

SYMPOSIUM AGENDA

Friday, September 18, 2026

11:15 - 12:00 PM	Lunch and Registration
12:00 - 12:15 PM	Welcome / Opening Remarks Samuel Dagogo-Jack, MD, DSc A.C. Mullins Endowed Professor and Director Division of Endocrinology, Diabetes & Metabolism University of Tennessee Health Sciences
12:15 - 1:15 PM	Keynote Speaker: GLP-1 Receptor Agonists in the Management of Obesity and Related Disorders Daniel J. Drucker, MD Professor, University of Toronto Departments of Medicine and Laboratory Medicine and Pathobiology 2026 James H. Horner, MD Distinguished Visiting Professor
1:15 - 2:00 PM	Lifestyle Strategies for Prevention of Diabetes and Optimization of Cardiometabolic Health Samuel Dagogo-Jack, MD, DSc A.C. Mullins Endowed Professor and Director Division of Endocrinology, Diabetes & Metabolism University of Tennessee Health Sciences
2:00 - 2:15 PM	Break
2:15 - 2:45 PM	Cardiometabolic and Mental Health Implications of Weight Cycling Helmut Steinberg, MD Professor of Medicine and Endocrinology Fellowship Program Director Division of Endocrinology, Diabetes & Metabolism University of Tennessee Health Sciences
2:45 - 3:00 PM	Panel Discussion (all speakers)
3:00 PM	Closing Remarks and Adjournment

COURSE DIRECTOR



Samuel Dagogo-Jack, MD, DSc
A.C. Mullins Endowed Professor and Director
Division of Endocrinology, Diabetes & Metabolism
University of Tennessee Health Sciences

REGISTRATION

Online registration is available at:
<https://cenow.uthsc.edu/content/2026-horner-dvp>
There is no cost to attend this symposium.

ACTIVITY LOCATION

The University of Tennessee Health Sciences
Hamilton Eye Institute - Freeman Auditorium
930 Madison Avenue, 3rd Floor
Memphis, TN 38163

PARKING

Hamilton Eye Institute Parking Garage (H Lot)
Location: Madison Avenue at Pauline Street
(across from Landau Uniforms)

CONTACT INFORMATION

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EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA institution in
the provision of its education and employment programs and services.*

GLP-1s and Cardiometabolic Health Division of Endocrinology

2026 James H. Horner, MD
Distinguished Visiting Professor
Daniel J. Drucker, MD
Professor, University of Toronto
Departments of Medicine and
Laboratory Medicine and Pathobiology

**FRIDAY, SEPTEMBER 18, 2026
11:15 AM - 3:00 PM**

The University of Tennessee Health Sciences
Hamilton Eye Institute - Freeman Auditorium
930 Madison Avenue, 3rd Floor
Memphis, TN 38163



OVERVIEW

James H. Horner was a medical student who died shortly before his expected graduation from the University of Tennessee Health Science Center. His medical degree was awarded posthumously in June 1988. Dr. Horner’s family established this distinguished professorship in his name “to promote education, compassion, and academic excellence in the practice of medicine”. Join us as we welcome expert speakers who will share their knowledge on GLP-1s and Cardiometabolic Health, as well as provide relevant guidelines for the prevention of diabetes and resources for the management of obesity and related disorders.

EDUCATIONAL OBJECTIVES

- Identify the pathophysiology of diabetes and the role of obesity in glucose dysregulation and cardiometabolic disorders
- Review the cardiometabolic and mental health implications of weight cycling
- Discuss current guidelines for diabetes management and lifestyle strategies for the prevention of diabetes and optimization of cardiometabolic health
- Describe appropriate drugs and therapy for the management of obesity and related disorders

PROFESSIONAL PRACTICE GAP

With over 500 million people currently living with diabetes worldwide and millions more affected by thyroid disorders, obesity, hormonal conditions, and metabolic diseases, this DVP lecture will seek to address the growing challenge of improved diagnosis and treatment. It will provide a learning format that explores the latest breakthroughs, emerging therapeutics, digital health innovations, and transformative clinical strategies shaping the future of diabetes and endocrine healthcare.

DESIRED OUTCOME

This lecture is designed to provide interactive educational activities that discuss complicated case scenarios that have been shown to improve participant application of evidence-based medicine for patients with obesity and related diseases. Providing a format for adult learning that includes lectures, case-based studies, an interactive question and answer session, collaborative sharing of patient care issues, and networking with other healthcare professionals has shown to improve participant knowledge and competency.

2026 James H. Horner, MD
Distinguished Visiting Professor (DVP)

Daniel J. Drucker, MD



Professor, University of Toronto
Departments of Medicine and
Laboratory Medicine and Pathobiology

Daniel J. Drucker, MD is a professor in the Departments of Medicine and Laboratory Medicine and Pathobiology at the University of Toronto. Dr. Drucker is renowned for his breakthrough discoveries of the biological actions of glucagon-like peptide hormones GLP-1 and GLP-2, including GLP-1’s key roles in stimulating glucose-dependent insulin secretion, reducing food intake, protecting the heart and reducing systemic inflammation. His research has been a driving force in GLP-1’s 40-year journey from a newly identified peptide sequence to the mechanism behind globally used and life-changing therapeutics for type 2 diabetes and obesity. Also, it has driven transformative new therapeutics for intestinal failure and other metabolic disorders.

Dr. Drucker is a fellow of the Royal Society and laureate of the 2023 Wolf Prize in Medicine, among many other recognitions. He is a Senior Investigator at Sinai Health’s Lunenfeld-Tanenbaum Research Institute. In 2024, he was named among *Time* magazine’s 100 most influential people.

DISCLOSURE STATEMENT

The University of Tennessee College of Medicine is committed to providing CME that is balanced, objective, and evidence based. Individuals involved with planning, reviewing, and presenting content for this activity must disclose all financial relationships with ineligible companies within the past 24 months, regardless of the amount. The ACCME defines ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company. Individuals must disclose regardless of their view of the relevance of the relationship to the education. The UT College of Medicine, the CME staff, and Activity Director have taken appropriate steps to identify and mitigate relationships prior to the individuals assuming their roles.

TARGET AUDIENCE

Endocrinologists, Primary Care Specialists, Advanced Practice Providers, Nurse Practitioners, Fellows, Residents, and Medical Students

2.5 CME / CEU credits provided



AMA Credit Designation: The University of Tennessee College of Medicine (UTCOTM) designates this live activity for a maximum of 2.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education for Non-Physicians: The UTCOTM will issue Certificates of Participation to non-physicians for participating in this activity and designates it for CEUs using the national standard that 1 hour of educational instruction is awarded .1 CEU.

Accreditation: The UTCOTM is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.