



Diabetes Update 2017 March 12-19, 2017

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 12, 2017

Ft. Lauderdale, FL

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

Monday March 13, 2017

At Sea

Morning

8:00 – 9:00 **Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

9:00 – 10:00 **Diabetes: Prevalence, Diagnosis, Pathophysiology and Targets**

Dr. David Lau

During his first session, Dr. Lau will review the prevalence of Diabetes and how it is increasing globally. He will also discuss how diabetes is a progressive chronic disease and the 'new' diagnostic criteria for diabetes and how to individualize treatment goals.

10:00 – 11:30 **Neuroplasticity, The Frontiers of Neuroscience & MindBody Medicine Workshop** – *Dr. Tim Cook*

Neuroscience research has now clearly shown that the brain's structure & function changes on a moment to moment basis in response to the environment, behavior and attitudes. Experiential training or brain exercises have shown considerable promise in managing many chronic diseases and in preventing illness. MindBody medicine has emerged as a specialty with considerable supportive research and it is important for practitioners to be able to guide their patients towards evidence-based MindBody practices. This workshop will introduce Mindfulness Based Stress Reduction principles and techniques.

11:30 – 12:30 **Fifteen Important Ways to Protect Yourself in Practice – Part I**

Michael Fraleigh

Michael will provide delegates with the tools to help identify potential problems with the management of their practices and to develop and or hone their skills to better respond to these difficulties. He will also help delegates gain appreciation for their legal duties and responsibilities involved in the care and treatment of their patients.



Tuesday, March 14, 2017

San Juan, Puerto Rico

Morning

7:45 – 8:00 **Welcome: Day 2** - Your hosts will outline the CME program for the morning.

8:00 – 9:00 **Vascular Disease is Inflammation, NOT Just Cholesterol**

Dr. Tim Cook

Heart Attack and stroke remain the most common cause of mortality in North American adults. Sudden death in those who were unaware of their underlying cardiovascular disease (CVD) is the presentation of CVD in up to 25%. It is known that conventional CVD risk calculators misclassify patients frequently and new tools allowing doctors' to identify at-risk patients earlier are available. These are based on a new paradigm of atherosclerosis as a primary inflammatory disease of vascular endothelium. For those with established CVD, maximal treatments (based on LDL lowering) still leave residual risk thought to be due to persistent pro-inflammatory responses. Trials designed to confirm this hypothesis and offer novel treatments are underway.

9:00 – 10:00 **Health Behaviour (lifestyle) Interventions in the Office Management of Prediabetes and Diabetes - *Dr. David Lau***

Dr. Lau will review the basic principles of nutrition therapy in obesity and diabetes and how to implement dietary and physical activity prescription in office practice. He will also discuss how to incorporate an interdisciplinary team approach in the non-drug management of diabetes and how to develop strategies to encourage long-term adherence to health behavior interventions.

10:00 – 11:00 **Fifteen Important Ways to Protect Yourself in Practice – Part II**

Michael Fraleigh

Michael will continue to provide delegates with the tools to help identify potential problems with the management of their practices and to develop and or hone their skills to better respond to these difficulties. He will also help delegates gain appreciation for their legal duties and responsibilities involved in the care and treatment of their patients.

11:00 – 12:00 **Pharmacotherapy for the Glycemic Management of Type 2 Diabetes**

Dr. David Lau

During this session, Dr. Lau will discuss targets for glycemic control and help delegates to understand the pathogenesis of vascular complications of diabetes and the mechanisms of actions of glucose-lowering agents. He will also review the benefits of metabolic legacy and how to individualize and match glucose-lowering agents to patient characteristics.



Wednesday, March 15, 2017

St. Thomas

Evening

4:45 – 5:00 **Welcome: Day 3** - Your hosts will outline the CME program for the afternoon.

5:00 – 6:00 **WORKSHOP: Case-based Approach to Optimize Glycemic Management in Type 2 Diabetes – Dr. David Lau**
Dr. Lau will review when to initiate drug therapy for type 2 diabetes and how to apply the CDA guidelines on glycemic management to clinical practice. He will also discuss the advantages and disadvantages of different antihyperglycemic agents along with when and how to add second or third agents to optimize glycemic control along with when and how to initiate insulin therapy.

Thursday March 16, 2017

St. Maarten

8:15 – 8:30 **Welcome: Day 4** - Your hosts will outline the CME program for the day.

8:30 – 9:30 **Global Medicine: Health Care in the Caribbean**
This lecture will give a snapshot of the most important public health system issues in the Caribbean and review current health advice to travelers in the Caribbean. There will also be a discussion on the issues of patients with Diabetes in the Caribbean.
Please note: This is a lecture by a local presenter from St. Maarten onboard the Celebrity Silhouette

Friday March 17, 2017

At Sea

Morning

7:45 – 8:00 **Welcome: Day 5** - Your hosts will outline the CME program for the morning.

8:00 – 9:00 **Management of Cardiovascular Disease in Diabetes – Dr. David Lau**
Dr. Lau will discuss the benefits of glycemic control in reducing cardiovascular disease risk and how to identify which patients with diabetes are at risk for and when to screen. He will also review how to incorporate vascular protection to decrease cardiovascular complications and how to understand the lipid and blood pressure targets for diabetes.

9:00 – 10:00 **Fifteen Important Ways to Protect Yourself in Practice – Part III**
Michael Fraleigh
Michael will continue to provide delegates with the tools to help identify potential problems with the management of their practices and to develop and or hone their skills to better respond to these difficulties. He will also help delegates gain appreciation for their legal duties and responsibilities involved in the care and treatment of their patients.



Friday March 17th Continued...

10:00 – 11:00 WORKSHOP: Initiating and Intensification of Insulin in Type 2 Diabetes

Dr. David Lau

During this workshop, Dr. Lau will review why, when and how to initiate insulin in your patients with type 2 diabetes as well as how to address patient's concerns about insulin initiation. He will also discuss how to intensify insulin when basal insulin no longer controls glycemia adequately.

11:00 – 12:30 Genomics and Personalized Medicine 101 - Dr. Tim Cook

Personalized medicine is founded on the latest genomic analyses that allows the tailoring of health care of individual patients. From nutritional supplements, diet and exercise to the most appropriate medications, chemotherapy and health screening, genomic testing is now available and evidence-based, but under-utilized. In this review, the basic concepts and practices of personalized medicine will be outlined with case examples.

Friday March 18, 2016

Coco Cay, Bahamas

Morning

7:45 – 8:00 Welcome: Day 6 - Your hosts will outline the CME program for the afternoon.

8:00 – 9:00 Integrative Health: A New Medical Paradigm - Dr. Tim Cook

Over 50% of North Americans, and higher percentages of Europeans utilize the services of complementary health professionals, as well as various natural health products. While there is increasing evidence of efficacy and cost-benefits of many of these, there are also concerns about adverse effects of combinations of conventional medications and natural health products and inappropriate expenditures on ineffective therapies. It is important for primary care and specialist physicians to recognize that their patients are engaging in Complimentary Care and to have an open dialogue about it.

9:00 – 10:00 Nightmare on Practice Street – The Lawsuit – Michael Fraleigh

Michael will review what is necessary for a plaintiff to prove to be successful in a lawsuit against a physician as well as the various defences available. He will also enhance the delegates understanding of their role as defendant and the role of their lawyer and the CMPA (or insurer) in the context of a lawsuit.

10:00 – 11:00 JOURNAL CLUB – Liraglutide and Cardiovascular Outcomes in Type 2 Diabetes – Dr. David Lau

During this journal club, Dr. Lau will review the role of glucagon-like peptide-1 receptor agonist in glycemic management and the cardiovascular effects of antihyperglycemic drugs as well as the effects of Liraglutide in people with diabetes. He will also discuss when and how to choose antihyperglycemic drugs based on cardiovascular safety.



Saturday March 18th Continued...

11:00 – 12:00 Another Nightmare on Physician Street: “The Disruptive Physician” – How to Avoid Becoming that “Difficult Doctor” - *Michael Fraleigh*

During his last session, Michael will discuss what is considered the current definitions of disruptive behavior and how changing times require changes in attitude and approach. He will also review how to manage the disruptive colleague or disruptive nurse and how to become a better advocate for patient care without stepping over the line.