

CME
11.5
AMA PRA Category 1 Credits™

UC DAVIS
HEALTH SYSTEM
OFFICE OF CME



42nd Annual UC Davis
DIABETES & ENDOCRINOLOGY SYMPOSIUM

March 18-19, 2016

Friday – Saturday



Hilton Sacramento Arden West



Scan for Conference Webpage

SPONSORED BY:
UC DAVIS HEALTH SYSTEM
Office of Continuing Medical Education
Division of Endocrinology,
Diabetes and Metabolism
Department of Internal Medicine

Friday, March 18, 2016

- 7:00 am** Registration, Continental Breakfast, Visit Exhibits
- 8:00** **Welcome and Course Objectives**
Sidika Karakas, MD
- 8:10** **Tighter Control with the Newer Insulins**
Pamela Prescott, MD
- 9:00** **Keynote Speaker**
Exercise – Will It Improve Health and How Much is Enough?
William Cushard, MD
- 10:00** Break, Visit Exhibits
- 10:20** **Case Studies – Q&A in Small Groups**
- Exercise for Type 1 DM and Type 2 DM
 - Exercise for Weight Loss
 - Adjustment of Glucose Lowering Medications with Exercise
 - Newer Insulin Use and Adjustment
 - Avoidance of Hypoglycemia – What Changes Should be Made
- 12:00 pm** Lunch
- 1:00** **Mixing the Newer Medications with the Older Medications – What Works Best in Type 2 Diabetes**
Dana Sheely, MD
- 1:50** **Gizmos, Gadgets, and Apparatus to Help Improve Glucose Control and Help Patients to Remember to Take Their Medications**
Christine Craig, RD, CDE, and Julie Durette, RD, CDE
- 2:30** Break, Visit Exhibits
- 3:00** **Case Studies – Q & A in Small Groups**
- Gizmos and Gadgets – How to Use Them
 - Which Should be Used – The Old Standby or the Newest Medication?
 - New American Diabetes Association Clinical Practice Guidelines – What Should Change in our Practice?
- 5:00** Adjourn

Saturday, March 19, 2016

- 7:00 am** Registration, Continental Breakfast, Visit Exhibits
- 8:00** **Welcome and Course Objectives**
Sidika Karakas, MD
- 8:05** **Hyperthyroidism: Practical Approach to Treatment**
Alison Semrad, DO
- 8:40** **Evaluation of Oligomenorrhea/Amenorrhea: Case Based Discussion**
Sidika Karakas, MD
- 9:20** **Current Approach to Treatment of Female Infertility**
Pravin Goud, MD, PhD
- 10:00** Break, Visit Exhibits
- 10:30** **Adrenal Insufficiency: How to Test? How to Treat?**
Sonal Phatak, MD
- 11:05** **Practical Approach to Male Infertility**
Prasanth Surampudi, MD
- 11:45** **Case Debate: Vitamin D Deficiency – To Treat or Not to Treat? This is the Question**
Kent Ishihara, MD, Arthur Swislocki, MD, and Sidika Karakas, MD
- 12:25 pm** **Panel Discussion**
- 1:00** Adjourn



Faculty

COURSE CO-CHAIRS

Pamela Prescott, MD
Professor
Division of Endocrinology,
Diabetes, and Metabolism
Department of Internal Medicine
UC Davis School of Medicine

Sidika Karakas, MD
Professor and Chief
Division of Endocrinology,
Diabetes, and Metabolism
Department of Internal Medicine
UC Davis School of Medicine

CONFERENCE COORDINATOR

Larry Jacinth, CMP
CME Specialist
Office of Continuing
Medical Education
UC Davis Health System

UC DAVIS FACULTY

Christine Craig, MS, RD, CDE
Outpatient Senior Dietitian
Certified Diabetes Educator

Christine Cox, DO
Clinical Fellow
Division of Endocrinology, Diabetes
and Metabolism
Department of Internal Medicine

William Cushard, Jr., MD, FACP
Volunteer Clinical Professor
Division of Endocrinology,
Diabetes, and Metabolism
Department of Internal Medicine
Endocrinologist
Mercy General Hospital – Sacramento
Sutter Medical Center – Sacramento

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Senior Dietician
Division of Endocrinology, Diabetes,
and Metabolism
Department of Internal Medicine

Naseem Eisa, MD
Clinical Fellow
Division of Endocrinology, Diabetes,
and Metabolism
Department of Internal Medicine

Pravin Goud, MD, PhD
Volunteer Clinical Associate Professor
Division of Reproductive
Endocrinology & Infertility
Department of Obstetrics
and Gynecology
Physician
California IVF Fertility Center

Kent Ishihara, MD
Associate Physician Diplomate
Division of Endocrinology, Diabetes,
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Department of Internal Medicine

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Clinical Resource Nurse
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Arthur Swislocki, MD
Professor
Division of Endocrinology,
Diabetes, and Metabolism
Department of Internal Medicine
Assistant Chief, Medical Services
Chief Endocrinology Section
Department of Veterans Affairs
Northern California Health
Care System

TARGET AUDIENCE

This activity is designed for primary care providers, community physicians, family practice, internal medicine, nurse practitioners, physician assistants, registered nurses, diabetes educators, dietitians, and pharmacists who provide interdisciplinary care.

NEEDS ASSESSMENT

This course is designed to change physician competence in management of patients with Diabetes (type 1 and 2) obesity, as well as endocrine disorders such as hyperthyroidism, adrenal insufficiency, vitamin D deficiency, female and male infertility. This year's conference will specifically address motivational techniques to improve health and provide practitioners with state-of-the-art tools to serve their patients. The topics have been selected in response to participant evaluations from previous CME activities. The faculty presenting and interacting with participants have been selected on the basis of their comprehensive clinical experience and academic excellence. Interactive question and answer sessions will be combined with case discussions in small group settings for increased learning.

EDUCATIONAL OBJECTIVES

At the end of the activity, participants should be able to:

- Influence patients to make changes to improve health
- Define and use currently available insulins at right time schedule, type and dose appropriately
- Summarize nutritional principles and help patients adjust diets according to personal, ethnic and cultural practices
- Recognize when new treatment options, such as incretin and sodium, glucose cotransporter 2 (SGLT2) inhibitors therapies, and justify how to combine or switch
- Explain what is necessary and sufficient for effective treatment of hyperthyroidism
- Describe how to approach a patient suspected of adrenal insufficiency in the in-patient and out-patient settings
- Discuss how to evaluate menstrual disorders and the current treatments for female infertility
- State how to evaluate and manage male infertility
- Name different treatments for vitamin D deficiency and their benefits and limitations

CONFERENCE REGISTRATION

Please register early – space is limited.

Tuition is \$325 for physicians and \$285 for all others. **Confirmation of registration will be sent within two weeks after receipt of registration form.** The fees will increase after February 26, 2016.

Tuition includes continental breakfasts, Friday Luncheon, electronic syllabus, and an online certificate of attendance. Tuition may be paid by check, American Express, Discover, MasterCard or VISA. Cash is not accepted. The Office of Continuing Medical Education reserves the right to cancel this conference. In such a case, a full refund will be given.

Registration forms received without payment will not be processed until payment is received, and payment must follow within 10 days. Early discount rates are honored if payment is received by the date noted on the registration form. After that date, the late fee is applied.

Cancellation and Refund Policy: A refund of tuition, less \$75 administrative fee, will be allowed if requested in writing by February 26, 2016. No refunds will be provided after this date.

ELECTRONIC EVALUATION AND CREDIT

The link to your electronic syllabus, evaluation and certificate of credit will be available for 30 days after the last day of the conference. Once you have completed the online evaluation your certificate will be available to print. **However, after 30 days this link will expire** and these items are no longer available online. You must contact the Office of CME to receive your certificate. A \$15 administrative fee will be applied.

SYLLABUS

The electronic syllabus will be available to pre-registered attendees online prior to the conference for downloading and printing. A flash drive containing the syllabus will be distributed at the conference.



BROCHURE ART CREDIT

Brochure images courtesy of Accreditation Council for Continuing Medical Education, UC Davis Public Affairs, www.iStockPhoto.com, and stock.adobe.com.

ACCREDITATION

The University of California, Davis Health System is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



CREDIT DESIGNATION

Physician Credit: The University of California, Davis Health System designates this live activity for a maximum of 11.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

AAFP (Family Practice) Credit: Application for CME credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

AMA PRA Category 1 Credits™ acceptable for other healthcare providers

Dietitian: AMA PRA Category 1 Credits™ meet the requirements of the Commission on Dietetic Registration (CDR).

Nurse: For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credits™ (report hours of credit and fill in "CME Category 1" for the provider number).

Pharmacist: The California Board of Pharmacy accepts coursework which meets the standard of relevance to pharmacy practice and has been approved for AMA PRA Category 1 Credit™.

Physician Assistant: 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.

FOR FURTHER INFORMATION

UC Davis Health System
Office of Continuing Medical Education
4610 X Street, Suite 2301
Sacramento, CA 95817
1 (866) CME4EDU (263-4338)
(916) 734-5390 Phone
(916) 734-0742 Fax
<http://cme.ucdavis.edu>



Registration Form (please print)

DIABETES & ENDOCRINOLOGY SYMPOSIUM

March 18-19, 2016

LOCATION



Hilton Sacramento Arden West

Hilton Sacramento Arden West
2200 Harvard Street
Sacramento, CA 95815
(916) 922-4700
<http://bit.ly/1SWugp7>

A block of rooms is being held for conference participants at a rate of **\$109 single or double occupancy** plus hotel and sales tax. Use the link above for online sleeping room reservations or call 1-800-445-8667 (special rate code **DAV**). The reservation deadline is March 3, 2016. After March 3, 2016, reservations will be on a space available basis. Reservations should be made directly with the hotel.

The Hilton Sacramento Arden West is conveniently located off Business 80 and just a short drive from the Sacramento International Airport. The hotel is located very near the Arden Fair Mall which offers some of the best dining, shopping, and entertainment options in the area. If history is your thing, hop on the I-80 and head downtown to one of the many fascinating museums such as the California State Railroad Museum, Crocker Art Museum, or California State Capitol Museum. Also, check out the Visit Sacramento website to see what is going on during your stay.
<http://www.visitsacramento.com/>

AIR TRAVEL TO SACRAMENTO (SMF)

The Office of Continuing Medical Education has arranged group rates with the airline listed below. Please read and follow the directions carefully to obtain these special rates for your travel to our conference.

United Airlines Group Discount

To obtain Groups and Meetings discount prices go to <http://www.united.com> and enter Offer Code: ZVM6788442.

GROUND TRANSPORTATION

Hertz Car Rental: To obtain discounted rates go to <http://www.hertz.com> and enter Convention Number 04H70007.

National Car Rental: Call 1 (800) CAR-RENT and request ID #5282865 for discounted rates.

First Name _____ M.I. _____ Last Name _____
☐ MD ☐ DO ☐ PharmD ☐ RPh ☐ PA ☐ NP ☐ RN ☐ RD ☐ Other Lic. # _____

Institution/Employer (as you would like it to appear on your badge) _____ Profession/Occupation _____

Address (or where you would like your receipt mailed.) _____

City _____ State _____ Zip Code _____
 () ()
 Day Phone _____ Fax Number _____

Email for link to electronic syllabus. UC Davis CME will not use your email for any purpose other than corresponding with you.

Physician information: Please indicate your primary medical specialty:

☐ FP ☐ GP ☐ IM ☐ Other (specify) _____

Social Security Number (last 4 digits required for transcript purposes)

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WEB

ELECTRONIC SYLLABUS

The electronic syllabus will be available to pre-registered attendees online prior to the meeting for downloading and printing. A USB flash drive will be distributed at the conference.

REGISTRATION FEES (Receipt/Confirmation will be mailed within two weeks)

	Early Discount	After 2/26/16
Physician	☐ \$325	☐ \$375
Other Health-care Professional	☐ \$285	☐ \$335

☐ If you need disability accommodations at the meeting, please let us know by

February 26, 2016 and our representative will contact you.

Please note special dietary/food allergy requirements

Please check your payment method.

Mailed registration forms without check, credit card information or a purchase order number will not be processed until payment is received.

☐ Check enclosed payable to: **UC Regents** ☐ AMEX ☐ Discover ☐ MasterCard ☐ VISA

For your protection, do not fax or email your registration form with credit card information. Please mail your registration or contact our Registrar at (916) 734-5390 for assistance if you would like to use a credit card.

Account Number _____

Expiration Date _____

Authorized Signature (name on card) _____

Please use ONE of these methods to register: (Do not mail if previously registered by telephone)



Mail this registration form and payment to:
Office of Continuing Medical Education
c/o UC Davis Cashier's Office
PO Box 989062, West Sacramento, CA 95798-9062



Telephone: (916) 734-5390/
Toll Free: 866-CME4EDU



Fax: (916) 734-0742



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REGISTER ONLINE AT:
<http://bit.ly/1TobF68>

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HIGHLIGHTS:

- Behavior Modification as a Treatment Tool
- Adjusting the Diet for Diabetes, Incorporating Ethnic and Cultural Foods
- Newer Insulins and Their Use
- Practical Approach to Common Endocrine Disorders: Hyperthyroidism and Adrenal Insufficiency
- Medical and Surgical Approach to Female Infertility
- Practical Evaluation of Male Reproductive Function
- Case Debate

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