

## Learning Objectives

February 3<sup>rd</sup>, 2026

### Infertility/PCOS:

- Define infertility and outline an evidence-based initial evaluation, including appropriate history, physical examination, and first-line laboratory testing
- Diagnose PCOS using established criteria and differentiate it from other causes of infertility
- Discuss management of infertility related to anovulation, including lifestyle modification, weight management, and appropriate pharmacologic options

### Obesity Lectures:

- Define, diagnose, and classify the chronic disease of obesity
- Understand racial and ethnic disparities in obesity and its risks
- Understand the impact of weight stigma and identify ways to mitigate it
- Identify obesity-related co-morbidities and review the correlation between health and weight
- Identify routine and individualized diagnostic testing in evaluating obesity

### Obesity Lecture 2:

- Assess patient readiness for change and build patient motivation
- Generate counseling strategies for nutrition, physical activity, and behavioral counseling
- Devise a personalized pharmacological treatment strategy
- Determine patient eligibility for bariatric interventions
- Evaluate progress towards health goals and adapt plan as needed