

July 17, 2026

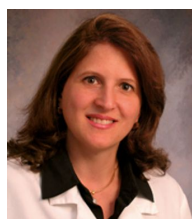
8:00 a.m. – 3:30 p.m.

IOS
ILLINOIS OBESITY
SOCIETY

Chicago Obesity Summit 2026

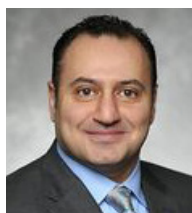
The Illinois Obesity Society is pleased to announce the 7th Annual Chicago Obesity Summit, offering a diverse range of presentations on the different aspects of obesity as a disease, its comorbidities and management. It is open to physicians, advanced practitioners, behavioral health specialists, dietitians and pharmacists.

Summit Directors



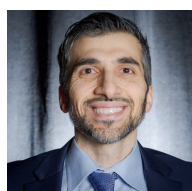
Silvana Pannain, MD

Associate Professor of Medicine.
University of Chicago,
President, IOS



Zaid Jabbar, MD, MS

Chair, Weight Management Dept, Duly
Health and Care
Trustee, IOS



Yazan Joudeh, MD

Medical Director,
Center for Adult & Pediatric Wellness
Vice-President, IOS

CME Committee

Anthony Auriemma, MD, JD, FOMA

Zaid Jabbar, MD, MS

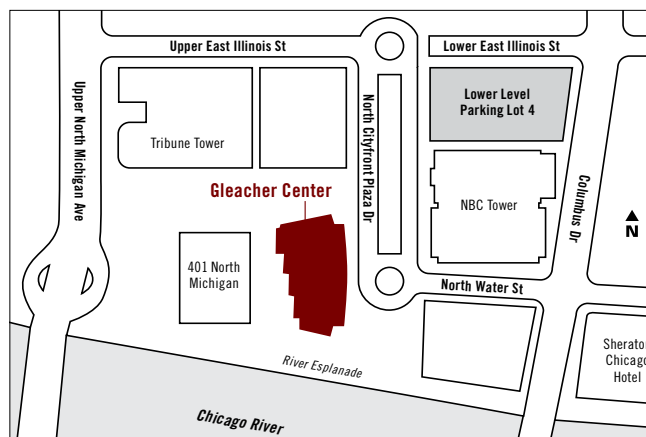
Yazan Joudeh, MD

Silvana Pannain, MD

Omar Shamsi, MD



The summit will be held in person at:
The University of Chicago Gleacher Center,
6th floor, Executive Dining Room 621,
450 North Cityfront Plaza Drive, Chicago, IL 60611



Accreditation Statements:

The AAFP has reviewed 2026 Chicago Obesity Summit and deemed it acceptable for up to 6.50 Live AAFP Prescribed credit(s). Term of Approval is from 07/17/2026 to 07/17/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This live activity can be counted as 6.5 CPEUs hours of continuing professional education with the Commission of Dietetic Registration.

AGENDA Coffee, tea and refreshments will be served from 7:30 a.m.

8:00 – 8:10 a.m.	WELCOME AND INTRODUCTION with <i>Silvana Pannain, MD, President, Illinois Obesity Society</i>
8:10 – 8:50 a.m.	Breaking New Ground in Obesity Treatment: Advances in Clinical Trials & Emerging Therapies with <i>Robert Kushner, MD, MS, DABOM, Director, Center for Lifestyle Medicine, Northwestern, Chicago, IL</i>
8:50 – 9:30 a.m.	The Psychology of Eating Disorders and Obesity with <i>Robyn Pashby, PhD, Founder & Director, Health Psychology Partners; Co-founder, The Modern Psychologists; Research Assist. Prof. of Psychology, USUHS F. Edward Herbert School of Medicine; Washington, DC</i>
9:30 – 10:00 a.m.	COFFEE BREAK
10:00 – 10:40 a.m.	Making AI Work for Your Practice with <i>Angela Fitch, MD, FACP, FOMA, Founder and Chief Medical Officer, knownwell; Assist. Prof. of Medicine, Harvard Univ.; Boston, MA</i>
10:40 – 11:20 a.m.	The Weight is Over: Plastic Surgery After Massive Weight Loss with <i>Courtney Cripps, MD, Assistant Professor of Surgery; Plastic and Reconstructive Surgeon, University of Chicago Medicine, IL</i>
11:20 – 11:40 a.m.	Q & A with <i>Zaid Jabbar, MD, Trustee, Illinois Obesity Society</i>
11:40 – 12:40 p.m.	LUNCH
12:40 – 1:20 p.m.	Results Driven Implementations of Intermittent Fasting with <i>Krista Varady, PhD, Professor of Nutrition at the University of Illinois; Published Author and Researcher, Chicago, IL</i>
1:20 – 2:00 p.m.	Obesity and ASCVD Risk Assessment: Reflections from the 2026 Dyslipidemia Guidelines with <i>Charles German, MD, MS, Director of Preventative Cardiology, Georgetown University, Washington, DC</i>
2:00 – 2:20 p.m.	COFFEE BREAK
2:20 – 3:00 p.m.	Integrative Care of the Patient with Complex Disease with <i>John Morton, MD, MPH, MHA, BS, FACS, FASMB, System Lead, Surgical Quality & Bariatric Services, Yale New Haven Health; Prof. in Dept. of Surgery, Yale School of Medicine; New Haven, CT</i>
3:00 – 3:20 p.m.	Q & A with <i>Yazen Joudeh, MD, Vice-President, Illinois Obesity Society</i>
3:20 – 3:30 p.m.	CLOSING REMARKS with <i>Zaid Jabbar, MD, Trustee, Illinois Obesity Society</i>



The Illinois Obesity Society reserves the right to cancel or postpone this conference due to unforeseen circumstances. In the unlikely event this activity must be canceled or postponed, the registration fees will be refunded. However, the Illinois Obesity Society is not responsible for any related costs, charges or expenses of participants, including fees assessed by airline/lodging activities.

Questions? Email admin@illinoisobesitysociety.org
www.illinoisobesitysociety.org