



**HARVARD**  
MEDICAL SCHOOL

# DIABETES

OCT. 24-26  
**2024**

## AND ITS COMPLICATIONS



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

- |                        |  |
|------------------------|--|
| Obesity                | Metabolic-associated steatotic liver disease |
| Cardiovascular disease | Kidney disease                               |
| Hypoglycemia           | Peripheral vascular disease                  |
| Hyperglycemia          | Neuropathies                                 |
| Hypertension           | Pregnancy                                    |
| Dyslipidemia           |  |
| Bone health            |  |

### 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 SPECIAL PROGRAM PROVIDES EDUCATION FOR PHYSICIANS, NPs, PAs, RNs, PHARMACISTS, DIABETES EDUCATORS, AND DIETITIANS**

Earn up to 25.25 AMA PRA Category 1 Credits™ | 25.25 ABIM MOC Points | 25.25 AAFP Prescribed Credits  
25.25 ANCC Contact Hours | 8.00 Risk Management Credits

OFFERED BY

**Beth Israel Deaconess  
Medical Center**

**Joslin Diabetes  
Center**



HARVARD MEDICAL SCHOOL  
AFFILIATE

**UNDER THE LEADERSHIP OF**  
Martin J. Abrahamson, MD, FACP  
Richard S. Beaser, MD  
Sanjiv Chopra, MD, MACP, FRCP (London)  
Roeland J. Middelbeek, MD

**Register at [HMSDiabetesCourse.com](https://HMSDiabetesCourse.com)**

# DIABETES AND ITS COMPLICATIONS

## A PRACTICAL, COMPREHENSIVE UPDATE FOR BUSY CLINICIANS

Dear Colleague,

Those of you who provide care for people with (or at risk for) diabetes know that they 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 atherosclerotic cardiovascular disease, metabolic-associated steatotic liver disease, and the wide range of microvascular complications of diabetes.

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, and diagnosis of diabetes, 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 and immediately be empowered with practical methods to be a more effective clinician in caring for people who have or are at risk for diabetes.

We hope you will join us in October.

Sincerely,

Martin J. Abrahamson, MD, FACP  
Richard S. Beaser, MD  
Sanjiv Chopra, MD, MACP, FRCP (London)  
Roeland J. Middelbeek, MD  
*Course Directors*

**This program delivers practical updates to improve the evaluation, diagnosis, and treatment of patients with diabetes.**

Highlights include:

- 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
- Evolving early interventions for type 1 diabetes
- Deciding which insulins to use and understanding their advantages and disadvantages
- Initiating and intensifying insulin therapy
- Using new glucose-monitoring devices and insulin pumps
- Understanding cardiorenal risk reduction and care
- Assessing severity and optimizing management of metabolic-associated steatotic liver disease (MASLD)
- Optimizing 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

### Who should attend?

- Physicians, NPs, PAs, RNs, and pharmacists in the fields of:
  - Endocrinology
  - Internal medicine
  - Family medicine
  - Hospital medicine
  - Geriatrics
  - Cardiology
  - Nephrology
  - Diabetes educators
  - Dietitians
  - Other healthcare professionals who care for patients with diabetes or treat their comorbidities and complications

# PRACTICE-CHANGING EDUCATION TAUGHT BY HARVARD MEDICAL SCHOOL FACULTY

## 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**  
Senior Strategic Advisor  
Education Programs  
Joslin Diabetes Center  
Corresponding Member of the  
Faculty of Medicine  
Harvard Medical School



**Sanjiv Chopra, MD, MACP,  
FRCP (London)**  
Professor of Medicine  
Harvard Medical School  
Editor-in-Chief, Hepatology Section  
UpToDate  
Co-Director  
Division of Continuing Education  
Beth Israel Deaconess Medical Center



**Roeland J. Middelbeek, MD**  
Assistant Professor of Medicine  
Harvard Medical School  
Joslin Diabetes Center

Our outstanding faculty, world-renowned for their clinical, research, and teaching achievements, are assembled from two of Harvard Medical School's distinguished affiliated institutions: Beth Israel Deaconess Medical Center and Joslin Diabetes Center.

Our 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"

Souheil W. Adra, MD, FACS, ABOM  
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  
Jason L. Gaglia, MD, MMSc  
Om P. Ganda, MD, MBBS, MACE  
A. Reshad Garan, MD, MS, FACC  
Michael C. Gavin, MD, MPH, FACC  
John M. Giurini, DPM  
Patricia E. Greenstein, MBBS  
Osama Hamdy, MD, PhD, FACE  
Melanie P. Hoenig, MD  
Erin K. Martin, RN, CDCES  
Alan C. Moses, MD, FACP  
Medha N. Munshi, MD  
Mary-Elizabeth Patti, MD  
Anne Peters, MD  
Edward M. Phillips, MD  
Harold N. Rosen, MD  
Deborah K. Schlossman, MD  
Alissa R. Segal, PharmD, CDCES, CDTC, FCCP  
Robert C. Stanton, MD  
Zachary H. Taxin, MD



## REGISTRATION INFORMATION

<b>Diabetes and Its Complications</b>	<b>On or before Aug. 30 (save \$100)</b>	After Aug. 30
Live-stream	\$699	\$799

*All registrants will receive a comprehensive digital syllabus. All sessions will be recorded as they are live-streamed and made available for immediate viewing, at your convenience, through Jan. 31, 2025.*

### 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](http://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 email: [CEPrograms@hms.harvard.edu](mailto:CEPrograms@hms.harvard.edu).

## LEARNING OBJECTIVES

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

1. Describe the pathophysiology of type 1 and of type 2 diabetes, how it is related to the development/ progression of key diabetes comorbidities, and how knowledge of pathophysiology drives prevention and treatment.
2. Identify ways to improve skills and office-based care systems to optimize lifestyle interventions in the treatment of diabetes, obesity, and related conditions.
3. Describe the implications and impact of the latest evidence-based expert treatment guidelines for lifestyle, pharmacologic, and technologic treatments of diabetes and its comorbidities.
4. Recognize how the evolving clinical implications of cardiovascular and renal outcomes trials of antidiabetes medications can be effectively applied to the prevention, diagnosis, and treatment of these comorbidities of diabetes.
5. Apply the latest preventive, diagnostic, and treatment approaches to the care of the various disease- and treatment-related comorbidities of diabetes impacting eyes, nerves, peripheral vascular and foot, liver, bone, and issues with hypoglycemia, and in special populations of people with diabetes such as the elderly, pregnant women, and hospitalized individuals.
6. Identify and overcome clinical practice barriers emanating from patients, providers, and practice systems issues.
7. Communicate with people with diabetes, families, and health team members in a responsive manner that supports a team approach to the promotion and maintenance of health, as well as prevention and treatment of disease in individuals with diabetes.

## 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 25.25 *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 8.00 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 25.25 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 25.25 in-person, live (could include online) AAFP Prescribed credits. Term of approval is from 10/24/2024 to 10/26/2024. 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.



## Canadian and European Accreditation

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

## 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.

# AGENDA

## Thursday, Oct. 24, 2024

7:50am – 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** <sup>R</sup>

Edward M. Phillips, MD

8:30am – 9:00am

**State-of-the-Art Nutritional Approaches to Weight Management: One Size Does Not Fit All** <sup>R</sup>

Jody Dushay, MD, MMSc

9:00am – 9:15am

**Question-and-Answer Session**

9:15am – 9:30am

**Break and Guided Meditation** \*

9:30am – 10:00am

**Physiology of Exercise**

Roeland J. Middelbeek, MD

10:00am – 10:30am

**Complementary and Alternative Medicines for Diabetes and Obesity**

Frank J. Domino, MD

10:30am – 10:40am

**Question-and-Answer Session**

10:40am – 10:50am

**Break**

10:50am – 11:30am

**Pharmacologic Management of Obesity: When. What. How.** <sup>R</sup> <sup>P</sup>

Osama Hamdy, MD, PhD, FACE

11:30am – 12:05pm

**Surgical Treatment of Obesity: Techniques and Outcomes** <sup>R</sup>

Souheil W. Adra, MD, FACS, ABOM

12:05pm – 12:15pm

**Question-and-Answer Session**

12:15pm – 1:00pm

**Lunch Break**

1:00pm – 1:50pm

**Metabolic-Associated Steatotic Liver Disease (MASLD) Q&A**

Sanjiv Chopra, MD, MACP, FRCP (London)

**SPECIAL SYMPOSIUM: CARDIOVASCULAR DISEASE AND DIABETES**

1:50pm – 2:35pm

**Optimal Management of Hypertension in People with Diabetes** <sup>P</sup>

Melanie P. Hoenig, MD

2:35pm – 3:20pm

**Optimal Management of Dyslipidemia in People with Diabetes** <sup>P</sup>

Om P. Ganda, MD, MBBS, MACE

3:20pm – 3:30pm

**Question-and-Answer Session**

3:30pm – 3:45pm

**Break and Rejuvenation Exercises** \*

3:45pm – 4:20pm

**Management of Acute Coronary Syndromes and Chronic Cardiovascular Disease in Patients with Diabetes** <sup>P</sup>

Donald E. Cutlip, MD

4:20pm – 5:00pm

**Diabetes and Heart Failure: Update on Management** <sup>P</sup>

A. Reshad Garan, MD, MS, FACC

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**

A. Reshad Garan, MD, MS, FACC

Michael C. Gavin, MD, MPH, FACC

Donald E. Cutlip, MD

## Friday, Oct. 25, 2024

**UPDATES ON THE MEDICAL MANAGEMENT OF DIABETES**

7:45am – 8:40am

**Beyond Metformin: Navigating and Applying the New Guidelines and Reducing Cardiovascular Risk** <sup>R</sup> <sup>P</sup>

**Q&A**

Manjit J. Abrahamson, MD, FACP

8:40am – 9:35am

**Newer Insulins and How to Use Them: A Comprehensive Primer** <sup>P</sup>

**Q&A**

Richard S. Beaser, MD

9:35am – 9:50am

**Break and Guided Meditation** \*

9:50am – 10:35am

**Technology to Optimize the Management of Diabetes** <sup>R</sup> <sup>P</sup>

Anne Peters, MD

10:35am – 10:50am

**Question-and-Answer Session**

10:50am – 10:55am

**Break**

10:55am – 11:35am

**Hypoglycemia and Diabetes**

Mary-Elizabeth Patti, MD

11:35am – 12:15pm

**Screening, Prevention, and Early Treatment of Type 1 Diabetes**

Jason L. Gaglia, MD, MMSc

12:15pm – 12:25pm

**Question-and-Answer Session**

12:25pm – 1:10pm

**Lunch Break**

1:10pm – 2:00pm

**KEYNOTE: Microbiome (The Second Human Genome): What Shapes It and How It Shapes Us**

**Q&A**

Sanjiv Chopra, MD, MACP, FRCP (London)

2:00pm – 2:05pm

Break

### SPECIAL WORKSHOP: CHALLENGING CASES IN GLYCEMIC CONTROL

2:05pm – 3:05pm

#### Challenges in Optimizing Glycemic Control:

##### An Interactive Session <sup>P</sup>

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

3:05pm – 3:20pm

##### Q&A: Medical Management of Diabetes <sup>P</sup>

3:20pm – 3:35pm

Break and Rejuvenation Exercises <sup>\*</sup>

### SPECIAL SITUATIONS

3:35pm – 4:20pm

#### The Challenges of Inpatient Diabetes Management and Transition to Outpatient Care <sup>R</sup> <sup>P</sup>

Zachary H. Taxin, MD

4:20pm – 5:00pm

#### Managing Diabetes in the Elderly – Individualizing Care <sup>R</sup> <sup>P</sup>

Medha N. Munshi, MD

5:00pm – 5:10pm

##### Question-and-Answer Session <sup>P</sup>

## Saturday, Oct. 26, 2024

### DIABETES MANAGEMENT

7:45am – 8:35am

#### Care for Pregnant Women and Women Planning to Become Pregnant: Screening, Risk Mitigation, Treatment, Patient Education <sup>R</sup> <sup>P</sup>

##### Q&A

Florence M. Brown, MD

8:35am – 9:35am

#### 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, MACE

Donald E. Cutlip, MD

9:35am – 9:50am

##### Question-and-Answer Session

9:50am – 10:05am

Break and Guided Meditation <sup>\*</sup>

10:05am – 10:45am

#### Diabetes and Bone Health

Harold N. Rosen, MD

10:45am – 11:30am

#### Future Therapies for Diabetes <sup>R</sup> <sup>P</sup>

Alan C. Moses, MD, FACP

11:30am – 11:45am

##### Question-and-Answer Session

11:45am – 12:40pm

Lunch Break

### MICROVASCULAR DISEASE AND DIABETES

12:40pm – 1:15pm

#### Screening, Detection and New Advances in the Treatment of Retinopathy

Deborah K. Schlossman, MD

1:15pm – 2:00pm

#### Treatment of Renal Disease: Guidance to Blunt the Impact and Slow the Progression <sup>P</sup>

Robert C. Stanton, MD

2:00pm – 2:10pm

##### Question-and-Answer Session

2:10pm – 2:25pm

Break and Rejuvenation Exercises <sup>\*</sup>

### THE DIABETIC FOOT

2:25pm – 2:55pm

#### The Foot: Damage Prevention and Treatment Options <sup>R</sup>

John M. Giurini, DPM

2:55pm – 3:25pm

#### Peripheral Vascular Disease: Recent Advances in Diagnosis and Management <sup>P</sup>

David R. Campbell, MD, FRCS, FACS

3:25pm – 3:35pm

##### Question-and-Answer Session

3:35pm – 3:40pm

Break

3:40pm – 4:25pm

#### Evaluating and Treating Neuropathies of Diabetes: 2024 Updates

##### Q&A

Patricia E. Greenstein, MBBCh

### SPECIAL SESSIONS

4:25pm – 5:20pm

#### Disparities in Health Care <sup>R</sup>

##### Q&A

Leonor Fernandez, MD

5:20pm – 5:25pm

#### Indispensable Tips for Incorporating Updates into Clinical Practice, and Closing Remarks

<sup>R</sup> Qualifies for Risk Management Credit

<sup>P</sup> Qualifies for Pharmacology Credit

<sup>\*</sup> Optional Wellness Activity

### OPTIMIZED FOR REMOTE EDUCATION

The 2024 program has been enhanced for distance learning. In addition to being live-streamed, all recordings and course presentations will be made available for immediate viewing online until Jan. 31, 2025.

During all talks, participants can submit questions through the course's online chat. Speakers will either address questions immediately from the podium or reply in the chat. This program also includes interactive case-based questions in most presentations.



**HARVARD**  
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
- Continuous access to faculty through the entire course to answer your pressing questions
- Recordings of all live-streamed sessions made available for immediate viewing online at your convenience

# DIABETES

OCT. 24-26  
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COMPREHENSIVE UPDATES, CASES, BEST PRACTICES, AND STRATEGIES TO DELIVER STATE-OF-THE-ART CARE

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**REGISTER EARLY AND SAVE!  
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