

Joint Symposium KSSO-TOS

Real Word Experience of Anti-Obesity Medications

Chairpersons

Marc-Andre Cornier

Medical University of South Carolina, USA

Soo Lim

Seoul National University, Korea

Speakers

Marc-Andre Cornier

Medical University of South Carolina, USA

Yu Mi Kang

Harvard Medical School, USA

Robyn Pashby

Health Psychology Partners, USA



Marc-Andre Cornier

Medical University of South Carolina, USA

• Education

Period	Affiliation	Position
– 1999-2001	University of Colorado Health Sciences Center - Denver, CO	Certificate in Clinical Science
– 1988-1992	Medical College of Georgia, School of Medicine - Augusta, GA	M.D.
– 1983-1987	Vanderbilt University, School of Engineering - Nashville, TN	B.S.

• Affiliations / Experience

Period	Affiliation	Position
– 2023-Present	Endocrinology Fellowship Program Division of Endocrinology, Diabetes & Metabolic Diseases, MUSC, Charleston, SC	Program Director
– 2021-Present	Medical University of South Carolina	Professor
– 2021-Present	James A. Keating Endowed Chair in Diabetes	Chair
– 2021-Present	Department of Medicine, MUSC – Charleston, SC	Director
– 2021-2023	Diabetes Management Service MUSC – Charleston, SC	Medical Director

• Committee Memberships

- The Obesity Society
- Advocacy & Public Outreach Core Committee, Endocrine Society
- Steering Committee, Obesity Curriculum-in-a-Box
- Scientific Advisory Board, LetsGetChecked
- Clinical Endocrinology Update (CEU) Steering Committee, Endocrine Society

• Publications

- Peters JC, Breen JA, Pan Z, Niklaus J, Cornier MA. A Randomized, crossover trial assessing appetite, energy metabolism, blood biomarkers, and ad libitum food intake responses to a mid-morning pecan snack vs an equicaloric high-carbohydrate snack in healthy volunteers with overweight/obesity. *Nutrients*, 16:2082, 2024
- Iwamoto SJ, Rice JD, Moreau KL, Cornier MA, Wierman ME, Mancuso MP, Gebregzabheir A, Hammond DB, Rothman MS. The Association of Gender-Affirming Hormone Therapy Duration and Body Mass Index on Bone Mineral Density in Gender Diverse Adults. *J Clin Transl Endocrinol*, ePub 30 April 2024
- Dodd KC, Legget KT, Cornier MA, Novick AM, McHugo M, Berman BD, Lawful BP, Tregellas JR. Relationship Between Functional Connectivity and Weight-Gain Risk of Antipsychotics in Schizophrenia. *Schizophr Res*, 28:173-181, 2024
- Arif E, Medunjanin D, Solanki A, Zuo X, Su Y, Dang Y, Winkler B, Lerner K, Kamal AI, Palygin O, Cornier MA, Wolf BJ, Hunt KJ, Lipschutz JH. Beta 2 adrenergic receptor agonists as a treatment for diabetic kidney disease. *Am J Physiol Renal Physiol*, 326:F20-F2, 2024
- Palmer V, Cornier MA, Waring A, Valdebran M. Evaluation and Treatment of Metabolic Syndrome and Cardiovascular Disease in Adult Patients with Psoriasis. *Int J Dermatol*, 62:1437-1446, 2023

Joint Symposium KSSO-TOS

Real-World Experience with Novel Anti-Obesity Medications

Marc-Andre Cornier (Medical University of South Carolina, USA)

Pharmacotherapy or “anti-obesity medications” (AOMs) are indicated for patients with obesity or overweight with weight related comorbidities. AOMs are important therapies that primarily work by treating the central dysregulation of food intake associated with the disease of obesity. These therapies have been shown to also be associated with successful long-term weight loss and. Newer, novel AOMs, such as semaglutide and tirzepatide, are associated with significantly greater weight loss than previously approved agents. With average weight loss of 15-20% seen with these novel agents, we are seeing significantly greater benefits in weight-related comorbidities. Furthermore, semaglutide has been shown to reduce cardiovascular outcomes and is now approved in the U.S. for the treatment cardiovascular disease. Issues with medication shortages, costs and reductions in lean body mass have created some barriers to using these agents. There are many new therapies being developed that are associated with similar, if not more, weight loss. Other therapies are being developed in efforts to minimize lean mass loss and/or functional declines. This is an exciting time for the medical treatment of obesity but many unanswered questions remain.



Yu Mi Kang

Harvard Medical School, USA

• Education

Period	Affiliation	Position
– 2024-Present	Harvard School of Public Health, Boston, MA, USA	Masters of Public Health in Clinical Effectiveness
– 2023-2015	University of Ulsan College of Medicine, Asan Medical Center, Seoul, Korea	Ph.D.
– 2006-2010	Chonbuk National University College of Medicine, Jeonju, Korea	M.D.
– 2002-2005	University of Toronto	B.Sc.

• Affiliations / Experience

Period	Affiliation	Position
– 2022-2025	Harvard Medical School	Senior Interdisciplinary Fellow (US)
– 2019-2022	Yale University School of Medicine	Internal Medicine Residency (US)
– 2017-2019	Asan Medical Center	Instructor
– 2015-2017	Asan Medical Center	Fellow (Endocrine & Metabolism)
– 2011-2015	Asan Medical Center	Internal Medicine Residency

• Committee Memberships

- International Advisory Board Member, Korean Society of Lipid and Atherosclerosis
- Korean Society for the Study of Obesity
- American Diabetes Association
- American Heart Association
- European Society of Cardiology

• Publications

- Patel SM, Kang, YM et al. Sodium Glucose Co-transporter 2 Inhibitors and Major Adverse Cardiovascular Outcomes: A SMART-C Collaborative Meta-Analysis. *Circulation*. 2024 Apr 7 Online ahead of print. doi: 10.1161/CIRCULATIONAHA.124.069568
- Kang YM, Cho YK, Lee J, Lee SE, Lee WJ, Park JY, Kim YJ, Jung CH, Nauck MA. Asian Subpopulations May Exhibit Greater Cardiovascular Benefit From Long-Acting Glucagon-Like Peptide 1 Receptor Agonists: A Meta-Analysis of Cardiovascular Outcome Trials. *Diabetes Metab J* 2019 Aug;43(4):410-421. doi: 10.4093/dmj.2018.0070. PMID 3060459
- Kang YM, Cho YK, Lee SE, Park JY, Lee WJ, Kim YJ, Jung CH. Cardiovascular Diseases and Life Expectancy in Adults with Type 2 Diabetes; A Korean National Sample Cohort Study. *J Clin Endocrinol Metab* jc.2017-00643. DOI: <https://doi.org/10.1210/jc.2017-00643>. PMID 28911137

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Advancing Obesity Treatment in Individuals of Asian Descent: Clinical Implications of GLP-1 Receptor Agonists in Asia

Yu Mi Kang (Harvard Medical School, USA)

Epidemiologic studies have shown that individuals in Asia or of Asian descent are at a higher risk of cardiometabolic deterioration at lower BMI levels compared to Western populations, particularly those of White race. This increased risk is thought to be mediated by a greater tendency towards visceral adiposity for a given degree of subcutaneous adiposity. Consequently, healthcare practices in East Asia employ more stringent BMI cut-offs to define obesity, aiming to initiate preventative strategies at an earlier stage. Over the past decade, numerous randomized clinical trials have consistently demonstrated significant benefits of GLP-1 receptor agonists in weight and visceral adiposity reduction among people of Asian descent, along with potentially greater improvements in glycemic control and cardiovascular risk reduction. In this session, we will review the current literature and clinical experience to discuss the effectiveness of GLP-1 receptor agonists in individuals of Asian descent, which may have considerable public health implications in Asia and globally.



Robyn Pashby

Health Psychology Partners, USA

• Education

Period	Affiliation	Position
– 2009	USUHS, F. Edward Hebert School of Medicine	Ph.D.
– 2001	American University	M.A.
– 1999	Colby College	B.A.

• Affiliations / Experience

Period	Affiliation	Position
– 2022-Present	The Obesity Action Coalition	Board Member
– 2016-Present	Health Psychology Partners	Owner/ Director
– 2012-2017	National Center for Weight and Wellness	Assistant Director
– 2009-2012	George Washington University Weight Management Program	Consulting Psychologist

• Committee Memberships

- Obesity Action Coalition
- The Obesity Society
- Obesity Medical Association
- Women Business Leaders of the U.S. Health Care Industry Foundation

• Publications

- Pashby, R. (2024). Using Trauma Informed Care When Discussing Weight in Clinical Practice. Presented for the Academy of Nutrition and Dietetics. *Virtual Meeting*
- Pashby, R. (2024). Mental and Behavioral Health Considerations for Adults with Obesity Taking Anti-Obesity Medications. Presented as part of the “Medications and Obesity: Exploring the Landscape and Advancing Comprehensive Care.” sponsored by the National Academies of Science, Engineering and Medicine. Virtual meeting.
- Pashby, R. (2023). A Psychologist’s Perspective on Obesity Stigma and Internalized Weight Bias. Presented at The Obesity Society Annual Meeting, Dallas Texas
- Pashby, R. (2023). Talking about Weight in Clinical Practice. Presented for The MacDonald Center for Obesity Prevention and Education (COPE) at Villanova University’s Fitzpatrick College of Nursing. *Virtual Meeting*
- Pashby, R. (2023). Communicating about Body Weight in the Clinic and Beyond: Navigating discussions gracefully in a body positivity vs obesity treatment world. Presented as part of the “Going Beyond BMI: Communicating About Body Weight: A Second Workshop in the Series” sponsored by the National Academies of Science, Engineering and Medicine. *Virtual meeting*

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Real World Mental Health Implications of Anti-Obesity Medication Use

Robyn Pashby (Health Psychology Partners, USA)

The use of anti-obesity medications (AOM) presents a complex landscape where medical treatment intersects with mental health and societal perceptions. This talk explores nuanced mental and behavioral health implications in the era of increased AOM use. The discussion will include a review of the state of behavioral science, recent advancements in lifestyle and behavior modification strategies, and an exploration of the practical psychological responses and challenges experienced by individuals prescribed AOMS.

Central to this discussion is how internalized weight bias is embedded within the patient experience, not only influencing treatment decisions but also profoundly affecting the physical and mental well-being of individuals seeking to manage their weight through medication.

Through continued dialogue and research, this talk aims to broaden awareness of how medical advancements in obesity treatment affect psychological processes. By empowering healthcare providers and advocating for patient-centered strategies, we can work towards mitigating stigma, promoting mental resilience, and ultimately improving the quality of care for individuals navigating the complexities of obesity treatment with AOMs.