



**Diabetes, Obesity & Cardiovascular Update 2014
September 6-20, 2014**

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.

Saturday, September 6, 2014

Amsterdam, Netherlands

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

Sunday, September 7, 2014

Bruges, Belgium

Evening

4:00 – 5:00 **Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

5:00 - 6:00 **Diabetes in 2014** - *Dr. Heather Lochnan*
During her first session, Dr. Lochnan will discuss how the incidence and prevalence of DM-2 is growing globally and how in Canada the age of onset is getting younger, though still primarily a disease of aging. She will also review the economic impact on society and the burden of diabetes on the individual and their family.

6:00 – 7:00 **Cardiovascular Disease in the Patient with Diabetes**
Dr. David Fitchett
Dr. Fitchett will discuss how diabetes increases the risk of developing CVD and that patients with diabetes who suffer myocardial infarction or stroke have 1.5 – 2 fold increased mortality. He will also review how diabetes confers multiple risk factors for the development of atherosclerosis and consequent complications.

Monday, September 8, 2014

Cherbourg, France

Evening

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

4:00 – 5:00 **Our Corpulent Population**– *Dr. Robert Dent*
In his first session, Dr. Dent will review the prevalence of the epidemic of Obesity in North America, the Commonwealth and other nations. He will also discuss the costs of the epidemic; environmental-societal causes; the role of the Physician as a Citizen and how changing societal views can be done.

Monday September 8th Continued...

- 5:00 - 6:00** **Diabetes Prevention** - *Dr. Heather Lochnan*
Dr. Lochnan will discuss the definition of 'prediabetes' and who is at risk for DM-2 along with who and how to screen. She will also review how to prevent or delay diabetes with lifestyle modifications and/or pharmacotherapy.
- 6:00 - 7:00** **Sunset Cruzin to New Horizons Part I** – *Mr. Gordon Berger*
In his first session, Mr. Berger will review the Physician's financial life cycle along with insurance and how to buy it. He will also discuss how to make financial products efficient.

Tuesday, September 9, 2014

At Sea

- 7:45 – 8:00** **Welcome: Day 3** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00** **Diabetes Essentials** - *Dr. Heather Lochnan*
During her morning session, Dr. Lochnan will discuss why diabetes is challenging to manage for the patient and health care professionals and how the individualization of targets and following guidelines can help make sure all the bases are covered. She will also review the utility of home glucose monitoring.
- 9:00 – 10:00** **A Bridge From Obesity as a Population Issue to Obesity as a Patient Issue: More Aetiology** - *Dr. Robert Dent*
Dr. Dent will help to make the distinction between obesity as a population issue that we as citizens have to deal with through our policy makers, and obesity as a patient issues that we as physicians have to deal with in the MD-Patient context.
- 10:00 – 11:00** **Treatment Options for DM-2** - *Dr. Heather Lochnan*
Dr. Lochnan will discuss how guidelines can help guide initial and choice of add-on therapy as well as to identify an individual target for glycemia. She will also help participants recognize the patient characteristics that help determine the best treatment.
- 11:00 - 12:00** **Sunset Cruzin to New Horizons Part II** – *Mr. Gordon Berger*
Mr. Berger will discuss unique offerings not normally available along with the traps and opportunities in the marketplace.
- 12:00 – 1:30** **Lunch**
- 1:30 – 2:30** **Our Genes and Obesity Types** - *Dr. Robert Dent*
In this session, Dr. Dent will discuss the phenotypic types and genotypic types.

Tuesday September 9th Continued...

- 2:30 – 3:30 Cardiovascular Consequences of Sleep Apnoea – *Dr. David Fitchett***
Dr. Fitchett will help delegates identify patients at risk of sleep apnoea and how to distinguish between central and obstructive sleep apnoea. He will also review the association of sleep and CV events and how to understand the uncertainty of the casual relationship between sleep apnoea and CVD outcomes and where treatment of sleep apnoea is beneficial in patients with CVD.
- 3:30 - 4:30 The Strategy Circle – *Mr. Gordon Berger***
Mr. Berger will review the 3 brain abilities within the strategy circle.

Wednesday, September 10, 2014

Vigo, Spain

Evening

- 3:45 – 4:00 Welcome: Day 4 -** Your hosts will outline the CME program for the evening.
- 4:00 –5:00 How to Avoid Hypoglycemia - *Dr. Heather Lochnan***
Hypoglycemia is a risk of oral hypoglycemic agents and insulin that can be a barrier to achieving excellent control of blood sugars due to physician and patient fears. Dr. Lochnan will review how to ensure patients are aware of the risk and understand how to recognize, treat and avoid hypoglycemia.
- 5:00 – 7:00 Reduction of Cardiovascular Risk in the Patient with Diabetes**
Dr. David Fitchett
During this workshop, Dr. Fitchett will review the high incidence of cardiovascular disease in patients with diabetes and how to identify modifiable risk factors in patients with diabetes. He will discuss treatment goals in the multifaceted treatment strategy in CVD prevention and how to recognize the limited achievement of treatment goals.

Thursday, September 11, 2014

Lisbon, Portugal

Friday, September 12, 2014

At Sea

- 7:45 – 8:00 Welcome: Day 6 -** Your hosts will outline the CME program for the day.
- 8:00 – 9:00 Insulin Therapy Workshop - *Dr. Heather Lochnan***
During this workshop, Dr. Lochnan will discuss when to consider insulin therapy and the various insulins available. She will also review when to initiate insulin in combination with non-insulin therapy and how to develop comfort with insulin as an important option for treating diabetes.
- 9:00 – 10:00 Getting Started: A Framework - *Dr. Robert Dent***
Dr. Dent will review the 5a's and the EOSS staging system along with office setup.

Friday September 12th Continued...

10:00 – 11:30 Office Management of the Patient With a Recent Myocardial Infarction

Dr. David Fitchett

Dr. Fitchett will review the commoner complications in the patient with a recent MI and the social and psychological issues encountered after an MI. He will also discuss the medications prescribed to the patient with a recent MI.

11:30 – 1:00 Lunch

1:00 – 2:30 Cardio-Diabetes Jeopardy

Dr. David Fitchett, Dr. Robert Dent & Dr. Heather Lochnan

This session will be an educational quiz with information and discussion of each question.

2:30 – 3:30 Lipid Management 2014 – Dr. David Fitchett

During this session, Dr. Fitchett will help delegates understand why the US ACC / AHA 2013 Guidelines abandoned lipid targets and why Canada and Europe will keep lipid targets. He will discuss how to achieve lipid targets and understand why lipid goals are often not achieved.

3:30 – 4:30 A New Barrier that has Implications – Dr. Robert Dent

Dr. Dent will describe the evidence for the diet resistance state.

Saturday, September 13, 2014

Almeria, Spain

Evening

3:45 – 4:00 Welcome: Day 7 - Your hosts will outline the CME program for the afternoon.

4:00 – 5:00 Stroke Reduction in Atrial Fibrillation – Dr. David Fitchett

Dr. Fitchett will discuss how atrial fibrillation is very common and becoming more prevalent in an ageing populations and how it is a frequent cause of morbidity (e.g. heart failure, stroke). He will review the need for anticoagulation and the new oral anticoagulant options.

5:00 - 6:00 Complications of Diabetes - Dr. Heather Lochnan

There are easy ways to introduce insulin therapy to patients and ensure acceptance with low risk of hypoglycemia. In this session, Dr. Lochnan will describe strategies for starting insulin therapy and the titration and insulin dose adjustments.

6:00 – 7:00 ECG's in the Office and in the Emergency Department

Dr. David Fitchett

During this session, Dr. Fitchett will discuss common rhythm disturbances and their management and how to identify acute cardiac events commonly seen in the office and the ER department.

Sunday, September 14, 2014

At Sea

Morning

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

8:00 – 10:00 **Insulin Therapy Workshop** - *Dr. David Fitchett*

During this workshop, Dr. Fitchett will help delegates consider clinical scenarios that require lipid management and how to optimize lipid control. He will also discuss non-statin management of dyslipidemia.

10:00 – 11:00 **DEBATE: Medical Therapy is Better Than Bariatric Surgery as an Option for Weight Management** - *Dr. Robert Dent & Dr. Heather Lochnan*

During this session, Dr. Dent and Dr. Lochnan will debate on the pros and cons of medical therapy and describe the patient characteristics which help determine best options for weight management.

11:00 – 12:00 **JOURNAL CLUB: Risk Factor Assessment and Modification**

Dr. David Fitchett

Dr. Fitchett will discuss clinical trials of lifestyle intervention in patients at risk of CVD and the limitations of the clinical trials in this area. He will also help delegates understand the benefits of lifestyle modification beyond CVD outcomes.

12:00 – 1:00 **“Diets” for Obesity Treatment** - *Dr. Robert Dent*

Dr. Dent will review the diets that patients might present in the office and how they fit in with long term treatment. He will also discuss when to discourage a patient from using a diet and how to do it as well as when to encourage.

Monday, September 15, 2014

Valletta, Malta

Morning

7:45 – 8:00 **Welcome: Day 9** - Your hosts will outline the CME program for the morning.

8:00 – 9:00 **Hypertension and Diabetes: A Lethal Combination** - *Dr. David Fitchett*

Dr. Fitchett will discuss the impact of hypertension in the patient with diabetes and why different BP goals exist in the USA and Canada. He will also review whether individual medications have benefits beyond BP lowering and help to develop an algorithm for BP control to optimize CVD outcomes.

9:00 – 10:00 **Treatments for Obesity** - *Dr. Robert Dent*

Dr. Dent will emphasize the importance of long-term intervention for this chronic medical condition and provide the evidence for and expectations from the three long term interventions: behavioural programs, pharmacotherapy and bariatric surgery.

Monday September 15th Continued...

10:00 – 11:00 Aortic Stenosis: Evaluation and Management Strategies

Dr. David Fitchett

During this session, Dr. Fitchett will discuss how aortic stenosis is becoming more common as the population ages and how to recognize the challenges in assessment. He will also review when to recommend intervention and how percutaneous valve replacement is gradually replacing operative valve replacement in many elderly patients.

11:00 – 12:00 Emerging Treatments for Diabetes – Dr. Heather Lochnan

New treatments for diabetes are available. Physicians must understand the pros and cons of therapy and further understand how to manage potential side effects. Dr. Lochnan will review the new drugs and the costs involved.

Tuesday, September 16, 2014

At Sea

Morning

7:45 – 8:00 Welcome: Day 10 - Your hosts will outline the CME program for the morning.

8:00 – 9:00 Challenges in Chronic Heart Failure Management - Dr. David Fitchett

Dr. Fitchett will discuss how to recognize patients with heart failure and the value of investigations such as BNP and echocardiography for diagnosis and management. He will also review the value of RAAS and Beta-adrenergic blockade and how to use these agents as well as the optimal use of diuretics and how to manage diuretic resistance.

9:00 – 10:00 Deciding Which Treatment - Dr. Robert Dent

To work through an algorithm CCPG? Or American Society of Bariatric Physicians.

10:00 – 11:00 Statin Intolerance: Fact or Fiction - Dr. David Fitchett

This session will help delegates understand why patients are intolerant of statins and how to recognize and manage true statin intolerance.

11:00 – 12:00 Management of Diabetes Using Guidelines – Dr. Heather Lochnan

Clinical case presentations will serve to underpin discussion about the practicalities of diabetes care and achieving good glycemic control.

12:00 – 1:00 Management of Resistant Hypertension - Dr. David Fitchett

Dr. Fitchett will discuss the multiple reasons why BP control is not achieved and how we can recognize poor patient adherence. He will also discuss why renal artery denervation has fallen from favour.

Wednesday, September 17, 2014

Athens, Greece

MORNING

8:00 – 10:30 Global Medicine: Diabetes, Obesity & Cardiovascular Medicine in Europe

This lecture will give a snapshot of the most important public health system issues in Greece and other Mediterranean countries and review the planning for health care resource management in Greece. There will also be a discussion on the approach to Diabetes, Obesity and Cardiology Greece.

Please note: This is an on shore lecture, in Athens

Thursday, September 18, 2014

Kusadasi, Turkey

Friday, September 19, 2014

Istanbul, Turkey

Morning

7:45 – 8:00 Welcome: Day 13 - Your hosts will outline the CME program for the morning.

8:00 – 9:00 JOURNAL CLUB - Dr. Robert Dent

Dr. Dent will discuss Consensus guidelines on post op management of patients with Bariatric Surgery.

9:00 – 10:00 Identification of the Patient at High Cardiovascular Risk

Dr. David Fitchett

During this session, Dr. Fitchett will identify patients at high risk for CV events and help delegates understand concepts of lifetime and short-term risk. He will also discuss who should be screened for cardiovascular risk and what the new and evolving techniques for CV risk evaluation are.

10:00 – 11:00 JOURNAL CLUB: Incretin Based Drugs and Risk of Acute Pancreatitis in Patients with Type 2 Diabetes: Cohort Study - Dr. Heather Lochnan

Incretin therapy has been associated with a higher risk of pancreatitis that has not been born out to be significant in a number of studies. Despite this some misconceptions persist that might limit the use of incretins in patients who might benefit.

11:00 – 12:00 Evaluation of the Patient with Syncope – Dr. David Fitchett

In his last session, Dr. Fitchett will discuss that syncope is usually caused by either cardiac or vascular mechanisms, and the symptoms that will often identify the cause. He will review the appropriate tests for identifying the cause and the management and prevention of syncope.

12:00 – 12:15 Closing Remarks