



**HARVARD**  
MEDICAL SCHOOL

# DIABETES UPDATE

May 14–16  
**2018**  
Boston, MA



Earn up to:  
21.00 AMA PRA Category 1 Credits™  
21.00 ABIM MOC points  
21.00 AAFP Prescribed credits



Strategies to address low adherence to therapy

Comprehensive treatment updates

New criteria for therapy selection

Advances in devices

New nutrition guidelines

How to prescribe exercise

*Full agenda inside*

**NEW | Best practices for treating:**

- Racial and ethnic minorities
- The elderly
- Children and adolescents
- LGBT patients
- Pregnant patients
- Patients at low socio-economic levels
- Patients with low health literacy/education
- Patients with depression/emotional distress

Register at [DiabetesUpdate.HMSCME.com](http://DiabetesUpdate.HMSCME.com)

# Diabetes Update 2018

## COURSE DIRECTORS



**A. Enrique Caballero, MD**  
Assistant Professor of Medicine  
Harvard Medical School



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Assistant Professor of Medicine  
Harvard Medical School



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## Accreditation

### 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 21.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### MOC STATEMENT

Successful completion of this CME activity enables the participant to earn up to 21.00 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 Update 2018, with a beginning date of 05/14/2018, has been reviewed and is acceptable for up to 21.00 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.

### NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

### 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. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

### CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

### EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: [www.eaccme.eu](http://www.eaccme.eu).

## HARVARD MEDICAL SCHOOL FACULTY

Rhonda Bentley-Lewis, MD, MBA, MMSc  
Joseph R. Betancourt, MD, MPH  
Florence M. Brown, MD  
Sherrri-Ann M. Burnett-Bowie, MD, MPH  
A. Enrique Caballero, MD  
Jose C. Florez, MD, PhD  
Om Ganda, MD  
Edward S. Horton, MD  
William Hsu, MD  
Albert J. Hwa, PhD  
Ann B. Lindsay, BSN, RN, CDE  
Calum A. MacRae, MD, PhD  
Melinda Maryniuk, RD, MEd, CDE  
Marie McDonnell, MD  
Medha Munshi, MD  
David M. Nathan, MD  
Jorge Plutzky, MD  
Aaron Price, LICSW  
Steven J. Russell, MD, PhD  
Robert C. Stanton, MD  
J. Kevin Tucker, MD  
Joseph I. Wolfsdorf, MB, BCH

## Guest Faculty

**Jennifer Goldman, PharmD, RPh, CDE, BC-ADM, FCCP**  
Professor of Pharmacy Practice, School of Pharmacy – Boston, MCPHS University; Clinical Pharmacist, Well Life, Peabody

### Silvio E. Inzucchi, MD

Professor of Medicine, Yale School of Medicine; Clinical Director, Section of Endocrinology; Medical Director, Yale Diabetes Center; Director, Endocrinology & Metabolism Fellowship; Director, Yale Affiliated Hospitals Program

### Dariush Mozaffarian, MD, MPH, DrPH

Jean Mayer Professor of Nutrition and Medicine; Dean, Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, Tufts University

### Devin Steenkamp, MD

Assistant Professor of Medicine, Section of Endocrinology, Diabetes and Nutrition, Boston University School of Medicine  
Director of Ambulatory Diabetes, Boston Medical Center



# HARVARD MEDICAL SCHOOL

Dear Colleague,

At a time when our diabetes knowledge and treatment options have advanced so much, why do clinical outcomes remain suboptimal, with so many patients unable to achieve good control of their disease? The challenge is three-fold:

- Keeping pace with rapidly advancing options for diabetes care
- Accounting for a patient's unique biological, psychological, social, financial, educational, and cultural factors
- Overcoming structural healthcare barriers, requiring clinical strategies to fit within a particular mold

This new Harvard Medical School update offers practical strategies to address these challenges to provide better care.

Highlights of this program include:

- The opportunity to learn from leaders in the field of diabetes who are distinguished for their outstanding teaching, knowledge, and innovations in clinical care
- The latest scientific information on the connections between diabetes, cardiovascular and renal disease
- New technologies in diabetes care: updates and implications for day-to-day care
- Research breakthroughs
- Best practices that drive more effective treatment plans
- Guidance to account for each patient's unique biological, psychological, social, financial and cultural factors
- Tips and tricks for navigating barriers within healthcare systems
- Practical recommendations to improve diabetes care in racial/ethnic minorities and other special populations

We hope you can join us in Boston for this new and exciting CME program. It will have you thinking outside the box! In the course of three days, you will gain new, encompassing, evidence-based approaches to address the challenges seen in most clinical practices. More importantly, you will leave with knowledge—part art, part science—to make a real difference in the lives of your patients.

Sincerely,

*A. Enrique Caballero, MD*  
*Rhonda Bentley-Lewis, MD, MBA, MMSc*  
*J. Kevin Tucker, MD*

# Diabetes Update 2018

## WHO SHOULD ATTEND

- Physicians, NPs, PAs:
  - Internal Medicine
  - Family Medicine
  - Geriatric Medicine
  - Endocrinology
- Diabetes Educators
- Psychologists
- Social Workers
- Pharmacists



## Course Description

There has been a persistent gap between advances for diabetes treatment and some patient-related outcomes we see in day-to-day practice. This course provides the required knowledge and strategies to help close this gap, including:

- State-of-the-art treatment strategies based on the underlying pathophysiologic defects in diabetes and on patients' characteristics
- Practical recommendations to improve nutrition and physical activity among patients based on current guidelines
- Updates on recent and controversial data related to some anti-diabetes medications
- Understanding of the connection between diabetes and cardiovascular/renal complications and how to tackle these complications
- Best practices to assess and improve low adherence to therapy
- Advances in devices and technology to treat diabetes

This program also provides comprehensive education to optimize care for special populations:

- Racial/ethnic minorities
- The elderly
- Children and adolescents
- LGBT patients
- Pregnant patients
- Patients at low socio-economic levels
- Patients with low health literacy/education
- Patients with depression/emotional distress

Participants will leave this program with the confidence to provide practical non-pharmacological and pharmacological recommendations to a wide range of patients with diabetes considering biological, psychological, social, financial and cultural factors.

## Learning Objectives

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

- Design treatment programs for patients with diabetes considering current non-pharmacological and pharmacological recommendations
- Recognize the role of recent technological advances in the management of diabetes
- Review the current challenges and opportunities to improve diabetes care in special populations, such as racial/ethnic minorities, the elderly, children/adolescents, LGBT groups, pregnant patients, patients with low socio-economic levels, patients with low health literacy/education, and patients with low adherence to therapy and/or depression/emotional distress
- Recognize biological, psychological, emotional, social, financial and cultural factors that influence the development and progression of diabetes
- Design comprehensive strategies to improve diabetes care considering patient, healthcare provider and healthcare system characteristics

## Monday • May 14

7:00 – 8:00 **Registration and Continental Breakfast**

8:00 – 8:10 **Welcome and Introduction**  
A. Enrique Caballero, MD  
Rhonda Bentley-Lewis, MD, MBA, MMSc  
J. Kevin Tucker, MD

8:10 – 8:30 **The Huge Gap Between Scientific Advances in Diabetes and Control of the Disease in Clinical Practice**  
A. Enrique Caballero, MD

**Lifestyle Modification: Getting to Practical Matters**  
Moderator: Melinda Maryniuk, RD, MEd, CDE

8:30 – 9:00 **Controversies in Nutritional Management in Diabetes, Obesity and CV Disease**  
Dariush Mozaffarian, MD, MPH, DrPH

9:00 – 9:30 **Exercise to Improve Diabetes and Related Disorders: What and How to Recommend It to Patients**

9:30 – 10:00 **Patient Education in Diabetes Care: How to Make It Work More Effectively**  
Ann B. Lindsay, BSN, RN, CDE

10:00 – 10:25 **Panel Discussion and Q & A**  
All Faculty

10:25 – 10:30 **Section Wrap-Up: Take-Home Messages**  
Melinda Maryniuk, RD, MEd, CDE

10:30 – 10:45 Coffee break (Refreshments provided)

**The Challenge of Patients' Poor Adherence and Lack of Motivation in Diabetes Care**  
Moderators: Rhonda Bentley-Lewis, MD, MBA, MMSc and Ann B. Lindsay, BSN, RN, CDE

10:45 – 11:15 **Clinical Case: A Patient with Poor Adherence to Treatment Recommendations — What to Do?**  
Moderated by Rhonda Bentley-Lewis, MD, MBA, MMSc and Ann B. Lindsay, BSN, RN, CDE

11:15 – 12:15 **Keynote Lecture: Motivating the Patient with Diabetes**

12:15 – 1:15 Lunch break\*

**Management of Diabetes in Some Challenging Clinical Settings and Age Groups**  
Moderator: Marie McDonnell, MD

1:15 – 1:45 **Inpatient Diabetes Management**  
Marie McDonnell, MD

1:45 – 2:15 **Diabetes and Pregnancy**  
Florence M. Brown, MD

2:15 – 2:45 **Diabetes in Children and Adolescents**  
Joseph I. Wolfsdorf, MB, BCH

2:45 – 3:00 Coffee break (Refreshments provided)

3:00 – 3:30 **Diabetes in the Elderly**  
Medha Munshi, MD

3:30 – 3:55 **Panel Discussion and Q & A**  
All Faculty

3:55 – 4:00 **Section Wrap-Up: Take-Home Messages** Marie McDonnell, MD

**Optimizing the Limited Time of Interaction with Patients in Clinical Practice**

4:00 – 4:45 **Motivational Interviewing: Optimizing Patient-Provider Communication**  
Melinda Maryniuk, RD, MEd, CDE

## Tuesday • May 15

7:00 – 8:00 **Continental Breakfast**

**Healthcare Disparities: Causes and Opportunities**  
Moderator: Rhonda Bentley-Lewis, MD, MBA, MMSc

8:00 – 8:45 **Keynote Lecture: Healthcare Disparities In Diabetes and Related Disorders**  
Joseph R. Betancourt, MD, MPH

8:45 – 9:15 **Is There a Hidden Bias in Healthcare?**  
Sherri-Ann M. Burnett-Bowie, MD, MPH

9:15 – 9:45 **Diabetes and Other Health Issues in the LGBT Community**  
Aaron Price, LICSW

9:45 – 10:10 **Panel Discussion and Q & A**  
All Faculty

10:10 – 10:15 **Section Wrap-Up: Take-Home Messages**  
Rhonda Bentley-Lewis, MD, MBA, MMSc

10:15 – 10:30 Coffee break (Refreshments provided)

**Treating Diabetes in Racial/Ethnic Minorities**  
Moderator: A. Enrique Caballero, MD

10:30 – 11:00 **Diabetes in African Americans**  
Rhonda Bentley-Lewis, MD, MBA, MMSc

11:00 – 11:30 **Diabetes in the Asian Population**  
William Hsu, MD

11:30 – 12:00 **Diabetes in the Latino/Hispanic Population**  
A. Enrique Caballero, MD

12:00 – 12:25 **Panel Discussion and Q & A**  
All Faculty

12:25 – 12:30 **Section Wrap-Up: Take-Home Messages**  
A. Enrique Caballero, MD

12:30 – 1:30 Lunch break\*

**Understanding Cardiovascular and Renal Disease in Diabetes**  
Moderator: Calum A. MacRae, MD, PhD

1:30 – 2:05 **The Heart in the Patient with Diabetes: How Far We've Come**  
Calum A. MacRae, MD, PhD

2:05 – 2:40 **Reducing CV Risk in the Patient with Diabetes**  
Jorge Plutzky, MD

2:40 – 3:15 **The Impact of Anti-Diabetes Medications on CV Outcomes**  
A. Enrique Caballero, MD

3:15 – 3:30 Coffee break (Refreshments provided)

3:30 – 4:05 **Diabetes and the Kidney**  
Robert C. Stanton, MD

4:05 – 4:30 **Panel Discussion and Q & A**  
All Faculty

4:30 – 4:35 **Section Wrap-Up: Take-Home Messages**  
Calum A. MacRae, MD, PhD

*\*There are many convenient and varied lunch options within a short walking distance of the course.*

*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.*



7:00 – 8:00 **Continental Breakfast**

**New Developments in Diabetes**  
Moderator: Devin Steenkamp, MD

8:00 – 8:45 **Advances in Continuous Glucose Monitoring**  
Devin Steenkamp, MD

8:45 – 9:30 **Beta Cell Replacement Therapies: Present and Future**  
Albert J. Hwa, PhD

9:30 – 10:15 **The Bionic Pancreas: Is It Ready for Prime Time?**  
Steven J. Russell, MD, PhD

10:15 – 10:30 Coffee break (Refreshments provided)

10:30 – 11:00 **Panel Discussion and Q & A**  
All Faculty

11:00 – 11:05 **Section Wrap-Up: Take-Home Messages**  
Devin Steenkamp, MD

**Management of Type 2 Diabetes: A Comprehensive Approach**  
Moderator: Edward S. Horton, MD

11:05 – 11:20 **Clinical Case Presentation: Patient with Uncontrolled Type 2 Diabetes — What Medication(s) to Use?**  
Edward S. Horton, MD

11:20 – 12:00 **What Do Current Guidelines Say?**  
Om Ganda, MD

12:00 – 1:00 Lunch break\*

1:00 – 1:40 **The Interaction of Genes and Environment in the Development of Diabetes**  
Jose C. Florez, MD, PhD

1:40 – 2:10 **Pharmacological Management of Type 2 DM: The Controversies**  
Jennifer Goldman, PharmD, RPh, CDE, BC-ADM, FCCP

2:10 – 2:55 **The Role of Traditional Glucose-Lowering Medications in Current Diabetes Care**  
David M. Nathan, MD

2:55 – 3:10 Coffee break (Refreshments provided)

3:10 – 4:00 **The Role of New Glucose-Lowering Medications in Current Diabetes Care**  
Silvio E. Inzucchi, MD

4:00 – 4:25 **Panel Discussion and Q & A**  
All Faculty

4:25 – 4:30 **Section Wrap-Up: Take-Home Messages**  
Edward S. Horton, MD

4:30 **Closing Remarks**  
A. Enrique Caballero, MD  
Rhonda Bentley-Lewis, MD, MBA, MMSc  
J. Kevin Tucker, MD

Seating is limited. To be assured a spot in this new Harvard Medical School program, early registration is strongly recommended.

Expert guidance to design comprehensive treatment programs (non-pharmacological and pharmacological) for patients with diabetes

Updates covering treatment, technological and research advances in the management of diabetes

Steps to identify biological, psychological, emotional, social, financial and cultural factors that impact the development and progression of diabetes

The newest data on the connections among diabetes, cardiovascular disease and renal disease and specific recommendations to develop appropriate treatment plans in patients with these conditions

New guidelines and practice recommendations for nutrition and physical activity

How to navigate the recent and controversial data related to some anti-diabetes medications

Strategies to assess and improve low adherence to therapy



**Best practices to improve diabetes care in special populations**

Racial/ethnic minorities

The elderly

Children/adolescents

LGBT groups

Pregnant patients

Patients with low socio-economic levels

Patients with low health literacy/education

Patients with depression/emotional distress



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**Register at [DiabetesUpdate.HMSCME.com](http://DiabetesUpdate.HMSCME.com)**

## Diabetes Update

Course #734738-1802

	Register after March 31, 2018	Register on or before March 31, 2018
<b>Course Tuition</b>	\$895	<b>\$795 (Save \$100)</b>

*Your tuition includes all continental breakfasts and morning and afternoon coffee breaks. All attendees of Diabetes Update will receive electronic access to course materials. You can purchase a printed copy of these materials at the time of registration for \$50.*

## 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 go to the course website at [DiabetesUpdate.HMSCME.com](http://DiabetesUpdate.HMSCME.com).

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a US bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE office 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 prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

## Venue

Fairmont Copley Plaza  
138 St. James Avenue  
Boston, Massachusetts  
617-267-5300



## Accommodations

A limited number of discounted rooms\* have been reserved at Fairmont Copley Plaza until April 20, 2018. You can call the hotel reservation line to make a room reservation: 1-800-441-1414. Please specify that you are enrolled in this activity in order to request a reduced room rate. You can also make your discounted reservation online by April 20, 2018 by going to the course website at [DiabetesUpdate.HMSCME.com](http://DiabetesUpdate.HMSCME.com) and clicking on the dedicated link on the Venue page.

*\*Please note that the discounted rooms may sell out before the deadline.*

**Please do not make non-refundable travel arrangements until you have received an email from the HMS GCE office confirming your paid registration.**

Questions? Call 617-384-8600 Monday-Friday 9am – 5pm (ET) or send email to [CEPrograms@hms.harvard.edu](mailto:CEPrograms@hms.harvard.edu)

**Register at [DiabetesUpdate.HMSCME.com](http://DiabetesUpdate.HMSCME.com)**