

Keck School of Medicine of USC

The USC Metabolic Health Symposium 2027

Saturday, January 30, 2027

Presented by: USC Office of Continuing Medical Education

7:00 am **Registration and Breakfast**

8:00 am **Director's Welcome and Announcements**

Alyssa L. Dominguez, MD; Katie Page, MD, MS; Harry Wong, MD

Session I: The Metabolic Patient: One Disease, Multiple Organs

Moderator: Harry Wong, MD

8:10 am **Rethinking Metabolic Care: From Silos to Integrated Metabolic Health: The Pasadena PRIME Model**

Katie Page, MD, MS

8:25 am **Diabetes in 2027: From Glucose Control to Multiorgan Protection**

Alyssa L. Dominguez, MD

8:50 am **MASLD in 2027: From Metabolic Risk to New Therapies**

Norah Terrault, MD

9:15 am **Protecting the Heart in Metabolic Disease: A New Era of Cardiovascular Prevention**

Praveen Garg, MD

9:40 am **Panel Discussion: One Patient, Multiple Organs**

10:00 am Break

Session II: Lifestyle Is Metabolic Medicine

Moderator: Katie Page, MD, MS

10:25 am **What Should We Actually Tell Our Patients to Eat? Nutrition for Metabolic Health**

Kurt Hong, MD, PhD

10:50 am **Movement as Metabolic Medicine: What Should We Actually Prescribe?**

Stephanie Woelfel, PT, DPT, CWS

11:05 am **Interactive Movement Break (PT)**

Session III: Metabolic Health in Practice: One Patient, Many Specialists

Moderator: Katie Page, MD, MS

11:25 am **The Metabolic Health Case Conference: One Patient, Many Specialists**

Arshia Ghaffari, DO (nephrology)

Alyssa L. Dominguez, MD (endocrinology)

Norah Terrault, MD (liver/GI)

Praveen Garg, MD (cardiology)

12:00 pm Lunch

1:15 pm **Medication, Endobariatrics, or Surgery? Choosing the Right Treatment for the Right Patient**

Medical therapy: Kurt Hong, MD, PhD

Endobariatric therapy: Danse Bi, MD

Metabolic surgery: Kamran Samakar, MD

Session V: The Future of Metabolic Health

Moderator: Alyssa L. Dominguez, MD

2:05 pm **Beyond One-Size-Fits-All: The Future of Personalized Obesity Treatment**

Harry Wong, MD

2:30 pm **What's Next? Emerging Therapies Transforming Cardiometabolic Health**

Katie Page, MD, MS

2:55 pm **Closing Remarks**

Alyssa L. Dominguez, MD; Katie Page, MD, MS; Harry Wong, MD

3:05 pm Adjourn