



**19th Annual Doris H. Merritt, MD, Lectureship in Women's Health**

Fatima Cody Stanford, MD, MPH, MPA, FAAP, FACP, FTOS

**Obesity and Women's Health: Understanding Obesity Across the Life Continuum**

Wednesday, September 11

Lecture 8:15 - 9 a.m. | Panel Discussion 9 - 10 a.m.

Walther Hall Auditorium (R3)

Dr. Fatima Stanford, an obesity medicine and nutrition specialist at Massachusetts General Hospital and Harvard Medical School, will discuss weight challenges and barriers women face throughout their lives at the annual Merritt Lectureship in Women's Health. Dr. Stanford is a national and international expert on obesity who bridges the intersection of medicine, public health, policy and disparities in obesity medicine, research and treatment. She is a fellowship-trained obesity medicine physician, an Assistant Professor of Medicine at Harvard Medical School, and the author of *Overweight and Obesity: A Complete Guide for Children and Adults*.

Dr. Stanford has research interests in obesity, health policy, and health disparities. Her current work focuses on the use of pharmacotherapy for patients who have undergone weight loss surgery, policy surrounding obesity coverage in the US and abroad, shared decision making in obesity therapy, weight bias and stigma, and treatment of children, adolescents, and adults with obesity.

Panel discussion to include Dr. Fatima Stanford, and local experts Drs. Mary Rouse, Ashley Glimore and Hilary Gaudreau.

Indiana has the 12th highest adult obesity rate in the nation and the 11th highest obesity rate for youth ages 10 to 17. Our adult obesity rate continues to climb and is currently 33.6% (white, 32.1%, black 42.2% and Latino 28.2%), with slightly more obese women than men. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer. The CDC estimates the annual medical cost of obesity in the United States was \$147 billion (2008).

For more information contact Teri Duell at [tbduell@iu.edu](mailto:tbduell@iu.edu). Meet Dr. Stanford at 8:00 a.m. for light refreshments before the lecture.

CME Course Objectives: At the conclusion of this activity, participants should be able to discuss:

1. What is obesity, its prevalence, and its pathophysiology?
2. Summarize how normal and abnormal hormone regulation impact obesity in women from puberty through later ages.
3. What are treatment options for obesity in women?
4. What are considerations for prescribing medications for weight reduction, and what is the recommended follow up for maximizing success with these patients?
5. When are surgical interventions indicated, and how should patient be prepared for this consultation?



Accreditation Statement: In support of improving patient care, Indiana University School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians: Indiana University School of Medicine designates this live activity for a maximum of 1.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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**Register**