

As the manager of medical and surgical obesity management programs, Carah is humbled by the opportunity to help an incredibly diverse population looking to regain autonomy over their lives! She has helped create truly comprehensive programs served by dedicated interdisciplinary teams. She recognizes the trust placed in her teams to assist patients in reaching goals and long-term success through not only surgery but also lifestyle modification, nutrition therapy, exercise physiology, and community. 1 Cor 10:31 – So whether you eat or drink, or whatever you do, do it all for the glory of God.

Carah currently serves the American Society for Metabolic and Bariatric Surgery (ASMBS) Integrated Health Section (IHS) Executive Council (EC) in the elected position of Member-at-Large. She is an elected Member-at-Large of the ASMBS Florida, Puerto Rico, and Caribbean Chapter and is the IH STAR for Florida. She is the IH Chair for the ASMBS State and Local Chapters Committee and a member of the Clinical Issues, Certified Bariatric Nurse, and Diversity and Inclusion Committees. Her greatest interests lie in the areas of exercise, education, and access to care.

Those who serve in the collective IH fields can be instrumental in revolutionizing the safety and outcomes of metabolic and bariatric patients as well as for all who are living with the chronic disease of obesity. Many of our colleagues just need to recognize their voice! Carah strives to be an engager. When equipping her patients to advocate for evidence-based treatment or disseminating information to or eliciting current practice from her colleagues, she firmly believes there is power, wisdom, and innovation in numbers. Whether as a learned response to past outcomes or a general lack of understanding regarding where to start, too many people stay silent and hope that positive change is on the horizon. Empowering people with knowledge on what and how to take impactful next steps is pivotal in increasing engagement. Ensuring their voices are heard when they speak and that they see how their input can effect change is critical in keeping it. As the ASMBS continues to grow and strengthen essential ties with other obesity-focused organizations, the boots-on-the-ground impact of the interdisciplinary team cannot be understated. Finding new and innovative ways to broaden how IH members are served by, interact with, and contribute to available programming, messaging, and practice change will enhance the services provided by the organization and the resources available to the population served.

Carah's vision for the Integrated Health Section Executive Council is to increase participation in existing events, whether live or on-demand, mobilize her fellow clinicians and aggregate patients to competently advocate for sustainable change in how the disease of obesity is viewed and treated, and further unify the collaboration amongst the interdisciplinary teams in best-practice care of the patient living with obesity.