CME OUTFITTERS

# Beyond the Bowel

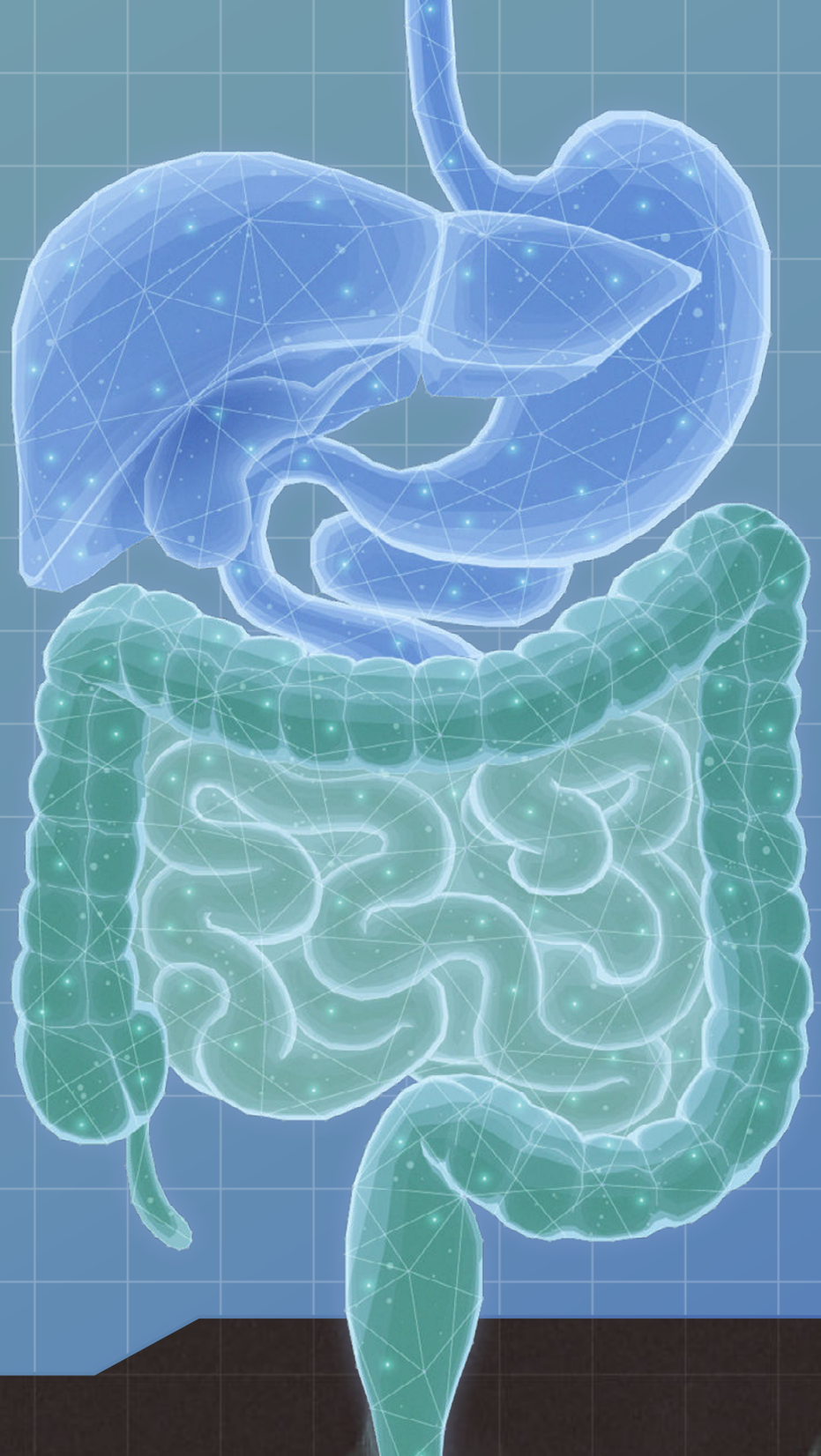
## Addressing Obesity as a Modifiable Driver of IBD Outcomes

**Monday, October 12, 2026**
7:30–8:30 PM CT

Doors Open: 7:00 PM CT

**Omni Nashville Hotel**
Legends Ballroom E–G

*This event is neither sponsored by nor endorsed by ACG.*



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## ACTIVITY DESCRIPTION

This fast-paced and highly interactive live CaseWise™ symposium from CME Outfitters will bring real-world clinical decision-making to life. Through dynamic patient cases, learners will compare their treatment choices to those of leading experts, peers in the room, providers in the community, patients themselves, and even AI-based insights. Learners will see how the immunometabolic impact of visceral and mesenteric adiposity on disease activity, treatment response, and surgical risk translates into practice, what doesn't translate, and why. Designed to challenge assumptions and sharpen strategy, this immersive format empowers clinicians to immediately apply validated adiposity assessment methods, confidently integrate GLP-1 RAs into individualized treatment planning, and deliver patient-centered IBD care.

## TARGET AUDIENCE

Gastroenterologists, nurse practitioners (NPs), and physician associates (PAs)

## FINANCIAL SUPPORT

This activity is supported by an educational grant from Lilly.

## CREDIT INFORMATION

JOINTLY ACCREDITED PROVIDER™ WITH COMMENDATION INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, CME Outfitters, LLC, 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.

## LEARNING OBJECTIVES

At the conclusion of this activity, learners will be able to better:

- Identify the immunometabolic mechanisms by which visceral and mesenteric adipose tissue contribute to IBD disease activity, therapeutic attenuation, and surgical risk in people with IBD and obesity
- Apply appropriate, validated methods to systematically identify and characterize adiposity in people with IBD during routine gastroenterology encounters, including recognition of peoples at highest risk based on adiposity distribution
- Develop an individualized treatment plan for a patient with IBD and obesity that integrates weight management strategies and addresses the safety and appropriate use of GLP-1 RAs in this population

## FACULTY PRESENTERS

**Edward L. Barnes**
MD, MPH (Moderator)

**Angelina Collins**
MSN, ANP-BC

**Andres J. Yarur**
MD

## KEY OPINION LEADERS

**Amanda M. Johnson**
MD

**Millie D. Long**
MD, MPH

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### Jointly Accredited Provider

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### Physicians (ACCME)

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### Nurses (ANCC)

This activity is designated for 1.0 contact hours.

**California Residents:** Provider approved by the California Board of Registered Nursing, Provider # CEP 15510, for 1.0 Contact Hours.

### PAs (AAPA)

CME Outfitters, LLC, has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### RCP Canada

Through an agreement between the Accreditation Council for Continuing Medical Education and the Royal College of Physicians and Surgeons of Canada, medical practitioners participating in the Royal College MOC Program may record completion of accredited activities registered under the ACCME's "CME in Support of MOC" program in Section 3 of the Royal College's MOC Program.

### MIPS

Completion of this accredited CME activity meets the expectations of an Accredited Safety or Quality Improvement Program (IA_PSPA_28) for the Merit-based Incentive Payment Program (MIPS). Clinicians should submit their improvement activities by attestation via the CMS Quality Payment Program website.

### Certificate of Participation

This activity was certified for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*™.

### ABIM MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

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## Edward L. Barnes
### MD, MPH (Moderator)

Associate Professor of Medicine

Director, Gastroenterology and Hepatology Fellowship Program

Co-Director, Multidisciplinary Inflammatory Bowel Diseases Center

Director for Clinical Research, Multidisciplinary Inflammatory Bowel Diseases Center

Division of Gastroenterology and Hepatology

University of North Carolina at Chapel Hill

Chapel Hill, NC

**Edward L. Barnes, MD, MPH,** is an associate professor of medicine in the Division of Gastroenterology & Hepatology and Co-Director of the Multidisciplinary Inflammatory Bowel Diseases Center at the University of North Carolina at Chapel Hill. Dr. Barnes has a research interest in the epidemiology and clinical outcomes of patients with inflammatory bowel disease, with a particular focus on improving our understanding of inflammatory conditions of the pouch after restorative proctocolectomy with ileal pouch-anal anastomosis (IPAA).

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## Angelina Collins
### MSN, ANP-BC

Nurse Practitioner

Inflammatory Bowel Disease Center

UC San Diego Health

La Jolla, CA

**Angelina Collins, MSN, ANP-BC,** is an adult nurse practitioner at the Inflammatory Bowel Disease Center at the University of California, San Diego. She received her nursing and master's in nursing degrees from the University of San Diego.

Ms. Collins is passionate about educating nurse practitioners and physician associates in the comprehensive management of inflammatory bowel disease. Ms. Collins serves on the steering committee for Milestone APP, is Co-Director for AGA Principles in GI for the NP/PA, is Co-Director for Crohn's & Colitis Congress APP track, serves on the IBD Education committee for GHAPP, and is Co-Director of ChatAPP, a monthly IBD case series educational program by APPs for APPs.

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## Andres J. Yarur
### MD

Associate Professor of Medicine

IBD Institute

Cedars Sinai Medical Center

Los Angeles, CA

**Andres J. Yarur, MD,** completed his internal medicine residency and gastroenterology fellowship at Jackson Memorial Hospital and the University of Miami Miller School of Medicine in Florida. This was followed by an Advanced Inflammatory Bowel Disease fellowship at the University of Chicago Pritzker School of Medicine in Illinois. He is a member of the Alpha-Omega-Alpha medical honor society.

Dr. Yarur's research interests focus on Crohn's disease and ulcerative colitis, including novel therapies and optimization of current treatments. He leads a team of researchers studying inflammatory bowel diseases and is internationally recognized for his contributions to advance the care of patients with Crohn's disease and ulcerative colitis. He has received multiple awards from several national and international organizations including the American College of Gastroenterology, the American Gastroenterology Association, the European Crohn's and Colitis Organization, the World Gastroenterology Association, and the United European Gastroenterology Society. He has authored or co-authored more than 200 articles, abstracts, and book chapters in prestigious journals. In 2023, he received the Emergent Leader Sherman Price.

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## Amanda M. Johnson
### MD

Assistant Professor of Medicine

Division of Gastroenterology and Hepatology

Mayo Clinic Rochester

Rochester, MN

**Amanda M. Johnson, MD,** is an assistant professor of medicine in the Division of Gastroenterology and Hepatology at Mayo Clinic in Rochester, Minnesota, where she specializes in the care of patients with inflammatory bowel disease (IBD). Her clinical and research interests focus on the intersection of obesity and IBD, including the impact of obesity on disease outcomes and the role of various weight loss therapies in patients with IBD.

Dr. Johnson leads both investigator-initiated and industry-sponsored clinical trials evaluating various treatments for Crohn's disease and ulcerative colitis. Additionally, she is leading several studies examining the intersection of obesity and IBD, having authored numerous peer-reviewed publications on this topic.

She serves on the American College of Gastroenterology Practice Parameters Committee and the Crohn's & Colitis Foundation National Scientific Advisory Committee, contributing to national provider and patient education initiatives. Dr. Johnson was selected for the American College of Gastroenterology Clinical Research Leadership Program and is committed to advancing evidence-based care through clinical research, education, and multi-disciplinary collaboration.

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## Millie D. Long
### MD, MPH

Professor of Medicine

Chief, Division of Gastroenterology and Hepatology

University of North Carolina at Chapel Hill

Chapel Hill, NC

**Millie D. Long MD, MPH,** is board-certified in internal medicine, preventive medicine, and gastroenterology. She received her medical degree from the University of Virginia in 2002. She then completed residency in internal medicine and a chief residency at University of Alabama–Birmingham. Dr. Long completed fellowships in gastroenterology and hepatology, preventive medicine, and inflammatory bowel disease, all at the University of North Carolina (UNC). She is currently a professor of medicine in the Department of Medicine and chief of the Division of Gastroenterology and Hepatology at UNC–Chapel Hill.

Dr. Long's clinical practice is at the UNC Multidisciplinary Inflammatory Bowel Diseases (IBD) center. Her research interests include prevention of complications of inflammatory bowel disease (IBD), women's health, and clinical epidemiology. She is currently a co-principal investigator for the Pregnancy in IBD and Neonatal Outcomes (PIANO) study. Dr. Long has contributed more than 200 peer-reviewed publications, book chapters, and review articles to the medical literature. She is the current co-editor in chief of the *American Journal of Gastroenterology*. She also serves as an invited reviewer for journals such as the *New England Journal of Medicine*, *Inflammatory Bowel Diseases*, and *Gastroenterology*.

Dr. Long is a fellow of the American College of Gastroenterology, where she serves on the board of trustees. She is also a fellow of the American Gastroenterological Association and the Crohn's & Colitis Foundation. She is the 2024 Sherman Prize recipient in IBD clinical research.

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- Consultant–Boomerang Medical, Inc.; Intact Therapeutics, Inc.; Pharmassetx Inc.; Takeda Pharmaceutical Company Limited; and Target RWE
- Research Support–Bausch Health Companies, Inc./Salix Pharmaceuticals; Lilly; and Johnson & Johnson

**Ms. Collins** reports the following financial relationships:

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**Dr. Yarur** reports the following financial relationships:

- Advisory Board–AbbVie Inc.; Abivax; Arena Pharmaceuticals, Inc.; Boehringer Ingelheim; Bristol Myers Squibb; Celltrion USA, Inc.; Cristcot; Johnson & Johnson; Lilly; Merck & Co., Inc.; Pfizer Inc.; Roche; Sanofi; and Takeda Pharmaceutical Company Limited
- Research Support–Celltrion
- Stock Shareholder (ownership interest)–Protillion Biosciences and SRT Therapeutics

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