



HARVARD
MEDICAL SCHOOL

Beth Israel Deaconess
Medical Center

DIABETES

and Its COMPLICATIONS

NOV. 12-14
2020
Boston, MA

NEW! Livestream option available



Office-based assessment and treatment of diabetes complications and comorbidities:

- | | |
|---|---------------------|
| Dyslipidemia | Kidney disease |
| Hypertension | Liver disease |
| Peripheral vascular disease | Psychological needs |
| | Neuropathies |
| NEW Cardiovascular disease symposium | Obesity |

This special program provides education for:

- | | |
|---------------|-------------------|
| Internists | Family physicians |
| Hospitalists | Endocrinologists |
| Geriatricians | NPs and nurses |
| CDEs | PAs |

UNDER THE LEADERSHIP OF

- Martin J. Abrahamson, MD, FACP
Richard S. Beaser, MD
Sanjiv Chopra, MD, MACP

Comprehensive updates, cases, best practices, and strategies to deliver state-of-the-art care:

- Medical management of diabetes
- Patients who are not achieving therapeutic goals
- Cardiovascular risk reduction and care
- Effective lifestyle and weight management interventions
- Optimizing treatment and care of older patients
- Incorporating recent advances into your practice
- Communicating with and motivating patients
- Prevention and treatment of complications

This program is among the highest-rated Harvard Medical School CME courses

Register at HMSDiabetesCourse.com

Earn up to 20.00 AMA PRA Category 1 Credits™ • 20.00 ABIM MOC Points • 20.00 AAFP Prescribed Credits
20.00 ANCC Contact Hours • 7.75 Risk Management Credits



HARVARD MEDICAL SCHOOL

Beth Israel Deaconess Medical Center

Dear Colleague,

Anyone who provides care for people with (or at risk for) diabetes knows that these patients often have a myriad of comorbidities and complications, and that optimizing their care is frequently complex and challenging. If you are to be successful, it is critically important that you understand the latest techniques used to motivate your patients to modify their lifestyles and impact obesity; are current with newer medications, insulins, and devices used to treat the hyperglycemia of diabetes; and can skillfully manage the comorbidities that put your patients at high risk for cardiovascular disease; the dominant liver disease NAFLD, which may afflict an astounding 70 million to 100 million Americans; and other complications.

It's with these challenges in mind that we developed this program. Clinicians can rely on this course for comprehensive updates, practice recommendations, and the newest evidence-based strategies for state-of-the-art treatment, prevention, diagnosis, and education of people with diabetes.

If you provide care for people with diabetes, this course will prove invaluable. It will inform, update, and inspire you, and you will return to your practice empowered to be a more effective clinician in the care of your patients who have or are at risk for diabetes.

We hope you will join us, and look forward to seeing you in November!

Sincerely,

Martin J. Abrahamson, MD, FACP
Richard S. Beaser, MD
Sanjiv Chopra, MD, MACP
Course Directors

Course Directors



Martin J. Abrahamson, MD, FACP
Associate Professor of Medicine
Harvard Medical School
Co-Director, Division of Continuing
Education
Beth Israel Deaconess Medical Center



Richard S. Beaser, MD
Associate Professor of Medicine
Harvard Medical School
Medical Director, Joslin Continuing
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Senior Staff Physician
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Harvard Medical School
Editor-in-Chief, Hepatology Section
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Co-Director, Division of Continuing
Education
Beth Israel Deaconess Medical Center

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DIABETES and Its COMPLICATIONS



Reasons to Attend

You will ensure you are current with state-of-the-art clinical practices and improve your skills for:

- Insulin initiation and intensification: which insulins to choose and why
- Treating people with type 2 diabetes who are not achieving therapeutic goals
- Understanding the new insulins, glucose monitors, and pumps
- Office-based assessment and treatment of comorbidities and complications
- Individualizing multifaceted approaches to lifestyle modification and weight management
- Personalizing nutrition plans and exercise prescriptions
- Cardiovascular risk reduction and care
- Assessing the severity and optimizing management of non-alcoholic steatohepatitis (NASH)
- Optimal management of neuropathies and foot disease
- Managing diabetes in high-risk populations, including pregnant patients and the elderly
- Understanding the evolving concepts and treatments that will soon impact your day-to-day practice
- Communicating with, motivating, and sharing resources with patients

Faculty

The faculty is assembled from leading clinical faculty at Harvard Medical School and two of Harvard's distinguished affiliated institutions: Beth Israel Deaconess Medical Center and Joslin Diabetes Center.

Faculty are committed to delivering the highest-quality educational experience:

- Teaching practical, effective clinical reasoning and approaches that enable you to practice state-of-the-art care
- Allowing ample time to interact with faculty and to pose and get answers to your specific questions
- Providing the latest information in an engaging manner and clinically usable context so that you have knowledge you can "take home" and immediately apply to patient care

Gillian Arathuzik, RD, LDN, CDE

Florence M. Brown, MD

David R. Campbell, MD, FRCS, FACS

Frank J. Domino, MD

Jody Dushay, MD, MMSc

Jason L. Gaglia, MD, MMSc

Om P. Ganda, MBBS, MD

Arthur Reshad Garan, MD

Michael C. Gavin, MD, MPH, FACC

John M. Giurini, DPM

Patricia E. Greenstein, MD

Osama Hamdy, MD, PhD, FACE

Melanie P. Hoening, MD

Michael S. Irwig, MD, FACE

Daniel B. Jones, MD, MS, FACS

Erin Kelly, MEd, RN, BSN, CDE

Lyle D. Mitzner, MD

Medha N. Munshi, MD

Edward M. Phillips, MD

Duane S. Pinto, MD, MPH

Aaron M. Price, LICSW

Deborah K. Schlossman, MD

Alissa R. Segal, PharmD, CDE, CDTC, FCCP

Robert C. Stanton, MD



HARVARD MEDICAL SCHOOL

REGISTRATION INFORMATION

Diabetes and Its Complications Course #734077-2101	Register after September 25, 2020	Register on or before September 25, 2020
Course Tuition	\$925	\$825 (Save \$100)
Livestream Option	\$625	

Your tuition includes continental breakfasts, coffee and refreshment breaks, and complimentary Internet access. There are many convenient and varied lunch options within a short walking distance of the course. All attendees will receive an electronic version of the course materials.

LIVESTREAM: The course will be presented in its entirety and includes real-time Q&A interactions. All live-stream sessions are eligible for *AMA PRA Category 1 Credits™* and ABIM MOC points, as well as other relevant CME credits.

Registration, Payment, Confirmation, and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at HMSDiabetesCourse.com.

At the end of the registration process, a \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Please do not make non-refundable travel plans until you have received an email from our office confirming your paid registration. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks before the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks before. "No shows" are subject to the full course fee and no refunds will be issued once the course has started.

Questions?

By phone: 617-384-8600 Monday-Friday, 9:00am to 5:00pm (ET). By email: CEPrograms@hms.harvard.edu.

Venue

The Fairmont Copley Plaza
138 St. James Avenue
Boston, MA 02116



Accommodations and Travel

A limited number of discounted rooms have been reserved for course participants. To reserve online, please go to the Venue page on the course website at HMSDiabetesCourse.com/venue and use the dedicated reservation link. You may also call the hotel at (617) 267-5300 or (800) 441-1414 and request a discounted room. Please specify that you are attending the HMS Diabetes course to receive the reduced room rate.

Important to Note

- We urge you to make your reservations early!
- Discounted rooms are limited and available on a first-come, first-served basis.
- Discounted rates are only available until Oct. 19 or until the block sells out, which typically happens in advance of this date. Please visit the course website for additional information on air travel and ground transportation.

Register at HMSDiabetesCourse.com

Accreditation Council for Continuing Medical Education

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

The Harvard Medical School designates this live activity for a maximum of 20.00 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Risk Management

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 7.75 credits of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.

American Board of Internal Medicine

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 20.00 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

American Academy of Family Physicians

This live activity, *Diabetes and Its Complications*, with a beginning date of 11/12/2020, has been reviewed and is acceptable for up to 20.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education

Harvard Medical School is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This activity is approved for 20.00 contact hours, of which 11.50 is eligible for pharmacology credit. Contact hours are awarded commensurate with participation and completion of the online evaluation and attendance attestation. Learners should check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credits*[™] for relicensure.

Physician Assistants

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits*[™] are acceptable for continuing medical education requirements for recertification. Learners should check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credits*[™] for relicensure.

Canadian and European Accreditation

Please visit HMSDiabetesCourse.com/Accreditation for details.

Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Accreditation Criteria and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest before the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

LEARNING OBJECTIVES

Upon completion of this course, participants will be able to:

- Identify methods to improve the efficacy of lifestyle interventions in the treatment of diabetes and related conditions, and address methods to initiate these interventions efficiently and effectively
- Identify how pathophysiologic components of type 1 and type 2 diabetes relate to diabetes comorbidities and impact glycemic treatment design
- Describe the clinical implications of evidence-based treatment guidelines from recognized expert organizations for the selection, initiation, and advancement of newer pharmacologic and technologic treatments for diabetes to optimize the efficacy and safety of glycemic control
- Recognize strategies to address diabetes-related comorbidities and complications based on an updated knowledge of evolving treatment advances
- Identify and then recognize strategies to overcome barriers to optimizing care of diabetes and its comorbidities that emanate from patients, providers, and practice systems issues
- Recognize methods to utilize the implications of cardiovascular outcomes trials of antidiabetes medications and evolving methods to prevent, diagnose, and treat cardiovascular disease for people with diabetes

AGENDA

Thursday, November 12

7:00am – 7:45am

Registration and Continental Breakfast

7:45am – 8:00am

Introduction and Welcome: A Collective Call to Action

COMPREHENSIVE APPROACHES TO OBESITY: BLUNTING ITS IMPACT

8:00am – 8:30am

Exercise: Quick and Effective In-Office Risk Assessment and Personalized “Prescription” Strategies ^R

Edward M. Phillips, MD

8:30am – 9:15am

State-of-the-Art Nutritional Approaches to Weight Management — One Size Does Not Fit All ^R

Jody Dushay, MD, MMSc

9:15am – 10:00am

Impacting Diabetes Outcomes with New Techniques for Motivation Interviewing: Here’s How ^R ^P

Frank J. Domino, MD

10:00am – 10:20am

Refreshment Break

10:20am – 11:05am

Pharmacologic Management of Obesity: When. What. How. ^R ^P

Osama Hamdy, MD, PhD, FACE

11:05am – 11:40am

Surgical Treatment of Obesity: Techniques, Outcomes, and a Patient’s Perspective ^R

Daniel B. Jones, MD, MS, FACS

SPECIAL SYMPOSIUM: CARDIOVASCULAR DISEASE AND DIABETES

11:40am – 12:25pm

Optimal Management of Hypertension in People with Diabetes ^P

Melanie P. Hoenig, MD

12:25pm – 1:30pm

Lunch Break (on your own)

1:30pm – 2:15pm

Optimal Management of Dyslipidemia in People with Diabetes ^P

Om P. Ganda, MBBS, MD

2:15pm – 3:00pm

Management of Acute Coronary Syndromes and Chronic Cardiovascular Disease in Patients with Diabetes ^P

Duane Pinto, MD

3:00pm – 3:10pm

Improving Clinician Wellness through Exercise ^R

3:10pm – 3:30pm

Refreshment Break

3:30pm – 4:10pm

Diabetes and Heart Failure: Update on Management ^P

Arthur Reshad Garan, MD

4:10pm – 4:40pm

Common Cardiovascular Tests and Their Optimal Interpretation

Michael Gavin, MD, MPH

4:40pm – 5:10pm

Panel Discussion

Faculty

Friday, November 13

7:00am – 7:30am

Continental Breakfast

UPDATES ON THE MEDICAL MANAGEMENT OF DIABETES

7:30am – 8:30am

Beyond Metformin: Navigating and Applying the New Guidelines and Reducing Cardiovascular Risk ^R ^P

Martin J. Abrahamson, MD, FACP

8:30am – 9:30am

Newer Insulins and How to Use Them: A Comprehensive Primer ^P

Richard S. Beaser, MD

9:30am – 9:50am

Refreshment Break

^R Qualifies for Risk Management Credit

^P Qualifies for Pharmacology Credit

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

AGENDA

SPECIAL WORKSHOP: CHALLENGING CASES IN GLYCEMIC CONTROL

9:50am – 11:05am

Challenges in Optimizing Glycemic Control: An Interactive Session ^P

Erin Kelly, Med, RN, BSN, CDE
Martin J. Abrahamson, MD, FACP
Richard S. Beaser, MD
Alissa R. Segal, PharmD, CDE, CDTC, FCCP
Gillian Arathuzik, RD, LDN, CDE

11:05am – 11:35am

Q&A: Medical Management of Diabetes ^P Faculty

11:35am – 12:20pm

Keynote: Microbiome (The Second Human Genome): What Shapes It and How It Shapes Us Sanjiv Chopra, MD, MACP

12:20pm – 1:20pm

Lunch Break (on your own)

SPECIAL SITUATIONS

1:20pm – 2:00pm

The Challenges of Inpatient Diabetes Management and Transition to Outpatient Care ^R Lyle D. Mitzner, MD

2:00pm – 2:40pm

Managing Diabetes in the Elderly – Individualizing Care ^R ^P Medha N. Munshi, MD

2:40pm – 3:20pm

Care for Pregnant Women and Women Planning to Become Pregnant: Screening, Risk Mitigation, Treatment, Patient Education ^R ^P Florence M. Brown, MD

3:20pm – 3:30pm

Improving Clinician Wellness through Exercise ^R

3:30pm – 3:50pm

Refreshment Break

3:50pm – 4:50pm

Non-Alcoholic Steatohepatitis: Assessing Severity and Optimizing Management Sanjiv Chopra, MD, MACP

4:50pm – 5:20pm

New Insights into the Pathogenesis of Type 1 Diabetes Jason L. Gaglia, MD, MMSc

Saturday, November 14

7:00am – 7:30am

Continental Breakfast

7:30am – 8:00am

How to (Recognize and) Factor the Emotional and Psychological Needs of Patients with Diabetes into Your Clinical Care ^R Aaron M. Price, LICSW

MICROVASCULAR DISEASE AND DIABETES

8:00am – 8:40am

Treating Retinopathy: Optimizing the Impact of Recent Advances Deborah K. Schlossman, MD

8:40am – 9:30am

Treatment of Renal Disease: Guidance to Blunt the Impact, Slow the Progression ^P Robert C. Stanton, MD

9:30am – 10:10am

Evaluating and Treating Neuropathies of Diabetes: 2020 Updates Patricia E. Greenstein, MD

10:10am – 10:30am

Refreshment Break

10:30am – 11:10am

Managing Erectile Dysfunction in Diabetes ^P Michael S. Irwig, MD, FACE

THE DIABETIC FOOT

11:10am – 11:40am

The Foot: Preventing Damage and Treatment Options ^R John M. Giurini, DPM

11:40am – 12:10pm

Peripheral Vascular Disease: Recent Advances in Diagnosis and Management ^P David R. Campbell, MD, FRCS, FACS

SPECIAL SESSION

12:10pm – 12:25pm

Indispensable Tips for Incorporating Updates into Clinical Practice Faculty



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