Includes best practices to improve diabetes care of special populations

Racial and ethnic minorities
The elderly
Children and adolescents
Patients with low adherence to therapy
Patients at low socio-economic levels
Patients with low health literacy/education
Patients with depression/emotional distress
Patients with diabetes and obesity

Comprehensive treatment updates
Strategies to prevent type 2 diabetes
New criteria for therapy selection
Advances in devices
New nutrition and exercise guidelines
Obesity management
Screening for complications
Implementing prevention programs

This program is among the highest-rated Harvard Medical School CME courses.
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 answer is rooted in three challenges:

- 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 established Harvard Medical School update offers practical strategies to address these challenges to provide state-of-the-art care.

Highlights of this program include:

- Expert guidance to design comprehensive treatment programs (non-pharmacological and pharmacological) for patients with diabetes, based on the underlying pathophysiology of the disease
- Guidance to account for biological, psychological, emotional, social, financial and cultural factors that impact the development and progression of diabetes
- New guidelines and practice recommendations for nutrition and physical activity addressing current controversies in diabetes care
- Thorough review of current anti-diabetes medications, including recent and related controversial data
- New technologies in diabetes care: updates and implications for day-to-day care
- Research breakthroughs
- Tips and tricks for navigating barriers within healthcare systems
- Strategies to assess and improve low adherence to therapy
- Medical vs. surgical management of obesity

Please join us in Boston for this innovative and interactive CME program. It will have you thinking outside the box! Over the course of the program, you will gain new, evidence-based approaches to address the challenges most commonly seen in clinical practice. More importantly, you will leave with knowledge—part art, part science—to make a real difference in the lives of your patients, and forge new connections with experts in the field to build a lifelong learning community.

Sincerely,

A. Enrique Caballero, MD, Course Director
Melinda D. Maryniuk, MED, RDN, CDE, FADA, Course Co-Director
J. Kevin Tucker, MD, Course Co-Director
Harvard Medical School Faculty

A. Enrique Caballero, MD  
Jose C. Florez, MD, PhD  
Om P. Ganda, MD  
Osama Hamdy, MD, PhD  
Marie E. McDonnell, MD  
Roeland Middelbeek, MD, MSc  
Joanna Mitri, MD, MS  
Medha Munshi, MD  
Steven J. Russell, MD, PhD  
Robert C. Stanton, MD  
J. Kevin Tucker, MD  
Deborah J. Wexler, MD, MSc  
Joseph Wolfsdorf, MB, BCh

Guest Faculty

Caroline M. Apovian, MD, Professor of Medicine, Boston University School of Medicine; Director, Nutrition and Weight Management, Boston Medical Center

Michele David, MD, MBA, MPH, FACP, Chief of Quality and Patient Safety, Massachusetts Institute of Technology

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

Ka Hei Karen Lau, MS, RD, LDN, CDE, Nutrition and Diabetes Educator, Joslin Diabetes Center

Melinda D. Maryniuk, MEd, RDN, CDE, FADA, Board of Directors (2019-2021), American Association of Diabetes Educators; Member, Professional Practice Committee, American Diabetes Association

Dariush Mozaffarian, MD, MPH, DrPH, Jean Mayer Professor of Nutrition and Medicine, Tufts University; Dean, Friedman School of Nutrition Science and Policy, Tufts University

Susan B. Roberts, PhD, Professor of Nutrition, Friedman School of Nutrition Science and Policy, Tufts University; Professor of Psychiatry, Pediatrics, Tufts University School of Medicine; Director of the Energy Metabolism Laboratory, USDA Nutrition Center, Tufts University

Geralyn R. Spollett, MSN, ANP-BC, CDE, Lecturer, Yale University; Nurse Practitioner, Yale Diabetes Center

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

Course Directors

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

Melinda D. Maryniuk, MEd, RDN, CDE, FADA  
Course Co-Director  
Board of Directors (2019-2021), American Association of Diabetes Educators

J. Kevin Tucker, MD  
Course Co-Director  
Assistant Professor of Medicine  
Harvard Medical School

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, 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

• Apply strategies to effectively educate patients on their diabetes care and self-care management

Register at DiabetesUpdate.HMSCME.com
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
- 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.

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.

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 21.00 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 Update 2020, with a beginning date of 05/04/2020, 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.

AMERICAN NURSES CREDENTIALING CENTER
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 21.00 contact hours, of which 7.00 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.

DIABETES EDUCATORS
Harvard Medical School is accredited as a provider of continuing education by the Accreditation Council for Continuing Medical Education (ACCME) and this activity is applicable to diabetes. Any diabetes educators who wish to use this activity towards their requirement for CDE renewal of certification can self-report this activity to the NCBDE. If you are chosen for audit, the certificate provided to you after completion of the course evaluation will be sufficient for this audit.

REGISTERED DIETITIANS
The Commission on Dietetic Registration of the Academy of Nutrition and Dietetics has prior approved this educational activity for 21.00 CPEUs.

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 and EUROPEAN ACCREDITATION
Please see DiabetesUpdate.HMSCME.com/Accreditation for details.
Monday • May 4

7:00-8:00  Registration and Continental Breakfast

8:00-8:15  Welcome and Introduction
A. Enrique Caballero, MD, Melinda D. Maryniuk, MEd, RDN, CDE, FADA and J. Kevin Tucker, MD

8:15-8:45  Diabetes Report Card: How Are We Doing in Helping Our Patients?
A. Enrique Caballero, MD

Are Genes or Lifestyle Factors More Important in My Patient with Type 2 Diabetes?

8:45-9:25  Genetic Factors in the Development and Course of Type 2 Diabetes
Jose C. Florez, MD, PhD

9:25-10:05  Lifestyle Factors in the Development and Course of Type 2 Diabetes
Osama Hamdy, MD, PhD

10:05-10:20  Break (refreshments provided)

10:20-10:45  Panel Discussion and Q & A

Are the Pathophysiological Defects and Their Treatment Implications the Same in My Patients with Type 2 Diabetes across Various Age Groups?

10:45-11:25  Type 2 Diabetes in Children and Adolescents
Joseph Wolfsdorf, MB, BCh

11:25-12:05  Type 2 Diabetes in the Elderly
Medha Munshi, MD

12:05-12:30  Panel Discussion and Q & A

12:30-1:40  Lunch*

Should I Focus on the Quantity or Quality of Food in My Patient with Type 2 Diabetes?

1:40-2:10  Nutrition Recommendations and Guidelines
Melinda D. Maryniuk, MEd, RDN, CDE, FADA

2:10-2:45  The Quantity of Food Matters: The Importance of Caloric Intake
Susan B. Roberts, PhD

2:45-3:20  The Quality of Food Intake: The Current Evidence
Dariush Mozaffarian, MD, MPH, DrPH

3:20-3:35  Break (refreshments provided)

3:35-4:00  Panel Discussion and Q & A

4:00-4:45  Educating the Patient with Diabetes on Self-Care Behaviors
Melinda D. Maryniuk, MEd, RDN, CDE, FADA

Tuesday • May 5

7:00-8:00  Continental Breakfast

Should I Emphasize Aerobic or Strength Exercise in My Patients with Diabetes?

8:00-8:35  The Impact of Exercise on Glucose Homeostasis
Roeland Middelbeek, MD, MSc

8:35-9:10  Practical Exercise Recommendations for the Patient with Diabetes

9:10-9:30  Panel Discussion and Q & A

How Do Race, Social and Cultural Factors Influence My Patient with Diabetes?

9:30-9:45  Cross-Cultural Communication: An Introductory Note
A. Enrique Caballero, MD

9:45-10:15  Diabetes in Latino/Hispanic Americans
A. Enrique Caballero, MD

10:15-10:30  Break (refreshments provided)

10:30-11:00  Diabetes in African Americans
Michele David, MD, MBA, MPH, FACP

11:00-11:30  Diabetes in Asian Americans
Ka Hei Karen Lau, MS, RD, LDN, CDE

11:30-12:00  Diabetes in Arab Americans
Joanna Mitri, MD, MS

12:00-12:25  Panel Discussion and Q & A

12:25-1:30  Lunch*

How Should I Manage Dyslipidemia and Hypertension in My Patient with Diabetes?

1:30-2:15  Statins or Something Else in the Management of Dyslipidemia?
Om P. Ganda, MD

2:15-3:00  ACE Inhibitors/ARBs or Something Else for the Management of Hypertension?
Robert C. Stanton, MD

3:00-3:30  Panel Discussion and Q & A

3:30-3:45  Break (refreshments provided)

3:45-4:45  Keynote Lecture: Lifestyle Modification or Bariatric Surgery for the Patient with Obesity and Diabetes?
Caroline M. Apovian, MD

*Lunch on your own.

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.
Wednesday • May 6

7:00-8:00 Continental Breakfast

**What New Technologies Should I Recommend to My Patient with Diabetes?**

8:00-8:45 An Update on Continuous Glucose Monitoring
Devin Steenkamp, MD

8:45-9:30 Insulin Pumps: Why, When, Which, How and for Whom?
Geralyn R. Spollett, MSN, ANP-BC, CDE

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

10:15-10:30 Break (refreshments provided)

10:30-11:00 Panel Discussion and Q & A

**Can I Truly Prevent Type 2 Diabetes in the Patients I See in My Practice?**

11:00-11:50 An Update on Diabetes Prevention Strategies
A. Enrique Caballero, MD

11:50-1:00 Lunch*

**What Anti-Diabetes Medications Should I Select to Improve Glycemic Control and Reduce the Risk of Complications in My Patients?**

1:00-1:15 Clinical Case Presentation: Setting the Stage
A. Enrique Caballero, MD

1:15-1:50 Insulin Therapy
Marie E. McDonnell, MD

1:50-2:25 Metformin, SFU, TZDs and AGI: An Update
Deborah J. Wexler, MD, MSc

2:25-3:00 Incretin-Based Therapies

3:00-3:15 Break (refreshments provided)

3:15-3:50 SGLT-2 Inhibitors
Silvio E. Inzucchi, MD

3:50-4:30 Panel Discussion and Q & A

4:30-4:45 Closing Remarks
A. Enrique Caballero, MD, Melinda D. Maryniuk, MEd, RDN, CDE, FADA and J. Kevin Tucker, MD

Reasons to Attend in 2020

- Expert guidance to design comprehensive treatment programs (non-pharmacological and pharmacological) for patients with diabetes
- Updates covering diagnosis, treatment, technological and research advances in the management of diabetes across several age and racial/ethnic groups
- Steps to identify biological, psychological, emotional, social, financial and cultural factors that impact the development and progression of diabetes
- The newest data on the identification of patients at risk for type 2 diabetes and strategies to prevent or delay the disease process
- 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
- Updated cardiovascular risk reduction strategies
- Medical and surgical management of obesity

Best practices to improve diabetes care in special populations

- Racial/ethnic minorities
- The elderly
- Children/adolescents
- Patients with low socio-economic levels
- Patients with low health literacy/education
- Patients with depression/emotional distress
- Patients with diabetes and obesity

This course has sold out in past years. To be assured a spot in this innovative, highly rated Harvard Medical School program, early registration is strongly recommended.
Clinical Updates, Best Practices, Current Guidelines for:

- PHYSICIANS
- NPs
- PAs
- NURSES
- CDEs
- PHARMACISTS
- REGISTERED DIETITIANS
- SOCIAL WORKERS

Under the direction of A. Enrique Caballero, MD, Melinda D. Maryniuk, MEd, RDN, CDE, FADA, and J. Kevin Tucker, MD

Register at DiabetesUpdate.HMSCME.com

Earn up to:
- 21.00 AMA PRA Category 1 Credits™
- 21.00 ABIM MOC points
- 21.00 AAFP Prescribed credits
- 21.00 CNE contact hours
- 21.00 CPEU Credits

Diabetes Educators: Meets requirements for CDE renewal credit
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.

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 wire 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. 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 arrangements until you have received an email confirming your paid registration. 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 email. 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 course has started.

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

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

Accommodations
Fairmont Copley Plaza has reserved a block of discounted rooms for course participants.

Important to note:
• The number of discounted rooms is limited.
• Discounted rooms are available on a first-come, first-served basis.
• The discounted room rate is only available until April 10, 2020, or until the block sells out, which typically happens well in advance of this date.

To reserve your room:
• Online: Please visit the Venue page of the course website at DiabetesUpdate.HMSCME.com/Venue and click on the dedicated reservation link.
• By phone: Please call 1-800-441-1414 and be sure to specify that you are enrolled in Diabetes Update.