Streamlined approach helps physicians keep up with obesity education

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With about 93 million Americans affected by obesity, the disease is prevalent in almost all medical practices. For this reason, it is imperative that physicians continue to advance their knowledge to better treat the disease. To help, the Obesity Medicine Association (OMA) offers advanced education, tools and resources to help physicians and other health professionals successfully treat and manage patients with obesity, some of which is now featured on the AMA Ed Hub™.

Many educational conferences have been cancelled or postponed due to the COVID-19 pandemic. The AMA Ed Hub offers CME/MOC, curated education and multimedia—available at any time—to ensure physicians and medical professionals can stay current while continuously improving the care they provide.

“We know that lifelong learning, licensure and certification are the lifeblood of a physician’s career, as well as other health care professionals,” said AMA President Susan R. Bailey, MD. “Yet, it’s often very time-consuming and tedious for them to find all of the educational content and licensure and certification requirements they need.”

The OMA is the largest organization of physicians, nurse practitioners, physician assistants and other health professionals dedicated to preventing, treating, and reversing obesity. Members of the OMA believe that treating patients with obesity requires a scientific and individualized clinical approach that allows physicians and other health professionals to help their patients achieve their weight and health goals.

On the AMA Ed Hub, the OMA currently features “Obesity: A Disease™? podcast series,” to help physicians and other health professionals successfully treat and manage obesity within their practices. Here are five featured episodes within the OMA podcast series.

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Low Carb Diets and Energy Expenditure During Weight Loss Maintenance
Harold Bays, MD, chief science officer at the OMA, interviews Karli Burridge, a board-certified physician assistant specializing in obesity medicine about the effects of a low carbohydrate diet on energy expenditure during weight loss maintenance. The topics covered in this episode include hormonal influences on appetite and weight, nutrition strategies as a primary tool to maintain weight, and ways to overcome biologic adaptations to weight loss through nutrition plans.

Food Sources of Fructose-Containing Sugars and Glycaemic Control
Dr. Bays interviews Wickham Simonds, MD, an emergency physician and obesity medicine specialist with offices in Durham and Raleigh, North Carolina. In this episode, they discuss a publication on food sources of fructose-containing sugars and glycemic control. Topics covered include: the health advantages of eating fruit whole as opposed to consuming fruit juices and why adding fructose into drinks potentially impairs glycemic control and may worsen metabolic health.

How Obesity Impacts Heart Disease
AMA member Nicholas Pennings, DO, obesity medicine specialist and clinical education executive director of the OMA, interviews Eduardo Sanchez, MD, the chief medical officer for Prevention and chief of the Center for Health Metrics ad Evaluation for the American Heart Association, about treating obesity as an important key to managing cardiometabolic health. Dr. Pennings and Dr. Sanchez also discuss effective clinical strategies in partnering with patients with obesity for better cardiovascular health, as well as how rising pediatric obesity may impact the future of heart disease.

Article Review: Effects of Intermittent Fasting on Insulin Sensitivity
Dr. Bays interviews Dr. Pennings about the effects of intermittent fasting versus continuous energy intakes on insulin sensitivity and metabolic risk in women with overweight and obesity. Topics covered include weight loss benefits of intermittent fasting,
compensatory overeating after fasting, effects of intermittent fasting on reduction of muscle mass, and impact on metabolic parameters.

**New Research on Exercise and Fatty Liver Disease**

In this episode, Dr. Bays interviews AMA member Craig Primack, MD, an internist who specializes in medical weight loss and is board certified in bariatric medicine at Scottsdale Weight Loss Center in Arizona, about an article discussing the effects of physical exercise on fatty liver disease. The topics discussed include: Exercise as the proven primary treatment for fatty liver disease, and physical activity strategies for long-term success.

These podcasts are part of the AMA Ed Hub, an online platform with top-quality CME and education that supports the professional development needs of physicians and other health professionals. With topics relevant to you, it also offers an easy, streamlined way to find, take, track and report educational activities.