

# Update on Diabetes XLV

**Thursday, April 13, 2023**

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

[MedStarHealth.org/DiabetesConference](https://www.MedStarHealth.org/DiabetesConference)

# Continuing Education Credit Information

## Course Description

The Update on Diabetes XLV symposium provides an overview of the advances in diabetes care. The challenges of diabetes management and practical ways to overcome these barriers will be addressed. Presentations will focus on best approaches to control glucose through technology and 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 members of the healthcare team who have an interest in the treatment of diabetes.

## Learning Objectives

- Recognize the physiology of leptin and its role in glycemic control.
- Review the newest guidelines for the treatment of hypertension with a focus on patients with diabetes.
- Recall the pathophysiology and treatment of dyslipidemia, including both non-pharmacological and pharmacological treatment approaches.
- Describe alternative devices to administer insulin beyond vials and simple insulin pens.
- Review the newest continuous glucose monitors on the market and consider their application in your patients with diabetes.
- Identify the common hand complications of diabetes and summarize treatment methods.
- Recall recent data associated with FDA approved incretin medications and list their indications.
- Describe the technology and applications of hybrid closed loop insulin systems.
- Review the causes of severe insulin resistance and treatment with diet, exercise, and medications.
- Recognize the role of the medications in protecting the kidneys in patients being treated for 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 7.25 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 hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

**Pharmacist/Pharmacy Technicians:** This activity is approved for 7.25 contact hours. This learning activity is knowledge-based. The Universal Activity Number for this program is UAN # JA4008151-0000-22-067-L04-P/ JA4008151-0000-22-067-L04-T

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

**Dietitians:** CDR Credentialed Practitioners will receive 7.25 Continuing Professional Education units (CPEUs) for completion of this activity/material.





## 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  
Adjunct Instructor, Medicine  
University of Maryland School of Medicine  
Baltimore, MD



## Faculty

### **Nelly Arnouk, MD**

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

### **Rebecca Brown, MD, MHSc**

Lasker Tenure Track Investigator  
Acting Section Chief, Translational Diabetes and Metabolic Syndromes, Diabetes, Endocrinology and Obesity Branch  
National Institutes of Health (NIH)  
Bethesda, MD

### **Bradley S. Chambers**

Senior Vice President and Chief Operating Officer,  
Baltimore Region  
MedStar Union Memorial Hospital  
MedStar Good Samaritan Hospital  
Baltimore, MD

### **Malek Cheikh, MD, ASBMR**

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

### **Dana A. Frank, MD, FACP**

Chairman, Department of Medicine  
MedStar Union Memorial Hospital  
MedStar Good Samaritan Hospital  
Assistant Professor, Medicine  
Johns Hopkins University School of Medicine  
Baltimore, MD

### **Isabel Marcano, MD**

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

### **Francoise A. Marvel, MD**

Co-Director, Johns Hopkins Digital Health Lab  
Core Faculty, Johns Hopkins Ciccarone Center for Prevention of Cardiovascular Disease  
Core Faculty, Johns Hopkins Advanced Lipid Clinic  
Assistant Professor  
Johns Hopkins University School of Medicine,  
Cardiology  
Baltimore, MD

### **Kenneth R. Means, Jr. MD**

Orthopaedic Surgeon  
Vice Chief and Clinical Research Consultant, Curtis National Hand Center  
MedStar Union Memorial Hospital  
Baltimore, MD

### **Ranganath M. Muniyappa, MD, PhD**

Director, The Inter-Institute Endocrinology Fellowship Training Program  
Director, Clinical Diabetes Services  
Diabetes, Endocrinology, and Obesity Branch, NIDDK  
National Institutes of Health (NIH)  
Bethesda, MD

# Faculty, Continued

## **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

## **Mansur Shomali, MD, CM**

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

# 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  
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.	<b>Registration, Breakfast &amp; Visit Exhibitors</b>	12:30 p.m.	<b>Lunch Break &amp; Visit Exhibitors</b>
8:00 a.m.	<b>Welcome and Introductory Remarks</b> Brad S. Chambers; Dana A. Frank, MD, FACP	1:30 p.m.	<b>Hyperlipidemia</b> Francoise A. Marvel, MD
8:05 a.m.	<b>The Role of Leptin in Diabetes: Metabolic Effects</b> Rebecca Brown, MD	2:10 p.m.	<b>A New Standard of Care for Type 1 Diabetes: Hybrid Closed Loop Insulin Pumps</b> Paul A. Sack, MD
8:50 a.m.	<b>Blood Pressure and Diabetes</b> Ranganath M. Muniyappa, MD, PhD	2:55 p.m.	<b>Clinical Approaches to Insulin Resistance</b> Malek Cheikh, MD
9:35 a.m.	<b>Alternative Insulin Delivery Systems: Beyond the Insulin Pen</b> Pamela R. Schroeder, MD, PhD	3:35 p.m.	<b>New Medications for Kidney Protection in People with Diabetes</b> Mansur Shomali, MD, CM
10:15 a.m.	<b>Coffee Break &amp; Visit with Exhibitors</b>	4:25p.m.	<b>Closing Remarks</b> Issam E. Cheikh, MD, FACP, FACE
10:35 a.m.	<b>An Update on Outpatient Continuous Glucose Monitoring</b> Isabel Marcano, MD	4:35 p.m.	<b>Adjourn</b>
11:15 a.m.	<b>Hand Disorders in Patients with Diabetes</b> Kenneth R. Means, Jr., MD		
11:55 a.m.	<b>The Role of Incretins in Glucose Homeostasis and Diabetes Treatment</b> Nelly Arnouk, MD		

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

# Registration Information

## Registration Fees

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

## 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](mailto:MedStarCPE@MedStar.net) or (833) 731-1273.

## Cancellation Policy

Cancellations made in writing by March 11, 2023, will be subject to a 50% penalty. No refunds will be given after March 11. 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](mailto:Lynne.J.Brecker@medstar.net)**