



C O N T I N U I N G
M E D I C A L
E D U C A T I O N
U N I V E R S I T Y O F
W A S H I N G T O N

Diabetes Update for Primary Care Providers

*Friday & Saturday
October 16 - 17, 2009*

*Bell Harbor Conference Center
2211 Alaskan Way, Pier 66
Seattle, WA*

Sponsored by:

The University of Washington School of Medicine

- Department of Medicine*
- Division of Endocrinology, Metabolism & Nutrition*
- Office of Continuing Medical Education*

UW Medicine

SCHOOL OF MEDICINE

COURSE DESCRIPTION

WHO SHOULD ATTEND

Primary care providers including general internists, family practitioners, and allied health professionals who care for patients with diabetes

COURSE OBJECTIVES

At the conclusion of this activity, participants should be able to:

- *Describe current understanding and philosophies for classification and diagnosis of diabetes*
- *Utilize evidence-based guidelines for glycemic targets for patients with diabetes*
- *Discuss the general treatment principles for medical and surgical treatment of obesity*
- *Describe current principles for the pharmacologic treatment of type 2 diabetes*
- *Appropriately diagnose and treat common complications of diabetes seen in the primary care setting*

ACCREDITATION

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this educational activity for a maximum of 10.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credits has been filed with the American Academy of Family Physicians. Determination of credit is pending.

COURSE DESCRIPTION

New cases of diabetes have exploded nationally and locally. In King County alone, there are 127,000 adults with diabetes and in Washington State 58% of the population is overweight or obese. At the same time, there has been an explosion of new understanding and new therapies for the treatment of diabetes and its complications. The University of Washington is fortunate to have clinicians involved in both diabetes research and clinical practice who will provide a review of the recent advances in the treatment of diabetes and obesity and its complications.

FEES & REGISTRATION

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|-----------------------|----------|
| MD/DO/PHD | \$275.00 |
| ALLIED HEALTHCARE/RPH | \$225.00 |
| RESIDENT/FELLOW | \$125.00 |

The fee for this course includes catering, all instruction materials and transcript of category 1 credit. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your written confirmation of enrollment. Driving and parking instructions will be included with your registration confirmations. If you have not received written confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206- 543-1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

FACULTY

Course Chair

Irl Hirsch, MD

Professor

Department of Medicine

Division of Metabolism, Endocrinology & Nutrition

University of Washington Faculty

Sharon Brauns, PT, GCS

Physical Therapist

Physical & Occupational Therapy

Exercise Training Center

UWMC Roosevelt Clinic

Paul Ciechanowski, MD, MPH

Associate Professor

Department of Psychiatry &

Behavioral Sciences

Marshall Corson, MD

Associate Professor

Department of Medicine

Division of Cardiology

Ian de Boer, MD, MS

Assistant Professor

Department of Medicine

Division of Nephrology

Abe DeSantis, MD

Clinical Assistant Professor

Department of Medicine

Division of General Internal Medicine

Alison Evert, MS, RD, CDE

Nutritional Specialist

Diabetes Care Center

Alan Failor, MD

Clinical Associate Professor

Department of Medicine

Division of Metabolism,

Endocrinology & Nutrition

Lisa Gilliam, MD, PhD

Clinical Assistant Professor

Division of Metabolism,

Endocrinology & Nutrition

Savitha Subramanian, MD

Acting Instructor

Department of Medicine

Division of Metabolism,

Endocrinology & Nutrition

Dace Trence, MD

Associate Professor

Department of Medicine

Division of Metabolism,

Endocrinology & Nutrition

Brent Wisse, MD

Associate Professor

Department of Medicine

Division of Metabolism,

Endocrinology & Nutrition

Andrew Wright, MD

Assistant Professor

Department of Surgery

Division of General Surgery

ACCOMMODATIONS

For your convenience, listed below are hotels located within the vicinity of the conference. To make reservations, please call the hotels directly. No room block has been reserved.

Seattle Marriott Waterfront Hotel
2100 Alaskan Way
Seattle, WA
Reservations
1-800-455-8364

The Edgewater Hotel
2411 Alaskan Way, Pier 67
Seattle, WA
Reservations
1-800-624-0670

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of cancellation and refund requests **no later than October 7, 2009**. A \$50.00 processing fee will be deducted from refund amount. No refunds will be issued for cancellations received after October 7, 2009. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties.

206.543.1050 (Phone) 206.221.4525 (Fax) cme@u.washington.edu

Questions? Contact the CME Registrar

SPECIAL SERVICES

Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, syllabi, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation in the application process contact the department at: 206-543-1050 or the Disability Services Office at least ten days in advance.

206.543.6450 (Voice) 206.543.6452 (TTY) 206.685.7264 (FAX)
dso@u.washington.edu

FRIDAY, OCTOBER 16

- 7:30 Registration & Continental Breakfast
- 8:00 Diabetes Classification: It's More Complicated Than We Thought
Lisa Gilliam, MD, PhD
- 8:45 New Thoughts About Glucose Targets
Irl Hirsch, MD
- 9:30 New Thoughts About an Old Test: HbA1C
Dace Trence, MD
- 10:00 Break
- 10:15 Current Understanding About the Science and Medical Therapies for Obesity
Brent Wise, MD
- 11:00 The Surgical Treatment of Obesity
Andrew Wright, MD
- 12:00 Lunch (Provided)
- 1:00 Non-Insulin Therapies for the Treatment of Diabetes
Abe DeSantis, MD
- 1:45 Current Thinking about Insulin for the Treatment of Diabetes
Alan Failor, MD
- 2:30 Break

Workshops (Choose one for each session)

- A. Non-Insulin Cases for the Treatment of Type 2 Diabetes
Abe DeSantis, MD
- B. Insulin Cases for the Treatment of Type 2 Diabetes
Dace Trence, MD
- C. Case Studies: Treatment of Diabetes Complications for the PCP
Irl Hirsch, MD
- 2:45 Workshop Session 1
- 3:40 **Break**
- 3:50 Workshop Session 2
- 4:40 **Adjourn**

SATURDAY, OCTOBER 17

- 7:30 Sign-In & Continental Breakfast
- 8:00 Current Targets and Strategies for the Treatment of Dyslipidemia in Type 2 Diabetes
Savitha Subramanian, MD
- 8:45 New Strategies for the Screening and Treatment of Diabetic Nephropathy
Ian de Boer, MD, MS
- 9:30 When and How to Test the Patient with Type 2 Diabetes for Coronary Artery Disease
Marshall Corson, MD

10:00 **Break**

Workshops (Choose one for each session)

- A. Case Studies: Diabetes, Nutrition and Weight Loss Strategies for the Busy Primary Care Provider
Alison Evert, MS, RD, CDE
- B. Case Studies: Appropriate Exercise Prescriptions for the Obese Patient with Type 2 Diabetes
Sharon Brauns, PT, GCS
- C. Case Studies: Recognizing and Treating the Depressed Patient with Diabetes
Paul Ciechanowski, MD, MPH

10:15 Workshop Session 3

10:55 **Break**

11:05 Workshop Session 4

12:00 Course Adjourn

Note: To ensure a seat in your preferred workshops, be sure to indicate your workshop selections when filling out the registration form

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OCTOBER 16-17 2009

BELL HARBOR CONFERENCE CENTER

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| MD/DO/PhD | \$275.00 |
| Allied Healthcare | \$225.00 |
| Residents / Fellows | \$125.00 |

Mailing address:
Continuing Medical Education
Box 359441
Seattle, WA 98195-9441

Credit card registrations may
be faxed to: (206) 221-4525
Questions? (206) 543-1050
Register on-line at:
www.uwcme.org

First Name _____ Middle Initial _____

Last Name _____

Title (circle one) MD DO PhD RN ARNP PA Other: _____

Address _____

City _____ State _____ Postal Code _____

Phone Number () _____ Fax () _____

Email _____

Check enclosed for : \$ _____ (US funds / Make checks payable to University of Washington)

Charge: VISA _____ Mastercard _____ for \$ _____ (Please fill in amount)

Card Number _____ EXP _____

Signature _____

UW Budget _____ - _____ Budget Name _____ Box Number _____ PROJ _____ OPT _____ TASK _____

Please indicate your Workshop selections:

| | | | | | | |
|------------|---|-------|---|-------|---|-------|
| Session 1. | A | _____ | B | _____ | C | _____ |
| Session 2. | A | _____ | B | _____ | C | _____ |
| Session 3. | A | _____ | B | _____ | C | _____ |
| Session 4. | A | _____ | B | _____ | C | _____ |