

The Issam Cheikh

Update on Diabetes XLVIII

April 16, 2026

MedStar Union Memorial Hospital
Baltimore, MD

Course directors:

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Continuing education credit information

Course description

According to the 2024 CDC National Diabetes Statistics Report, approximately 38 million adults aged 18 and older, or about 12% of all US adults have diabetes. Diabetes remains a leading cause of death and disability. In 2022, the total cost of diagnosed diabetes in the United States was \$412.9 billion. Glycemic control continues to be suboptimal despite the wide range of available medications and advances in technology.

This conference provides an overview of the advances in diabetes care and will feature expert speakers covering key topics such as insulin pump therapy, insulin dosing, diabetes and the gastrointestinal system, emotional aspects of coping with diabetes, preparing for surgery, diabetes medications (including SGLT2 inhibitors and GLP-1 agonists), and advances in Type 1 diabetes. Health professionals will gain practical tools and clinical insights to enhance diabetes care and improve patient outcomes. Presentations will focus on the best practices in controlling glucose through technology, medications, and individualizing treatment 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

- Personalize pharmacologic and non-pharmacologic treatment options for the management of diabetes, obesity and cardiovascular disease.
- Discuss the relationship between diabetes and gastrointestinal motility, emphasizing the underlying pathophysiological mechanisms, the various diagnostic strategies employed, and the approaches for managing the resultant conditions.
- Discuss the practical applications of insulin pump therapy use in patients with both Type 1 and Type 2 diabetes.
- Express the importance of addressing the psychosocial aspects of diabetes as it impacts the quality of life of patients and provide specific assessment and interventions the clinician can use in their practice.
- Review current evidence-based guidelines for preoperative management of diabetes medications and outline practical, person-centered strategies that promote safe and effective preparation for surgery
- Apply a patient centered approach to oral diabetes medication use and distinguish between glucose lowering effects and organ protective benefits of diabetes medications
- State new advances in Type 1 diabetes research and treatment.
- 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



In support of improving patient care, this activity has been planned and implemented by MedStar Health. 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



This activity was planned by and for the healthcare team, and learners will receive 7.25 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physicians: MedStar Health designates this live activity for a maximum of 7.25 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 7.25 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Pharmacists: This activity is approved for 7.25 contact hour(s). This learning activity is knowledge-based. The Universal Activity Number for this program is UAN#JA4008151-0000-26-023-L01-P.

**Commission on
Dietetic Registration**
the credentialing agency for the
eat right. Academy of Nutrition and Dietetics

Dietitians: Dietitians (RDs) and Dietetic Technicians, Registered (DTRs): Completion of this IPCE/ activity award 7.25 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)

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Agenda

7:40 a.m.	Registration, Breakfast & Visit Exhibitors	1:20 p.m.	Choosing Wisely: Practical Guidelines for Prescribing Oral Diabetes Medications Adline Ghazi, MD
8:00 a.m.	Welcome and Introductory Remarks Thomas Senker, FACHE; Shams T. Quazi, MD	2:05 p.m.	What Is New in Type 1 Diabetes Thomas Donner, MD
8:05 a.m.	Diabetes and the Gut Ghassan Alzayer, MD	2:55 p.m.	The Role of the Brain in Diabetes Malek Cheikh, MD
8:50 a.m.	Expanded Indications of Insulin Pump Therapy Paul A. Sack, MD, FACE	3:35 p.m.	The Art of the Bolus: Balancing Physiology, Patient Behavior, and Therapeutic Precision Mansur E. Shomali, MD
9:40 a.m.	Coping and Thriving with Diabetes Joe Solowiejczyk, RN, MSW, CDE	4:25 p.m.	Closing Remarks Issam E. Cheikh, MD, FACP, FACE
10:30 a.m.	Coffee Break and Visit Exhibitors	4:30 p.m.	Adjourn
10:45 a.m.	Updates on Insulin Treatments Patrick Mooney, MD		
11:30 a.m.	Pre-op Pearls: Supporting People with Diabetes Through Safe Medication Management Isabel Marcano, MD		
12:20 p.m.	Lunch and Visit Exhibitors		

Attention Physician Learners: To ensure accurate CME credit data reporting to participating state medical licensing boards/certifying boards, please log into CloudCME and click on My CE / Profile to review and update your profile with the following details: your full name, state of licensure (including number and expiration date), and your birth month and day. Additionally, please remember to check the box at the bottom of the profile screen to grant permission for us to report your completion data to ACCME and participating licensing/certifying boards. Questions? Email medstarceapplications@email.sitel.org

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 1, 2026, will be subject to a 50% penalty. No refunds will be given after March 19, 2026. 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
Stuart Bell Conference Center
201 E University Pkwy
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For exhibit and support information please contact
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