

# Wednesday, Oct. 22, 2025

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9:00am – 9:10am Introduction and Welcome: A Collective Call to Action

## COMPREHENSIVE APPROACHES TO OBESITY: BLUNTING ITS IMPACT

9:10am – 9:43am Complementary & Alternative Medicines for Weight Loss, Diabetes and Life Frank J. Domino, MD

9:43am – 10:13am Tailoring Nutrition for Success: Personalized Strategies for Weight Management\* Jody Dushay, MD, MMSc

10:13am – 10:28am **Burning Clinical Question:** I Want to Start a GLP-1 RA, but I'm Worried About Muscle Loss: What Is Known and What Can I Do to Prevent It? Jody Dushay, MD, MMSc

10:28am – 10:50am **Q&A Session**

10:50am – 11:00am **BREAK AND STRETCH**

11:00am – 11:28am Physiology of Exercise Maria Vamvini, MD

11:28am – 12:00pm Personalizing the Exercise Prescription: An Office-Based Approach Edward M. Phillips, MD

12:00pm – 12:15pm **Q&A Session**

12:15pm – 1:00pm **LUNCH BREAK**

## MEDICAL AND SURGICAL MANAGEMENT OF OBESITY

1:00pm – 1:42pm Pharmacologic Management of Obesity: Rapidly Expanding Options\* Osama Hamdy, MD, PhD, FACE

1:42pm – 2:16pm Modern Surgical Treatment of Obesity: Techniques and Patient Outcomes \* Souheil W. Adra, MD, FACS, ABOM

2:16pm – 2:30pm **Q&A Session**

2:30pm – 2:45pm **BREAK AND REJUVENATION EXERCISES** 

## UPDATES ON THE MEDICAL MANAGEMENT OF DIABETES

2:45pm – 3:40pm Beyond Metformin: Navigating and Applying the New Guidelines and Reducing Cardiovascular Risk\* Martin J. Abrahamson, MD, FACP, FRCP (London)

3:40pm – 3:45pm **BREAK AND STRETCH**

3:45pm – 4:40pm Newer Insulins and How to Use Them: A Comprehensive Primer Richard S. Beaser, MD

4:40pm – 4:55pm **Burning Clinical Question:** How Can I Learn to Count Carbohydrates in 10 Minutes? Gillian Arathuzik, RD, LDN, CDCES

4:55pm – 5:10pm **Burning Clinical Question:** My Patient with Type 2 Diabetes Just Had a Stent – Do I Need to Change Their Medications? Martin J. Abrahamson, MD, FACP, FRCP (London)

# Thursday, Oct. 23, 2025

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9:00am – 9:20am	Recap of Day 1	Richard S. Beaser, MD
<b>MACROVASCULAR DISEASE AND DIABETES</b>		
9:20am – 10:05am	Managing Hypertension in People with Diabetes: Evolving Clinical Challenges	Melanie P. Hoenig, MD
10:05am – 10:15am	<b>BREAK AND STRETCH</b>	
10:15am – 10:58am	Managing Dyslipidemia in Diabetes: Individualizing Treatment Options	Om P. Ganda, MD, MBBS, MACE
10:58am – 11:10am	<b>Q&amp;A Session</b>	
11:10am – 12:10pm	<b>KEYNOTE:</b> Microbiome (The Second Human Genome): What Shapes It and How It Shapes Us	Sanjiv Chopra, MD, MACP, FRCP (London)
12:10pm – 1:00pm	<b>LUNCH BREAK</b>	
<b>CARDIOVASCULAR DISEASE AND DIABETES</b>		
1:00pm – 1:32pm	Management of Acute Coronary Syndromes and Chronic Cardiovascular Disease in Patients with Diabetes	Donald E. Cutlip, MD
1:32pm – 2:14pm	Diabetes and Heart Failure: Update on Management	A. Reshad Garan, MD, MS, FACC
2:14pm – 2:30pm	<b>BREAK AND REJUVENATION EXERCISES</b> 	
2:30pm – 2:55pm	Common Cardiovascular Tests and Their Optimal Interpretation	Michael C. Gavin, MD, MPH, FACC
2:55pm – 3:20pm	<b>Panel Discussion:</b> Cardiovascular Care in People with Diabetes	A. Reshad Garan, MD, MS, FACC Michael C. Gavin, MD, MPH, FACC Donald E. Cutlip, MD
3:20pm – 3:25pm	<b>BREAK AND STRETCH</b>	
<b>MISCELLANEOUS</b>		
3:25pm – 4:15pm	Metabolic-Associated Steatotic Liver Disease (MASLD)	Sanjiv Chopra, MD, MACP, FRCP (London)
4:15pm – 5:05pm	Screening, Prevention, and Early Treatment of Type 1 Diabetes	Jason L. Gaglia, MD, MMS

# Friday, Oct. 24, 2025

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9:00am – 9:20am	Recap of Day 2	Martin J. Abrahamson, MD, FACP, FRCP (London) Richard S. Beaser, MD
<b>EMERGING TECHNOLOGIES AND CHALLENGES IN DIABETES</b>		
9:20am – 10:15am	Tech-Enabled Diabetes Care: Tools and Innovations for Better Outcomes*	Anne Peters, MD
10:15am – 10:25am	<b>BREAK AND STRETCH</b>	
10:25am – 10:40am	<b>Burning Clinical Question:</b> How Do I Start Insulin in a Person Who Is Not Well Controlled on Non-Insulin Medications?	Richard S. Beaser, MD
10:40am – 11:30am	Overcoming Hypoglycemia: Prevention and Treatment in Modern Diabetes Care	Mary-Elizabeth Patti, MD
11:30am – 11:35am	<b>BREAK AND STRETCH</b>	
11:35am – 12:25pm	<b>KEYNOTE</b> The Expanding Universe of GLP-1 Medicines	Daniel J. Drucker, FRS, FRCPC, OC
12:25pm – 1:10pm	<b>LUNCH BREAK</b>	
1:10pm – 1:50pm	Diabetes in Older Adults: Unique Perspectives in This Important Population*	Medha N. Munshi, MD
1:50pm – 2:35pm	Inpatient Management of Diabetes: Strategies and Transition to the Outpatient Setting*	Zachary H. Taxin, MD
2:35pm – 2:50pm	<b>Q&amp;A Session</b>	
2:50pm – 3:05pm	<b>BREAK AND REJUVENATION EXERCISES</b> 	
3:05pm – 3:50pm	Future Therapies for Diabetes*	Alan C. Moses, MD, FACP
3:50pm – 4:30pm	Strategies to Promote Equity in Diabetes Care*	Leonor Fernandez, MD
4:30pm – 4:40pm	<b>Q&amp;A Session</b>	
4:40pm – 4:45pm	<b>BREAK AND STRETCH</b>	
4:45pm – 5:00pm	<b>Burning Clinical Question:</b> How Do I Transition to a Full Basal/Bolus Insulin Program?	Richard S. Beaser, MD
5:00pm – 5:15pm	<b>Burning Clinical Question:</b> How Do I Interpret My Patient's CGM Data	Martin J. Abrahamson, MD, FACP, FRCP (London)

# Saturday, Oct. 25, 2025

9:00am – 9:20am	Recap of Day 3	Martin J. Abrahamson, MD, FACP, FRCP (London) Richard S. Beaser, MD
<b>MULTIDISCIPLINARY CASE WORKSHOP: BRINGING KNOWLEDGE TOGETHER</b>		
9:20am – 10:25am	Multidisciplinary Case Workshop and Panel Discussion	Martin J. Abrahamson, MD, FACP, FRCP (London) Richard S. Beaser, MD Melanie P. Hoenig, MD Om P. Ganda, MD, MBBS, MACE Donald E. Cutlip, MD
10:25am – 10:40am	<b>BREAK AND STRETCH</b>	
<b>SPECIAL POPULATIONS AND MICROVASCULAR COMPLICATIONS</b>		
10:40am – 10:55am	<b>Burning Clinical Question:</b> My Patient with Type 2 Diabetes Wants to Become Pregnant – How Should I Counsel Her?*	Florence M. Brown, MD
10:55am – 11:10am	<b>Burning Clinical Question:</b> My Patient with Type 1 Diabetes Just Found Out She Is Pregnant – What's the Optimal Management?*	Florence M. Brown, MD
11:10am – 12:00pm	<b>KEYNOTE:</b> Artificial Intelligence in Medicine	Adam M. Rodman, MD, MPH
12:00pm – 12:45pm	<b>LUNCH BREAK</b>	
12:45pm – 1:23pm	Retinopathy in Diabetes: Innovations in Screening and Treatment	Deborah K. Schlossman, MD
1:23pm – 2:09pm	Treatment of Renal Disease: Guidance to Blunt the Impact and Slow the Progression	Melanie P. Hoenig, MD
2:09pm – 2:20pm	<b>Q&amp;A Session</b>	
2:20pm- 2:35pm	<b>BREAK AND REJUVENATION EXERCISES</b> 	
2:35pm – 3:20pm	Evaluating and Treating Neuropathies of Diabetes: 2025 Updates	Patricia E. Greenstein, MBCh
3:20pm – 3:25pm	<b>BREAK AND STRETCH</b>	
<b>THE DIABETIC FOOT</b>		
3:25pm – 4:02pm	Preserving the Health of the Diabetic Foot: Practical Approaches *	John M. Giurini, DPM
4:02pm – 4:27pm	Peripheral Vascular Disease in Diabetes: Innovations and Best Practices	David R. Campbell, MD, FRCS, FACS
4:27pm – 4:45pm	<b>Q&amp;A Session</b>	
4:45pm – 4:50pm	Indispensable Tips for Incorporating Updates into Clinical Practice, and Closing Remarks	