Moderator ☐ Panel Discussant
Stephanie Coulter, MD	☒ Planning Committee Member ☐ Presenter ☐ Moderator ☐ Panel Discussant
Pakinam Mekki, MD	☒ Planning Committee Member ☐ Presenter ☐ Moderator ☐ Panel Discussant
Joseph G. Rogers, MD	☒ Planning Committee Member ☐ Presenter ☐ Moderator ☐ Panel Discussant

⌵ **CONFIDENTIALITY ACKNOWLEDGEMENT**

This regularly scheduled series (RSS), planned by/presented to the institution's professional staff, is accredited by Baylor College of Medicine (BCM) for *AMA PRA Category 1 Credit™* for physicians. In connection with my participation in this RSS, I understand that I may be exposed to patient information, research participant information, and/or proprietary information (collectively referred to as "Confidential Information"). I agree to keep this information confidential and not to disclose the information to any other person or entity unless in accordance with applicable federal and state laws and the policies and procedures of BCM and/or its affiliated entities.