

**Diabetes Update 2018  
February 13-25, 2018**

**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.

**Monday February 12, 2018**

***Moorea (pre cruise)***

**8:00 – 10:00 Global Medicine: Health Care in French Polynesia  
(Pre Cruise Package lecture)**

there will also be a discussion on the issues of patients with Diabetes issues the region.

**Please note: This is a lecture by a local presenter from Moorea at the Sofitel Moorea**

**Tuesday February 13, 2018**

***Papeete***

**4:00 – 4:30 Conference Registration**

**Wednesday February 14, 2018**

***Moorea***

**Thursday February 15, 2018**

***Raiatea***

**EVENING**

**4:30 – 5:30 Welcome: Day 2 -** Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

**5:30 – 6:30 Diabetes: Prevalence, Diagnosis, Pathophysiology and Targets**

*Dr. David Lau*

During this lecture, Dr. Lau will review how Diabetes is increasing globally and is now a progressive chronic disease. He will also discuss the 'new' diagnostic criteria for diabetes and how to individualize treatment goals for diabetes.

**Friday February 16, 2018**

***Bora Bora***

**MORNING**

**7:15 – 7:30** **Welcome: Day 3** - Your hosts will outline the CME program for the morning.

**7:30 – 8:30** **Office Evaluation of the Patient With Obesity and Prediabetes**

*Dr. David Lau*

Dr. Lau will review why obesity predisposes to cardiovascular disease and type 2 diabetes and why the baseline lab work should include fasting glucose and lipoids, and if indicated, LFTs. He will also discuss why TSH should not be a routine test to assess overweight/obesity and outline strategy on how to manage and prevent cardiometabolic risk.

**8:30 – 10:30** **Global Medicine: Health Care in French Polynesia**

This lecture will give a snapshot of the most important public health system issues in French Polynesia and review current health advice to travelers. There will also be a discussion on the issues of patients with Diabetes, Obesity and Internal Medicine issues in the region.

**Please note: This is a lecture by a local presenter from Bora Bora onboard the Oceania Marina**

**Saturday, February 17, 2018**

***Bora Bora***

**AFTERNOON**

**2:45 – 3:00** **Welcome: Day 4** - Your hosts will outline the CME program for the morning.

**3:00 – 4:00** **Health Behaviour (Lifestyle) Interventions in the Office Management of Prediabetes and Diabetes - *Dr. David Lau***

During this session, Dr. Lau will review how caloric deficit is more important than macronutrient composition (e.g. South Beach low carb diets) in weight loss and how exercise is great for weight maintenance but not efficient as a tool for weight loss. He will also discuss how to incorporate an interdisciplinary team approach in non-drug management of diabetes and how to develop strategies to encourage long-term adherence to health behavior interventions.

**4:00 – 5:00** **Ocular Trauma and Emergencies - *Dr. Theodore Christakis***

Dr. Christakis will discuss how the physical exam is critical in differentiating between abrasions and ulcers and that there are slit lamp findings that can rule and rule out a globe injury. He will also discuss how initial empiric therapy is appropriate for suspected chemical injuries or infections and that a retrobulbar hemorrhage is an emergency that requires intervention.

**5:00 – 6:00** **Microbiome in Health and Disease: The Most Important Organ You've Ever Heard of - *Dr. Tim Cook***

One's personal "signature" microbiome consists of many trillion bacteria, yeast and some viruses and is established in the gut, mucous membranes and skin in early childhood. Until a decade ago, the impact of this microbiome on health and disease was little appreciated. Compelling research now confirms that the gut microbiome is an organ with numerous functions that interact with our metabolic, nutritional, immune and neurologic systems. In this session, the history of microbiome research and its highlights will be reviewed in relation to obesity, allergic / immune, GI and mental health conditions.

**Sunday February 18, 2018**

**At Sea**

**Morning**

- 7:15 – 7:30 Welcome: Day 5** - Your hosts will outline the CME program for the day.
- 7:30 – 8:30 Nutrition Management and Physical Activity Prescription for Type 2 Diabetes - Dr. David Lau**  
 There is no quick fix for weight loss because obesity is a chronic condition that requires a long term solution. Dr. Lau will discuss how successful obesity management is about improving health and well-being and that successful obesity management requires identification and addressing of both the 'root causes' of weight gain as well as the barriers to weight management. He will also review how success is different for every individual and a person's best weight may never be an idea weight.
- 8:30 – 9:30 Ocular Infections and the Red Eye - Dr. Theodore Christakis**  
 During this session, Dr. Christakis will identify 'high risk' features that warrant urgent referral and how to use history and easily available tools to diagnose common causes of red eye. He will also review the primary management of conjunctivitis, keratitis and lid margin disease.
- 9:30 – 10:30 An Introduction to Functional Medicine and the Ketogenic Diet - Dr. Andra Campitelli**  
 In the session, delegates will gain a better understanding of functional medicine. Individuals will learn more about the use of nutraceuticals, their safety and the supporting research, while dispelling common myths surrounding the use of integrative and functional medicine in practice. Dr. Campitelli will also discuss the emerging research surrounding the ketogenic diet and its benefits in reducing cellular aging as well as in ameliorating some health conditions. Delegates will develop a deeper understanding of the role of the ketogenic diet in patient management. The history and the foundation of ketones and the ketogenic diet will be explored, and delegates will learn more about the applications and safety of nutritional ketosis.
- 10:30 – 12:00 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-benefit 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 Complementary care and to have an open dialogue about it.
- 12:00 – 1:00 Pharmacotherapy for the Glycemic Management of Type 2 Diabetes - Dr. David Lau**  
 Dr. Lau will discuss targets for glycemic control and the pathogenesis of vascular complications of diabetes. He will also review the mechanisms of actions of glucose-lowering agents and how to individualize and match glucose-lowering agents to patients characteristics. By the end of the session delegates will understand the benefits of metabolic legacy.

**Monday February 19, 2018**

***Nuku Hiva***

**Morning**

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

**8:00 – 9:00** **Genomics 101** - *Dr. Tim Cook*

Personalized medicine is founded on the latest genomic analyses that allow 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.

**9:00 – 10:00** **Case-based Approach for the Glycemic Management of Type 2 Diabetes**

*Dr. David Lau*

Dr. Lau will discuss targets for glycemic control and the pathogenesis of vascular complications of diabetes. He will also review the mechanisms of actions of glucose-lowering agents and how to individualize and match glucose-lowering agents to patient characteristics.

**10:00 – 11:00** **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.

**11:00 – 12:00** **Ocular Sequelae of Diabetes** – *Dr. Theodore Christakis*

Glycemic control is by far the most important factor in optimizing ocular health in diabetes. While routine screening will not prevent retinopathy, early treatment improves prognosis. During this session, Dr. Christakis will discuss how the treatment modalities for retinopathy have evolved dramatically in the past ten years.

**Tuesday February 20, 2018**

***Nuku Hiva***

**Afternoon**

**4:15 – 4:30** **Welcome: Day 7** - Your hosts will outline the CME program for the day.

**4:30 – 5:30** **Bariatric Surgery Versus Intensive Medical Therapy for Diabetes – 5 Year Outcomes** – *Dr. David Lau*

In this session, Dr. Lau will discuss how health behavior interventions result in modest 5-10% of body weight loss and glycemic control. He will also review how bariatric surgery is helpful for long-term and sustained weight loss and how to select patients for bariatric surgery.

**Tuesday February 20<sup>th</sup> continued...**

**5:30 – 6:30 “The End of Alzheimers” Claims Dr. Dale Bredeesen: Fantasy or Reality?**

*Dr. Tim Cook*

Until recently, there have not been effective interventions for preventing, stabilizing or reversing Alzheimer’s and other dementias. Decades of research and billions of dollars have been spent to identify a “silver bullet” for Alzheimer’s disease (A.D.). Dr. Dale Bredeesen and his team at the Buck Institute in California have focused their research attention on the physiologic mechanisms that lead to the pathophysiology of A.D.; neurofibrillary tangles and amyloid plaques and have discovered nearly forty factors contributing to this neurodegeneration. Remarkably, they have also demonstrated that a multi-modal functional medicine approach ie “silver buckshot” that reverses or optimizes these factors can lead to reversal of cognitive decline and restoration of function in those with MCI (Mild Cognitive Impairment) and mild to moderate dementias. This approach is now being studied extensively and there is global interest in its application. In this session Dr. Cook will review this protocol and how it can be implemented.

**6:30 – 7:30 Clinical Applications of the Ketogenic Diet – Dr. Andra Campitelli**

In this session, participants will gain a better understanding of how to implement a ketogenic diet in practice. Additionally, participants will learn clinical applications and the benefits of being in nutritional ketosis, with a focus on obesity management and diabetes, mental health, and inflammation. Emerging research in this field will be discussed, and delegates will be provided with practical guides to assist in implement dietary changes in practice.

**Wednesday February 21, 2018**

**At Sea**

**Morning**

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

**8:00 – 9:00 Neuro-Ophthalmology and Glaucoma - Dr. Theodore Christakis**

Dr. Christakis will help delegates identify patients who should be referred for glaucoma screening and how to recognize optic neuritis as well as atypical ‘red flag’ features of optic neuropathy. He will also discuss how to conduct an appropriate workup for patients with ischemic optic neuropathy and identify and work up patients with cranial neuropathies.

**9:00 – 10:00 Management of Diabetic Microvascular Complications in Clinical Practice**

*Dr. David Lau*

Dr. Lau will review the major micro-vascular complications and discuss how to screen for these complications as well as the concept of metabolic legacy. He will discuss how to incorporate surveillance strategy in clinical practice to screen and diagnose complications and manage and prevent nephropathy retinopathy, and neuropathy.

**10:00 – 11:00 Bioidentical Hormon Replacement Therapy (BHRT) - Dr. Andra Campitelli**

In this session, delegates will gain a better understanding of the history and use of Bioidentical hormone replacement therapy that is increasingly being recommended and used by patients. The evidence for safety of BHRT will be reviewed as well as the emerging research comparing the efficacy of BHRT with conventional HRT. Finally the clinical applications of hormones, and clinical practice guidelines will be discussed.

**Wednesday February 21<sup>st</sup> continued...**

**11:00 – 12:00 Initiating and Intesification of Insulin in Type 2 Diabetes - Dr. David Lau**  
 Dr. Lau will discuss the why, when and how to initiate insulin in your patients with type 2 diabetes and how to address patient’s concerns about insulin initiation. He will also review how to intensify insulin when basal insulin no longer controls glycemia adequately and how to use newer basal and prandial insulins in clinical practice.

**11:30 – 1:00 Lunch**

**Afternoon**

**1:30 – 3:00 Neuroplasticity and the Frontiers of Neuroscience – Dr. Tim Cook**  
 Neuroscience research has no clearly shown that the brain’s structure and 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.

**3:00 – 4:00 Management of Dyslipidemias in Patients with Diabetes - Dr. David Lau**  
 Not all statins have the same efficacy and safety profiles. Dr. Lau will discuss the rule of 6 with doubling the dose of statins and knowhow PCSK9 inhibitors work and when to use these drugs. He will also review the LDL hypothesis and lower is better for CVD risk reduction.

**Thursday February 22, 2018**

***Fakarava***

**Evening**

**4:15 – 4:30 Welcome: Day 9 -** Your hosts will outline the CME program for the day.

**4:30 – 5:30 Management of Chronic Kidney Disease and Hypertension in Diabetes**  
*Dr. David Lau*  
 In this session, Dr. Lau will review the importance of treating BP and glucose levels to goal targets to prevent and retard diabetic kidney disease. He will also discuss how to monitor BP at home and in the ambulatory setting. Delegates will understand that patients often require 3 or more antihypertensive drugs to achieve BP targets.

**5:30 – 6:30 Recent Advances in Cataract Surgery – Dr. Theodore Christakis**  
 Cataract surgery is a common and safe procedure, but does have risks. Dr. Christakis will review that patients should be aware of their options when choosing a surgical plan and intraocular lens. He will also discuss how a red eye in a postoperative patient is an ophthalmic emergency.

**6:30 – 7:30 Canagliflozin and Cardiovascular and Renal Events in Type 2 Diabetes**  
*Dr. David Lau*  
 Dr. Lau will review how CVOTs of incretins and SGLT2 inhibitors influence clinical practice and how to choose glucose-lowering drugs that confer CV benefits in patients with diabetes and clinically-evident cardiovascular disease.

**Friday February 23, 2018**

***Rangiroa***

**Evening**

**4:45 – 5:00**    **Welcome: Day 10** - Your hosts will outline the CME program for the day.

**5:00 – 6:00**    **Management and Prevention of Cardiovascular Disease in Diabetes**

*Dr. David Lau*

In his last session, Dr. Lau will discuss the importance of treating patients with diabetes to glycemic, lipid and BP targets. He will help identify which patients with diabetes are at risk for and when to screen and how to apply evidence-based approaches to incorporate vascular protection to decrease cardiovascular disease risk in patients with diabetes.

**6:00 – 7:00**    **Jeopardy – Spot Diagnosis** - *Dr. Theodore Christakis*

During this session, Dr. Christakis will use pathognomonic clinical photos to identify eye disease and diagnose common eye conditions by recognizing key patterns on history.

**Saturday February 24, 2018**

***Huahine***