HARVARD MEDICAL SCHOOL

Beth Israel Deaconess Medical Center

DIABETES AND ITS COMPLICATIONS

NOV. 2–4 2023

LIVE STREAM








OFFICE-BASED ASSESSMENT AND TREATMENT OF DIABETES COMPLICATIONS AND COMORBIDITIES:

- Dyslipidemia
- Hypertension
- Peripheral vascular disease
- Cardiovascular disease
- Kidney disease
- Liver disease
- Neuropathies
- Obesity
- Pregnancy

THIS SPECIAL PROGRAM PROVIDES EDUCATION FOR:

- Internists
- Hospitalists
- Geriatricians
- Diabetes educators
- Family physicians
- Endocrinologists
- NPs and nurses
- PAs and pharmacists

UNDER THE LEADERSHIP OF

Martin J. Abrahamson, MD, FACP
Richard S. Beaser, MD
Sanjiv Chopra, MD, MACP, FRCP (London)

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

Register at HMSDiabetesCourse.com

Earn up to 24.00 *AMA PRA Category 1 Credits*™ • 24.00 ABIM MOC Points • 24.00 AAFP Prescribed Credits
24.00 ANCC Contact Hours • 13.25 Risk Management Credits

HARVARD MEDICAL SCHOOL

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Dear Colleague,

Those of you who provide care for people with (or at risk for) diabetes know 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.

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

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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

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

Register at HMSDiabetesCourse.com

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
- Recognizing social, racial, sexual, and cultural biases in diabetes care and reviewing strategies for achieving equity and addressing disparities

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

Souheil W. Adra, MD
Gillian Arathuzik, RD, LDN, CDCES
Florence M. Brown, MD
David R. Campbell, MD, FRCS, FACS
Donald E. Cutlip, MD
Frank J. Domino, MD
Jody Dushay, MD, MMSc
Leonor Fernandez, MD
Om P. Ganda, MD, MBBS
A. Reshad Garan, MD, MS, FACC
Michael C. Gavin, MD, MPH, FACC
John M. Giurini, DPM
Patricia E. Greenstein, MD
Osama Hamdy, MD, PhD, FACE
Melanie P. Hoenig, MD
Erin K. Martin, RN, CDCES
Roeland J. Middelbeek, MD
Lyle D. Mitzner, MD
Alan Moses, MD
Medha N. Munshi, MD
Harold N. Rosen, MD
Anne Peters, MD
Edward M. Phillips, MD
Deborah K. Schlossman, MD
Alissa R. Segal, PharmD, CDCES, CDTC, FCCP
Robert C. Stanton, MD

HARVARD MEDICAL SCHOOL

REGISTRATION INFORMATION

Diabetes and Its Complications	On or before Sept. 29 (save $100)	After Sept. 29
Live-stream	$699	$799

All registrants will receive an electronic syllabus. All sessions will be recorded as they are live-streamed and made available for immediate viewing, at your convenience, through Feb. 5, 2024.

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 the prevention and treatment of disease in individuals with diabetes.

ACCREDITATION INFORMATION

Now Offering ANCC Credits

Accreditation Council for Continuing Medical Education
In support of improving patient care, Harvard Medical School is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

The Harvard Medical School designates this live activity for a maximum of 24.00 *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 13.25 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 24.00 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
The AAFP has reviewed **Diabetes and Its Complications** and deemed it acceptable for up to 24.00 in-person, live (could include online) AAFP Prescribed credits. Term of approval is from 11/02/2023 to 11/04/2023. 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 24.00 contact hours, of which 17.00 are eligible for pharmacology credit. Contact hours are awarded commensurate with participation and completion of the online evaluation and attendance attestation. We suggest claiming your hours within 30 days of the activity date; after this time, the attendance attestation will still be required to claim your hours.

Canadian and European Accreditation
Please visit HMSDiabetesCourse.com/Accreditation for details.

Disclosure Policy
In accord with the disclosure policy of the Medical School as well as standards set forth by the Accreditation Council for Continuing Medical Education (ACCME), course planners, speakers, and content reviewers have been asked to disclose any relationships they have to companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. In addition, faculty have been asked to list any off-label uses of pharmaceuticals and/or devices for investigational or non-FDA-approved purposes that they plan to discuss.

AGENDA

Thursday, Nov. 2, 2023

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 – 9:00am
State-of-the-Art Nutritional Approaches to Weight Management: One Size Does Not Fit All R
Jody Dushay, MD, MMSc

9:00am – 9:10am
Question-and-Answer Session

9:10am – 9:25am
Break and Guided Meditation ✸

9:25am – 9:55am
Physiology of Exercise
Roeland J. Middelbeek, MD

9:55am – 10:25am
Complementary and Alternative Medicines for Diabetes and Obesity
Frank J. Domino, MD

10:25am – 10:35am
Question-and-Answer Session

10:35am – 10:45am
Break

10:45am – 11:30am
Pharmacologic Management of Obesity: When. What. How. R P
Osama Hamdy, MD, PhD, FACE

11:30am – 12:00pm
Surgical Treatment of Obesity: Techniques and Outcomes R
Souheil W. Adra, MD

12:00pm – 12:10pm
Question-and-Answer Session

12:10pm – 1:00pm
Lunch Break

1:00pm – 1:45pm
Non-Alcoholic Steatohepatitis: Assessing Severity and Optimizing Management
Sanjiv Chopra, MD, MACP, FRCP (London)

1:45pm – 1:50pm
Question-and-Answer Session

SPECIAL SYMPOSIUM: CARDIOVASCULAR DISEASE AND DIABETES

1:50pm – 2:35pm
Optimal Management of Hypertension in People with Diabetes P
Melanie P. Hoenig, MD

2:35pm – 3:20pm
Optimal Management of Dyslipidemia in People with Diabetes P
Om P. Ganda, MD, MBBS

3:20pm – 3:30pm
Question-and-Answer Session

3:30pm – 3:45pm
Break and Rejuvenation Exercises ✸

3:45pm – 4:10pm
Common Cardiovascular Tests and Their Optimal Interpretation
Michael C. Gavin, MD, MPH, FACC

4:10pm – 4:50pm
Diabetes and Heart Failure: Update on Management P
A. Reshad Garan, MD, MS, FACC

4:50pm – 5:00pm
Break

5:00pm – 5:45pm
Management of Acute Coronary Syndromes and Chronic Cardiovascular Disease in Patients with Diabetes P
Donald E. Cutlip, MD

5:45pm – 6:00pm
Panel Discussion: Cardiovascular Care in People with Diabetes
A. Reshad Garan, MD, MS, FACC
Michael C. Gavin, MD, MPH, FACC
Donald E. Cutlip, MD

Friday, Nov. 3, 2023

UPDATES ON THE MEDICAL MANAGEMENT OF DIABETES

7:45am – 8:35am
Beyond Metformin: Navigating and Applying the New Guidelines and Reducing Cardiovascular Risk R P
Martin J. Abrahamson, MD, FACP

8:35am – 8:40am
Question-and-Answer Session

8:40am – 9:30am
Newer Insulins and How to Use Them: A Comprehensive Primer P
Richard S. Beaser, MD

9:30am – 9:35am
Question-and-Answer Session

9:35am – 9:50am
Break and Guided Meditation ✸

9:50am – 10:35am
The Use of Devices for Diabetes Management R P
Anne Peters, MD

10:35am – 10:50am
Question-and-Answer Session

10:50am – 11:00am
Break

SPECIAL WORKSHOP: CHALLENGING CASES IN GLYCEMIC CONTROL

11:00am – 12:15pm
Challenges in Optimizing Glycemic Control: An Interactive Session P
Martin J. Abrahamson, MD, FACP
Gillian Arathuzik, RD, LDN, CDCES
Richard S. Beaser, MD
Erin K. Martin, RN, CDCES
Alissa R. Segal, PharmD, CDCES, CDTC, FCCP

12:15pm – 12:30pm
Q&A: Medical Management of Diabetes P

AGENDA

12:30pm – 1:20pm
Lunch Break

1:20pm – 2:05pm
KEYNOTE: Microbiome (The Second Human Genome): What Shapes It and How It Shapes Us
Sanjiv Chopra, MD, MACP, FRCP (London)

2:05pm – 2:10pm
Question-and-Answer Session

SPECIAL SITUATIONS

2:10pm – 2:50pm
The Challenges of Inpatient Diabetes Management and Transition to Outpatient Care R P
Lyle D. Mitzner, MD

2:50pm – 2:55pm
Question-and-Answer Session

2:55pm – 3:10pm
Break and Rejuvenation Exercises ✸

3:10pm – 3:50pm
Managing Diabetes in the Elderly – Individualizing Care R P
Medha N. Munshi, MD

3:50pm – 4:30pm
Care for Pregnant Women and Women Planning to Become Pregnant: Screening, Risk Mitigation, Treatment, and Patient Education R P
Florence M. Brown, MD

4:30pm – 4:40pm
Question-and-Answer Session

4:40pm – 4:45pm
Break

4:45pm – 5:25pm
Disparities in Health Care R
Leonor Fernandez, MD

5:25pm – 5:35pm
Question-and-Answer Session

Saturday, Nov. 4, 2023

DIABETES MANAGEMENT

7:45am – 9:00am
Multidisciplinary Case Workshop and Panel Discussion
Martin J. Abrahamson, MD, FACP
Richard S. Beaser, MD
Melanie P. Hoenig, MD
Robert C. Stanton, MD
Om P. Ganda, MD, MBBS
Donald E. Cutlip, MD

9:00am – 9:15am
Question-and-Answer Session

9:15am – 9:30am
Break and Guided Meditation ✸

9:30am – 10:15am
Future Therapies for Diabetes R P
Alan Moses, MD

10:15am – 10:45am
Diabetes and Bone Health
Harold N. Rosen, MD

10:45am – 11:00am
Question-and-Answer Session

11:00am – 11:10am
Break

MICROVASCULAR DISEASE AND DIABETES

11:10am – 11:45am
Treating Retinopathy: Optimizing the Impact of Recent Advances
Deborah K. Schlossman, MD

11:45am – 12:30pm
Treatment of Renal Disease: Guidance to Blunt the Impact and Slow the Progression P
Robert C. Stanton, MD

12:30pm – 12:40pm
Question-and-Answer Session

12:40pm – 1:20pm
Lunch Break

THE DIABETIC FOOT

1:20pm – 2:00pm
Evaluating and Treating Neuropathies of Diabetes: 2023 Updates
Patricia E. Greenstein, MD

2:00pm – 2:30pm
The Foot: Damage Prevention and Treatment Options R
John M. Giurini, DPM

2:30pm – 2:45pm
Break and Rejuvenation Exercises ✸

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

SPECIAL SESSION

3:25pm – 3:35pm
Indispensable Tips for Incorporating Updates into Clinical Practice, and Closing Remarks
Faculty

R *Qualifies for Risk Management Credit*
P *Qualifies for Pharmacology Credit*
✸ *Optional Wellness Activity*

Disclaimer

CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Note: *AMA PRA Category 1 Credit*™ is calculated based on submission of a preliminary agenda and may be subject to change. Program changes may be made without notice. To view the most up-to-date version of the course agenda, please visit the program website.

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MEDICAL SCHOOL
Department of Continuing Education
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Optimized for Remote Learning

Interactive sessions

- Instructive clinical cases with audience-response questions, all taught by renowned experts
- Recordings of all live-streamed sessions are made available for immediate viewing online

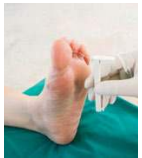
DIABETES AND ITS COMPLICATIONS

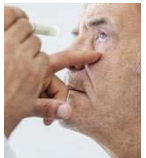
NOV. 2–4
2023

LIVE STREAM

COMPREHENSIVE UPDATES, CASES, BEST PRACTICES, AND STRATEGIES TO DELIVER STATE-OF-THE-ART CARE

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Family physicians
Endocrinologists
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PAs and pharmacists