

CHANGING MEDICINE.  
CHANGING LIVES.®



**Advances in  
Diabetes & Obesity  
Management  
2018**

**May 18, 2018**  
**8:00 AM – 4:30 PM**

University of Iowa Hospitals and Clinics  
Medical Alumni Auditorium, E331 General Hospital  
200 Hawkins Drive, 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 & Metabolism



**UNIVERSITY of IOWA**  
**CARVER COLLEGE**  
**OF MEDICINE**  
University of Iowa Health Care

# AGENDA

**Friday, May 18, 2018**

Medical Alumni Auditorium, E331 General Hospital

7:30 – 8:15 am     Registration/Breakfast

8:15 – 9:15         **Keynote**  
**Martin J. Abrahamson, MD**  
Treatment of Type 2 Diabetes –  
Getting to Goal Safely

9:15 – 10:00      **E. Dale Abel, MD, PhD**  
Diabetes and Heart Failure –  
Mechanisms and Clinical Challenges

10:00 – 10:15     Break

10:15 – 11:00     **Nidhi Bansal, MBBS, MPH**  
Nonstatin Decision Making to Decrease Cardiovascular Risk

11:00 – 11:45     **Helena H. Laroche, MD, MS**  
Management Clinic -  
Weight Management Pearls

11:45 – 12:55 pm   Lunch

1:00 – 1:45         **Brian O’Neill, MD, PhD**  
Exercise as Medicine for Diabetes

1:45 – 2:30         **William I. Sivitz, MD**  
Overview: Complications of Diabetes, Prevention and Management

2:30 – 2:45         Break

2:45 – 3:45         **Lisa Morselli, MD** and  
**Rhonda Fruhling, MS, MHCDS, ARNP, CDE**  
Smart Technology for Diabetes Self-care and Weight Management

3:45 – 4:30         **Yumi Imai, MD**  
Incorporating Recent Advancement to Improve Patient Care  
for Diabetes and Obesity

4:30                  Ending Remarks and Adjournment

# GENERAL INFORMATION

## Intended Audience

This course is designed for primary care physicians, physician assistants, nurse practitioners, nurses, certified diabetes educators, and other health care providers.

## Purpose

Primary care providers are in best position to educate, to motivate, and manage the health of patients with obesity and diabetes. We intend to update knowledge and improve competence by discussing issues such as medications, nutrition, and physical activity related to obesity and diabetes.

## Educational Objectives

Upon completion of this course the learner should be able to:

- Describe strategies to achieve glycemic control safely so as to improve patient outcomes effectively.
- Discuss mechanisms by which diabetes increases the risk of heart failure and assess effects of diabetes treatment for heart failure.
- Describe how non-statin based medication can be utilized to treat hyperlipidemia in diabetes and obesity.
- Examine current therapies for obesity and describe how to formulate a personalized weight management approach.
- Describe how to utilize exercise effectively to improve outcomes in diabetes and obesity.
- Identify complications of diabetes, examine strategies to prevent complications, and discuss treatment options for complications.
- Examine advancements in insulin pump therapy and continuous glucose monitoring.
- Assess utility of new technologies for diabetes and obesity.
- Discuss how to apply new technologies and therapeutics for obesity and diabetes to achieve optimum outcomes through personalized approaches.

## Registration Fees

The fee is \$175 for physicians, \$125 for nurses and physician assistants, \$100 for other diabetes health care professionals, and \$50 for students/ residents. All fees include registration, instruction and educational materials, CME and CEU recording, parking, continental breakfast, refreshment breaks and lunch.

Space is limited. We encourage early registration to enable us to provide the best possible service to participants. A \$25 fee will be charged for canceled registrations.

## Detailed Conference Location and Parking

**Newton Road Parking Ramp:** Park on the west end of the ramp and cross the street over towards the MERF (green) building. Follow the sidewalk up the slight incline towards the hospital. Veer slightly to the right to the first door of the hospital. Entering that door you should see elevator AE to your right. Take that elevator to 3rd floor. Exit the elevator and go right. Continue straight down the hallway until you reach the auditorium on the left.

**Ramp 1/UIHC:** Park in Ramp 1, cross the street and enter the 'General Hospital West Entrance' door. Follow the hallway around to the right, continue to go straight down the hall; cross the compass intersection and continue east. Go to the end of the hall until you reach elevator BE to your left. Take the elevator up to the 3rd floor. Exit left. The auditorium is straight ahead.

The registration desk will be located outside the room. If you get disoriented, please call 356-4379 and someone will help guide you. Additional maps: <https://maps.uiowa.edu/nrp> and <https://uihc.org/parking-and-map>

## Housing

Participants are responsible for making their own hotel reservations and may do so by contacting the Iowa City/Coralville Convention and Visitors Bureau ([www.coralvilleiowacity.org](http://www.coralvilleiowacity.org)) at (800) 283-6592 or any hotel in the Iowa City area including: the hotelVetro (downtown) (319) 337-4961; the Coralville Marriott Hotel: (319) 688-4000; the Radisson Hotel (Coralville): (319) 351-5049. Rates are not guaranteed.

## Continuing Education Credit

The University of Iowa Roy J. and Lucille A. Carver College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**Physicians:** The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** 6.5 contact hours will be awarded by University of Iowa Hospitals and Clinics Department of Nursing (IBN Approved Provider #34). Participants must attend the entire program to receive full credit. Questions concerning nursing credits should be directed to the Nursing Clinical Education Center at (319) 356-4304.

Determination of educational content for this program and the selection of speakers are responsibilities of the program director. Firms providing financial support did not have input in these areas.



# Program Faculty



**E. Dale Abel, MD, PhD**  
Chair and Department Executive Officer,  
Department of Internal Medicine  
Director: Fraternal Order of Eagles  
Diabetes Research Center  
Director: Division of Endocrinology  
and Metabolism  
Professor of Medicine, Biochemistry  
and Biomedical Engineering



**Martin J. Abrahamson, MD**  
Associate Professor of Medicine,  
Harvard Medical School  
Endocrinology, Diabetes & Metabolism,  
Beth Israel Deaconess Medical Center



**Nidhi Bansal, MBBS, MPH**  
Clinical Assistant Professor  
of Pediatrics  
Endocrinology and Diabetes  
UI Carver College of Medicine



**Rhonda Fruhling, MS, MHCDS,  
ARNP, CDE**  
Diabetes Education Program  
Coordinator  
UI Carver College of Medicine



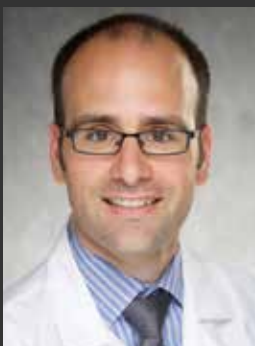
**Yumi Imai, MD**  
Associate Professor of  
Internal Medicine  
Endocrinology and Metabolism  
UI Carver College of Medicine



**Helena H. Laroche, MD, MS**  
Assistant Professor of Internal Medicine  
General Internal Medicine  
Associate Director of Weight Management Clinic  
UI Carver College of Medicine



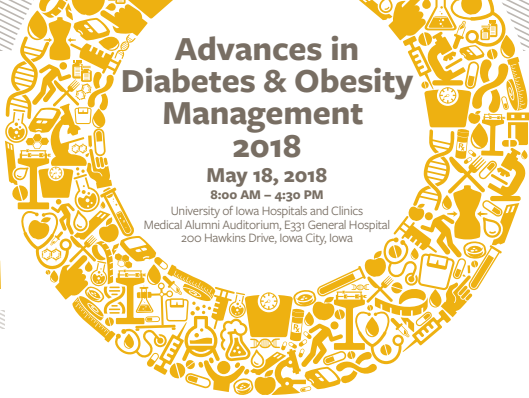
**Lisa Morselli, MD**  
Fellow in Internal Medicine  
Endocrinology and Metabolism  
UI Carver College of Medicine



**Brian O'Neill, MD, PhD**  
Assistant Professor of Internal Medicine  
Endocrinology and Metabolism  
UI Carver College of Medicine



**William Sivitz, MD**  
Professor of Internal Medicine  
Endocrinology and Metabolism  
UI Carver College of Medicine



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## REGISTRATION FORM

Please Print Clearly:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

(business)

(home)

Primary Degree \_\_\_\_\_

Specialty \_\_\_\_\_

Email \_\_\_\_\_

Company or Business Name \_\_\_\_\_

### REGISTRATION FEES

- |                                    |       |   |       |
|------------------------------------|-------|---|-------|
| <input type="checkbox"/> Physician | \$175 | <input type="checkbox"/> Other Diabetes Health Professional | \$100 |
| <input type="checkbox"/> PA/ARNP   | \$125 | <input type="checkbox"/> Student/Resident                   | \$50  |

### METHOD OF PAYMENT

Enclosed is a check made payable to The University of Iowa in the amount of \$ \_\_\_\_\_

### TWO WAYS TO REGISTER



**Online**  
<http://www.medicine.uiowa.edu/cme>  
and click on **Upcoming Programs**  
(see the website above for more  
information about this conference)



**Mail** (For Checks Only)  
University of Iowa Carver College of Medicine  
Continuing Medical Education Division  
100 Medicine Administration Bldg.  
Iowa City, IA 52242-1101

Please share challenging cases you have experienced and questions you wish to have answered:

The University of Iowa requests this information for the purpose of processing your registration. No persons outside the University of Iowa are routinely provided this information.

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## **Disclosure Policy**

Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest.

## **Disability Statement**

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities and equal access to university facilities.

For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity and Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA, 52242-1316, 319-335-0705 (voice), 319-335-0697 (TDD), [diversity@uiowa.edu](mailto:diversity@uiowa.edu).

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the Continuing Medical Education Division in advance at 319-335-8599.

For additional information on this program and other upcoming CME events at the UI Carver College of Medicine, please visit <http://www.medicine.uiowa.edu/cme/>.



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100 Medicine Administration Building  
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