

**NYU Winthrop**  
Hospital

**9TH ANNUAL  
PRACTICAL ASPECTS  
OF DIABETES CARE  
SYMPOSIUM**

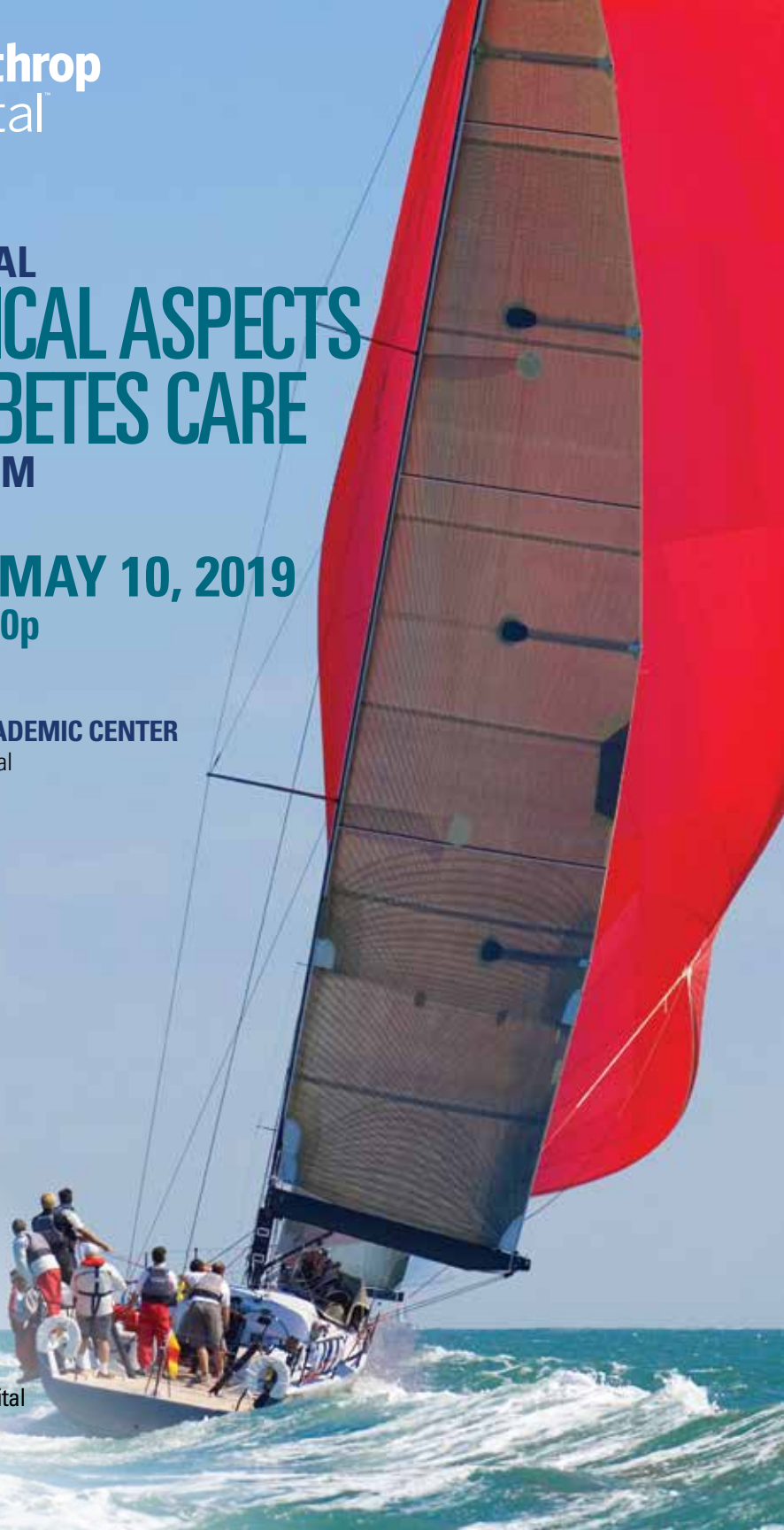
**FRIDAY, MAY 10, 2019**  
**7:30a – 12:30p**

**NYU WINTHROP  
RESEARCH & ACADEMIC CENTER**

NYU Winthrop Hospital  
Mineola, New York



Accredited by  
NYU Winthrop Hospital  
Approved for  
4.00 CME-CE Credits



# OVERVIEW

Diabetes Mellitus is considered the most common chronic illness of children and adults in the U.S. The incidence of both major forms of diabetes, type 1 and type 2 is increasing. Type 2 Diabetes is by far the most common, affecting 90 to 95% of the U.S. diabetes population.

The goal of the annual Diabetes Symposium is to provide cutting-edge information about Diabetes by teaching endocrinologists/diabetes specialists, internists, pediatricians, family physicians, nurses, nurse practitioners, registered dietitians, residents and fellows, and certified diabetes educators. During the course of this symposium, we will emphasize the challenges in day-to-day management of diabetes and practical ways to overcome those hurdles, specifically using new available technology, as well as how to use digital health to help patients with diabetes. The discussion will also focus on the risk and benefits of new therapeutic options for the treatment of diabetes, as well as complications of diabetes in this specific session, gastroparesis. The participants will have the opportunity to ask questions and get insight from a live patient with the complication post-treatment, and ask the providers questions in an open-discussion.

## LEARNING OBJECTIVES

At the completion of this program, the participant should be able to:

- Describe the main types of monogenic diabetes via the clinical presentation and clinical feature
- Articulate how a genetic diagnosis dictates the correct treatment and risk to family members
- Identify what tools what we have available to us to help find us these patients who are in our clinics
- Examine the impact of different forms of intermittent fasting (alternate day fasting and time restricted feeding) on body weight, body composition, and metabolic disease risk factors
- Evaluate the safety of intermittent fasting
- Identify the functional components of the two patient-built automated insulin delivery devices (DIY hybrid closed loop) currently used in the United States
- Identify three unique features of DIY hybrid closed loop systems not available in commercially available hybrid closed loop
- Describe the major outcomes, advantages and drawbacks for patients using DIY hybrid closed loop systems

## TARGET AUDIENCE

Adult and pediatric endocrinologists, nurse practitioners, nurses, diabetes educators, registered dietitians, residents and fellows.

## COMPETENCIES

This symposium will address the following ACGME/ABMS competencies:

- Medical knowledge
- Patient care
- Practice-based learning and improvement
- Systems-based practice

## ACCREDITATION

### ACCME Accreditation

NYU Winthrop Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

NYU Winthrop Hospital designates this live activity for a maximum of **4.00 AMA PRA Category 1 Credit(s)<sup>™</sup>**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Nursing Accreditation

NYU Winthrop Hospital is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity has been approved for up to **4.00 Contact Hours. Provider # NY009-2020**

*Accredited status does not imply endorsement by NYU Winthrop Hospital, NEMSD or ANCC of any commercial products or services.*

## Registered Dietitian Accreditation

This program has been approved by the Commission on Dietetic Registration for 4.00 CPEUs.

## FACULTY DISCLOSURE

It is the policy of NYU Winthrop Hospital to adhere to ACCME, NEMSD and ANCC accreditation requirements, policies and Standards for Commercial Support in order to ensure content validity, fair balance, independence, objectivity and scientific rigor in all its sponsored programs. All faculty, planners and authors of educational content, who participate in sponsored programs, must disclose to the audience any potential, apparent or real conflicts of interest related to their contribution to the activity, as well as any discussions of off-label or investigational uses of any commercial products and devices not yet approved in the United States. All faculty disclosures will be made at the time of the activity.

# AGENDA

- |        |  |
|--------|--|
| 7:30a  | <b>REGISTRATION, BREAKFAST AND EXHIBITS</b>  |
| 8:00a  | <b>WELCOME AND INTRODUCTIONS</b><br>Siham Accacha, MD, CDE   |
| 8:15a  | <b>GENETICS UPDATE ON MATURITY ONSET DIABETES OF YOUTH (MODY)</b><br>Timothy McDonald, BSc, MSc, PhD, FRCPath  |
| 9:00a  | <b>IMMUNOTHERAPY IN GENERAL FOR PREVENTION OF TYPE 1 DIABETES</b><br>Kevan Herold, MD  |
| 9:45a  | <b>INTERMITTENT FASTING FOR TREATMENT OF OBESITY IN ADULTS AND ADOLESCENTS</b><br>Krista A. Varady, PhD  |
| 10:30a | <b>BREAK AND EXHIBITS</b>  |
| 11:00a | <b>NON-COMMERCIAL AUTOMATED INSULIN DELIVERY DEVICES:<br/>Open Source Do It Yourself (DYI) Pumps</b><br>Brenda Weedman, MS, BSN, RN, CDE<br>Andrea Castleberry, RN, BSN, CDE |
| 12:30p | <b>CLOSING REMARKS, ADJOURN AND LUNCH</b>  |

# FACULTY



**Siham Accacha, MD, CDE\***

*(Activity Director)*  
Medical Director  
NYU Winthrop Pediatric Diabetes Program  
NYU Winthrop Hospital  
Mineola, NY  
Assistant Professor of Clinical Pediatrics  
Stony Brook University School of Medicine  
Stony Brook, NY



**Timothy McDonald, BSc, MSc, PhD, FRCPath**

Consultant Clinical Scientist  
NIHR Clinical Senior Lecturer  
University of Exeter Medical School  
Exeter, United Kingdom



**Andrea Castleberry, RN, BSN, CDE**

Owner  
Certified Diabetes Educator  
Envision Endocrine  
Plano, TX



**Krista A. Varady, PhD**

Associate Professor of Kinesiology and Nutrition  
University of Illinois Chicago  
College of Applied Health Sciences  
Chicago, IL



**Kevan Herold, MD**

Professor of Immunobiology  
Professor of Medicine  
Division of Endocrinology  
Yale University School of Medicine  
New Haven, CT



**Brenda Weedman, MS, BSN, RN, CDE**

Certified Nurse Diabetes Educator  
Vanderbilt University Medical Center  
Nashville, TN

## PLANNING COMMITTEE

**Juan Batista, RD, CDE**

NYU Winthrop Weight Management Program  
NYU Winthrop Hospital  
Mineola, NY

**Cindy Bredefeld, DO**

Division of Endocrinology, Diabetes and Metabolism  
Diplomat, American Board of Clinical Lipidology  
NYU Winthrop Hospital  
Mineola, NY  
Assistant Professor of Clinical Medicine  
Stony Brook University School of Medicine  
Stony Brook, NY

**Virginia Peragallo-Dittko, RN, BC-ADM, CDE, FADE, FAAN**

Executive Director, NYU Winthrop Diabetes and Obesity Institute  
NYU Winthrop Hospital  
Mineola, NY  
Professor of Medicine  
Stony Brook University School of Medicine  
Stony Brook, NY

**Mary Pat Gallagher, MD**

Director, Pediatric Diabetes Center  
NYU Langone Medical Center  
Assistant Professor of Pediatrics  
New York University School of Medicine  
New York, NY

**Lauren Golden, MD**

Director, NYU Langone Health Center for Diabetes & Metabolic Health  
NYU Langone Medical Center  
Clinical Associate Professor of Medicine  
New York University School of Medicine  
New York, NY

**Stanislaw Klek, MD**

Division of Endocrinology, Diabetes and Metabolism  
Medical Director of Diabetes Care  
NYU Winthrop Hospital  
Mineola, NY  
Assistant Professor of Clinical Medicine  
Stony Brook University School of Medicine  
Stony Brook, NY

**Robert Levine, MD, PhD**

Division of Pediatric Endocrinology, Diabetes and Metabolism  
NYU Winthrop Hospital  
Mineola, NY  
Assistant Professor of Clinical Pediatrics  
Stony Brook University School of Medicine  
Stony Brook, NY

**Rob Martin, MBA, CHCP, CPHIMS**

Assistant Dean, Director of CME  
NYU Winthrop Hospital  
Mineola, NY

**Gary Rothberger, MD**

Division of Endocrinology, Diabetes and Metabolism  
NYU Winthrop Hospital  
Mineola, NY  
Assistant Professor of Clinical Medicine  
Stony Brook University School of Medicine  
Stony Brook, NY

**Peter Sandre, BA**

Manager of CME Events and Compliance  
NYU Winthrop Hospital  
Mineola, NY

**\*Planning Committee Member**

# REGISTRATION

**We accept online registration ONLY for all NYU Winthrop CME-CE courses.**

**Please register at [Winthrop.cloud-cme.com](https://Winthrop.cloud-cme.com)**

**SPACE IS LIMITED. REGISTER EARLY.**

## LOCATION

NYU Winthrop Research & Academic Center  
Main Level  
101 Mineola Boulevard  
Mineola, NY 11501

## REGISTRATION FEES

Registration fee includes educational materials, meals and CME-CE credit certificate

\$120 Non-NYU Winthrop Physicians

\$100 NYU Winthrop/Langone/Brooklyn Physicians

\$90 Non-NYU Winthrop Nurses, PAs, NPs and Others

\$75 NYU Winthrop/Langone/Brooklyn Nurses, PAs, NPs and Others

\$35 Non-NYU Winthrop Residents & Fellows (with valid ID)

FREE NYU Winthrop/Langone/Brooklyn Residents & Fellows (with valid ID)

## ACCOMMODATIONS

We do not have a discounted room block for this meeting. However, if you require a hotel, we suggest that you contact the Garden City Hotel by calling 1-800-547-0400.

## PARKING

Parking is available at any of these convenient campus lots:

- Mineola Intermodal Center at 65 3rd Ave., Mineola (Payment required).
- NYU Winthrop Campus Visitor's Parking Garage (access via Emergency entrance at 2nd & 3rd Ave. Payment required).
- 120 Mineola Blvd. Ramp (Free parking on weekends above level 2 only, other levels will be fined).

**NOTE: Parking will not be validated in any NYU Winthrop campus lots.**

## CONFIRMATION

All registrants will receive a confirmation via email.

## CANCELLATION

A handling fee of \$25 is deducted for cancellation. **Refund requests must be received by email 72 hours prior to the course** to [Keyana.Golds@nyulangone.org](mailto:Keyana.Golds@nyulangone.org) No refund will be made thereafter.

## SPECIAL NEEDS

The NYU Winthrop Research & Academic Center is accessible to individuals with disabilities or special needs. Participants with special needs should contact the Office of CME at 516-663-8459.

## TECHNICAL ASSISTANCE / MORE INFORMATION

If you experience technical problems with the online system, wish to register a group, or require other special arrangements; please contact Keyana Golds at 516-663-9685 or via email at [Keyana.Golds@nyulangone.org](mailto:Keyana.Golds@nyulangone.org) for assistance.

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**NYU Winthrop**  
Hospital

222 Station Plaza North, Suite 510  
Mineola, NY 11501

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