

WEIGHT MANAGEMENT POTPOURRI ECHO

THURSDAY, JUNE 12TH, 2025

12:00 - 1:00 PM PST

This ECHO session offers a concise overview of obesity management, including current guidelines, motivational interviewing strategies, and lifestyle interventions. Topics include the use of supplements, nutrition recommendations, medications, and bariatric surgery options with key pre- and post-op considerations. Practical tools and case examples will help guide effective, patient-centered care.

TARGET AUDIENCE

This educational initiative is open to physicians, allied health professionals, nursing staff, and other medical disciplines. We aim to support them to advance their knowledge and best practices in weight management, promoting effective strategies across diverse healthcare roles.

REGISTRATION QR CODE



MEET THE HUB TEAM



**Kelsey West, MD, MPH,
DABOM**

Dr. West is a graduate of UNR School of Medicine and UNR Family Medicine Residency. She currently serves as Associate Professor in the Department of Family Medicine, as well as has her Board Certification in Obesity Medicine.



**Karen Bain, RDN, LD,
CDCES**

Karen Bain is a Registered Dietitian and Certified Diabetes Educator with 35+ years of experience in clinical nutrition and wellness, specializing in lifestyle medicine and chronic disease prevention.



**Alexander L.
Ayzengart, MD**

Dr. Ayzengart is a board-certified general surgeon at Renown Health and clinical assistant professor at UNR Med, specializing in robotic and minimally invasive surgery for obesity, reflux, and complex upper GI conditions.

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<https://tinyurl.com/WeightManagementPotpourriECHO>



University of Nevada, Reno

School of Medicine
Project ECHO