2023 Updates in Diabetes Management

November 3, 2023
Sheraton San Diego Hotel & Marina
San Diego, California

Join us in San Diego or via our live virtual stream!

Visit www.scripps.org/diabetescme for conference updates!
Course Introduction

Conference Overview
Scripps Whittier Diabetes Institute’s 2023 Updates in Diabetes Management program will highlight the latest concepts in the diagnosis and treatment of both type 1 and type 2 diabetes. Recent advances in medications, nutrition, surgical interventions, and diabetes technology will also be discussed. The course will be taught by renown experts who are active in both patient care and clinical trials related to the management of diabetes. Attendees will be provided with necessary context to integrate relevant information into their practice to improve the quality of life for patients afflicted with diabetes.

Educational Objectives
After attending this live activity, participants should be able to:
• Describe considerations and precautions necessary when treating diabetes with comorbid renal and/or cardiac disease.
• Demonstrate the use of glucose monitoring technologies to effectively track patient blood glucose levels.
• Review evidence-based approaches to weight loss including dietary interventions, medications, and surgical options.
• Integrate new practice recommendations for the treatment of patients with diabetes from a PCP and specialist perspective.
• Identify and address health disparities that could negatively impact patient care within the clinical encounter.

Target Audience
• Primary Care Physicians
• Physician Assistants
• Nurse Practitioners
• Pharmacists
• Certified Diabetes Educators
• Dieticians
• Other Allied Health Professionals

Accreditation & Disclosure

Physicians
Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

ABIM MOC Points
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.25 Medical Knowledge 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.

Nurses and Nurse Practitioners
For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit(s)™ issued by organizations accredited by the ACCME.

For the purpose of re-licensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credit(s)™ for attendance at structured learning activities offered by organizations accredited by the ACCME.

The American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept AMA PRA Category 1 Credit(s)™ from organizations accredited by the ACCME.

Commission on Dietetic Registration (CDR)
Registered Dietitians (RD) and Registered Dietitian Nutritionists (RDN) may claim a maximum of 7.25 Category 1 credits for completing this activity. The Commission on Dietetic Registration (CDR) accepts AMA PRA Category 1 Credit(s)™ issued by organizations accredited by the ACCME.

Physician Assistants
PAs may claim a maximum of 7.25 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit(s)™ from organizations accredited by the ACCME.

Pharmacists
The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for AMA PRA Category 1 Credit(s)™.

Commercial Support
This course is supported, in part, by educational grants from industry. In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, a complete list of commercial support received will be provided to all learners who participate in the continuing education activity. For more information: www.accme.org/standards.
# Conference Agenda

November 3, 2023

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>Registration, Breakfast &amp; View Exhibits</td>
</tr>
</tbody>
</table>
| 7:50 a.m. | **Welcome & Educational Overview**  
Athena Philis-Tsimikas, MD  
Samantha Harris, MD |
| 8 a.m. | **BACK TO BASICS**                                                      |
| 8 a.m. | **Updates in Standards of Care and Medications**  
Athena Philis-Tsimikas, MD |
| 8:30 a.m. | **Cardiorenal Assessment: What's New in Blood Pressure, Lipids and Renal Disease?**  
David Cork, MD |
| 9 a.m. | **Basics of Diabetes Technology: The Era of CGMS and Insulin Pumps**  
Anne Peters, MD |
| 9:30 a.m. | **Panel Discussion/Q&A** |
| 9:45 a.m. | Break & View Exhibits |
| 10:15 a.m. | **OBESITY & DIABETES**                                                 |
| 10:15 a.m. | **Weight Loss Medications—GLP Hysteria**  
Samantha Harris, MD |
| 10:45 a.m. | **Bariatric Surgery as Treatment for Diabetes?**  
Sunil Bhoyrul, MD |
| 11:15 a.m. | **Intermittent Fasting—Here for Good, or Recent Fad?**  
Michelle Cao, MD |
| 11:45 a.m. | **Dietary Interventions for Management of Diabetes**  
Kathryn Rosenquist, RDN, CDCES |
| 12:15 p.m. | **Panel Discussion/Q&A** |
| 12:30 p.m. | Lunch |
| 1:30 p.m. | **ADVANCED DIABETES CARE FOR SPECIAL POPULATIONS**                     |
| 1:30 p.m. | **Approach to Medication Management—Insulin and Non-Insulin Medications, Escalation and Hypoglycemia**  
Lauren Vincent, MD |
| 2 p.m. | **Improving Access: Under-served Populations, Racial Disparities and Lowering Medication Costs**  
A. Enrique Caballero, MD |
| 2:30 p.m. | **Diabetes: Depression and Eating Disorders**  
Nusha Nouhi, PhD |
| 3 p.m. | **Panel Discussion/Q&A** |
| 3:15 p.m. | Break & View Exhibits |
| 3:30 p.m. | **GETTING UP CLOSE & PERSONAL WITH DIABETES**                          |
| 3:30 p.m. | **Review of Continuous Glucose Monitor Experience**  
Athena Philis-Tsimikas, MD  
Samantha Harris, MD |
| 3:45 p.m. | **Real Patients Get Real** |
| 4:15 p.m. | **Unleashing the Power of Multiomics and AI in Cardiometabolic Disease**  
Evan Muse, MD |
| 4:45 p.m. | **Panel Discussion/Q&A** |
| 5 p.m. | Adjourn |

*Topics, times and speakers are subject to change*
Conference Location & Hotel Information
Sheraton San Diego Hotel & Marina
1380 Harbor Island Drive • San Diego, California 92101 • Reservations: 619-291-2900

Rates and Reservations
Make your reservations early! A specially priced block of rooms is being held until Thursday, October 12, 2023 or until the room block fills, whichever comes first. When making your reservation, be sure to ask for the Scripps conference rate of $229 per night (plus tax and parking). After October 12, 2023 reservations will be accepted on a space and rate availability basis only. A link to reserve a discounted room can be found on the conference webpage.

This low rate also includes:
- Waived resort fee
- Newly renovated rooms
- Discounted overnight self-parking
- Complimentary guestroom internet access
- Complimentary airport transportation via hotel’s shuttle
- Complimentary use of the fitness center

Please note: Attendees who book their room through an online third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.

Register Online: www.scripps.org/diabetescme

Conference Fees & Registration
Space is limited, so register early!

In-Person Included: Course tuition, breakfast, breaks, lunch, internet access, electronic course materials, and course recordings

Not Included: Travel costs, lodging, parking, and dinner

<table>
<thead>
<tr>
<th>In-Person Participation</th>
<th>Thru Sept 11</th>
<th>Sept 12–Oct 31</th>
<th>After Oct 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians (MD, DO, MBBS)</td>
<td>$275</td>
<td>$325</td>
<td>$375</td>
</tr>
<tr>
<td>RN, NP, PA, Other</td>
<td>$200</td>
<td>$250</td>
<td>$300</td>
</tr>
<tr>
<td>Students, Residents, Fellows</td>
<td>$100</td>
<td>$150</td>
<td>$200</td>
</tr>
</tbody>
</table>

Virtual Included: Course tuition, live stream, electronic course materials, and course recordings

<table>
<thead>
<tr>
<th>Virtual Participation</th>
<th>Thru Oct 31</th>
<th>After Oct 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians (MD, DO, MBBS)</td>
<td>$325</td>
<td>$375</td>
</tr>
<tr>
<td>RN, NP, PA, Other</td>
<td>$250</td>
<td>$300</td>
</tr>
<tr>
<td>Students, Residents, Fellows</td>
<td>$150</td>
<td>$200</td>
</tr>
</tbody>
</table>

CGM Device (Limited Quantity)
| Thru Sept 22 | $50 |

Attendee Cancellation, Substitution, Refund
The course tuition is refundable, minus a $100 processing fee (MD, DO, MBBS) or a $50 processing fee (RN, NP, PA, Others, Student, Resident, Fellow) if your cancellation is received in writing no later than Friday, October 20, 2023. Attendee substitutions are allowed, but notification must be made in writing by Friday, October 20, 2023, after this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.” No refunds shall be made for cancellations due to inclement weather.

Registration Changes
All registration changes (virtual to in-person or in-person to virtual) are subject to a $50 change fee when received within two weeks of the conference.

Scripps Conference Modification or Cancellation
Scripps reserves the right to modify the course’s schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. Attendees who purchase non-refundable airline tickets do so at their own risk. Scripps encourages the purchase of travel insurance as we are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Family/Guest Attendance Policy
All conference activities and meals are exclusively reserved for paid conference attendees. Children and family members are not allowed to attend meal functions or permitted in the meeting space.

Health and Safety Waiver and Assumption of Risk
By completion and submission of the online registration form, I certify that I have read and fully understand the Health and Safety Waiver and Assumption of Risk Agreement.
Course Directors

Athena Philis-Tsimikas, MD
Corporate Vice President
Scripps Whittier Diabetes Institute
La Jolla, California

Samantha Harris, MD
Endocrinologist, Scripps Clinic
Center for Weight Management
Scripps Whittier Diabetes Institute
La Jolla, California

Conference Planning Committee

Kelly Barger, RDN, CDCES
Manager, Clinical Programs
Scripps Whittier Diabetes Institute
La Jolla, California

Conference Faculty

Sunil Bhoyrul, MD, FRCS, FACS
Chief of Surgery and Medical Director of Bariatric Surgery
Scripps Memorial Hospital La Jolla
Olde Del Mar Surgical
La Jolla, California

A. Enrique Caballero, MD
Director, Latino Diabetes Health
Division of Endocrinology, Diabetes and Hypertension
Brigham and Women’s Hospital
Faculty Director, International Innovation Programs
Office for External Education
Associate Professor of Medicine
Harvard Medical School
Boston, Massachusetts

Michelle Cao, MD
Family Medicine
Sharp HealthCare
San Diego, California

David Cork, MD, FACC, FNLA
Division of Cardiology
Scripps Clinic
La Jolla, California

Evan Muse, MD, PhD, MCTI, FACC, FAHA
Assistant Professor, Scripps Translational Science Institute
Division of Cardiovascular Disease
Scripps Clinic
La Jolla, California

Nusha Nouhi, PhD
Clinical Psychologist
Scripps Whittier Diabetes Institute
La Jolla, California

Anne Peters, MD
Professor of Medicine
Director, Clinical Diabetes Program
Keck School of Medicine of USC
Los Angeles, California

Kathryn Rosenquist, MS, RDN, CDCES
Registered Dietitian Nutritionist
Certified Diabetes Care & Education Specialist
Scripps Whittier Diabetes Institute
La Jolla, California

Lauren Vincent, MD
Endocrinologist, Diabetes & Metabolism
Scripps Whittier Diabetes Institute
La Jolla, California

Faculty Disclosure

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, course directors, planners, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disqualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All relevant financial relationships with ineligible companies listed for individuals in control of content have been mitigated.

A complete listing of faculty disclosures associated with this program can be found on the conference website: www.scripps.org/diabetescme.
2023 Updates in Diabetes Management
November 3, 2023
Sheraton San Diego Hotel & Marina
San Diego, California

Visit www.scripps.org/diabetescme for conference updates!