

# SIMPLIFYING OBESITY CARE

Applying chronic disease principles in clinical practice

Visit [DUOcongress.ca](https://DUOcongress.ca) to register for the hybrid congress

**Thursday, April 23, 2026**

11:45 a.m. to 12:45 p.m. ET

The Omni King Edward Hotel, 37 King St E, Toronto

A lunch buffet will be served at 11:20 a.m. ET

## LEARNING OBJECTIVES

- Recognize obesity as a chronic, progressive and relapsing disease by describing its biological underpinnings and parallels with other chronic diseases
- Apply chronic disease management principles to the assessment and treatment of obesity
- Integrate evidence-informed obesity care into routine clinical workflows and follow-ups to support long-term and sustained patient outcomes

## AGENDA

TIME (ET)	TOPIC	PRESENTER
11:45 a.m.	Welcome and Introductions Applying Chronic Disease Principles in Clinical Practice	Dr. Jill Trinacty
11:50 a.m.	Lessons Learned from Managing Mental Health and Depression	Dr. Laura Reardon
12:00 p.m.	Lessons Learned from Managing Hypertension	Dr. Leon Waye
12:10 p.m.	Lessons Learned from Managing T2D	Dr. Jill Trinacty
12:20 p.m.	Key Takeaways and Conclusion	Dr. Jill Trinacty
12:25 p.m.	Panel Discussion and Q&A	All Faculty
12:45 p.m.	Closing Remarks	Dr. Jill Trinacty

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the Canadian Society of Endocrinology and Metabolism. You may claim a maximum of 1.00 hour (credits are automatically calculated). Participants should only claim credits commensurate with the extent of their participation in the activity. This program is supported by an educational grant from Eli Lilly.

## CHAIR

**Jill Trinacty, MD**  
Endocrinologist  
Ottawa, ON



## SPEAKERS

**Laura Reardon, MD**  
Family Physician  
Halifax, NS



**Leon Waye, MD**  
Family Physician  
Winnipeg, MB



## CSEM REPRESENTATIVE

**Jasmine Bahrami, MD**  
Endocrinologist  
Markham, ON

