

DIABETES UPDATE 2019

WEDNESDAY, NOVEMBER 13, 2019

Best Western Lamplighter Inn & Conference Centre -**CRYSTAL BALLROOM**

591 Wellington Road South, London

7:30 a.m. – 4:00p.m.

AGENDA

7:30 a.m.-8:15a.m.	Registration & Light Breakfast
8:15 a.m.-8:30a.m.	Welcome & Introduction Dr. Stewart Harris CM, MD, MPH, FCFP, FACPM
8:30 a.m.-9:15a.m.	<i>BEYOND INSULIN FOR GLYCEMIC RX OF TYPE 1 DIABETES</i> Dr. John Buse MD, PhD
Objectives	> Review the available data on non-insulin therapies for type 1 diabetes including metformin, alpha glucosidase inhibitors, thiazolidinediones, DPP-4 inhibitors, GLP-1 receptor agonistic, and SGLT2 inhibitors.
9:15 a.m.-9:45a.m.	<i>NEW INSULINS</i> Dr. Adam Zhu MD, CCFP
Objectives	> Review the advantages of the newer basal insulin analogues. > Review the advantages of the fixed-ratio combination products. > Discuss the clinical implications of these newer products and how to implement them in practice.
9:45a.m.-10:15a.m.	<i>HYPOGLYCEMIA: IS IT REALLY A PROBLEM?</i> Dr. Stewart Harris CM, MD, MPH, FCFP, FACPM & Alexandria Ratzki-Leewig PhD(C), MSc
Objectives	> To better understand the true burden off all types of hypoglycemia in patients with both T1DM/T2DM at a population level in Canada. > To understand the relevance and importance of Real-World patient-reported data to better appreciate the impact on at-risk patients experiencing hypoglycemia. > To consider the need for a new definition of hypoglycemia that recognizes the patients' reality in living with hypoglycemia
10:15a.m.-10:30a.m.	Nutrition Break & Networking
10:30a.m.-11:00a.m.	<i>GLYCEMIC VARIABILITY</i> Dr. Tamara Spaic MD, FRCPC, Cert. Endo
Objectives	> What is glycemic variability and how do we measure it? > Discuss why is glycemic variability important. > Identify strategies to improve glycemic variability.

PROGRAM OBJECTIVES

At the conclusion of this activity participants will be able to:

- 1) Explore the use of new emerging therapies in diabetes and related co-morbidities in their practice;
- 2) Apply approaches to Lifestyle Medicine intervention to better manage diabetes patients;
- 3) Identify Gastrointestinal related diabetes conditions to enable increased screening in their practice.

ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University. You may claim a maximum of 6.0 hours (credits are automatically calculated).

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University for up to 6.0 Mainpro+ credits.

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

25% of the time is for participant interaction and questions.

FEES

Physicians: \$125.00

Allied Health Professionals: \$50.00

Schulich Medicine Residents: No Charge

11:00a.m.-11:30a.m.

Objectives

APPROACH TO TREATMENT OF DIABETIC GASTROPARESIS

Dr. Louis Liu MD, PhD, FRCPC

- > Develop a diagnostic approach to evaluate patients with diabetic gastroparesis (DG).
- > Select available therapeutic options to treat patient with DG
- > Manage the predominant symptoms of patients with DG

11:30a.m.-12:00p.m.

Objectives

THE SCIENCE OF BEHAVIOUR, WHO AIN'T MISBEHAVIN' AND LIFESTYLE INTERVENTIONS FOR PATIENTS WITH DIABETES

Dr. Peter Prior PhD, C. Psych.

- > To understand the role and importance of behaviour change in management of chronic disease.
- > To review recent developments in behavioural science as applied to diabetes and chronic disease management.
- > To understand some sources of motivation for, and resistance to behavior change in patients with diabetes and chronic disease.

12:00p.m.-1:00p.m.

Lunch

1:00p.m.-1:45p.m.

Objectives

THE NEW CANADA'S FOOD GUIDE: IS IT RELEVANT TO THE WAY WE EAT TODAY?

Christina Seely BSc, RD, CDE

- > To review the evolution of and evidence behind Canada's Food Guide.
- > To review how the guide and Canada's Healthy Eating Strategy compare to current eating habits and hot nutrition topics.
- > To provide practical ideas and resources based on the nutrition recommendations for the general population.

1:45p.m.-2:15p.m.

Objectives

SHOULD A BP TARGET OF 130 FOR YOUR DIABETIC PATIENT GET YOU A SPEEDING TICKET?

Dr. George Dresser MD, PhD, FRCPC, FACP

- > Review current Canadian and International recommendations regarding BP thresholds and targets in patients with DM.
- > Discussed latest evidence suggesting optimal SBP may be <130 for patients with DM.
- > Present an algorithm to arrive at best pharmacotherapy for BP management in patients with DM.

2:15p.m.-2:30p.m.

Nutritional Break & Networking

2:30p.m.-3:00p.m.

Objectives

NASH-NEW THERAPIES

Dr. Mayur Brahmania MD, FRCPC, MPH

- > Develop an approach to identifying and assessing patients with NASH.
- > Apply knowledge gained about NASH therapies to patients in your practice.
- > Appreciate how difficult it is to manage NASH in a transitioning therapeutic environment.

3:00p.m.-3:45p.m.

Objectives

DIABETES AND HEART FAILURE-A COMPLEX INTERPLAY BUT HOPE ON THE HORIZON

Dr. Stuart Smith MD, FRCPC

- > Brief overview of the epidemiology of diabetes and heart failure.
- > Review the aspects of the complex interplay between diabetes and heart failure.
- > Update on current evidence-based recommendations for glucose lowering medications in heart failure practice.

3:45p.m.-4:00p.m.

Summary & Adjournment

Dr. Tamara Spaic MD, FRCPC, Cert. Endo

4:00p.m.-4:15p.m.

Evaluation Completion

BIOGRAPHIES

John Buse, MD, PhD

Dr. John Buse is the Verne S. Caviness Distinguished Professor, Chief of the Division of Endocrinology, Director of the Diabetes Center, Director of the NC Translational and Clinical Sciences Institute and Executive Associate Dean for Clinical Research at the University of North Carolina (UNC) School of Medicine in Chapel Hill, North Carolina, USA. Dr. Buse completed service as President for Medicine & Science at the American Diabetes Association in 2008 and as Chair of the National Diabetes Education Program in 2014. He has received numerous awards and honors, including the 2010 Castle Connolly National Physician of the Year Award and the 2019 American Diabetes Association Outstanding Achievement in Clinical Diabetes Research Award. He has authored more than 400 publications.

Dr. Adam Zhu MD, CCFP

Dr. Adam Zhu is a recent graduate from the Chronic Disease Management Enhanced Skills program at Western University. He currently works at the Primary Care Diabetes Support Program.

Dr. Stewart Harris CM, MD, MPH, FCFP, FACPM

Dr. Harris is a professor at the Schulich School of Medicine & Dentistry, Western University in London, Ontario, Canada. He holds the Canadian Diabetes Association Chair in Diabetes Management as well as the Ian McWhinney Chair of Family Medicine Studies. He has appointments in the Division of Endocrinology and Metabolism, the Department of Epidemiology and Biostatistics and the Department of Family Medicine, and is a Research Scientist at the Lawson Health Research Institute.

With a research focus on type 2 diabetes in high-risk populations including Aboriginal Canadians, new immigrant groups, patients with mental health conditions, and the application of clinical practice guidelines in primary care, Dr. Harris has published extensively in major peer-reviewed journals.

He has also served as a board member of numerous national and provincial diabetes-related committees including the Northern Ontario Diabetes Network, the National Diabetes Surveillance System, the Ontario Ministry of Health Task Force for Diabetes Management, and the Canadian Diabetes Association. For the Canadian Diabetes Association he served as chair of the 2003 Clinical Practice Guidelines Expert Committee and as both chair and vice-chair of the Clinical & Scientific Section.

Dr. Harris has received numerous awards in recognition of his significant contribution to the diabetes community. He has been inducted as a Fellow in the Canadian Academy of Health Sciences and has received The Hellmuth Prize for Achievement in Research at Western University. On July 1, 2015 he was appointed Member of the Order of Canada (C.M.) for his contributions to the development of strategies to manage and reduce diabetes in Aboriginal communities and other vulnerable populations.

Alexandria Ratzki-Leewing PhD(c), MSc

Alexandria Ratzki-Leewing is the Manager and Lead Epidemiologist of the Diabetes Alliance Hypoglycemia Research Program at the Centre for Studies in Family Medicine (Western University), where she directs numerous national and international hypoglycemia research studies. Alex's research projects primarily focus on the real-world epidemiology (distribution and related risk factors) of hypoglycemia from a patient-centred lens. Her ultimate aim

is to generate new evidence relevant to the discovery of novel interventional targets for improved clinical decision-making and population-based health outcomes. Currently, Alex is a Principal Investigator of one of the world's largest prospective investigations of hypoglycemia incidence and risk strata in people with diabetes (INPHORM study). She is also a consultant for several global pharmaceutical companies with a focus on real-world methodologies in hypoglycemia research.

Alex completed her MSc in Health Research Methodology with a specialization in health services research at McMaster University (Hamilton, ON) in the Department of Health Research, Methods, Evidence and Impact (f.k.a Department of Clinical Epidemiology and Biostatistics). Currently, she is a PhD Candidate in the Department of Epidemiology and Biostatistics at Western University (London, ON). Her doctoral research centers on the behavioural epidemiology of sub-optimal hypoglycemia self-management in people with type 2 diabetes. The results of her work have been published in numerous peer-reviewed journals and featured at diabetes congresses around the world.

Dr. Tamara Spaic MD, FRCPC, Cert. Endo

Dr. Tamara Spaic is the Director at St. Joseph's Health Care London, Diabetes Education Centre and an Assistant Professor in the Department of Medicine, Division of Endocrinology and Metabolism, Schulich School of Medicine & Dentistry, Western University. She trained in internal medicine and endocrinology at Western University. She completed a two-year research fellowship at Western University where she also received her Master of Science degree in clinical epidemiology and biostatistics. Dr. Spaic is the Medical Director of the Diabetes Education Centre at St. Joseph's. She has a clinical practice in adult endocrinology with a focus on type 1 diabetes. Her research interest is in Type 1 diabetes and artificial pancreas. Dr. Spaic is co-Principal Investigator for a Juvenile Diabetes Research Foundation (JDRF) multicenter study of Structured Transition on Diabetes Care in Adolescents with Type 1 Diabetes (Transition Trial). She has also been involved with other JDRF funded trials in Type 1 diabetes including In-Home Closed-Loop (IHCL) Study Group.

Dr. Louis Liu MD, PhD, FRCPC

Dr. Louis Liu, completed his Bachelor, Masters and PhD in Engineering, followed by Doctor of Medicine at McMaster University. He is the Head of Gastroenterology in University Health Network and Sinai Health System, and the Director of the Clinical Motility Unit in University Health Network. Dr. Liu has been actively involved in medical education. He established the University of Toronto Neurogastroenterology and Motility Fellowship Program in 2009 and the International Gastroenterology Fellowship Training Program at UHN and MSH. In addition, he served as the course co-director of the Metabolism and Nutrition Unit in the University of Toronto undergraduate MD Program between 2011-2015. Internationally, he is the University of Toronto Lead of the GI Residency Training Program at Addis Ababa University of Ethiopia and inaugurated the first Endoscopy Training Center in Ethiopia at the Tikur Anbessa Hospital with the support from World Gastroenterology Organization in 2015. He is a dedicated and accomplished educator and researcher who has received multiple education and research awards.

Dr. Peter Prior PhD, C. Psych.

Dr. Peter Prior provides care as a clinical psychologist in the St. Joseph's Hospital Cardiac Rehabilitation & Secondary Prevention Program, provides hospital-based clinical and research training to graduate students; and is a researcher in the Lawson Health Research Institute. Dr. Prior's areas of research include: reliable measurement of individual patients' outcomes in cardiac rehabilitation; psychological factors in cardiovascular and cerebrovascular disease; and patient education. He has contributed psychological and behavioural chapters to Canadian guidelines, and has participated in development of provincial standards and national quality indicators, in cardiovascular prevention and rehabilitation.

Christina Seely BSc, RD, CDE

Christina Seely BSc RD CDE graduated from Brescia University College in 2004 and completed her dietetic internship at Hamilton Health Sciences in 2005. She has been a full time clinical inpatient dietitian for Parkwood Institute Mental Health Care (St. Joseph's Health Care in London ON) since 2006 and covers the 8 inpatient units. She received her diabetes educator certification in 2014. She was the 2017 recipient of a professional practice award for Excellence in Innovation and Evidence-Based Care from St. Joseph's Health Care, and a recipient of a 2018 Leadership award from Dietitians of Canada.

Christina is a contributing author to two Dietitians of Canada position papers, "Promoting Mental Health through Healthy Eating and Nutritional Care" and "Addressing Household Food Insecurity in Canada". She was interviewed for the spring 2017 issue of *Chatelaine* and for the December 2018 issue of Canadian Living. She is a frequent presenter on the topic of mental health and nutrition and presented at the 2019 at the Dietitians of Canada national conference in Ottawa and the 2018 St. Joseph's Diabetes Update.

Dr. George Dresser MD, PhD, FRCPC, FACP

Dr. Dresser is an Associate Professor at the Schulich School of Medicine and Dentistry, Western University in the divisions of Clinical Pharmacology/Toxicology and General Internal Medicine. He completed his undergraduate and graduate training in Internal Medicine, Schulich School of Medicine, Western University in 1998. After receiving accreditation in Clinical Pharmacology from the Royal College of Physicians and Surgeons of Canada in 1999, he completed a post-doctoral fellowship position in Clinical Pharmacology at Vanderbilt University in Nashville, TN. In 2004, Dr. Dresser completed a Ph.D. in Pharmacology & Toxicology under the supervision of Dr. David Bailey.

Dr. Dresser is a member of the Hypertension Canada recommendations task force. He is active clinically as a General Internist, with specialty interests in Hypertension, Anticoagulation in atrial fibrillation, and general vascular risk reduction.

Dr. Mayur Brahmania MD, FRCPC, MPH

Dr. Mayur Brahmania is an Assistant Professor of Medicine at Western University practicing in Hepatology and Transplant Hepatology. After completing his fellowships he undertook a Masters of Public Health (MPH) degree at the Harvard TH Chan School of Public Health in Boston, MA. He also holds advanced certification from the Centre for Quality Improvement and Patient Safety (CQUIPS). Dr. Brahmania is the current chair of the Gastroenterology Quality Improvement and Innovation committee at the Western University and currently focuses his research interests around quality improvement initiatives to advance and standardize quality of care in patients living with liver disease.

Dr. Stuart Smith MD, FRCPC

Stuart Smith has been involved in the management of advanced heart failure for the past 25 years. His career started at the University of Ottawa Heart Institute where he was responsible for setting up one of the first truly multidisciplinary heart failure clinics in Canada. He subsequently went to Kitchener –Waterloo as Chief of Cardiovascular Services and was involved in the organization of the new full service cardiac program at St Mary's General Hospital. This also had a very advanced Heart Failure program.

In the fall of 2014, after completion of his term in Kitchener, he moved to Western University where he is the Director of Heart Failure Services and Medical Director for the Cardiac Transplant and Mechanical Circulatory Support program. His major role is to guide development of an "over-arching" heart failure service including cardiac transplantation, cardiac devices, heart failure clinic including addressing the issue of "transition of care" to the community. He has also been a Member of the Board of Directors for the Cardiac Care Network of Ontario (2008- 2017) and was previously the Chair of the CorHealth Clinical Council. Currently he currently works with Health Quality Ontario in the assessment of new technology. As well; he is currently the Medical Director for Cardiac Transplantation for the MOH agency, Trillium Gift of Life.

COMMITTEE MEMBERS

Dr. Hertz Gerstein MD MSc FRCPC
Dr. Stewart Harris CM, MD, MPH, FCFP, FACPM
Dr. Irene Hramiak MD, FRCPC, FACP
Dr. Tamara Spaic MD, FRCPC, Cert. Endo
Ms. Anne Kudirka RD, CDE
Ms. Amanda Mikalachki RN, CDE

GUEST FACULTY

Dr. John Buse MD, PhD
Verne S. Caviness Distinguished Professor, Chief of the Division of Endocrinology, Director of the Diabetes Center, Director of the NC Translational and Clinical Sciences Institute and Executive Associate Dean for Clinical Research at the University of North Carolina (UNC) School of Medicine in Chapel Hill, North Carolina, USA

Dr. Louis Liu MD, PhD, FRCPC
Head of Gastroenterology, Sinai Health System & University Health Network Director, Clinical Motility Unit, UHN VP, Administrative Affairs, CAG

COURSE FACULTY

Dr. Nemin (Adam) Zhu MD, CCFP
Recent graduate, Chronic Disease Management Enhanced Skills Program, Western University, Primary Care Diabetes Support Program-St. Joseph's Health Care London

Alexandria Ratzki-Leewig PhD(C), MSc
Manager and Lead Epidemiologist of the Diabetes Alliance Hypoglycemia Research Program, Centre for Studies in Family Medicine, Schulich School of Medicine, Western University

Dr. Stewart Harris CM, MD, MPH, FCFP, FACPM
Professor, Schulich School of Medicine and Dentistry, Western University, CDA Chair, Ian McWhinney Chair of Family Medicine Studies

Dr. Tamara Spaic MD, FRCPC, Cert. Endo
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Christina Seely BSc, RD, CDE
Clinical Inpatient Dietitian, Parkwood Institute Mental Health Care, St. Joseph's Health Care London

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Associate Professor Schulich School of Medicine and Dentistry, Western University, Divisions of Clinical Pharmacology/Toxicology and General Internal Medicine, London Health Sciences Centre

Dr. Mayur Brahmania MD FRCPC MPH
Assistant Professor of Medicine, Schulich School of Medicine & Dentistry, Western University, Chair of the Gastroenterology Quality Improvement and Innovation committee at the Western University, Hepatology and Transplant Hepatology, London Health Sciences Centre

Dr. Stuart Smith MD, FRCP (C)
Director of Heart Failure Services and Medical Director for the Cardiac Transplant and Mechanical Circulatory Support Program, Schulich School of Medicine & Dentistry, Western University, Medical Director for Cardiac Transplantation for the MOH agency, Trillium Gift of Life, London Health Sciences Centre

REGISTRATION

Register online at www.sjhc.london.on.ca/events/diabetes-update

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Western University reserves the right to cancel this program due to insufficient registrations or circumstances beyond its control. Registrants will be notified at the earliest possible date in the event of a cancellation. Tuition fees for courses canceled by Western will be refunded in full, however Western will not be liable for any loss, damages or other expenses that such cancellations may cause.

REFUND POLICY

Notice of cancellation for requesting a refund must be within 30 day of registration and will include at \$20.00 administrative fee. PayPal cannot refund more than 30 days after payment has been made.

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1. Provide you with confirmation of registration for this program
2. Provide follow-up information to you about this course, as necessary
3. Inform you of future educational opportunities
4. Maintain class lists and attendance records so that you can obtain study credits/certificate of attendance where applicable.

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ACCESSIBILITY

Western is committed to achieving barrier free accessibility for persons with disabilities studying, visiting and working at Western. Please let us know if you require information in a different format or if other arrangements can make this event accessible for you.

EDUCATIONAL SPONSORS

This program has received an educational grant from the following: Abbott, AstraZeneca, Boehringer-Ingelheim, Eli-Lilly, Janssen, Merck, NovoNordisk and Sanofi