

2025

ADVANCES IN DIABETES & OBESITY MANAGEMENT



FRIDAY
NOVEMBER 14, 2025

LEVITT CENTER FOR UNIVERSITY ADVANCEMENT
1 EAST PARK ROAD
IOWA CITY, IOWA

This one-day interactive conference will include experts covering hot topics in diabetes and obesity and will include discussions with audience members.

OBJECTIVES

- Describe the effects of Diabetes on muscle strength and atrophy
- Review methods for assessing Fat Free Mass with weight loss
- Sift through the data on GLP-1RA and Lean Mass Loss
- Review the historical evolution of diabetes care and the emergence of "diabesity" as a recognized clinical concept, including its integration into recent treatment guidelines
- Discuss the role of GLP-1 receptor agonists and other pharmacologic therapies in the dual management of obesity and type 2 diabetes
- Examine the importance of sustainable lifestyle interventions, strategies to address weight regain, and long-term adherence challenges in managing these chronic conditions.
- Review the role of GLP-1/GIP medications in diabetes and obesity
- Discuss practical issues in prescribing GLP-1/GIP medications
- Learn about new indications for GLP-1/GIP medications
- Review functions of currently available insulin pumps with automated insulin delivery capabilities.
- Discuss the historical and health-related significance of ultra-processed foods.
- Introduce the NOVA food classification system and outcomes linked to it
- Review the role of the food industry in nutritional research.
- Learn about guidelines of a "quick" diabetes foot examination
- Identify common diabetic foot conditions/complications.
- Learn about the intersection between management of diabetes and obesity
- Review new staging of type 1 diabetes and its implication for disease management
- Discuss recent clinical studies for diabetes management and therapy
- Understand a role of skeletal muscle in glucose and energy homeostasis

ACCREDITATION



In support of improving patient care, the University of Iowa Roy J. and Lucille A. Carver College of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician: The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Physician Associate: The University of Iowa Roy J. and Lucille A. Carver College of Medicine has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7.5 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



Dietitian: Completion of RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU).

If the activity is dietetics related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU).

RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

Nurse and Other Health Care Provider: A certificate of participation will be available after successful completion of the course. (It is the responsibility of licensees to determine if this continuing education activity meets the requirements of their professional licensure board.) Iowa nurses may use participation in ACCME-accredited education toward their CE requirement for licensure.

REGISTRATION

Physician \$220

Nurse, Physician Assistant, Pharmacist \$160

Other Diabetes Health Professional \$100

Fellow/Resident/Student \$50

All but \$25 of the fee is refundable if inability to attend is made known on or before November 1, 2025. Refunds will not be made after this date.

Parking for off-site visitors is offered by prearrangement at the time of registration.

REGISTER TODAY



<https://tinyurl.com/3yx9dpft>



PRESENTERS

Elizabeth Bowen, MD



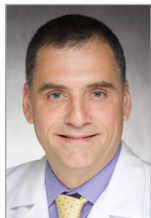
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Marcio Griebeler, MD



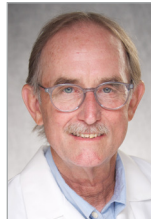
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Clinic Lerner College of Medicine
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Research Center, Cleveland Clinic

Yumi Imai, MD



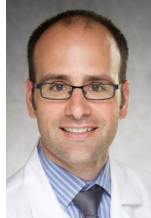
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Jill Scholz, DPM



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Sheila Wayson, BSN, RN, CDCES



Staff Nurse-Diabetes Management
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DISCLOSURE POLICY

University of Iowa Roy J. and Lucille A. Carver College of Medicine adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All relevant financial relationships have been mitigated prior to the commencement of the activity.



AGENDA: NOVEMBER 14, 2025 • HARDING ASSEMBLY HALL

- 7:50 - 8:00 AM** **Opening Remarks**
Marcelo Correia, MD, PhD
- 8:00 - 9:00** **The Rise of Ultra-processed Foods**
Elizabeth Bowen, MD
- 9:00 - 10:00** **The Diabetic Foot and Common Complications**
Jill Scholz, DPM
- 10:00 - 10:15** **Break**
- 10:15 - 11:15** **Keynote Speaker: From Sugar to Weight: The New Paradigm of Diabetes Care**
Marcio Griebeler, MD
- 11:15 - 12:10** **Muscle Loss from Diabetes or GLP-1RA: What's the Worry?**
Brian O'Neill, MD, PhD
- 12:10 - 1:00 PM** **Lunch**
- 1:00 - 2:30** **2025 Review of Continuous Glucose Monitors and Automated Insulin Delivery Systems**
Bianca Carlson, PA-C
Sheila Wayson, BSN, RN, CDCES
- 2:30 - 2:45** **Break**
- 2:45 - 3:45** **Clinical Use of GLP-1/GIP Medications**
Leon Jons, MD
- 3:45 - 4:30** **What's New in Diagnosis and Treatment of "Non" Type 2 Diabetes**
Yumi Imai, MD
- 4:30 - 4:45** **Reflection and Closing Remarks**
Yumi Imai, MD
- 5:15 - 7:00** **Non-accredited Education hosted by DEXCOM** in Green Assembly Hall