



Obesity Related Sessions at the 2009 National Conference and Exhibition (NCE) October 17-20, 2009 Washington, DC

Saturday, October 17, 2009

- **S1086: Sleep Disorders in Children and Adolescents (Repeats as S2089)** **2:00 – 3:30 PM**
This session will focus attention on the impact of obesity on the respiratory function of children. Particular emphasis will be placed on recognition and treatment of obstructive sleep apnea (OSA). Strategies for control of asthma in these children will also be addressed, as well as strategies for helping them to become more active to facilitate weight loss.
Faculty: Carole Marcus, MD, FAAP
- **S1109: Protect Their Bones: What A Pediatrician Can Do (Repeats from S1036)** **4:00 – 5:30 PM**
This session will focus on how bone is formed and how it undergoes re-arrangement and growth throughout childhood. Special attention will be paid to rickets and its re-emergence. Lifestyles which include obesity and extreme sports, both of which dramatically affect bone strength and risk for repeated injury, will be discussed. Lab and x-ray tests are often confusing and hints will be given so that the pediatrician can make wise choices in ordering and interpreting results.
Faculty: Rachel Gafni, MD
- **S1033: Childhood & Adolescent Joint Pain (Repeats as S4031)** **8:30 – 10:00 AM**
In looking at knee pain several studies have shown that many health care providers have inadequate knowledge and skills to appropriately diagnose these problems. For example, the Enthesitis-Related Arthritis Subtype of Juvenile Idiopathic Arthritis (JIA – formerly called JRA) can frequently be misdiagnosed as an apophysitis, such as Osgood-Schlatter disease or Sinding-Larsen-Johansson conditions. With the increased prevalence of obesity and the push for increased physical activity in children, it is important that pediatricians are well versed in the evaluation and diagnosis of knee complaints. The potential causes of pediatric knee pain will be reviewed and discussed in a case-presentation format that will allow the participants to improve their understanding of both inflammatory and mechanical etiologies of this common problem. The session will focus on practical approaches to distinguishing intra-articular from periarticular and inflammatory from mechanical etiologies. Various management approaches to each of the causes will also be reviewed.
Faculty: Andrew Gregory, MD, FAAP and Claire LeBlanc, MD, FAAP
- **X1004: Throw Out the Rice Cereal - New Recommendations for Complementary Feeding of Infants & Toddlers** **7:00 – 8:00 PM**
The new Committee on Nutrition recommendations regarding complementary feeding of infants and toddlers will be presented. Concerns regarding the timing/sequencing of complementary foods and development of specific food allergies will be reviewed. The rationale for the new recommendations to promote healthy growth/neurodevelopment and prevent obesity, and implementation of such into pediatric preventative guidance visits will be discussed.
Faculty: Frank Greer, MD, FAAP

Sunday, October 18, 2009

- **H2019: Section on Cardiology & Cardiac Surgery Program** **8:15 AM - 1:00 PM**
The Section program continues with Section award presentations including the Young Investigator Award, Education Travel Grant, the Research Fellowship Award and the Founders Award. Dr. John Kugler will give the Founders Address, followed by the third scientific symposium. This symposium will feature Controversies in Pediatric Heart Disease and will discuss and debate the pros and cons of ADHD therapy, screening for HCM sudden death and screenings for Long QT sudden death, obesity in heart disease, and steroids in myocarditis.
Faculty: Robert Campbell, MD, Stuart Berger, MD, John Jeffries, MD, and Thomas Kimball, MD
- **H2021: Section on Breastfeeding Program: Controversies in Breastfeeding**
The Section on Breastfeeding Program will address some challenging situations which arise in breastfeeding management. Experts in the field will introduce some controversial topics and review significant recent breastfeeding literature. Special topics will include maternal depression, maternal substance abuse, risks of infant formula, and the topic of safe infant sleep. Practical tips for supporting breastfeeding in a busy clinical practice will be offered. Time will be allowed for review of posters and presentation of original research and breastfeeding advocacy projects. There will be adequate opportunity for audience discussion. All NCE attendees are invited to attend.

Monday, October 19, 2009

- **P3062: The Central Role of Fructose in Obesity and the Metabolic Syndrome** **10:30 – 10:48 AM**
Current rates of fructose consumption are deleterious to public health. Fructose impacts health similar to ethanol, through both hepatic metabolism, and by stimulating the central nervous system “hedonic pathway” directly. Thus, like ethanol, fructose induces alterations in energy signaling leading to a vicious cycle of excessive consumption, obesity and metabolic syndrome.
Faculty: Robert Lustig, MD, FAAP
- **S3122: Consequences of Obesity, Metabolic Syndrome, Type 2 Diabetes (Repeats from S3036)** **4:00 – 5:30 PM**
This session will describe the pathophysiology of glucose intolerance in overweight children, the use of specific lab tests to distinguish Type 2 Diabetes from Type 1 Diabetes, how and why to select hypoglycemic drugs and how to monitor and manage these children in a pediatric practice.
Faculty: Janet Silverstein, MD, FAAP

Tuesday, October 20, 2009

- **X4022: Children's Fitness Clinics - A Multidisciplinary Approach to the Management of Obesity** **7:00 – 8:00 AM**
This session will present one health center's response to the childhood obesity epidemic and will describe how the components of the "Fitness Clinic" can be tailored to the pediatrician's local community. Screening labs will be reviewed and co-morbidities will be identified. Subspecialty referral needs will be discussed. Outcomes will be presented as well as opportunities for future study.
Faculty: Mark DeBoer, MD, FAAP

Highlighted Sessions

Saturday, October 17, 2009 **9:00 AM – 12:00 PM**

H1047: Section on Gastroenterology, Hepatology & Nutrition Program: All you want to know about Pediatric Obesity
Pediatric obesity is an every increasing public health problem which is now the most common chronic disease of childhood and one that affects children in childhood but also in adulthood. This problem is encountered and has to be dealt with by general pediatricians, medical specialists as well as surgical specialist on a daily basis. It is therefore imperative that physicians have a solid working knowledge of how to deal with this disorder. This session will focus on prevention of childhood obesity starting from pre-conception throughout childhood. The multiple co-morbidities associated with pediatric obesity will be presented with recommendations on who to screen and how to screen. The various approaches to treatment of obesity including lifestyle changes related to nutrition and physical activity, to fad diets and medications will be discussed. In addition, the indications for bariatric surgery and the surgical options will be presented along with outcome data.

Moderator: William J. Cochran, MD, FAAP

Prevention of Pediatric Obesity - William J. Cochran, MD, FAAP

Associated Co-Morbidities of Pediatric Obesity - Sandra Hassink, MD, FAAP

Medical Therapy of Pediatric Obesity - Nancy Krebs, MD, FAAP

Surgical Therapy of Pediatric Obesity - Tom Inge, MD, FAAP

9:00 - 9:45 AM

9:45 - 10:30 AM

10:30 - 11:15 AM

11:15 AM - 12:00 PM

- **Monday, October 19, 2009**

H3014: Council on Community Pediatrics: Childhood Obesity: Successful Community Approaches for Prevention and Treatment

Childhood obesity has become an epidemic in this country. Since the childhood obesity epidemic has a wide range of determinants; to be successful, pediatricians need to be able address prevention and treatment from a collaborative, community approach.

By the end of this session, participants will be able to:

1. Cite factors that lead to pediatric overweight and obesity
2. Partner with parents to address issues of pediatric weight management issues
3. Implement one new practice-based strategy to address pediatric weight management
4. Identify one new community partner with whom to collaborate.

Welcome and overview/background of the topic and program - Jeff Brown, MD, MPH, FAAP

8:00 – 8:30 AM

“Effectively Treating Obesity from a Community Perspective” - William Dietz, MD, PhD, FAAP

8:30 – 9:15 AM

“Partnering with Parents to Address Pediatric Weight Management Issues” - Sandra Hassink, MD, FAAP

9:15 – 10:00 AM

Break

10:00 – 10:15 AM

“Maine Youth Overweight Collaborative” - Robert Holmberg, MD, MPH, FAAP

10:15 – 11:00 AM

Question & Answer with Morning Speakers

11:00 – 11:30 AM

Poster Session: “Community Approaches to Pediatric Weight Management”

11:30 AM – 12:00 PM

Break for lunch to attend AAP Business Meeting

12:00 – 1:30 PM

“Advocacy Strategies to Address Obesity in Your Communities” - Scott Gee, MD, FAAP

1:30 – 2:15 PM

Panel: Community Models to Support Pediatric Weight Management

Nicole Lang, MD, FAAP & Family/Patient TBD

2:15 – 2:45 PM

Danielle Dooley, MD, MPhil, FAAP & Patient TBD

2:45 – 3:15 PM

Question & Answer with Afternoon Speakers

3:15 – 3:30 PM

Wrap up - Jeff Brown, MD, MPH, FAAP

3:30 – 3:45 PM