

The Issam Cheikh

Update on Diabetes XLVII

April 10, 2025

MedStar Union Memorial Hospital
Baltimore, MD

Course Directors:

Issam E. Cheikh, MD, FACP, FACE

MedStar Union Memorial Hospital
Baltimore, MD

Paul A. Sack, MD, FACE

MedStar Union Memorial Hospital
Baltimore, MD



MedStar Health



Continuing Education Credit Information

Course Description

Diabetes remains a leading cause of death and disability. Although diabetic control has improved, glycemic control continues to be suboptimal despite the wide range of available medications and advances in technology.

The Issam Cheikh Update on Diabetes XLVII symposium highlights the advances in diabetes care, the challenges of diabetes management, and practical ways to overcome these barriers. Presentations will focus on the best practices in controlling glucose through technology, medications, and individualizing treatments for patients with diabetes.

Target Audience

This conference is intended for hospital-based physicians, community physicians, fellows, residents, medical students, nurse practitioners, physician assistants, nurses, pharmacists, dietitians, and other healthcare team providers who have an interest in the field of diabetes.

Learning Objectives

- Review the pathophysiologic mechanisms via which cortisol promotes glucose intolerance.
- Identify the pathophysiology, clinical manifestations, and management strategies of diabetic retinopathy and emphasizing the importance of early detection, timely referrals, and collaborative care to optimize patient outcomes.
- State the screening tests, diagnosis, maternal and fetal risks associated with diabetes in pregnancy and the treatment options for diabetes in pregnancy including dietary modification, physical activity, oral agents, and insulins.
- Explain the pharmacology and benefits of GLP-1 agonists and the non-diabetes outcome trials.
- Review the recent data regarding evaluation and treatment of diabetic kidney disease.
- Describe the indications and benefits of implementing insulin pump therapy, and update practitioners on new insulin pumps.
- Discuss practical nutrition tips to share with persons with diabetes during regular clinic visits.
- Summarize evidence-based risk factors for limb loss and appropriate orthotic/bracing management and modern surgical options and indications for Charcot foot reconstruction.
- Understand the pathogenesis and treatment of Metabolic Dysfunction Associated Steatohepatitis (MASH).
- Identify the roles and responsibilities of members of the healthcare team involved in the collaborative care of diabetic patients.
- Integrate a team-based approach in the care of patients with diabetes.

Continuing Education Credit Information

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, MedStar Health 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.

Credit Designation



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 7.00 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physicians: MedStar Health designates this live activity for a maximum of 7.00 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is approved for 7.00 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Pharmacists: This activity is approved for 7.00 contact hours. This learning activity is knowledge-based. The Universal Activity Number for this program is UAN# JA4008151-0000-25-075-L01-P.

Commission on Dietetic Registration

 the credentialing agency for the
Academy of Nutrition and Dietetics

Dietitians: Completion of this IPCE activity awards 7.00 CPEUs. RDs and DTRs are to select activity type 102 on Professional Development Portfolio (PDP) activity logs.



For updated program information, please visit [MedStarHealth.org/DiabetesConference](https://www.MedStarHealth.org/DiabetesConference)

Course Directors

Issam E. Cheikh, MD, FACP, FACE

Chief, Emeritus, Division of Endocrinology and Metabolism
MedStar Union Memorial Hospital
Professor, Medicine
University of Maryland School of Medicine
Baltimore, MD

Paul A. Sack, MD, FACE

Chief, Division of Endocrinology and Metabolism
MedStar Union Memorial Hospital
MedStar Good Samaritan Hospital
Baltimore Regional Director
MedStar Endocrinology
Baltimore, MD



Faculty

Malek Cheikh, MD

Endocrinologist
Division of Endocrinology and Metabolism
Director, Good Health Center
MedStar Union Memorial Hospital
MedStar Good Samaritan Hospital
Baltimore, MD

Ralph A. DeFronzo, MD

Chief of the Diabetes Division
University of Texas Health Science Center
Deputy Director of the Texas Diabetes Institute
Professor of Medicine
University of Texas Health Science Center
San Antonio, Texas

Greg P. Guyton, MD

Orthopaedic Surgeon
Chief of Foot and Ankle Surgery
Fellowship Director
MedStar Union Memorial Hospital
Baltimore, MD

Carine M. Nassar, MS, RD, CDCES

Diabetes Patient and Digital Engagement Director
MedStar Diabetes Institute
MedStar Health
Washington, D.C.

Shams Tabrez Quazi, MD

Chief, Medicine
MedStar Good Samaritan Hospital
MedStar Union Memorial Hospitals
Baltimore, MD

Maria S. Romero, MD

Ophthalmic Surgeon
Owner of Precision Eye Care
Baltimore, MD

Pamela R. Schroeder, MD, PhD, FACE

Program Director, Endocrinology Fellowship
Co-Director, Thyroid Clinic
MedStar Union Memorial Hospital
Assistant Professor, Endocrinology
Johns Hopkins University School of Medicine
Baltimore, MD

Aneeqa Saif, MD

Senior Fellow, Division of Endocrinology and Metabolism
MedStar Union Memorial Hospital
Baltimore, MD

Thomas J. Senker, FACHE

President
MedStar Good Samaritan Hospital
MedStar Union Memorial Hospital
Baltimore, MD

Mansur E. Shomali, MD, CM

Endocrinologist
Division of Endocrinology and Metabolism
MedStar Union Memorial Hospital
Chief Medical Officer, WellDoc
Associate Professor of Medicine
University of Maryland School of Medicine
Baltimore, MD

Xingyue Zhang, MS, RD, LDN, CDCES

Licensed Dietitian Nutritionist
Certified Diabetes Care and Education
Specialist
MedStar Health
Washington, D.C.

Planning Committee

Lynne J. Brecker, RN, BSN

Certified Diabetes Care and Education Specialist
MedStar Union Memorial Hospital
Baltimore, MD

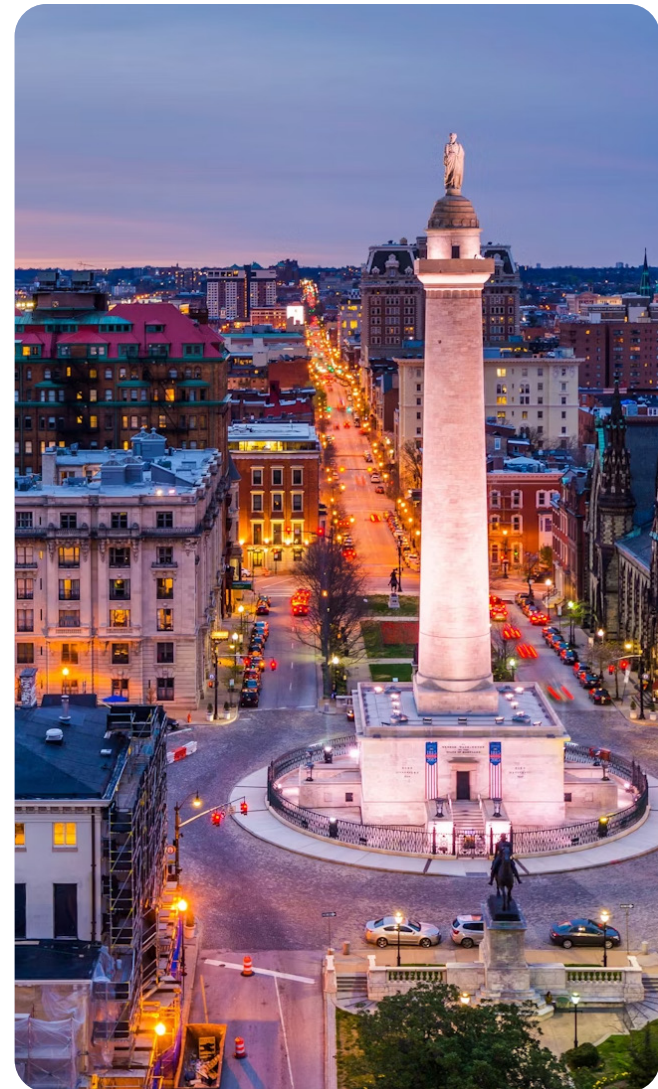
Precious Dadzie, PharmD

Ambulatory Care Clinical Pharmacist
MedStar Union Memorial Hospital
Baltimore, MD

Lorraine P. Giangrandi, MS, RD

Outpatient Dietitian
Certified Diabetes Care and
Education Specialist
MedStar Union Memorial Hospital
Baltimore, MD

For updated program information, please visit
[MedStarHealth.org/DiabetesConference](https://www.MedStarHealth.org/DiabetesConference)



Agenda

7:40 a.m.	Registration, Breakfast & Visit Exhibitors	1:25 p.m.	Insulin Pumps: New and Improved Paul A. Sack, MD, FACE
8:00 a.m.	Welcome and Introductory Remarks Thomas J. Senker, FACHE Shams Tabrez Quazi, MD	2:10 p.m.	Healthy Eating Patterns for Type 2 Diabetes: How to Communicate Evidence Based Guidelines in Your Busy Practice Carine M. Nassar, MS, RD, CDCES Xingyue Zhang, MS, RD, LDN, CDCES
8:05 a.m.	Cushing Syndrome Masquerading as Type 2 Diabetes, Pathophysiologic Considerations Ralph A. DeFronzo, MD	2:55 p.m.	Mechanisms of Neuroarthropathy in Diabetic Neuropathy and an Update on Surgical Treatment Greg P. Guyton, MD
9:05 a.m.	Diabetes and the Eyes: What You Need to Know Maria S. Romero, MD	3:35 p.m.	Metabolic Dysfunction Associated Steatohepatitis (MASH): New Treatments for a Disease with a New Name Mansur E. Shomali, MD, CM
9:55 a.m.	Care During Pregnancy for Patients with Diabetes Pamela R. Schroeder, MD, PhD, FACE	4:25p.m.	Closing Remarks Issam Cheikh, MD, FACP, FACE
10:40 a.m.	Coffee Break and Visit Exhibitors	4:35 p.m.	Adjourn
11:00 a.m.	The Golden Era of GLP-1 Medications Aneeqa Saif, MD		
11:40 a.m.	Diabetes and Kidney Disease Malek Cheikh, MD		
12:25 p.m.	Lunch Break and Visit Exhibitors		

For updated program information, please visit [MedStarHealth.org/DiabetesConference](https://www.MedStarHealth.org/DiabetesConference)

Registration Information

Registration Fees

Physician	\$200
Resident or Fellow	\$100
Physician Assistant	\$100
Nurse Practitioner	\$100
Nurse	\$100
Pharmacist	\$100
Dietitian or Nutritionist	\$100
Allied Health Professional	\$100
Industry Representative	\$250

Online Registration Preferred

Please visit [MedStarHealth.org/DiabetesConference](https://www.MedStarHealth.org/DiabetesConference) for updated program and registration information. If you have questions or do not receive a confirmation within 1-2 business days, please contact us at MedStarCPE@MedStar.net or (833) 731-1273.

Cancellation Policy

Cancellations made in writing by March 15, 2025, will be subject to a 50% penalty. No refunds will be given after March 15, 2025. Cancellations will not be accepted by telephone. In the unlikely event that the course is canceled, MedStar Health will refund the registration fee but is not responsible for any travel costs.

Venue Information

MedStar Union Memorial Hospital

201 E University Pkwy
Baltimore, MD 21218



**For exhibit and support information please contact
Lynne Brecker at Lynne.J.Brecker@medstar.net**