

UW Medicine

UW SCHOOL
OF MEDICINE

Diabetes Update for Primary Care 2024



**Friday - Saturday
March 1-2, 2024**

University of Washington | Tower Auditorium
4333 Brooklyn Ave NE
Seattle, WA 98195

Sponsored by:
UW School of Medicine
Department of Medicine | Division of Metabolism, Endocrinology and Nutrition
Continuing Medical Education

Diabetes Update for Primary Care 2024 • March 1-2, 2024

WHO SHOULD ATTEND

This course is directed toward primary care providers including family practice physicians, internists, physician associates, advanced nurse practitioners, naturopathic physicians, nurses, and anyone with interest in diabetes care.

COURSE DESCRIPTION

This is a comprehensive two-day course on diabetes geared towards primary care providers. There is an immense need for education with increased incidence of diabetes in the general population. Didactic lectures offered in this program will provide the latest information on current classification of diabetes, and guideline updates. Important offerings of this course include an update on the newer pharmacologic agents for diabetes, insulin therapy, cardiovascular risk mitigation and management of type 1 diabetes in primary care.

COURSE OBJECTIVES

- Identify and appropriately diagnose the type of diabetes for any given patient.
- Recommend appropriate nutritional interventions and exercise prescriptions for individuals with diabetes.
- Discuss new therapeutics and older agents to treat diabetes.
- Recognize how to manage type 1 diabetes in a primary care setting.
- Identify how to provide culturally sensitive diabetes care.
- Manage diabetes in special populations such as pregnancy, young adults, etc.

ACCREDITATION

Accreditation with Commendation

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



Credit Designation

The University of Washington School of Medicine designates this live activity for a maximum of 13.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees.

FEES AND REGISTRATION

All Learner	\$400.00
Resident/Fellow/Student*	\$200.00

**Resident/Fellow/Student rates require written confirmation of current Resident/Fellow/Student status. Failure to provide current documentation will result in a higher rate applied to your registration.*

Continuing Medical Education at the University of Washington is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. The course fees are estimated to include transcript of *AMA PRA Category 1 Credits™*, access to online instruction materials, catering, venue, logistics, taxes, faculty planning and salaries.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive email notification of your cancellation by February 16, 2024. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after February 16, 2024. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrolment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by email and will receive a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable air-line tickets or hotel penalties. Contact the CME Office with questions call 206.543.1050, fax 206.221.4525 or email cme@uw.edu.



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ONLINE CONFERENCE MATERIALS

Instruction materials will be available online at uwcme.org (for conference registrants only). Materials will be available starting on February 21, 2024, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference. No printed presentation materials will be available.

CHILDCARE POLICY/LACTATION SERVICES

In consideration of other participants and speakers, please do not bring infants/children into conference sessions. Please inform the CME Office by February 16, 2024, if you will need to utilize lactation services.

DIETARY REQUESTS

UW CME considers diverse nutritional preferences and restrictions when planning our complimentary menu. If you have dietary restrictions (i.e. vegan, gluten-free, etc.), please notify us by sending an email to cme@uw.edu by February 16, 2024.

SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, gender identity, sexual orientation, age, marital status, disability, or status as a protected 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.

Disability Services Office

206.543.6450/Voice • 206.543.6452/TTY 206.685.7264/Fax • e-mail: dso@uw.edu

ACCOMMODATIONS

The following hotels are located near the conference site. To make reservations, please directly contact the hotels.

College Inn Hotel

4000 University Way NE
Seattle, WA 98105
206.633.4441
www.collegeinnseattle.com

Silver Cloud Inn

5036 25th Avenue NE
Seattle, WA 98105
206.526.5200 or 800.205.6940
www.silvercloudinn.com

Graduate Hotel

4507 Brooklyn Ave NE
Seattle, WA 98105
206.634.2000
www.graduatehotels.com/seattle

University Inn

4140 Roosevelt Way NE
Seattle, WA 98105
206.632.5055
www.staypinapple.com

Residence Inn by Marriott

4501 12th Avenue NE
Seattle, WA 98105
206.322.8887 or 888.236.2427
www.marriott.com

Watertown Hotel

4242 Roosevelt Way NE
Seattle, WA 98105
206.826.4242 or 866.944.4242
www.staypineapple.com

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Course Faculty

Course Co-Chairs

Savitha Subramanian, MD

Professor
Division of Metabolism, Endocrinology & Nutrition
Director | UW Lipid Clinic

Farah Khan, MD

Clinical Associate Professor
Division of Metabolism, Endocrinology & Nutrition

Faculty

Nayan Arora, MD

Clinical Assistant Professor
Division of Nephrology

Laura Montour, MD

Clinical Assistant Professor
Department of Family Medicine

Kelley Branch, MD, MS

Professor of Medicine
Division of Cardiology
Associate Director | Clinical Trials Service Unit

Tiffany Nguyen, MD

Clinical Assistant Professor
Division of Metabolism, Endocrinology & Nutrition

Anthony DeSantis, MD

Clinical Professor
Division of Metabolism, Endocrinology & Nutrition

Prachi Thekdi, DNP, ARNP

Teaching Associate
Division of Metabolism, Endocrinology & Nutrition

Amy Eby, MD

Clinical Instructor
Division of Metabolism, Endocrinology & Nutrition

Arthi Thirumalai, MBBS

Associate Professor
Division of Metabolism, Endocrinology & Nutrition
Section Head | Harborview Medical Center

Nicole Ehrhardt, MD

Assistant Professor
Division of Metabolism, Endocrinology & Nutrition

Subbulaxmi Trikudanathan, MD, MRCP, MMSc

Clinical Associate Professor
Division of Metabolism, Endocrinology & Nutrition
Medical Director | UW Diabetes Institute

Irl B. Hirsch, MD, MACP

Professor
Division of Metabolism, Endocrinology & Nutrition
Diabetes Treatment Chair

Sumangala Vasudevan, MD

Clinical Assistant Professor
Division of Metabolism, Endocrinology & Nutrition

Stephanie J. Kim, MD, MPH

Clinical Assistant Professor
Division of Metabolism, Endocrinology & Nutrition

Kathryn Weaver, MD

Clinical Associate Professor
Division of Metabolism, Endocrinology & Nutrition
Medical Co-Director | Adolescent and Young Adult
Diabetes Transition Clinic

Laura Mayeda, MD, MPH

Clinical Assistant Professor
Division of Nephrology
Director | Hypertension Clinic and Kidney Clinic at
Harborview

Lorena Alarcon-Casas Wright, MD, FACE

Clinical Associate Professor
Division of Metabolism, Endocrinology & Nutrition

Friday, March 1, 2024

7:20 Registration & Sign-in | Continental Breakfast

7:50 Welcome and Course Introduction | *Savitha Subramanian, MD*

8:00 Differential Diagnosis of Diabetes | *Anthony DeSantis, MD*

8:45 Exercise and Prescriptions for People with Diabetes | *Nicole Ehrhardt, MD*

9:30 SGLT2 Inhibitors: Glucose Lowering and More | *Tiffany Nguyen, MD*

10:15 Break

10:30 Incretin Based Therapies in Type 2 Diabetes: What's New | *Subbulaxmi Trikudanathan, MD, MRCP, MMSc*

11:15 Diabetes on a Budget | *Stephanie Kim, MD, MPH*

12:00 Lunch Break (Lunch Provided)

1:00 Update on Insulin Therapy for Type 2 Diabetes | *Sumangala Vasudevan, MD*

1:45 Practical Use of Insulin Therapy: A Case-Based Approach | *Lorena Alarcon-Casas Wright, MD, FACE*

2:30 Break

2:45 Continuous Glucose Monitoring (CGM) in Type 2 Diabetes | *Amy Eby, MD*

3:30 Management of Type 1 Diabetes in Primary Care | *Irl B. Hirsch, MD, MACP*

4:15 Adjourn

Saturday, March 2, 2024

7:20 Sign-in | Continental Breakfast

7:50 Welcome and Daily Overview | *Savitha Subramanian, MD*

8:00 Diabetes Management in Older Adults | *Kathryn Weaver, MD*

8:50 Fatty Liver Disease in Type 2 Diabetes | *Arthi Thirumalai, MBBS*

9:35 Management of Severe Insulin Resistance | *Savitha Subramanian, MD*

10:15 Break

10:30 Weight Management Strategies for People with Diabetes | *Laura Montour, MD*

11:15 Screening for Cardiovascular Disease (CVD) in Diabetes | *Kelley Branch, MD, MS*

12:00 Lunch Break (Lunch Provided)

1:00 Diabetic Kidney Disease Management in Primary Care | *Nayan Arora, MD*

1:45 Pearls in Hypertension Management in People with Diabetes | *Laura Mayeda, MD, MPH*

2:30 Break

2:45 Supplement Use for Diabetes: What's the Evidence? | *Farah Khan, MD*

3:30 Bring Your Cases | *Farah Khan, MD, Savitha Subramanian, MD, and Prachi Thekdi, DNP, ARNP*

4:15 Closing Remarks and Adjourn | *Savitha Subramanian, MD*
