



# Making the Connection

Between Patients and Providers

A Comprehensive Overview of the Modern Treatment Strategies For People With Type 1 and Type 2 Diabetes

Saturday, March 3, 2018

Sacramento Convention Center  
Sacramento, California

TCOYD  
TAKING CONTROL OF YOUR DIABETES

UC San Diego  
SCHOOL OF MEDICINE

TCOYD is a 501(c)3 nonprofit charitable educational organization.

13th Year in a Unique National Series

# Program [ Saturday, March 3 ]

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|----------|--|----------|---|
| 7:30 am  | Registration & Continental Breakfast   | 11:30 am | <b>Which One, and When? Oral Medications for the Treatment of Type 2 Diabetes and Their Cardiovascular Affects</b><br>Tricia Santos Cavaiola, MD          |
| 8:00 am  | Program Overview and Introduction  | 12:30 pm | Lunch   |
| 8:15 am  | <b>The Efficacy Mirage in Type 2 Diabetes: Why Do Clinical Trial Results Disappear in Real-World Practice?</b><br>William Polonsky, PhD, CDE   | 1:15 pm  | <b>Clinical Applications of Injectable Agents: GLP-1 Receptor Agonists, Basal Insulin and More Intensive Regimens</b><br>Maury Gloster, MD                |
| 9:10 am  | <b>You Can <del>X</del> Always Get What You Want... Good Health and a Long Life!*</b><br>Steven V. Edelman, MD<br><i>(Session coincides with TCOYD Patient Education Conference)</i> | 2:15 pm  | <b>Cutting-Edge Strategies for the Treatment of People with Type 1 Diabetes</b><br>Steven V. Edelman, MD  |
| 10:10 am | <b>Sweet and Not-So-Sweet Emotions</b><br>William Polonsky, PhD, CDE<br><i>(Session coincides with TCOYD Patient Education Conference)</i>   | 3:30 pm  | <b>Combined Patient-Provider Workshop: "My Doctor Doesn't Get it! My Patients Don't Listen!"</b><br>William Polonsky, PhD, CDE, and Steven V. Edelman, MD |
| 10:40 am | Break and Opportunity to Visit Health Fair   | 4:30 pm  | Closing Session<br><b>Making the Connection: Insights and Observations</b><br><i>(Session coincides with TCOYD Patient Education Conference)</i>          |

\* Not eligible for credit

# Course Description

This activity for clinicians will focus on four distinct areas of diabetes management and will integrate case presentations into the lectures in order to facilitate more active audience participation. The four areas are:

- Patient adherence while avoiding clinical inertia for improved diabetes outcomes
- Oral agents for the treatment of type 2 diabetes and their effect on cardiovascular health
- Injectable therapies for use in patients with type 2 diabetes
- Cutting-edge strategies for patients with type 1 diabetes

In addition, this course is held in tandem with a separate, large-scale patient-focused conference. This will give providers the opportunity to observe and interact with people who have diabetes and are engaged in their own intensive educational environment. By making that connection with patients, providers will acquire new skills and insight into what empowers patients with diabetes to develop healthy self-management of their condition.



## Target Audience

This course is designed for diabetes healthcare providers including endocrinologists, primary care physicians, nurse practitioners, physician assistants, nurses, certified diabetes educators, pharmacists, and other healthcare providers wanting to expand their knowledge of diabetes management.

# Learning Objectives

Upon completion of this course, participants should be able to:

1. Discuss the different pathophysiologic defects associated with type 2 diabetes and how all of the pharmacologic agents (oral and injectable) address these specific abnormalities.
2. Summarize the recently published cardiovascular outcome trials (CVOTs) on oral and injectable type 2 medications and be able to discuss their implications in terms of clinical application.
3. Discuss approaches to combination therapy with the currently available oral agents including metformin, TZDs, an SFUs, SGLT-2 inhibitors, DPP4 inhibitors, basal insulin as well as GLP-1 receptor agonists.
4. Discuss physician and patient-directed insulin titration strategies used in clinical practice for combination therapy and the basal bolus approach.
5. Outline the most up-to-date clinical information on GLP-1 receptor agonists and SGLT-2 inhibitors, including prescribing guidelines and safety issues.
6. Design an easy to implement treatment plan for initiation of pump therapy and subsequent adjustments based on home and/or continuous glucose monitoring data.
7. Discuss the information that continuous glucose monitoring technology provides and describe effective therapeutic adjustments based on trending or rate of change arrows.

8. Evaluate the physical and emotional barriers that prevent patients with diabetes from being persistent and adherent to their therapeutic regimen(s) thus preventing achievement of metabolic control.
9. Employ innovative and dynamic strategies for communication with patients to strengthen provider-patient relations and improve patient outcomes.

## Faculty

### Steven V. Edelman, MD

Clinical Professor of Medicine  
University of California, San Diego School of Medicine  
Director, Diabetes Care Clinic, San Diego VA Medical Center  
Founder and Director, Taking Control Of Your Diabetes

### William Polonsky, PhD, CDE

President, Behavioral Diabetes Institute  
Associate Clinical Professor, Department of Psychiatry  
University of California, San Diego

### Tricia Santos Cavaiola, MD

University of California, San Diego School of Medicine  
Division of Endocrinology, Diabetes and Metabolism

### Maury Gloster, MD

Endocrinologist  
Founder of the Sutter Diabetes Care Center  
Medical Consultant, Medical Board of California  
Sacramento, CA

**Disclosure:** It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms: 1) altering the financial relationship with the commercial interest, 2) altering the individual's control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose will be disqualified from participating in the CME activity.

**Cultural and Linguistic Competency:** This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources can be found on the UC San Diego CME website.

## Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, San Diego School of Medicine and Taking Control of Your Diabetes. The University of California, San Diego School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**AMA:** The University of California, San Diego School of Medicine 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.

**Nurses:** For the purposes of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 credits™* issued by organizations accredited by the ACCME. For the purpose of re-licensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credits™* (report up to **6.25** hours of credit and list "CME Category 1" as the provider number).

**Physician Assistants:** The AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of **6.25** hours of Category 1 credit for completing this program.

**Pharmacists:** The California Board of Pharmacy accepts as continuing education for pharmacist's coursework which meets the standard of relevance to pharmacy practice and is accepted as continuing education by the Medical Board of California.

**Certified Diabetes Educators:** The University of California, San Diego School of Medicine is accredited by the ACCME, which is on the NCBDE list of approved providers.

A current list of commercial supporters is available at [tcoyd.org/cme](http://tcoyd.org/cme)

## Important Registration & Conference Info

**Register Online ONLY:** [tcoyd.org/cmeSAC18](http://tcoyd.org/cmeSAC18)

### Registration Fee:

\$50 per person

After February 21, 2018: \$65 per person

Includes breakfast, snack, lunch syllabus & downloadable slide decks

### Last Day To Register:

Tuesday, February 27, 2018

Registration is limited to 200 people

This program will sell out, register early!

### Cancellations:

Email [cancelmycme@tcoyd.org](mailto:cancelmycme@tcoyd.org)

No refunds after February 28, 2018

### Conference Location:

Sacramento Convention Center

1400 J Street • Sacramento, CA 95814

Parking: Many downtown parking facilities to choose from. Visit [www.cityofsacramento.org/Public-Works/Parking-Services](http://www.cityofsacramento.org/Public-Works/Parking-Services)



**Saturday, March 3, 2018**

7:30am–5:00pm

Sacramento Convention Center

Sacramento, California



990 Highland Drive, Suite 312  
Solana Beach, CA 92075

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**Conference Schedule 2018**

**February 3** Anchorage, Alaska

**March 3** Sacramento, California

**March 17** Monterey, California

**April 7** Novi, Michigan

**May 5** Honolulu, Hawaii

**June 2** Spokane, Washington

**September 8** Nashville, Tennessee

**November 17** San Diego, California

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