

15th Annual Diabetes Conference

Novel approaches to new challenges



July 26–27, 2019

American Bank Center, 1901 N. Shoreline Blvd
Corpus Christi, TX 78401

Course Director:
Sidney C. Ontai, MD, MBA



TEXAS A&M UNIVERSITY
Coastal Bend
Health Education Center

Course overview

Educational need and program goal

Diabetes is currently considered an emerging epidemic that impacts almost every country and age group across the world (Papatheodorou, 2017). More than 30 million people in the United States have been diagnosed with diabetes, with an estimated 7.2 million undiagnosed (CDC, 2017). In addition, over 84 million adults have prediabetes (CDC, 2017). Diabetes is often associated with many severe complications including renal disease, neuropathy, retinopathy, cardiovascular disease, peripheral artery disease, as well as a reduced resistance to infection and an increased risk of stroke (Papatheodorou, 2017). Therefore, it is crucial for health professionals to stay current on ways to prevent, manage and treat diabetes and its complications.

This two-day conference features outstanding speakers and leading edge topics to bring participants up to date on diabetes treatment, management and care.

After attending this conference, participants will be able to apply this information in the medical management and treatment of their patients to reduce and/or prevent unwanted complications, leading to better patient outcomes.

Target audience

This activity is designed for family practice, primary care, internal medicine and interested sub-specialty physicians as well as pharmacists, physician assistants, registered nurses, nurse practitioners, dietitians and other interested health care professionals.

Educational methods

The format will consist of PowerPoint assisted lectures with question and answer sessions. Participants will also take part in pre- and post- questions facilitated by an audience response system.

Course director

Sidney C. Ontai, MD, MBA

Assistant Professor
Texas A&M College of Medicine

Distinguished faculty

Elizabeth Awudi, PharmD, CDE, BCPS, BCACP, BCCCP, BCGP

Critical Care Pharmacy Specialist
Bay Area Heart Hospital
Corpus Christi, TX

Cari Berget, RN, MPH, CDE

Instructor, CU School of Medicine
Artificial Pancreas Research Team Manager
Barbara Davis Center for Diabetes
Aurora, CO

David Campbell, MD

Vascular Surgeon, Beth Israel Deaconess Medical Center Hemostasis & Thrombosis Program
Anna Jacques Hospital Center
Clinical Professor of Surgery
Harvard Medical School
Boston, MA

Robert Chilton, DO

Director, Cardiac Catheterization Laboratory
South Texas Veterans Health Care System
Professor of Medicine
University of Texas Health Science Center
San Antonio
San Antonio, TX

Ralph DeFronzo, MD

Professor of Medicine, Chief Diabetes Division
University of Texas Health Science Center
San Antonio
Deputy Director, Texas Diabetes Institute
San Antonio, TX

Alan Goldhamer, DC

Director, TrueNorth Health Center
Santa Rosa, CA

Christopher Lucci, MD

Family Medicine, Diabetes
Founder of Diabetes and Cardiovascular of Rockport, PLLc
Rockport, TX

Dan Newmire, PhD, CSCS, CISSN

Assistant Professor—Exercise Physiology
Department of Kinesiology
Texas A&M University-Corpus Christi
Corpus Christi, TX

Anna Maria Paez, MD, FAAP

Medical Director
Department of Pediatric
Endocrinology and Diabetes
Driscoll Children's Hospital
Corpus Christi, TX

Gregory S. Pokrywka, MD, FACP, FNLA, FASPC, NCMP

Director, Baltimore Lipid Center
Assistant Professor of General
Internal Medicine
Johns Hopkins University School of Medicine
Certified Menopause Practitioner,
North American Menopause
Baltimore, MD

Theresa Sharpe, PhD

Director, Licensed Psychologist
University Counseling Center
Texas A&M University-Corpus Christi
Corpus Christi, TX

Robert C. Stanton, MD

Chief, Kidney & Hypertension Section
Joslin Diabetes Center
Associate Professor Medicine
Harvard Medical School
Boston, MA

Overview

Educational objectives

- Apply combination therapies based on CGM data in order to reduce insulin levels
- Explain insulin delivery technologies for treatment of diabetes and the mobile applications available to aid diabetes self-management
- Examine the difference in heart failure with ejection fractions and the potential use of metabolic drugs for patients with and without diabetes
- Review the history and progress in the management of the diabetic foot and the approach for revascularization
- Recognize the latest approaches for prevention and treatment of diabetic kidney disease
- Evaluate the treatment strategies for diabetes in the geriatric populations utilizing the recommended steps and tools to perform an effective medication reconciliation
- Discuss new medications available for the pediatric population with diabetes
- Review the updated 2018 ACC/AHA Cholesterol Treatment Guidelines
- Review the mechanisms of action, efficacy and safety of antidiabetic agents when used as monotherapy
- Discuss the efficacy of combination therapy for the treatment of T2DM
- Discuss the components of a whole plant food diet and the benefits of medically supervised fasting
- Review the basic principles of mindful eating and the advantages to make healthy and lasting lifestyle changes
- Discuss sarcopenia in the T2DM population and the ethical treatment considerations with resistance training recommendations

Accreditation statements

Physicians

The Texas A&M University Health Science Center (TAMHSC) Coastal Bend Health Education Center (CBHEC) is accredited by the Texas Medical Association to provide continuing medical education for physicians.



TAMHSC CBHEC designates this educational activity for a maximum of 15.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Family physicians

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Pharmacists

The Texas A&M University Health Science Center Coastal Health Education Center is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.



The 15th Annual Diabetes Conference has been accredited for up to 15.25 contact hours of ACPE continuing pharmacy education. In order to receive continuing pharmacy education credit, pharmacist participants must participate in the session(s) and complete a CE reporting form AND online evaluation at the conclusion of the conference.

Nurses

Texas A&M University-Corpus Christi College of Nursing and Health Sciences (TAMU-CC CONHS) is an approved provider of continuing nursing education by the Texas Nurses Association-Approver, an accredited approved approver by the American Nurses Credentialing Center's Commission on Accreditation. TAMU-CC CONHS Approved Provider will offer up to 15.25 contact hours.



To receive contact hours for this continuing education activity, the participant must: attend the lecture(s) in its entirety and complete a CE Reporting Form and an online evaluation for each session/day attended at the conclusion of the conference.

Certified Diabetes Educators

To satisfy the requirements for renewal of certification by continuing education for the National Certification Board for Diabetes Educators (NCBDE), continuing education activities must be diabetes related and approved by a provider on the NCBDE List of Approved Providers (ncbde.org). NCBDE does not approve continuing education. As an ACPE accredited provider, TAMHSC CBHEC is on the NCBDE List of Approved Providers.

Registered Dietitians

Application for CPE credit has been filed with the Commission on Dietetic Registration. Determination is pending.

Certificates of Credit/Attendance

Certificates of Credit/Attendance will be issued based upon completion of the online evaluation. The online evaluation is open from July 28, 2019 through August 28, 2019.

Agenda

Friday, July 26, 2019

7:15–7:45 AM	Registration & check-in Continental breakfast Visit the exhibitors
7:45–8:00 AM	Welcome
8:00–9:15 AM	Utilization of continuous glucose monitors for the management of Diabetes Christopher Lucci, MD UAN# 0834-0000-19-030-L01-P
9:15–10:30 AM	Practical implementation of diabetes technology: Using the latest tools and technologies to achieve improved outcomes Cari Berget RN MPH CDE UAN# 0834-0000-19-031-L04-P
10:30–10:45 AM	Break
10:45 AM–12:00 PM	Heart failure and cardiovascular metabolic drugs Keynote speaker: Robert Chilton, DO UAN# 0834-0000-19-032-L01-P
12:00–1:00 PM	Lunch
1:00–2:15 PM	Peripheral vascular disease: Journey of 1,000 steps David Campbell, MD UAN# 0834-0000-19-033-L04-P
2:15–3:30 PM	Diabetic kidney disease: Blunting the impact, slowing progression Keynote speaker: Robert C. Stanton, MD UAN# 0834-0000-19-034-L01-P
3:30–3:45 PM	Break
3:45–5:00 PM	Treatment strategies of diabetes in the geriatric population and medication reconciliation overview Elizabeth Awudi, PharmD, CDE, BCPS, BCACP, BCCCP, BDGP UAN# 0834-0000-19-035-L01-P

Saturday, July 27, 2019

7:15–7:45 AM	Registration & check-in Continental breakfast Visit the exhibitors
7:45–8:00 AM	Welcome
8:00–9:15 AM	New horizons on type 1 and type 2 diabetes Ana Maria Paez, MD UAN# 0834-0000-19-036-L01-P
9:15–10:30 AM	Clinical lipidology update 2019: New life for vascular EPA, updated clinical guidelines and vascular imaging for non-cardiologists Gregory S. Pokrywka, MD, FACP, FNLA, FASPC, NCMP UAN# 0834-0000-19-037-L01-P
10:30–10:45 AM	Break
10:45 AM–12:15 PM	Combination therapy in T2DM: It really works Keynote speaker: Ralph DeFronzo, MD UAN# 0834-0000-19-038-L01-P
12:15–1:15 PM	Lunch
1:15–2:30 PM	Fasting can save your life Alan Goldhamer, DC UAN# 0834-0000-19-039-L04-P
2:30–3:45 PM	Mindful eating with diabetes Theresa Sharpe, PhD UAN# 0834-0000-19-040-L04-P
3:45–4:00 PM	Break
4:00–5:15 PM	ETHICS The interrelationship between sarcopenia, type 2 diabetes and the therapeutic recommendations for resistance training Daniel Newmire, PhD, CSCS, CISSN UAN# 0834-0000-19-041-L04-P

Registration

Registration options

Online: cbhec.tamhsc.edu/store

Mail: P.O. Box 2565, Corpus Christi, TX 78403 (make check payable to TAMHSC CBHEC)

On-site: Cash, check or credit card accepted



Special note: This is a paperless conference. **There will be no printed materials.**

All conference information and educational materials will be available on the WhoVa Mobile Event app. More information will be sent to registered attendees via the email provided at registration.

Registration fees include: Refreshment breaks and conference lunch for both days, USB drive of pdf presentations materials and free Wi-Fi both days.

Grantor acknowledgement: No commercial support for this activity at the time of printing.

		Early registration deadline: 7/12/19 by 3 pm CST	Regular registration deadline: 7/25/19 by 3 pm CST	Onsite Registration begins 7/26/19 at 7:15 am
Physicians, Pharmacists, PhD, Nurse Practitioner, Physician Asst.	☐ Full Conference	\$425	\$475	\$575
	☐ Friday Only	\$275	\$325	\$425
	☐ Saturday Only	\$275	\$325	\$425
Nurses and Dieticians	☐ Full Conference	\$300	\$350	\$450
	☐ Friday Only	\$175	\$225	\$325
	☐ Saturday Only	\$175	\$225	\$325
*Residents, *other or *students:	☐ Full Conference	\$200	\$225	\$325
	☐ Friday Only	\$125	\$150	\$250
	☐ Saturday Only	\$125	\$150	\$250

*An individual attending school and not yet certified or working as a health professional in any field

Registration form for mail and on-site registration only. Please type or print clearly.

Name _____

Degree/credentials _____

Address _____

City/State/ZIP _____

Email address _____ Daytime phone number _____

Special dietary considerations _____

Cancellation policy: Notification of registration cancellation must be received by **July 8, 2019** to obtain a refund, minus a \$50 administration fee. No refunds will be made after this date. A W-9 form may be requested in order to process your refund. Questions? Please call (361) 561-8589.

Accommodations: A limited number of rooms are being offered to conference attendees at the Omni Corpus Christi Hotel for the special rate of \$149 single/\$159 double/\$169 triple/\$179 quad occupancy per night including complimentary covered parking, airport shuttle service and wireless internet service. Reservations must be made by **Thursday, June 27, 2019** to receive this rate. Call 1-800-THE-OMNI and reference the **Texas A&M University Health Science Center 15th Annual Diabetes Conference** or go to omnihotels.com/hotels/corpus-christi/meetings/tx-am-15th-annual-diabetes-conference.

Photo release: The event organizers and other participants may take photographs during the event. By registering for this event, you give consent for the organizers, sponsors and other participants to publish these photos in printed materials or on the internet without additional notice. Individuals will never be named in any photo unless prior written consent has been obtained. If you do not wish to appear in any photos, please contact the Coastal Bend Health Education Center and inform the event staff during registration.

Disclosure statement: The Texas A&M Coastal Bend Health Education Center and conference planning committee reserve the right to cancel this conference in the event of unforeseen or extenuating circumstances. Topics and speakers may be substituted or rearranged as necessary in order to preserve quality continuing education.

COASTAL BEND HEALTH EDUCATION CENTER
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