

2026

ADVANCES IN DIABETES & OBESITY MANAGEMENT



FRIDAY
NOVEMBER 6, 2026

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

PROVIDED BY: The University of Iowa Roy J. and Lucille A. Carver College of Medicine
Department of Internal Medicine—Division of Endocrinology and Metabolism

IOWA | Carver College
of Medicine

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

OBJECTIVES

- Identify heart failure as a complication of diabetes
- Discuss approach to improve outcome of heart failure in subjects with diabetes
- Discuss the National Clinical Care Commission's report to prevent diabetes and its complications
- Learn about the latest technology for automated insulin delivery (AID) Systems and continuous glucose monitoring (CGM)
- Discuss strategies to maximize the effectiveness of contiguous glucose monitoring (CGM) and automated insulin delivery (AID) systems
- Review the evolution of kidney-protective therapy in diabetes and obesity
- Discuss the mechanisms, clinical evidence, and practical application of emerging therapies
- Review current obesity therapies, including their clinical applications, efficacy, and side effects.
- Identify key pitfalls and controversies in GLP-1 receptor agonist therapy and discuss strategies to optimize treatment and patient outcomes.
- Evaluate future directions in the use and development of GLP-1 receptor agonist therapies.
- Recognize MASH as a systemic metabolic disease and describe the bidirectional interplay between hepatic, cardiovascular, renal, and metabolic dysfunction.
- Apply a cardio-reno-hepato-metabolic approach to the identification, risk stratification, and management of patients with MASH.
- Recognize which patients with type 2 diabetes warrant screening for MACS.
- Describe how cortisol excess drives hyperglycemia.
- Describe evidence behind cortisol-directed treatment interventions.
- Summarize current research on the relationship between GLP-1 receptor agonists and mental health outcomes, including findings related to mood, stress, eating behavior, quality of life, and psychological well-being.
- Identify psychological and behavioral factors that influence patient responses to GLP-1 medications, including expectations, stigma, treatment adherence, body image concerns, and resistance to treatment.

REGISTRATION

Physician \$220
Nurse, Physician Assistant, Pharmacist \$160
Other Diabetes Health Professional \$100
Fellow/Resident/Student \$50
Industry Representative \$220

All but \$25 of the fee is refundable if inability to attend is made known on or before October 25, 2026. Refunds will not be made after this date.

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

DISCLOSURE POLICY

Everyone in a position to control the content of this educational activity will disclose to the accredited provider 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 will be mitigated.

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 7.0 **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 7.0 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.



PRESENTERS

Bianca Carlson, PA-C



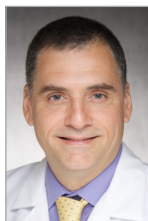
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Ayotunde Dokun, MD



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Marta Tejedor Bravo



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Yumi Imai, MD



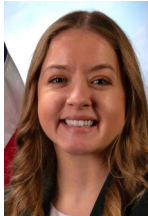
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Amr Wahba, MD



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Sara Orłowski, RDN



Clinical Outpatient Dietitian
Specializing in Weight Management with
the MOVE program
Iowa City VA Health Care System
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Masaaki Yamada, MD



Clinical Assistant Professor
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Rodica Pop-Busui



Jordan Schnitzer Chair in Diabetes
Professor of Medicine and Division Head
Endocrinology, Diabetes and Clinical Nutrition
Director, Harold Schnitzer Diabetes Center
Oregon Health and Science University
Portland, Oregon



AGENDA: NOVEMBER 6, 2026

All CME events occur in Harding Assembly Hall

Breakfast/Non-CME DEXCOM Presentation occurs between 7 to 8 AM at Green Assembly Hall

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| 8:05 - 8:20 | Opening Remarks
Marcelo Correia, MD, PhD |
| 8:20 - 9:20 | Update on Weight Management
Obesity Pharmacotherapy: Navigating Challenges and Emerging Therapies
Kathleen Robinson, MD, PhD
Optimizing Nutrition for Weight Loss While Maintaining Muscle Mass
Sara Orłowski, RDN |
| 9:20 - 10:05 | MASH: The Liver at the Center of Metabolic Health
Marta Tejedor Bravo, MD, MSc, PhD |
| 10:05 - 10:25 | Break |
| 10:25 - 11:25 | Keynote Lecture: Heart Failure in Diabetes
Rodica Pop-Busui, MD, PhD |
| 11:25 - 12:10 | Mild Autonomous Cortisol Secretion (MACS) and Diabetes Mellitus
Amr Wahba, MD |
| 12:10 - 1:10 PM | Lunch |
| 1:10 - 2:10 | Update and Case Studies of Diabetes Technology
Bianca Carlson, PA-C and Yumi Imai, MD |
| 2:10 - 2:55 | Protecting the Kidney in Diabetes and Obesity: Emerging Renoprotective Therapies: From the ACEi/ARB Era to the Multi-Mechanism Kidney Protection Era
Masaaki Yamada, MD |
| 2:55 - 3:10 | Break |
| 3:10 - 3:55 | GLP-1s and Mental Health: Research, Relevance, and Resistance
Jacob Priest, PhD |
| 3:55 - 4:40 | Rural Iowa as a National Model: Implementing the National Clinical Care Commission's Vision for Diabetes Prevention and Care
Ayotunde Dokun, MD |
| 4:45 - 5:00 | Reflections and Closing Remarks
Yumi Imai, MD |