

WCIRDC PROGRAM 2025

Wednesday, December 3, 2025

1:00 pm – 8:00 pm Pre-Registration – **Lobby & Sierra Ballroom B**

5:00 pm Welcome and Pre-CME Questions

Yehuda Handelsman, MD

Session 1 Insulin Resistance – Returning to Basics

Chairs: Christos S. Mantzoros, MD, DSc, PhD • George Grunberger, MD

5:10 pm CVD Risk Assessment in Cardiometabolic Disease from Risk Scores to Opportunistic Testing **Nathan D. Wong, PhD**

5:30 pm Time to Return to Basics: INSULIN RESISTANCE Explaining- Diabetes, Obesity, Cardiorenal and Fatty Liver Disease- Impact on Comorbidities **Ralph A. DeFronzo, MD**

5:55 pm Pre-Prediabetes: Insulin Resistance Is Associated with Cardiometabolic Risk in Nonobese Patients **John P. Armato, MD**

6:15 pm Insulin Resistance, Diabetes, and Risk of Heart Failure **Stephen J. Greene, MD**

6:35 pm The Role of Insulin Resistance in Hypercortisolism Comorbidities **Vivian A. Fonseca, MD**

6:55 pm – 7:15 pm Panel Discussion and Q&A

7:15 pm – 8:15 pm

Dinner Session

Non-CME Education

Sierra Ballroom B

Title TBD

Supported by **Madrigal Pharmaceuticals**

Thursday, December 4, 2025

6:45 am **Registration | Exhibit Hall Opens | Coffee**

7:00 am – 8:00 am Breakfast CME Symposium

This activity is provided by **MLI Education**

This activity is supported by an independent medical educational grant from **Boehringer Ingelheim Pharmaceuticals, Inc.**

Beyond the Scale: The Obesity-Liver Connection

7:00 am Welcome and Introduction

Topics:

- Pathophysiology of Metabolic Disease: Understanding Mechanisms That Modulate Body Weight and Lead to Obesity-Associated Comorbidities
- The Role of the Liver in Metabolic Disease in Patients with Obesity
- Emerging Options for Treatment of MASLD/MASH in Patients with Obesity

Faculty: Amreen M. Dinani, MD, Jennifer B. Green, MD, Robert F. Kushner, MD

8:00 am **Adjourn**

8:15 am - 8:24 am Welcome

Yehuda Handelsman, MD

8:24 am – 8:30 am Summary of Day 1 & Pre-CME Questions

Zachary T. Bloomgarden, MD

Session 2 Obesity - Scientific Concepts

Chairs: Ania M. Jastreboff, MD, PhD • Derek LeRoith, MD, PhD

8:30 am Mitochondrial Signaling and Function in Insulin Resistance and Obesity **Orian Shirihai, MD, PhD**

8:50 am How Hormones Interact with Mitochondria to Regulate Body Weight **Richard Kibbey, MD, PhD**

9:10 am Why Does Reducing Body Fat Improve Metabolic Function? **Samuel Klein, MD**

9:30 am – 9:45 am Panel Discussion and Q&A

Session 3	Pediatrics Obesity and Morbidities	
	Chairs: Rohit Loomba, MD, MHSc • Peter J. Grant, MD	
9:45 am	Using Fat to Fight Obesity and Diabetes	Brian J. Feldman, MD
10:05 am	Evaluation and Management of Metabolic Dysfunction-Associated Steatotic Liver Disease In Children	Rohit Kohli, MBBS, MS
10:25 am - 10:35 am	Panel Discussion and Q&A	

10:35 am – 11:05 am Refreshment Break at the Exhibit Hall

Session 4	Organ Cross-Talk	
	Chairs: Richard N. Bergman, PhD • Ronald M. Krauss, MD	
11:05 am	RNA Modification Trigger Lipid Messenger from Adipose Tissue to Enable Organ Cross Talk	Rohit N. Kulkarni, MD, PhD
11:25 am	Liver-Heart Cross Talk in CKLM	Bart Staels, PhD
11:45 am- 11:55 am	Panel Discussion and Q&A	

Session 5	Concurrent Sessions: Meet the Experts	
12:00 pm	Cortisol - The Forgotten Hormone	Mandarin AB Ralph A. DeFronzo, MD
	Everything Lipids & HTN	Salon 6AB Yehuda Handelsman, MD
	All You Want to Know Diabetes	Club Room Richard E. Pratley, MD
	Cardiometabolism	Hiro Room Pam R. Taub, MD
12:45 pm		

12:45 pm – 1:45 pm Lunch Break

12:55 pm – 1:40 pm	Lunch Session	Non-CME Education	Sierra Ballroom B
	Title TBD		
	Supported by Novo Nordisk		

Session 6	Digital Health & AI	
	Chairs: Paul S. Jellinger, MD • Jorge Plutzky, MD	
1:45 pm	AI Enhanced Decision Support & Facilitation of Appropriate DM & Obesity Care	Vivian A. Fonseca, MD
2:05 pm	Digital Health and AI Clinical Implications in Cardiometabolism	Seth S. Martin, MD, MHS
2:25 pm – 2:35 pm	Panel Discussion and Q&A	

Session 7	Evolving Topics in Metabolism	
	Chairs: Rohit N. Kulkarni, MD, PhD • Vivian A. Fonseca, MD	
2:35 pm	Angiogenesis in Health, Disease and Therapeutics	Jorge Plutzky, MD
2:55 pm	The Lymphatics System in Cardiometabolic Disease	Robert J. Chilton, DO
3:15 pm	The Evolving Role of the Duodenum in the Pathophysiology of IR, DM & Obesity & Emerging Treatment Modalities	Richard E. Pratley, MD
3:35 pm - 3:50 pm	Panel Discussion and Q&A	

3:50 pm – 4:20 pm Refreshment Break at the Exhibit Hall

Session 8 Steatotic Liver Disease

Chairs: Tracey McLaughlin, MD, MS • Bart Staels, PhD

4:20 pm Non invasive Assessment of MASLD and Fibrosis

Rohit Loomba, MD, MHSc

4:40 pm Current and Emerging Treatments for MASLD/MASH

Christos S. Mantzoros, MD, DSc, PhD

5:00 pm – 5:10 pm Panel Discussion and Q&A

Session 9 Joint Session with Diabetes Care @ WCIRDC 2025

Chairs: Elizabeth Selvin, PhD, MPH • Jennifer B. Green, MD

5:10 pm Introduction

Elizabeth Selvin, PhD, MPH

5:15 pm Diabetes, Subclinical Myocardial Injury or Stress, and Risk of Heart Failure Subtypes:

The Jackson Heart Study

Arnaud D. Kaze, MD, MPH

5:35 pm In Utero Exposure to Maternal Hyperglycemia and Offspring Type 2 Diabetes Genetic Risk

Score Are Independently Associated with Risk of Impaired Glucose Tolerance in Youth

Abigayil C. Dieguez, MD

5:55 pm Efficacy and Safety of Finerenone in Type 2 Diabetes: A Pooled Analysis of

Trials of Heart Failure and Chronic Kidney Disease

John W. Ostrominski, MD

6:15 pm – 6:30 pm Panel Discussion and Q&A & Post CME Questions

6:30 pm – 7:30 pm WELCOME & POSTER RECEPTION at the Exhibit Hall*Refreshments will be served***7:30 pm - 9:15 pm Dinner CME Symposium**Supported by **AstraZeneca****The Complex Patient with Obesity, Cardiorenal, and Metabolic Diseases****Chairs:** Yehuda Handelsman, MD, Matthew R. Weir, MD

7:30 pm Introduction & Pre-CME Questions

Matthew R. Weir, MD

7:50 pm Obesity the Root Cause of Cardiometabolic Complications

Assessment and Management

Ania M. Jastreboff, MD, PhD

8:10 pm CKD and Resistant Hypertension - Intertwined Pathophysiology

Key to Emerging Management

Elaine Ku, MD, MAS

8:30 pm Cardiomyopathy from rEF to pEF Understanding the Road to Management

Ahmad Masri, MD, MS

8:50 pm **Panel Discussion and Q&A:** Can We Protect Patients from the Ravages of Obesity and its Comorbidities**Panel:** Ania M. Jastreboff, MD, PhD, Elaine Ku, MD, MAS, Ahmad Masri, MD, MS**Moderator:** Yehuda Handelsman, MD

Post-CME Questions

9:15 pm **Adjourn**

6:45 am Registration | Exhibit Hall Opens | Coffee

7:00 am – 7:45 am	Breakfast Session Title TBD Supported by Eli Lilly and Company	Non-CME Education	Sierra Ballroom B
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7:50 am – 8:05 am Summary of Day 2 & Pre-CME Questions

Zachary T. Bloomgarden, MD

Session 10 Lipids Disorders: The Current and the New

Chairs: Paul S. Jellinger, MD • Seth S. Martin, MD, MHS

8:05 am Soluble LDL Receptor – A Novel Plasma Marker for Dyslipidemia & Risk of CHD

Ronald M. Krauss, MD

8:25 am Lp(a) the Influence of Female Hormones

Erin D. Michos, MD, MHS

8:45 am FCS & Other Rare Genetic Dyslipidemia; TGL impact on CVD

Eliot A. Brinton, MD

9:05 am – 9:20 am Panel Discussion and Q & A

Session 11 Important Science in CardioRenalMetabolism

Chairs: Derek LeRoith, MD, PhD • Bart Staels, PhD

9:20 am Inflamed and Entangled: Fat & Fibrosis in the Cardio-Renal-Metabolic Syndrome

Philipp E. Scherer, PhD

9:40 am What Does the Future Hold for Menin Inhibitors & Insulin Sensitizers

Ralph A. DeFronzo, MD

10:00 am The Pathophysiology of Hypercortisolism in DM-Cardio-Renal & Metabolic Diseases

Implication to Management

John B. Buse, MD, PhD

10:20 am - 10:35 am Panel Discussion and Q&A

10:35 am – 11:05 am Refreshment Break at the Exhibit Hall**Session 12 Atherosclerosis Cardiovascular Disease**

Chairs: Pam R. Taub, MD • Robert J. Chilton, DO

11:05 am CVOT 2025

Norman E. Lepor, MD

11:25am The Role and Proper Utilization of CAC and CTA in the Artificial Intelligence Era

Matthew J. Budoff, MD

11:45 am Lower Extremity Disease Diagnosis Approach to Management

Mark P. Bonaca, MD, MPH

12:05 pm – 12:20 pm Panel Discussion and Q&A

12:20 pm – 1:20 pm Lunch Break

12:30 pm – 1:15 pm	Lunch Session Title TBD Supported by Corcept	Non-CME Education	Sierra Ballroom B
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Session 13 Joint Session with Metabolism @ WCIRDC 2025

Chairs: Christos S. Mantzoros, MD, DSc, PhD • Christian W. Mende, MD

1:20 pm Introduction

Christos S. Mantzoros, MD, DSc, PhD

1:30 pm The Role of the Liver in the Metabolic-Cardiovascular-Renal Syndrome

Michael Roden, MD

1:50 pm MASLD, Cirrhosis, and Hepatic and Extra-hepatic Cancers: What's the (metabolic) missing link

Fernando Bril, MD

2:10 pm Exploring Novel Therapeutic Targets for MASH

Vassilios Papadopoulos, DPharm, PhD, DSc (Hon)

2:30 pm – 2:45 pm Panel Discussion and Q&A

2:45 pm – 4:00 pm Refreshment Break at the Exhibit Hall

3:10 pm – 3:55 pm

Refreshment Session

Title TBD

Supported by **Boehringer Ingelheim**

Non-CME Education

Sierra Ballroom B

Session 14

A Glimpse into the Future - What's in the Pipeline?

Non-CME

Chairs: Ralph A. DeFronzo, MD • Christos S. Mantzoros, MD, DSc, PhD

4:00 pm Zealand Pharma

4:15 pm Novo Nordisk

4:30 pm AstraZeneca

4:45 pm - 5:00 pm Panel Discussion and Q&A

Steven R. Smith, MD

Anna Windle, PhD

Mikhail N. Kosiborod, MD

Session 15

Obesity Management

Chairs: Samuel Klein, MD • Brian J. Feldman, MD, PhD

5:00 pm Treating Obesity with Lifestyle Successfully

5:20 pm Drugs and Procedures in the Management of Obesity

5:40 pm A Cardiologist Perspective on Managing Obesity - Addressing Cardiometabolic Healthy Diets

6:00 pm - 6:15 pm Panel Discussion and Q&A & Post CME Questions

Naresh Kanumilli, MBBS

Caterina Conte, MD, PhD

Pam R. Taub, MD

6:15 pm – 7:45 pm Dinner CME Symposium

Supported by **TBD**

7:45 pm – 9:15 pm Abstract Oral Presentation

Non-CME

CHEESE & WINE WILL BE SERVED

Abstract Committee: Ralph A. DeFronzo, MD • Vivian A. Fonseca, MD • George Grunberger, MD
Norman E. Lepor, MD • Derek LeRoith, MD, PhD • Christian W. Mende, MD • Richard E. Pratley, MD
Matthew R. Weir, MD

Chair: Zachary T. Bloomgarden, MD



Abstracts published in **Metabolism: Clinical and Experimental**: Editor-in-Chief Christos S. Mantzoros, MD, DSc, PhD

6:45 am **Registration & Coffee**

7:00 am – 7:45 am

Breakfast Session

Title TBD

Supported by **Arrowhead Pharma**

Non-CME Education

Sierra Ballroom B

Yehuda Handelsman, MD



7:50 am - 8:00 am Summary of Day 3

Zachary T. Bloomgarden, MD

8:00 am – 8:05 am Oral Abstract Winners Award Presentation

Zachary T. Bloomgarden, MD

8:05 am – 8:10 am Pre-CME Questions

Zachary T. Bloomgarden, MD

Session 16 Kidney Disease & HTN

Chairs: Zachary T. Bloomgarden, MD • Ralph A. DeFronzo, MD

8:10 am The Influence of MRA on Atheroma Volume and Cardiac Fibrosis in Humans with Diabetes, Albuminuria and CKD

Matthew R. Weir, MD

8:30 am Etiology, Evaluation and Treatment of Resistant and Refractory Hypertension

John M. Flack, MD, MPH

8:50 am - 9:00 am Panel Discussion and Q&A

Session 17 Emerging Topics in Diabetes

Chairs: George Grunberger, MD • Viral N. Shah, MD

9:00 am Right Ventricular Dysfunction and Pulmonary Hypertension- Another Diabetes Related Disorder?

Peter J. Grant, MD

9:20 am The Prevalence of Obesity and Cardiometabolic Risks in T1D and the Role of CGM in Reducing Mortality in These Patients

Peter D. Reaven, MD

9:40 am – 9:50 am Panel Discussion and Q&A

9:50 am – 10:00 am Refreshment Break

Session 18 Cardiomyopathy & Heart Failure

Chairs: Erin D. Michos, MD, MHS • Norman E. Lepor, MD

10:00 am Gene Therapy for Treating Patients with Cardiomyopathy

Barry H. Greenberg, MD

10:20 am The Role of GLP1ra in HFrEF

Richard F. Wright, MD

10:40 am Simultaneous or Rapid Initiation of Combination Therapy for HFpEF

Gregg C. Fonarow, MD

11:00 am – 11:15 am Panel Discussion and Q&A

Session 19 Gerald Reaven Distinguished Leader in Insulin Resistance 2025 Award

11:15 am Award Presentation by

Ronald M. Krauss, MD and Peter J. Grant, MD

11:20 am Adipocyte Dysfunction and the Metabolic Heterogeneity of Obesity

11:50 am - 12:00 pm Q & A

Tracey McLaughlin, MD, MS



12:00 pm – 1:00 pm Lunch Break & Check-Out

12:10 pm – 12:55 pm

Lunch Session

Title TBD

Supported by **Boehringer Ingelheim / Medical Affairs**

Non-CME Education

Sierra Ballroom B

Session 20 The Incretins Phenomenon

Chairs: Richard E. Pratley, MD • Philipp E. Scherer, PhD

1:00 pm The Physiology of GIP, Glucagon, and Amylin and their Application to Therapeutics

David D'Alessio, MD

1:20 pm Navigating the Incretin Jungle- From GLP1 to GIP to Glucagon and Beyond....

Sunder Mudaliar, MD

1:40 pm – 1:50 pm Panel Discussion and Q&A

Session 21 CRM Management of Complex Cases

Chair: Matthew J. Budoff, MD

Expert Panel: Chris K. Guerin, MD • Norman E. Lepor, MD • Matthew R. Weir, MD

1:50 pm Introduction

Matthew J. Budoff, MD

1:55 pm CRM Case 1

Case 1 Panel Discussion and Q & A

Suvasini Lakshmanan, MD

2:20 pm CRM Case 2

Case 2 Panel Discussion and Q & A

Yu Mi Kang, MD, PhD

2:45 pm Adjourn

2:45 pm – 3:00 pm Refreshment Break at the Lecture Hall

Session 22 Contemporary Topics in Pre-DM & Diabetes

Chairs: Peter J. Grant, MD • Chris K. Guerin, MD

3:00 pm CGM for People without Diabetes & Prediabetes

Viral N. Shah, MD

3:20 pm The Approach to Diabetes Treatment - Circa 2025

George Grunberger, MD

3:40 pm The Impact of Diabetes Management on Retinopathy

Zachary T. Bloomgarden, MD

4:00 pm – 4:15 pm Panel Discussion and Q&A & Post CME Questions

Session 23 Clinical Workshop *(Wine and cheese will be served)*

4:15 pm Management of Obesity

Sierra Ballroom B

George Grunberger, MD

Contemporary Approach to HTN

Hiro Room

Christian W. Mende, MD

Today's Principles in the Treatment of Dyslipidemia

Club Room

Paul S. Jellinger, MD & Paul D. Rosenblit, MD

5:00 pm Adjourn