



HARVARD
MEDICAL SCHOOL

Beth Israel Deaconess
Medical Center

DIABETES

NOV. 4-6
2021

and Its **COMPLICATIONS**



SPECIAL SYMPOSIUM

**CELEBRATING THE 100TH
ANNIVERSARY OF THE
DISCOVERY OF INSULIN**

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

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



**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
- Special symposium celebrating the 100th anniversary of the discovery of insulin



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

UNDER THE LEADERSHIP OF

Martin J. Abrahamson, MD, FACP

Richard S. Beaser, MD

Sanjiv Chopra, MD, MACP, FRCP (London)

Register at HMSDiabetesCourse.com

Earn up to 23.75 AMA PRA Category 1 Credits™ • 23.75 ABIM MOC Points • 23.75 AAFP Prescribed Credits
23.75 ANCC Contact Hours • 11.00 Risk Management Credits



HARVARD MEDICAL SCHOOL

Beth Israel Deaconess Medical Center

Dear Colleague,

Those of you who provide 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. For you to be successful, it is critically important that you understand the latest techniques 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. You 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. Special this year is a celebration of the 100th anniversary of the discovery of insulin, highlighting the fascinating story of how this lifesaving medication was developed for clinical use and how it has evolved, with a glimpse into the insulins of the future.

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 in November.

Sincerely,

Martin J. Abrahamson, MD, FACP
Richard S. Beaser, MD
Sanjiv Chopra, MD, MACP, FRCP (London)
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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**Sanjiv Chopra, MD, MACP,
FRCP (London)**
Professor of Medicine
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:

- Individualizing multifaceted approaches to lifestyle modification and weight management
- Personalizing nutrition plans and exercise prescriptions
- Treating people with type 2 diabetes who are not achieving therapeutic goals
- Appreciating and understanding the evolution of insulin and how it is used today, helped by modern monitors and pumps
- Identifying and managing barriers to improving glucose control in people with diabetes
- Initiating and intensifying insulin therapy
- Deciding which insulins to use and understanding their advantages and disadvantages
- Using new glucose-monitoring devices and insulin pumps
- Cardiovascular risk reduction and care
- Assessing 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, CDCES

Florence M. Brown, MD

David R. Campbell, MD, FRCS, FACS

Frank J. Domino, MD

Jody Dushay, MD, MMSc

Om P. Ganda, MD

Arthur Reshad Garan, MD

Michael C. Gavin, MD, MPH, FACC

John M. Giurini, DPM

Patricia E. Greenstein, MD

Samar Hafida, MD

Osama Hamdy, MD, PhD, FACE

Melanie P. Hoenig, MD

Daniel B. Jones, MD, MS, FACS

Lyle D. Mitzner, MD

Alan Moses, MD

Medha N. Munshi, MD

Mary Paschal, RN, MS, CDCES

Anne Peters, MD

Edward M. Phillips, MD

Duane S. Pinto, MD, MPH

Aaron M. Price, LICSW

Steven J. Russell, MD

David T. Scadden, MD

Deborah K. Schlossman, MD

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

Maria Semnack, RN, BSN

Robert C. Stanton, MD

Bernard Zinman, OC, MDCM, FRCPC, FACP



REGISTRATION INFORMATION

Diabetes and Its Complications Course #734077-2101	After Sept. 30, 2021	On or before Sept. 30, 2021 (save \$100)
Live-stream Option	\$750	\$650

All registrants will receive an electronic syllabus. All sessions will be recorded as they are live-streamed and placed in the online video library, so that registrants can review them at their convenience. The video library will be available for 90 days after the conclusion of the course.

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. 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 4:00pm (ET). By email: CEPrograms@hms.harvard.edu.

LEARNING OBJECTIVES

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

1. Describe how advances in our understanding of pathophysiology and natural progression of type 1 and type 2 diabetes have resulted in a more integrated consideration of comorbidities into the design of glycemic treatments.
2. Identify strategies to optimize the impact of lifestyle interventions in the treatment of diabetes and related conditions.
3. Summarize appropriate, evidence-based treatment guidelines from recognized, expert organizations for the treatment of diabetes.
4. Discuss new and evolving pharmacologic and electronic tools that currently or potentially impact the treatment design, efficacy, and/or safety of glycemic control programs.
5. Demonstrate skills in advancing therapies for glycemic control aimed at achieving recommended treatment targets.
6. Identify strategies to care for patients with diabetes-related comorbidities and complications based on updated knowledge of state-of-the-art treatment advances.
7. Explain strategies to identify and then overcome clinical practice barriers emanating from patients, providers, and practice systems issues.
8. Communicate with patients, families, and health team members in a responsive manner that supports a team approach to the promotion and maintenance of health and prevention and treatment of disease in individuals with diabetes.

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 23.75 *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 11.00 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 23.75 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

The AAFP has reviewed Diabetes and Its Complications and deemed it acceptable for up to 23.75 In-Person, Live (could include online) AAFP Prescribed credit. Term of Approval is from 11/04/2021 to 11/06/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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.



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 23.75 contact hours, of which 16.50 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.

Canadian and European Accreditation

Please visit [HMSDiabetesCourse.com/](https://www.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.

AGENDA

Thursday, Nov. 4, 2021

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 – 9:25am

Question-and-Answer Session

9:25am – 9:40am

Break and Guided Meditation

9:40am – 10:20am

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

Frank J. Domino, MD

10:20am – 11:05am

**Non-Alcoholic Steatohepatitis: Assessing Severity and
Optimizing Management**

Sanjiv Chopra, MD, MACP, FRCP (London)

11:05am – 11:15am

Question-and-Answer Session

11:15am – 11:25am

Break

11:25am – 12:10pm

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

Osama Hamdy, MD, PhD, FACE

12:10pm – 12:35pm

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

Daniel B. Jones, MD, MS, FACS

Maria Semnack, RN, BSN

12:35pm – 12:50pm

Question-and-Answer Session

12:50pm – 1:40pm

Lunch Break

**SPECIAL SYMPOSIUM: CARDIOVASCULAR
DISEASE AND DIABETES**

1:40pm – 2:25pm

**Optimal Management of Hypertension in People with
Diabetes** **P**

Melanie P. Hoenig, MD

2:25pm – 3:10pm

**Optimal Management of Dyslipidemia in People with
Diabetes** **P**

Om P. Ganda, MD

3:10pm – 3:20pm

Question-and-Answer Session

3:20pm – 3:35pm

Break and Rejuvenation Exercises

3:35pm – 4:20pm

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

Duane S. Pinto, MD, MPH

4:20pm – 5:00pm

Diabetes and Heart Failure: Update on Management **P**

Arthur Reshad Garan, MD

5:00pm – 5:10pm

Break

5:10pm – 5:35pm

**Common Cardiovascular Tests and Their Optimal
Interpretation**

Michael C. Gavin, MD, MPH, FACC

5:35pm – 5:50pm

**Panel Discussion: Cardiovascular Care in People with
Diabetes**

Duane S. Pinto, MD, MPH

Arthur Reshad Garan, MD

Michael C. Gavin, MD, MPH, FACC

Friday, Nov. 5, 2021

**UPDATES ON THE MEDICAL MANAGEMENT OF
DIABETES**

7:30am – 8:25am

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

Martin J. Abrahamson, MD, FACP

8:25am – 8:30am

Question-and-Answer Session

8:30am – 9:25am

Newer Insulins and How to Use Them:

A Comprehensive Primer **P**

Richard S. Beaser, MD

9:25am – 9:30am

Question-and-Answer Session

9:30am – 9:45am

Break and Guided Meditation

9:45am – 10:30am

Pumps and CGM **R** **P**

Anne Peters, MD

10:30am – 10:35am

Question-and-Answer Session

10:35am – 10:40am

Break

**SPECIAL WORKSHOP: CHALLENGING CASES IN
GLYCEMIC CONTROL**

10:40am – 11:55am

Challenges in Optimizing Glycemic Control:

An Interactive Session **P**

Martin J. Abrahamson, MD, FACP

Gillian Arathuzik, RD, LDN, CDCES

Richard S. Beaser, MD

Mary Paschal, RN, MS, CDCES

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

11:55am – 12:20pm

Q&A: Medical Management of Diabetes **P**

Faculty

AGENDA

12:20pm – 1:10pm

Lunch Break

1:10pm – 1:55pm

KEYNOTE: **Microbiome (The Second Human Genome): What Shapes It and How It Shapes Us**
Sanjiv Chopra, MD, MACP, FRCP (London)

SPECIAL SITUATIONS

1:55pm – 2:35pm

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

2:35pm – 2:40pm

Question-and-Answer Session

2:40pm – 2:55pm

Break and Rejuvenation Exercises

2:55pm – 3:35pm

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

3:35pm – 4:15pm

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

4:15pm – 4:25pm

Question-and-Answer Session

4:25pm – 4:35pm

Break

4:35pm – 5:10pm

Disparities in Diabetes Care **R**
Samar Hafida, MD

5:10pm – 5:20pm

Question-and-Answer Session

Saturday, Nov. 6, 2021

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

8:00am – 8:05am

Question-and-Answer Session

SPECIAL SYMPOSIUM

CELEBRATING THE 100TH ANNIVERSARY OF THE DISCOVERY OF INSULIN

8:05am – 8:40am

Insulin Therapy for Diabetes: From Discovery to Today **R P**
Bernard Zinman, OC, MDCM, FRCPC, FACP

8:40am – 9:15am

The Artificial Pancreas: Ready for Prime Time?
Steven J. Russell, MD

9:15am – 9:30am

Break and Rejuvenation Exercises

9:30am – 10:05am

Future Therapies for Diabetes **R P**

Alan Moses, MD

10:05am – 10:20am

Panel Discussion: Discovery of Insulin
Bernard Zinman, OC, MDCM, FRCPC, FACP
Steven J. Russell, MD
Alan Moses, MD

10:20am – 10:30am

Break

MICROVASCULAR DISEASE AND DIABETES

10:30am – 11:05am

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

11:05am – 11:50am

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

11:50am – 12:30pm

Evaluating and Treating Neuropathies of Diabetes: 2021 Updates
Patricia E. Greenstein, MD

12:30pm – 12:45pm

Question-and-Answer Session

12:45pm – 1:35pm

Lunch Break

1:35pm – 2:10pm

KEYNOTE: **Stem Cell Therapy: What's on the Horizon?**
David T. Scadden, MD

2:10pm – 2:15pm

Question-and-Answer Session

THE DIABETIC FOOT

2:15pm – 2:45pm

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

2:45pm – 3:15pm

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

3:15pm – 3:25pm

Question-and-Answer Session

3:25pm – 3:30pm

Break

SPECIAL SESSION

3:30pm – 3:45pm

Indispensable Tips for Incorporating Updates into Clinical Practice
Faculty

3:45pm – 4:00pm

Closing Remarks

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.



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DIABETES

and Its COMPLICATIONS

NOV. 4-6
2021



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

Register at HMSDiabetesCourse.com



This special program provides education for:

Internists
Hospitalists
Geriatricians
CDEs

Family physicians
Endocrinologists
NPs and nurses
PAs