



MACON & JOAN BROCK VIRGINIA HEALTH SCIENCES

Eastern Virginia Medical School

AT OLD DOMINION UNIVERSITY

Division of Endocrine and Metabolic Disorders

ELEVENTH

Turning the tide on diabetes 2025

**ADVANCES IN THE PREVENTION & MANAGEMENT OF
DIABETES, ITS COMPLICATIONS & COMORBIDITIES**

SATURDAY, APRIL 26, 2025

HYBRID EVENT - IN PERSON AND VIRTUAL

EASTERN VIRGINIA MEDICAL SCHOOL AT OLD DOMINION UNIVERSITY

Lester Hall • 651 Colley Avenue, Norfolk, VA

6.25 AMA PRA Category 1 Credits™

INFORMATION

TARGET AUDIENCE

This program is designed for endocrinologists, diabetes and metabolism specialists, primary care providers, family medicine physicians, internists, hospitalists, physician assistants, nurse practitioners, nurses, dietitians, pharmacists, diabetes educators and other interested healthcare professionals who are looking for a comprehensive update in management of diabetes and its complications.

CONTINUING MEDICAL EDUCATION

ACCREDITATION STATEMENT

Macon & Joan Brock Virginia Health Sciences at Old Dominion University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.


CREDIT DESIGNATION

Macon & Joan Brock Virginia Health Sciences at Old Dominion University designates this live activity for a maximum of *6.25 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMERICAN ACADEMY OF FAMILY PHYSICIANS

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

AMERICAN BOARD OF INTERNAL MEDICINE MAINTENANCE OF CERTIFICATION (MOC II)

 Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

CANCELLATION POLICY

All cancellations must be made in writing and submitted to CME@odu.edu prior to Friday, April 11, 2025, in order to receive a partial refund. No refunds will be given after this date. A \$25.00 administrative service charge will be assessed on all cancellations.

SPECIAL SERVICES

The Americans with Disabilities Act of 1990 requires that all individuals, regardless of the disability, have equal access. If special arrangements are required to attend or view this conference, contact the CME office at 757-446-6140 or cme@odu.edu.

ADDITIONAL INFORMATION

For more information, please visit our website at www.evms.edu/cmeregistration, contact the CME office at 757-446-6140 or email cme@odu.edu.

HOTEL ACCOMMODATIONS

A block of rooms has been reserved at the Sheraton Waterside Hotel located at 777 Waterside Drive, Norfolk, VA 23510 at the room rate of \$129 per night plus taxes and other hotel fees. Please make reservations by calling by calling 757-622-6664 and mentioning the EVMS rate (code: ew6) or scanning the QR code.



PURPOSE

Diabetes care is rapidly advancing, with significant progress in therapy, technology, and individualized approaches. This program will provide key updates on the management of both type 1 and type 2 diabetes, diabetic neuropathy, and innovations in insulin pumps and continuous glucose monitors. Topics will also include the links between metabolic syndrome, diabetes, and cardiovascular health, along with strategies for managing obesity, polycystic ovary syndrome, and inpatient diabetes care. Practical insights into using oral agents, GLP-1 receptor agonists, and insulin will be discussed, as well as co-morbidities like dyslipidemia and hypertension. Interactive case discussions and expert panels will equip participants with tools for delivering optimal, patient-centered care.

OBJECTIVES

- Recognize advancements in managing type 1 diabetes, including prevention strategies and treatment innovations.
- Discuss state-of-the-art approaches to diagnosing and managing diabetic neuropathy.
- Utilize the latest updates in diabetes technology, including insulin pumps and continuous glucose monitors, to improve patient care.
- Explore the connections between metabolic syndrome, diabetes, and cardiovascular health, and identify appropriate therapeutic interventions.
- Apply evidence-based strategies for managing obesity, polycystic ovary syndrome (PCOS), and inpatient diabetes care.
- Optimize the use of oral agents, GLP-1 receptor agonists, and insulin in diabetes management.
- Address common diabetes co-morbidities such as dyslipidemia and hypertension using practical, patient-centered approaches.

SCHEDULE

- 6:30 am REGISTRATION
- 7:00 –
7:45 am Product Theater - NOT for CME Credit
- 7:15 am LIGHT BREAKFAST AND VISIT EXHIBITORS (Exhibitors are in-person only)
- 7:45 am OPENING REMARKS
Elias S. Siraj, MD, Dr Med
- GENERAL SESSION I**
Moderator: Elias S. Siraj, MD, Dr Med
- 8:00 am **T1DM – Updates Regarding “Prevention” & “Cure”**
David Harlan, MD
- 8:35 am **State of the Art: Diagnosis and Management of Diabetic Neuropathy**
Bruce Perkins, MD
- 9:10 am **Updates Regarding Diabetes Technology: Insulin Pumps, Continuous Glucose Monitors (CGM) and More**
Viral Shah, MD
- 9:45 am PANEL DISCUSSION
David Halan, MD; Bruce Perkins, MD; and Viral Shah, MD
- 10:00 am BREAK AND VISIT EXHIBITORS (Exhibitors are in-person only)
- GENERAL SESSION II**
Moderator: David C. Lieb, MD
- 10:30 am **Metabolic Syndrome, Diabetes & The Heart: The Connections and the Role of the Newer Therapeutic Agents**
Amin Yehya, MD
- 10:55 am **PCOS: Evaluation & Management**
Chinelo Okigbo, MD, PhD
- 11:20 am **Managing Obesity: Lifestyle vs Surgical vs Medical**
David C. Lieb, MD
- 11:45 am **Practical Management of Diabetes in the Inpatient**
Manasi Shah, MD
- 12:10 pm PANEL DISCUSSION
David C. Lieb, MD; Chinelo Okigbo, MD, PhD; Manasi Shah, MD and Amin Yehya, MD
- 12:30 pm LUNCH AND VISIT EXHIBITORS (Exhibitors are in-person only)
- 12:30 –
1:15 pm Product Theater - NOT for CME Credit
- GENERAL SESSION III**
Moderator: Margaret Y. Baumgarten, MD
- 1:30 pm **How to Properly Use Oral Agents and GLP-1 Analogs**
Alastair Thomson, MD
- 2:00 pm **Types of Insulins and Their Practical Use: How to Start, Titrate, and Adjust**
Radwa Osman, MD
- 2:30 pm **Practical Management of Dyslipidemia & Hypertension in Diabetes**
Elias S. Siraj, MD, Dr Med
- 3:00 pm CASE SCENARIOS FOR DISCUSSION
Facilitator: Alvin Maliakal, MD
Panelists: Radwa Osman, MD; Elias S. Siraj, MD, Dr Med; and Alastair Thomson, MD
- 3:45 pm CLOSING REMARKS

FACULTY

COURSE DIRECTOR

ELIAS S. SIRAJ, MD, DR MED, FACP, FACE

David L. Bernd Distinguished Chair for Cardiovascular and Diabetes Program
Professor of Medicine
Chief, Division of Endocrine and Metabolic Disorders
Director, Strelitz Diabetes Center
Associate Dean for Clinical Research
Eastern Virginia Medical School
Macon & Joan Brock Virginia Health Sciences at ODU
Norfolk, VA

COURSE CO-DIRECTOR

DAVID C. LIEB, MD, FACE, FACP

Aaron I. Vinik, MD, PhD Professorship in Endocrinology & Diabetes
Vice Chair for Education, Department of Internal Medicine
Program Director, Endocrinology, Diabetes and Metabolism Fellowship
Eastern Virginia Medical School
Macon & Joan Brock Virginia Health Sciences at ODU
Norfolk, VA

PROGRAM COMMITTEE

MARGARET Y. BAUMGARTEN, MD
DAVID C. LIEB, MD, FACE, FACP
ALVIN MALIAKAL, MD
KELLY A. McCOY, MMHPE
ELIAS S. SIRAJ, MD, DR MED, FACP, FACE
AMIN YEHYA, MD, MS, FACC, FHFS

GUEST FACULTY

DAVID HARLAN, MD

William and Doris Krupp Professor of Medicine
Co-Director, UMass Chan Medical School Diabetes Center of Excellence
Director, Breakthrough T1D Center of Excellence in New England
Worcester, MA

BRUCE PERKINS, MD, MPH, FRCP(C)

Professor of Medicine (Endocrinology)
Sam and Judy Pencer Family Chair in Diabetes
Director of the Diabetes Clinical Research Unit
Leadership Sinai Centre for Diabetes, Sinai Health System
University of Toronto
Toronto, ON, Canada

VIRAL SHAH, MD

Professor of Medicine
Division of Endocrinology & Metabolism
Director of Diabetes Clinical Research
Center for Diabetes and Metabolic Diseases
Indiana University School of Medicine
Indianapolis, IN

EVMS

MACON & JOAN BROCK VIRGINIA HEALTH SCIENCES AT ODU NORFOLK, VA

MARGARET BAUMGARTEN, MD, VICE CHAIR

Charles F. Burroughs Jr. Chair in Family & Community Medicine
Professor of Family and Community Medicine
Quality Officer EVMS Medical Group

ALVIN MALIAKAL MD

Assistant Professor of Medicine
Division of General Internal Medicine

CHINELO C. OKIGBO, MD, PhD

Assistant Professor of Medicine
Associate Program Director (Research), Internal Medicine Residency
Director of Women's Health in Endocrinology Program
Division of Endocrine and Metabolic Disorders

RADWA OSMAN, MD

Assistant Professor of Medicine
Director, Pituitary & Adrenal Program
Division of Endocrine and Metabolic Disorders

MANASI SHAH, MD

Assistant Professor of Medicine
Associate Program Director of Endocrinology Fellowship
Vice Chair, IRB Committee
Director, Inpatient Diabetes Program at Sentara Norfolk General Hospital
Lead Endocrinologist, Sentara Kidney Pancreas Transplant Program

ALASTAIR THOMSON, MD

Assistant Professor of Medicine
Division of Endocrine and Metabolic Disorders

AMIN YEHYA, MD, MS FACC, FHFS

Associate Professor of Medicine
Medical Director, Durable Mechanical Circulatory Support Program
Medical Director, Heart Failure Research
Sentara Norfolk General Heart Hospital

REGISTRATION TURNING THE TIDE ON DIABETES | APRIL 26, 2025

NAME _____

DEGREE _____ SPECIALTY _____

SOCIAL SECURITY NUMBER (Last 4 digits only) _____

MAILING ADDRESS _____

CITY / STATE / ZIP _____

PHONE _____

E-MAIL ADDRESS (For Electronic Confirmation) _____

IN PERSON REGISTRATION FEE

- \$200.00 Physicians
- \$100.00 Advanced Practice Providers and Allied Health Professionals
- \$100.00 Non-EVMS Medical Residents / Fellows / Medical Students
- No charge EVMS Medical Residents / Fellows / Medical Students

VIRTUAL REGISTRATION FEE

- \$150.00 Physicians
- \$ 75.00 Advanced Practice Providers and Allied Health Professionals
- \$ 75.00 Non-EVMS Medical Residents / Fellows / Medical Students
- No charge EVMS Medical Residents / Fellows / Medical Students

I will attend _____ In-Person _____ Virtual

REGISTER ONLINE

Register online at www.evms.edu/cmeregistration
or scan the QR code. Credit card only.

REGISTER BY MAIL

Mail your completed form and check
payable to ODU-CME to:
ODU-CME
731 Fairfax Ave., Suite 169, Norfolk, VA 23507

