



AMERICAN BOARD
of OBESITY MEDICINE

ABOM Diplomate Presents at ACP Annual Meeting

Fatima Cody Stanford MD, MPH, a newly certified ABOM diplomate, presented on the topic of obesity at the Centennial Meeting of the American College of Physicians (ACP) held April 28-May 2 in Boston. If you missed the session or would like to review it, ACP has various recorded packages available for purchase. The obesity session is #142. You can learn more [here](#).

"Obesity is an important public health issue because it increases the risk for many other diseases," said Dr. Wayne J. Riley, president, ACP. "The American College of Physicians is committed to helping internists and other clinicians treat patients who are overweight or obese. We encourage ACP members to participate in our Obesity Medicine Special Interest Group at acponline.org to discuss issues related to treating, managing, and caring for patients with obesity."

Learn more about ACP's Obesity Medicine SIG [here](#).

Dr. Stanford, an Obesity Medicine and Nutrition Fellow at Massachusetts General Hospital/ Harvard Medical School and Zuckerman Fellow at the Harvard Kennedy School of Government, shared her thoughts about the presentation with ABOM:

What was the topic of your presentation and how was that topic chosen?

The topic of my presentation was "The Experts Weigh In On Obesity." As the first of three speakers, I was allotted 20 minutes for my presentation on: "When Drugs and Lifestyle Get in the Weigh." This topic, which was chosen by the ACP meeting planners, covered the following information:

1. What are the FDA approved drugs for weight reduction and how should we appropriately use these drugs?
2. What are the necessary physical and behavioral strategies that facilitate successful weight management in patients with overweight and obesity?
3. What are the considerations for prescribing medication that may not be weight-neutral, and what are the best practice alternatives for these medication choices?

What was the response from attendees?

There were 1,500 attendees present. I fielded questions for over an hour after the completion of the talk. Many of the questions focused on obesity pathophysiology and how to utilize medications to treat patients with overweight and obesity.

As an early career obesity medicine specialist, how does this response make you feel about the future of obesity medicine?

From the robust attendance and high level of clinician engagement, it is clear that the field of obesity medicine is one that will only continue to grow.

What advice would you give other early career internists considering ABOM certification?

I would highly recommend that early career internists consider ABOM certification. Unfortunately, there is a paucity of obesity education provided in medical school and residency. Also, there are very few fellowships that train clinicians in obesity medicine. It is important to know how to utilize treatment modalities for our patients who struggle with obesity. The ABOM certification ensures that we are preparing a cadre of physicians who will know how to treat these patients appropriately.