

Join us for an  
informative conference  
focused on enhanced  
care for those challenged  
with obesity on Friday  
and stride for change in  
our Strides for Obesity  
3k walk on Saturday.

#### TARGET AUDIENCE:

- Primary Healthcare Professionals
- Tertiary Healthcare Professionals
- Family Physicians
- Specialist Physicians and Healthcare Providers with an interest in Obesity
- Administrators Interested in Obesity

#### TO REGISTER:

It is a simple **ONE** step process :

Simply go to:

[www.stridesforobesity.com](http://www.stridesforobesity.com)

Click Register

Click Individual Strider plus

Professional Educational Attendee

Enter your information

(you can create a team, if you like or  
come back to that later)

Cost to register is \$35.00

this includes the conference day with  
lunch and your registration for Strides  
for Obesity

NOTE: LAST DAY to register to for  
Strides for Obesity to guarantee a T-  
shirt is SUN, SEPT 30/19

LAST DAY to register for MANAGING  
OBESITY 2019 is when it has reached  
capacity so watch for the  
announcement.

Any questions, please contact  
Diana Lawlor, MN, RN-NP  
[diana.lawlor@nshealth.ca](mailto:diana.lawlor@nshealth.ca)

# MANAGING OBESITY 2019

LEARN

Friday, Oct 18, 2019

9AM to 4PM

Royal Bank Theatre  
HI Site QEII Hospital

This Group Learning  
program is awaiting  
final certification by  
The College of Family  
Physicians of Canada

## Talk the TALK and Walk the WALK

Saturday, Oct 19, 2019

10AM Victoria Park  
Halifax NS  
Strides for Obesity  
3K Walk

 nova scotia  
health authority  
Halifax Obesity Network

GET INSPIRED

# OBESITY

Nova Scotia has one of the highest obesity rates in the world.

Despite increased awareness of obesity numbers and risk, managing obesity continues to be minimal.

Action re obesity management is key

Obesity Bias impacts obesity management.

Obesity is a chronic disease not unlike diabetes, hypertension, dyslipidemia and is often the underlying disease for all of these.

The biology of obesity is complex. Those challenged with obesity must always swim against the current.

- Sugar to be as addictive as cocaine
- Bariatric surgery is a behaviour modification tool for patients who struggle with obesity and has demonstrated long term success
- Limiting food options is a key strategy in helping those who with obesity

# PROGRAM

08:30-09:00

REGISTRATION

Main doors of the Royal Bank Auditorium  
(Summer Street entrance of the Halifax Infirmary site)

09:00-09:10

INTRODUCTION/ICEBREAKER

Diana Lawlor MN, RN-NP

Dr. Dayna Lee-Baggley, Psychologist

09:10-09:25

PATIENT PERSPECTIVES...Living with Obesity

Richard Hall

09:25-09:45

ADDRESSING OBESITY FOR NOVA SCOTIANS

Kim Munroe, Director of Ambulatory Care

09:45-10:00 (Setting the Stage)

OBESITY IS A CHRONIC DISEASE REQUIRING  
CONSTANT MEDICAL MANAGEMENT AND  
CONSIDERATION OF SURGICAL OPTION

Diana Lawlor MN, RN-NP

Dr. Tom Ransom Endocrinologist

10:00-12:00 HOT TOPIC DEBATES

- The Optimal Way to Manage Obesity is Bariatric Surgery
- Best Bang for NS Healthcare dollars is to switch to a Proactive Health Approach focusing on optimizing weight of Nova Scotians versus reacting to illness
- The best diet regimen for impacting Obesity
- Weight gain is inevitable post bariatric surgery and AOMs maybe the answer
- Does exercise make a difference?

# PROGRAM

12:30-1:00

LUNCH

1:00-1:40

CREATIVE TOOLS TO SUPPORT OBESITY  
MANAGEMENT AND KNOWLEDGE  
TRANSLATION-Presenting the Primary  
Care

eLearning Preparation for Bariatric  
Surgery Pilot Project

Jenna Crown, PDt, Diana Lawlor and PCP's  
Dr. Holly Zwicker and Dr. Jennifer O'Connell

1:40-2:00

PSYCHOLOGICAL CONSIDERATIONS  
IN TALKING WITH YOUR PATIENTS  
Dr. Michael Vallis, Psychologist

2:20-2:30

BREAK

2:30-3:00

MEDICAL MANAGEMENT  
OPTIONS...LOOKING AHEAD TO 2020  
Dr. Tom Ransom

3:00-3:30

10 YEAR SURGICAL SUCCESS' AND THE  
PLANS TO IMPACT TEAMS ACROSS NSHA  
Dr. James Ellsmere, Bariatric Surgeon

3:30-3:45

STRIDES FOR OBESITY...4TH YEAR!  
Sophie Jobin, MAHN  
Event Coordinator, Strides for Obesity

3:45-4:00 QUESTIONS/WRAP UP