

Diabetes / Endocrinology Update 2009
March 15-22, 2009

Detailed Conference Agenda

Please Note: Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

Sunday, March 15, 2009

Miami, Florida

2:00 – 3:30 **Conference Registration**

Monday, March 16, 2009

At Sea

8:30 – 8:45 **Welcome: Day 1** - Your hosts will outline the CME program for the day.

8:45 - 9:45 **Obesity – The Modern Affliction** - *Dr. Robert Josse*

Dr. Josse will review the pathiophysiology and complications of obesity along with treatment options.

9:45 – 10:45 **Integrative Medicine Overview** - *Dr. Gordon Ko*

In this session, Dr. Ko will discuss the definition of Integrative Medicine and will also update on the NIH classification of complementary and alternative medicine (CAM). Throughout the session, there will be a discussion to understand the concepts of the guidelines gap and also a way to utilize the practical tools in adding CAM to a medical practice. Dr. Ko will help the attendees understand the mechanisms and evidence base for two common CAM supplements used by diabetics: omega 3 fatty acids and vitamin D.

10:45 – 11:45 **Medicine – The Great Balancing Act** – *Dr. Jordan Cohen*

In his first session, Dr. Cohen will review the stresses that physicians deal with in their work and life and the relevant issues of professionalism (boundaries, medical mistakes etc). He will also review physicians' mental illness and substance abuse, and the barriers to seeking help.

11:45 – 2:00 **Executive Lunch**

1:15 – 2:00 **Walton International Presentation** – *Gary Tom*

2:00 – 3:00 **The Burden of Chronic Disease in Canada – Diabetes and Others**

Dr. Paul Martin-Smith

In this session, Dr. Martin-Smith will review the burden of chronic disease to the Canadian economy and appreciate the health care costs associated with Diabetes in Canada. He will also discuss why the existing health care system in Canada may fail patients with Diabetes.

Monday March 16, 2009 Continued...

3:00 – 4:00 A Physician’s Financial Health in the 21st Century – Greg Hilderman
In his first session, Greg will look at the impact of taxation on a Physician and his/her practice.

Tuesday, March 17, 2009

Roatan, Honduras

5:15 – 5:30 Welcome: Day 2 - Your hosts will outline the CME program for the evening.

5:30 – 6:30 The Pathophysiology and Treatment of Type 2 Diabetes - Dr. Robert Josse
In his first Traditional Medicine session, Dr. Josse will identify how type 2 diabetes develops and why. During the session he will also go over the new Canadian Diabetes Association (CDA) guidelines and discuss how to use different pharmacological treatments.

6:30 – 7:30 Dr. Dollar vs. Dr. Sen\$e – Greg Hilderman
Greg will do a financial comparison of an incorporated Physician vs. a non-incorporated Physician.

Wednesday, March 18, 2009

Belize City

8:30 – 10:30 Global Medicine: Diabetes / Endocrinology in the Caribbean
Discussion will be focused on experiences with managing Diabetes and Endocrinology in the Caribbean. **Please note: This is an on shore lecture, in Belize City**

5:15 – 5:30 Welcome: Day 3 - Your hosts will outline the CME program for the evening.

5:30 – 6:30 Pathophysiology of Osteoporosis and Fragility Fractures
Dr. Robert Josse

In this session, Dr. Josse will review the pathophysiology of osteoporosis and treatment options available. Learn what’s new and what’s next.

6:30 – 7:30 The Dragon and The Eagle: World Economic Order In the 21st Century
Greg Hilderman
A review of current and topical investment strategies for the 21st century.

Thursday, March 19, 2009

Cozumel, Mexico

5:15 – 5:30 Welcome: Day 4 - Your hosts will outline the CME program for the evening.

5:30 – 6:30 Current Approach to Thyroid Diseases – Dr. Robert Josse
In this session, Dr. Josse will review the treatment of hyper and hypo thyroidism. He will also discuss thyroid disease in pregnancy and how to assess thyroid nodules.

Thursday March 19, 2009 Continued...

6:30 – 7:30 Teaching Old Dogs new Tricks While Note Shooting the Puppies

Dr. Jordan Cohen

Dr. Cohen will review the stresses in life of resident physicians along with residents' experience of intimidation and harassment. He will also review ways for residents to deal with stress and advise what health resources are available.

Friday, March 20, 2009

At Sea

8:30 – 8:45 Welcome: Day 5 - Your hosts will outline the CME program for the day.

8:45 – 9:45 Guidelines in the Integrative Management of Painful Diabetic Neuropathy

Dr. Gordon Ko

Dr. Ko will review the current definition, symptoms and signs of neuropathic pain and discuss the current Canadian Pain Society Guidelines for treating neuropathic pain. He will also review the role of CAM (acupuncture, prolotherapy, herbals, topical agents and more) in this field. Throughout the presentation, Dr. Ko will discuss real life case examples using integrative treatment and will give quick screening tools for painful diabetic neuropathy.

9:45 – 10:45 The Guidelines Gap - Dr. Robert Josse

During this session, there will be a discussion as to why the published guidelines are an incomplete solution to the burden of Chronic Disease and why team care is necessary.

10:45 – 11:45 Is There A Doctor In My House? – Dr. Jordan Cohen

During this interactive session, Dr. Cohen will examine the mental/emotional health challenges of physicians. There will be a discussion on the challenge of different relationships in a physician's life – partners, children, parents and how to appreciate the special situation of physician-physician relationships. Dr. Cohen will also review the health resources available to physicians and their families.

11:45 – 1:00 Lunch

1:00 – 2:00 Endocrinology and Dermatology – Can They Co-Exist? - Dr. Robert Josse

Dr. Josse will review the basic terminology and a general approach to describing cutaneous morphologies. He will also examine the various skin, hair and nail changes that occur with common endocrine disorders. There will also be a discussion on a few of the cutaneous disorders specific to these endocrine diseases with respect to epidemiology, etiology, clinical features, pathology and treatment.

2:00 – 3:00 Working Through Problems in Diabetes – Reducing Global Cardiovascular Risk – Dr. Paul Martin-Smith

During this interactive session, the delegates will develop practice strategies for approaching selected tasks in chronic illness and a practice strategy for a specific project within diabetes – reducing global cardiovascular risk.

Friday March 20, 2009 Continued...

3:00 – 4:00 Prescribing Exercise and Lifestyle Changes for Diabetes – Dr. Gordon Ko

In this session, Dr. Ko will review the evidence-based literature supporting exercise for diabetes/metabolic syndrome and will help bridge the guidelines gap in getting patients to exercise. He will also introduce other popular CAM products with the pros/cons (side effects) and prescribe safe and effective exercise for diabetics. Dr. Ko will also discuss how to integrate safe CAM approaches with traditional pharmacotherapies.

Saturday, March 21, 2009

Great Stirrup Cay

8:00 – 9:00 Workshop: Pre-diabetes Prevention and Diabetes Treatment

AND Severe Osteoporosis – A Review - Dr. Robert Josse

In this interactive session, Dr. Josse will lead a discussion on the various treatment options available and review the evidence based medicine guidelines for treatment.

9:00 – 10:00 Examination and Management of the Diabetic Foot - Dr. Gordon Ko

In this interactive session, Dr. Ko will review the anatomy, key surface anatomy landmarks and biomechanics of the foot. He will discuss how to assess the diabetic foot with bedside quantitative sensory testing tools and when and whom to refer for more advanced investigations. Dr. Ko will discuss the guidelines gap in getting patents to care for their feet and will how injection approaches that can be used in clinical practice.

10:00 – 10:15 Closing Remarks