

# 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)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The presentation entitled, “The interrelationship between sarcopenia, type 2 diabetes and the therapeutic recommendations for resistance training” is designated as 1.25 hour of education in medical ethics and/or professional responsibility.

### 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](http://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](http://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.	<input type="checkbox"/> Full Conference	\$425	\$475	\$575
	<input type="checkbox"/> Friday Only	\$275	\$325	\$425
	<input type="checkbox"/> Saturday Only	\$275	\$325	\$425
Nurses and Dieticians	<input type="checkbox"/> Full Conference	\$300	\$350	\$450
	<input type="checkbox"/> Friday Only	\$175	\$225	\$325
	<input type="checkbox"/> Saturday Only	\$175	\$225	\$325
*Residents, *other or *students:	<input type="checkbox"/> Full Conference	\$200	\$225	\$325
	<input type="checkbox"/> Friday Only	\$125	\$150	\$250
	<input type="checkbox"/> 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](http://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  
P.O. Box 2565  
Corpus Christi, TX 78403

