

Third Annual Obesity Symposium *Saturday, October 3, 2026*
REGISTRATION

	Early Registration By Thursday October 1, 2026	Walk-in Registration Saturday, October 3, 2026 *Only checks and exact cash accepted
Physician	\$150.00	\$175.00
Nurses /Allied Health Professionals	\$100.00	\$125.00
Residents/Students (Non-credit) Must include valid student ID	\$25.00	\$35.00

THOP EMPLOYEES

Registered Nurse, Allied Health Professionals-
please scan the QR code to register

****EXCLUDES Physicians, Nurse Practitioners, CRNAs, PAs**



ALL OTHER PARTICIPANTS

Pay Online

Physicians <https://www.thehospitalsofprovidence.com/events?classDb=TenetDB7#4989>

Nurse/Allied Health Professionals <https://www.thehospitalsofprovidence.com/events?classDb=TenetDB7#4988>

Residents/Students <https://www.thehospitalsofprovidence.com/events?classDb=TenetDB7#4990>

Pay in Person-complete registration form below

- Credit Cards, Cash, Checks will be accepted
 - o The Hospitals of Providence, Sierra Campus 1625 Medical Center Dr. 79902
 - o Cashier's Office, located by the main entrance registration area, first floor
 - o Open Monday-Friday from 8:30am to 5:00pm
 - o Checks payable to The Hospitals of Providence
 - o Submit Registration Form with your payment

Walk-In Registration **Saturday, October 3, 2026**

- Extra fee applied, please only exact cash or personal checks

Name _____	Registration Policy To receive the discounted price, THOP must receive registration and payment by Thursday, October 1, 2026. Registrations after October 1 will be taken at the door only [exact cash or check please]. NO refunds will be provided. THOP employees must register by October 1, 2026. Questions? Please call THOP Sierra Education office at (915) 747-2776 or email christina.castaneda@tenethealth.com
Business Address _____	
City _____ State _____ Zip _____	
Title/Medical Specialty _____	
Business Phone _____ Home Phone _____	
Email Address _____	



A COMMUNITY BUILT ON **CARE**

2001 N. Oregon St. | El Paso, TX 79902



THIRD ANNUAL
OBESITY SYMPOSIUM



SATURDAY, OCTOBER 3, 2026
RADISSON HOTEL EL PASO AIRPORT
1770 AIRWAY BLVD.
EL PASO, TX 79925



A COMMUNITY BUILT ON **CARE**

THIRD ANNUAL OBESITY SYMPOSIUM SATURDAY, OCTOBER 3, 2026

Agenda

7:00 am Registration / Breakfast / Visit Exhibits
7:50 am Opening Remarks / Conference Guidelines

8:00 am – 9:00 am
GLP-1s and Nutrition: Aligning Diet with Incretin-Based Therapy
Leah D. Whigham, PhD, FTOS

9:00 am – 9:30 am
Management and Evaluation of a Patient with Obesity
Dora M. Carcoba DNP,ACNP-BC/FNP-C

9:30 am – 10:00 am
Exercise as Medicine in Obesity Care: Metabolic Adaptations and Clinical Implications
Sudip Bajpeyi, PhD, FACSM

10:00 am – 10:15 am Break / Visit Exhibits

10:15 am – 10:45 am
The Neurological Burden of Obesity
Hugo Sandoval, PhD

10:45 am – 11:15 am
Obesity in Pregnancy
Maria Velazquez, MD

11:15 am – 11:45 am
Genetic Causes of Childhood Obesity
Maria Lourdes Asiain, MD, FAAP, MPH, Diplomate American Board of Obesity Medicine, IBCLC

11:45 am – 12:15 pm
Orthopedic Surgery and Obesity Impact
David Mansfield, MD

12:15 pm – 1:00 pm Lunch

1:00 pm – 1:30 pm
Bariatric Surgery in the time of GLP1s
Benjamin Clapp, MD, FACS, FASMBS

1:30 pm – 2:00 pm
Rehabilitation after Metabolic and Bariatric Surgery: Optimizing Functional Recovery
Scott Hallak, PT, DPT, OCS

2:00 pm -2:30 pm
Lifestyle as the Foundation, Medications as the Tool: Integrating Therapies in Obesity Medicine
Laura Preece, DO, FACOI, FACP
Board Certified, American Board of Lifestyle Medicine and American Board of Obesity Medicine

2:30 pm -2:45 pm Break / Visit Exhibits

2:45 pm – 3:15 pm
The Critical Role of Dieticians in Bariatric Surgery
Amanda Apodaca, MS, RDN, LD

3:15 pm – 4:15 pm
Translational Research on Nicotine Use Vulnerability in Persons with Obesity and Metabolic Dysregulation *CME Ethics
Laura E. O’Dell, BS, MA, PhD

4:15 pm – 4:30 pm Evaluation and Adjournment

Saturday, October 3, 2026

Target Audience: Primary care physicians, internal medicine, surgeons, registered nurses, pharmacists, and other healthcare providers who treat patients with obesity and related conditions and diseases.

Faculty

Amanda Apodaca, MS, RDN, LD
THOP, Market Bariatric Dietician
El Paso, TX

Maria Lourdes Asiain, MD, FAAP, MPH, IBCLC
Pediatrician, Kern Place Pediatrics
Co-Founder Nourish Consultants
Diplomate American Board of Obesity Medicine
El Paso, TX

Sudip Bajpeyi, PhD, FACSM
Director of Metabolic, Nutrition, and Exercise
Research Laboratory
Director Interdisciplinary Health Sciences PhD
Program
Professor, Department of Kinesiology
University of Texas at El Paso

Benjamin Clapp, MD, FACS, FASMBS
General Surgery, Bariatric
Associate Clinical Professor of Surgery
TTUHSC, El Paso

Dora M. Carcoba DNP,ACNP-BC/FNP-C
Family Medicine
Village Medical
El Paso, TX

Scott Hallak, PT, DPT
Board-Certified Clinical Specialist in Orthopedic Physical Therapy
Physical Therapist, THOP, Memorial
El Paso, TX

LEARNING OBJECTIVES

Enhance healthcare professionals’ knowledge and clinical competence in the comprehensive management of obesity across the lifespan by integrating evidence-based approaches to weight loss pharmacotherapy, lifestyle interventions, and exercise as medicine; addressing the neurological and psychosocial burdens of obesity; evaluating special populations including pregnancy and pediatric patients with genetic obesity; understanding the impact of obesity on surgical outcomes, including orthopedic and bariatric procedures; recognizing the critical role of dietitians in bariatric care; and examining emerging considerations such as THC use and addiction in patients with obesity to improve patient-centered outcomes.

David Mansfield, MD
Orthopedic Surgery
El Paso, TX

Laura E. O’Dell, BS, MA, PhD
Professor of Neuroscience
Department of Psychology
University of Texas at El Paso

Laura Preece, DO, FACOI, FACP
Board Certified – ABIM, ABLM, ABOM
Weight and Wellness Physician
L’Esthetique
El Paso, TX

Hugo Sandoval, PhD
Assistant Professor
TTUHSC, Radiology
El Paso, TX

Maria Velazquez, MD
Maternal Fetal Medicine
THOP, El Paso TX

Leah Whigham, PhD, FTOS
Professor, Dept. of Nutritional Sciences
The University of Texas at Austin
Austin, TX

ACCREDITATION AND DESIGNATION

Physicians:

The Hospitals of Providence is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Hospitals of Providence designates this live activity for a maximum of 7.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Hospitals of Providence have designated the presentation, Translational Research on Nicotine Use Vulnerability in Persons with Obesity and Metabolic Dysregulation for one credit of education in medical ethics and/or professional responsibility.

Nursing:

The Hospitals of Providence are approved as a provider of nursing continuing professional development by New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

This activity provides up to 7.25 contact hours for the entire conference.

Other Healthcare Professionals

A certificate of attendance will be provided to other healthcare professionals for requesting credits in accordance with specialty societies or other professional associations.

Attendance will be verified through sign-in rosters at the beginning of the conference day. Participants must attend a minimum of one presentation in its entirety and complete the evaluation. Contact hours will be verified when the evaluation is received.

LOCATION AND GUIDELINES

The conference will be held at the Radisson Hotel El Paso Airport, 1770 Airway Blvd. El Paso, TX 79925. Dress is business casual. We recommend you bring a light jacket or sweater, as the conference room temperature is difficult to regulate. Please, no children allowed.

The conference planning committee reserves the right to cancel this activity or substitute faculty in the event of unforeseen or extenuating circumstances.

The Hospitals of Providence wants to provide individuals who have disabilities the appropriate services necessary to participate in this conference. If there is a need for any auxiliary aids/ services or dietary needs, please make your request to the Education office at least 48 hours prior to the conference by calling 915-747-2776.

PLANNING COMMITTEE

Benjamin Clapp, MD, Bariatric Surgery
Christina Bloodworth, BSN, RN, CBN, Bariatrics Nursing Manager
Christina Castañeda, MSN, RN, CME/CNE Nurse Planner, Prof. Dev. Educator
Kurt Gross, Group Marketing Director, The Hospitals of Providence
Katherine Stoner, BBA, Marketing Manager
Nancy Swopes, MSN, RN, Market Director of Oncology Services