

# Breakfast Symposium 5

---

## Chairperson

---

**Sung-Hoon Kim**  
Mizmedi Hospital, Korea

---

## Speaker

---

**Jang Won Son**  
The Catholic University of Korea, Korea



## Jang Won Son

The Catholic University of Korea, Korea

### • Education

Period	Affiliation	Position
– 2011	Graduate school, The Chung-Ang University of Korea, Seoul, Korea	Ph.D.
– 2006	Graduate School, The Chung-Ang University of Korea, Seoul, Korea	
– 1995-2001	College of Medicine, The Chung-Ang University of Korea, Seoul, Korea	M.D

### • Affiliations / Experience

Period	Affiliation	Position
– 2021-Present	Bucheon Saint Mary Hospital. College of Medicine, The Catholic University of Korea	Professor
– 2017-2018	Karolinska institute, Sweden	Visiting researcher
– 2016-2021	Bucheon Saint Mary Hospital. College of Medicine, The Catholic University of Korea	Associate professor
– 2012-2016	Bucheon Saint Mary Hospital. College of Medicine, The Catholic University of Korea	Assistant professor

### • Publications

- Genetic Determinants of Obesity in Korean Populations: Exploring Genome-wide Associations and Polygenic Risk Scores. Briefings in Bioinformatics 2024 [Epub ahead of print]
- GLP-1 Based Therapies: A New Horizon in Obesity Management. Endocrinol Metab. 2024 Apr;39(2):206-221
- An international multidisciplinary consensus statement on MAFLD and the risk of CVD. Hepatol Int 17, 773–791 (2023).
- Human Tissue-Engineered Skeletal Muscle: A Tool for Metabolic Research Endocrinol Metab. 2022;37(3):408-414.
- Obesity Fact Sheet in Korea, 2021: Trends in Obesity Prevalence and Obesity-Related Comorbidity Incidence Stratified by Age from 2009 to 2019. JOMES 2022;31:169-177

## Breakfast Symposium 5

# Revolutionizing Obesity Care

Jang Won Son (The Catholic University of Korea, Korea)

---

The global obesity epidemic affects approximately 1 billion people, with this number expected to rise continuously. Obesity is not only a health concern but also contributes to a widespread internalized weight bias, affecting at least 44% of the general population. In addition, effective obesity treatment is crucial as reversing obesity can improve numerous obesity-related complications.

Tirzepatide, a novel pharmacological treatment, is designed to activate both the glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptors. This dual action mechanism enhances its potential in managing obesity more effectively than existing treatments.

The SURMOUNT-1 clinical trial demonstrated the significant efficacy of Tirzepatide in reducing body weight. Participants administered with 15 mg of Tirzepatide experienced an average body weight reduction of 22.5%. These findings highlight Tirzepatide as a promising therapeutic option in the battle against obesity.

Further research and development of such treatments are imperative to address the escalating global health crisis posed by obesity.

Keywords: obesity epidemic, weight bias, obesity treatment, Tirzepatide, SURMOUNT-1, weight reduction