

# 15<sup>th</sup> Global Diabetes & Obesity Conference

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### “Pharmacotherapy 2016: An update and review of anti-obesity medications for adults and emerging concepts for pediatrics”

As the obesity epidemic continues to grow, clinicians need to take a comprehensive approach to treat patients, addressing nutrition, physical activity, behavior, and pharmacologic intervention. Several new anti-obesity medications have been developed over the past 4 years, and multiple treatment algorithms and guidelines have been released. This presentation will review the indications and practical selection of various medications based on patient profiles, mechanisms of action, and underlying comorbidities. Recent studies evaluating possible combination therapy will also be discussed. Although the newer anti-obesity agents have only been approved for adults, potential therapeutic options for children will be presented as well. Several cases will be used to illustrate practical techniques for adjustment of patients' medications for other conditions, proper anti-obesity medication selection, and drug monitoring to maximize patients' results and long-term success.

#### Biography

Yazen Joudeh grew up in New Orleans, Louisiana and graduated from the University of Chicago, majoring in the Biological Sciences and Near Eastern Languages and Civilizations. He then received his medical degree at Louisiana State University in New Orleans, after which he completed a combined residency in Internal Medicine and Pediatrics at the University of Illinois at Chicago. His interests are primary care, preventative medicine, nutrition, and weight management. He is triple board-certified in Internal Medicine, Pediatrics, and Obesity Medicine and has helped thousands of individual patients and families lose weight, maintain weight loss, while improving comorbidities.

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