

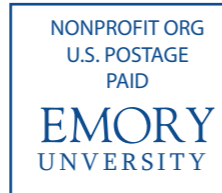
Diabetes Lifestyle Expo  
on December 3



Other Participating Organizations



Emory University School of Medicine  
100 Woodruff Circle NE, Suite 331  
Atlanta, GA 30322



visit us online:  
[emory.edu/CME](http://emory.edu/CME)  
[www.wcpd9.com](http://www.wcpd9.com)

The Emory University School of Medicine Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



# 9<sup>th</sup> ANNUAL WORLD CONGRESS ON PREVENTION OF DIABETES AND ITS COMPLICATIONS



**DECEMBER 2 - 4, 2016**  
Georgia World Congress Center  
285 Andrew Young International Blvd NW  
Atlanta, Georgia



**EMORY**  
UNIVERSITY  
SCHOOL OF  
MEDICINE

## GENERAL INFORMATION

### PROGRAM DESCRIPTION

Diabetes is one of the fastest growing public health problems worldwide. It affects all populations, causes severe medical complications, and shortens life expectancy significantly. Treatment of diabetes and its complications is usually lifelong and expensive. And yet, both are preventable.

The World Congress on Prevention of Diabetes and Its Complications is a global forum where experts on diabetes and prevention meet to facilitate quality scientific research discussions on principles of diabetes prevention programs from around the world. The conference has been held regularly since 1996 when the first historic Congress took place in Copenhagen, Denmark. Since then, increasing scientific evidence on the potential for prevention of type 2 diabetes has been revealed.

This global forum focuses on recommended principles of diabetes prevention from around the world and provides proven strategies in the treatment of diabetes complications. Diabetes prevention experts will describe current research and technology used in prevention; effective screening tools; and medications. Diabetes management experts will discuss the relationships between diabetes and cancer, cardiovascular disease, oral health; and associated complications such as insulin resistance, retinopathy and renal failure. Special symposia will present the AAACE prevention algorithm and guidelines; the CDC report on the status of diabetes prevention; and foot disease management.

This year WCPD9 will be held in the United States for the first time. It will combine theory and practice, and will form a forum to disseminate new information, to learn from best practices and to have constructive debates around one of the most important public health issues. This program is for physicians, researchers, physician assistants, nurses, nurse practitioners, dietitians, diabetes educators, people interested in diabetes, people with diabetes, and other healthcare professionals.

### EDUCATIONAL OBJECTIVES

At the conclusion of this program, participants will be able to:

- Illustrate the methodology for screening patients at high risk of developing diabetes;
- Identify methods for early diagnosis of diabetes;
- List the diabetes classification and prevention of acute complications and chronic tissue damage;
- Describe the problems associated with obesity, overweight, unhealthy nutrition and sedentary lifestyle;
- Practice the basic knowledge and skills needed for prevention of diabetes and complications;
- Develop a patient care plan focusing on multidisciplinary approaches.

### CONTINUING EDUCATION CREDIT

The Emory University School of Medicine has approved this activity for a maximum of 19.0 AMA PRA Category 1 Credits™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

Emory University School of Medicine is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Emory University School of Medicine designates this live activity for 2 continuing dental education credits.

### SYMPOSIUM LOCATION, TRANSPORTATION, AND PARKING

The conference will be held at the Georgia World Congress Center, 285 Andrew Young International Blvd NW, Atlanta, GA 30313.

Downtown Atlanta and the GWCC are easily reached via MARTA train and bus, taxi, shuttles, and Uber.

The GWCC operates 3 surface parking lots and 2 parking decks. Standard daily rate is 10\$, but during major events and games days, parking ranges from 50\$-15\$ on site.

### HOTEL ACCOMMODATIONS

The symposium has not reserved a group room block, but a large variety of hotels are available within walking distance. Please visit the conference website: [www.wcpd9.com/accommodation](http://www.wcpd9.com/accommodation) for a complete listing.

If you wish to utilize the wcpd9 housing bureau, once you are registered, you will receive an access code in your confirmation email to complete your hotel room reservation through the bureau.

**RESERVE EARLY!!** It is important to note that the SEC (Southeastern College Football Conference playoffs) will also take place in downtown Atlanta December 3-4, and hotels will be filled. Don't wait to make your reservation!

## FACULTY

### CONFERENCE DIRECTORS



Mahmoud Ibrahim, MD  
Director  
Center for Diabetes Education  
McDonough, GA



Jaakko Tuomilehto, MD, MA, PhD, FRCP  
Professor Emeritus  
University of Helsinki  
Helsinki, Finland

### DISTINGUISHED GUEST FACULTY

Ann L. Albright, PhD, RD  
Centers for Disease Control - Atlanta, GA

Professor Stephanie Amiel  
King's College - London, England, UK

David G. Armstrong, DPM, MD, PhD  
University of Texas Health Sciences Center  
San Antonio, TX

Professor Stuart Baird  
Caledonian University - Glasgow, Scotland

Luke P. Brewster, MD, PhD, MA, RVT  
Emory University School of Medicine - Atlanta, GA

John Buse, MD, PhD  
University of North Carolina - Chapel Hill, NC

**Raffaella Buzzetti, MD**  
University "Sapienza", Palo Pontino - Rome, Italy

Ryan Demmer, PhD, MPH  
Columbia University - New York, NY

Joanna C. DiBenedetto, BS MNM  
American Association of Diabetes Educators  
Chicago, IL

Robert Eckel, MD  
University of Colorado - Denver, CO

Paul Eke, PhD, MPH, PhD  
Centers for Disease Control - Atlanta, GA

Steven Engebretson, DMD, MS, MS  
Columbia University - New York, NY

Amy Fischl, MS, RD, LDN, BC, ADM, CDE  
University of Chicago - Chicago, IL

Martha Funnell, MS, RN, CDE  
University of Michigan - Ann Arbor, MI

Professor Peter Gaede  
University of Copenhagen - Copenhagen, Denmark

Alan M. Garber, MD, PhD  
Harvard Medical School - Boston, MA

Tim Garvey, MD  
University of Alabama at Birmingham  
Birmingham, AL

Nicholas A. Giovinco, DPM  
University of Arizona Medical Center - Tucson, AZ

Linda Gonder-Frederick, MD  
University of Virginia School of Medicine  
Charlottesville, VA

Deborah Greenwood, PhD, RN, BC-ADM,  
CDE, FADE  
Sutter Medical Foundation - Sacramento, CA

Edward Gregg, PhD  
Centers for Disease Control - Atlanta, GA

Hans-Ulrich Haring, MD, PhD  
University of Tubingen - Tubingen, Germany

Professor Simon Heller  
University of Sheffield - Sheffield, England, UK

Professor Sehnza Karadeniz  
Istanbul Science University - Istanbul, Turkey

Mick Kumwenda, MB, CHB, M.Sc, FRCP  
Glan Clwyd Hospital - Rhyl, North Wales, UK

Evie Lalla, DDS, MS  
Columbia University Medical Center - New York City, NY

David Leslie, MD, FRCP  
University of London - London, England, UK

David Leslie, MD, FRCP  
University of London - London, England, UK

Sue McLaughlin, MOL, BS, RD, CDE, STAFF RD, CDE  
University of Nebraska Medical Center - Omaha, NE

Pablo Aschner Montoya, MD, M.Sc  
Javeriana University School of Medicine - Bogota, Columbia

Andrew Muir, MD, MHS  
Duke University School of Medicine - Durham, NC

David M. Nathan, MD  
Harvard Medical School - Boston, MA

Anant Nigam, MD, FRCP  
Visiting Fellow, Joslin Diabetes Center - Boston, MA

Darin Olsen, MD  
Atlanta Veterans Affairs Medical Center - Decatur, GA

Lawrence Phillips, MD  
Emory University School of Medicine - Atlanta, GA

Paolo Pozzilli, MB, BS, MD  
Barts and the London School of Medicine and Dentistry  
London, England, UK

Rafael Gabriel Sanchez, MD, PhD  
Hospital University La Paz - Madrid, Spain

Elizabeth Seaquist, MD  
University of Minnesota - Minneapolis, MN

Karen Siegel, MPH, PhD  
Emory University School of Medicine - Atlanta, GA

Professor Christine Skinner  
Caledonian University - Glasgow, Scotland

Abraham Thomas, MD  
Henry Ford Medical Center - Detroit, MI

Guillermo E. Umpierrez, MD  
Emory University School of Medicine - Atlanta, GA

Vijay Viswanathan, MD, PhD, FRCP  
M.V. Hospital for Diabetes - Chennai, India

Sandra Weber, MD  
Greenville Memorial Hospital - Greenville, SC

Professor Paul Zimmet  
Monash University - Victoria, Australia

FRIDAY, DECEMBER 2016 ,2		
TIME	EVENT	FACULTY
11:00 am – 7:00 pm	REGISTRATION	
9:00 am – 3:00 pm	Lifestyle Coaching Workshop – “Diabetes Prevention Programming”	
	Overview of the National Diabetes Prevention Program	Ann Albright, USA
	DPP model, lifestyle coaching, success stories from the southern DPP programs	Joanna DiBenedetto, USA
	Preventing diabetes using programs other than DPP	Sue McLaughlin, USA
3:30 – 1:30 pm	Prevention Through the Use of the AACE Algorithm and Guidelines American Association of Clinical Endocrinologists Symposium (AACE)	
	Introduction	Sandra Weber, USA
	Lifestyle and Prediabetes Algorithm	Alan Garber, USA
	Lipid Guidelines	Kitty Wyne, USA
	Obesity Guidelines	W. Timothy Garvey, USA
	Panel Q & A	
4:00 pm	EXHIBIT HALL OPENING	
6:30 – 4:15 pm	Opening Session: Keynote Lectures	
4:30 – 4:15	Opening Remarks	Jaakko Tuomilehto, Finland Mahmoud Ibrahim, USA
5:00 – 4:30	Diabetes Prevention Program Outcomes Study (DPPOS)	David Nathan, USA
5:30 – 5:00	Pharmaceutical Interventions for Diabetes Prevention	John Buse, USA
6:00 – 5:30	Metabolic Basis of CVD Prevention	Robert Eckel, USA
6:30 – 6:00	The Liver as a Target Organ for Understanding Diabetes	Darin Olsen, USA
7:00 – 6:30	BREAK – VISIT EXHIBIT HALL	
8:15 – 7:00 pm	Symposium, Chocolate and Human Health (sponsored by: Sabri Ulker Food Research Foundation) Chairpersons: Amy Fischl, USA; Temel Yilmaz, Turkey	
7:30 – 7:00	Chocolate and Prevention of Cardiometabolic Disease	Mahmoud Ibrahim, USA
8:00 – 7:30	<b>Effect of Chocolate on Cognitive Function and Mood</b>	Halit Tanju Besler, Turkey
8:15 – 8:00	Commentary	Amy Fischl, USA
9:15 – 8:15	OPENING RECEPTION	

SATURDAY, DECEMBER 2016 ,3		
TIME	EVENT	FACULTY
7:00 am – 8:00 am	CONTINENTAL BREAKFAST	
7:00 am – 8:00 am	REGISTRATION	
9:00 – 8:00	International Hypoglycemia Study Group Diabetic Hypoglycaemia: Questions and Controversies	
8:05 – 8:00	Purpose of symposium: to highlight important but lesser known aspects of hypoglycaemia	Elizabeth Seaquist, USA
8:15 – 8:05	Hypoglycaemia classification: What's missing or misguided in the current classification? Benefits of updating classification	Simon Heller, USA
8:30 – 8:15	Impaired awareness of hypoglycaemia: Risk factors and impact; Strategies for restoring awareness	Stephanie Amiel, USA
8:45 – 8:30	Fear of hypoglycaemia: What are the consequences? How to mitigate this fear?	Linda Gonder-Frederick, USA
9:00 – 8:45	Panel Q & A Session	

SATURDAY, DECEMBER 3, 2016 (CONTINUED)		
TIME	CONCURRENT SYMPOSIA	
STATE OF THE ART LECTURES A402	Symposium 1: DIABETES AND CVD A403	Symposium 2: PREVENTION OF TYPE 1 DIABETES: WHERE DO WE STAND TODAY A401
9:30 Diabetes & Inflammations Guillermo Umpierrez, USA	9:30 Childhood Obesity Anne Wolf, USA	9:30 Introductory General Lecture, The Specialty of Public Health & Preventive Medicine and How It Can Contribute to the Prevention of Diabetes Daniel Blumenthal, USA
10:00 Diabetes in Youth and Adolescents Andrew Muir, USA	9:55 Obesity and Diabetes: Strategies to Optimize Cardiovascular Health Sandra Weber USA	10:00 Diagnosis of T1D: the case for a kid, an adolescent and an adult. Implications for prevention therapies David Leslie UK
10:30 Phenotypes of Pre-diabetes Hans-Ulrich Haring, Germany	10:15 Diabetes, Hypertension and Kidney problems, the killer triad Mick Kumwenda, UK	10:25 Current primary and secondary trials for prevention of T1 diabetes: An Update Paolo Pozzilli, Italy
11:00 Follow-up on the Steno2- Trial Peter Gaede, Denmark	10:35 Hypoglycemia and risk for CVD Anant Nigam, India	10:50 Lifestyle interventions to prevent and treat type 1 diabetes Jason Baker, USA
2:30 – 12:30 pm	CONCURRENT SYMPOSIA	
Symposium 3: NUTRITION AND DIABETES PREVENTION A402	Symposium 4: DIABETES AND CANCER A403	Symposium 5: NOVEL THERAPIES FOR TYPE 1 DIABETES A401
12:30 Mediterranean Diet, the role of vegetables, oils and legumes Rafael Gabriel, Spain	12:30 Prolonged Hyperglycemia and the Cancer risk Peter Gaede, Denmark	12:30 Is there any role for SGLT2 in type 1 diabetes? • Yes Alan Garber, USA • No Mick Kumwenda, UK
1:10 Macrobiotic Diet Manon Khazrai, Italy	1:25 Insulin use and the Cancer risk David Leslie, UK	1:50 Immune intervention at disease diagnosis to prevent beta cell failure Jason Baker, USA
1:30 Baltic Diet Jaakko Tuomilehto, Finland	1:50 Is Metformin having a protective effect? Anant Nigam, India	2:20 Discussion
1:50 Low Fat Diet Robert Eckel, USA	2:20 Discussion	
2:10 Implementation of a balanced nutrition education program in schools Halit Tanju Besler, Turkey		
2:25 Discussion		
3:30 – 2:30 pm	LUNCH BREAK – On Your Own. Vouchers will be provided	
5:30 – 3:30 pm	CONCURRENT SYMPOSIA	
Symposium 6: LIFESTYLE AND DIABETES A402	Symposium 7: CURRENT TECHNOLOGY AND DIABETES PREVENTION A403	Symposium 8: PREVENTION OF DIABETES COMPLICATIONS A401
3:30 Muscle is Essential for Glucose Homeostasis Mick Kumwenda, UK	3:30 Social Media and Health Promotion Deborah Greenwood, USA	3:30 If Diabetic Retinopathy is inevitable, can we save the sight? Sehnaz Karadeniz, Turkey

SATURDAY, DECEMBER 3, 2016 (CONTINUED)		
3:55 Lifestyle Interventions to Reverse Pre-Diabetes Jennifer Rooke, USA	4:00 Mobile Health Strategies to Promote Healthy Lifestyles Ben Gerber, USA	3:55 Prevention of Diabetic Foot Lesions Vijay Viswanathan, India
4:20 <b>Effects of physical activity on the liver</b> Darin Olson, USA	4:25 Data Science for targeting communities Amr Mohamed, USA	4:10 Optimizing the renal outcome Mick Kumwenda, UK
5:30	ADJOURN	

SUNDAY, DECEMBER 2016 ,4	
9:30 am – 11:30 am	ORAL ABSTRACT PRESENTATIONS
2:30 – 12:30 pm	CONCURRENT SYMPOSIA
Symposium 9: CENTERS FOR DISEASE CONTROL The Status of Diabetes Prevention in the United States: From the Risk Factors to Complications A402	Symposium 10: PREVENTION PROGRAMS A403
9:30 The Epidemiologic Case and Landscape of Diabetes Prevention Edward Gregg, USA	9:30 Diabetes Prevention in Africa Mick Kumwenda ,UK
10:00 Opportunities in Diet and Nutrition in the Prevention of Diabetes Karen Siegel, USA	10:00 US National Diabetes Prevention Program, Diabetes DDT Lawerence Philips, USA
10:25 <b>Lesson from the Field on the Efficacy and Cost of Primary Prevention</b> Mohammed Ali, USA	10:25 Finnish Diabetes Prevention Program Update Jaakko Tuomilehto, Finland
10:50 Six Years Experience of the National Diabetes Prevention Ann Albright, USA	10:50 Diabetes Prevention Program in Latin America Pablo Aschner, Colombia
11:15 Discussion	11:15 Discussion
11:30 - Noon	BREAK – VISIT EXHIBIT HALL
2:00 – 12:00 pm	ORAL ABSTRACT PRESENTATIONS
2:00 – 12:00	CONCURRENT SYMPOSIA
Symposium 11: DEBATE SESSION A402	Symposium 12: DIABETES AND ORAL HEALTH A403
12:00 <b>A1C: Effective tool for screening</b> • Yes Mick Kumwenda, UK • No Peter Gaede, Denmark	12:00 Periodontal Disease could predict Diabetes Ryan Demmer, USA
12:30 Is Bariatric Surgery the only tool for everyone with morbid Obesity? • Yes Ed Lin, USA • No Peter Thule, USA	12:25 Epidemiology and Prevention of Periodontal Disease in people with Diabetes Steven Engebretson, USA
1:00 The best Medication to prevent Type 2 diabetes • Metformin – Guillermo Umpierrez, USA • GLP1 Agonists – Simon Heller, UK • a-glucosidase inhibitor – Jason Baker, USA	12:50 Physician-Dentist Collaboration in Diabetes and Periodontitis Evie Lalla, USA
1:30 Glycemic Variability and CVD risk • Significant impact Jaakko Tuomilehto, Finland • No impact Pablo Aschner, Columbia	1:15 Diabetes and dental implants Steven Engebretson, USA
	1:40 Discussion
3:00 – 2:00	LUNCH – On Your Own. Vouchers will be provided

SUNDAY, DECEMBER 4, 2016 (CONTINUED)	
TIME	CONCURRENT SYMPOSIA
5:00 – 3:00 pm	CONCURRENT SYMPOSIA
Symposium 13: WOMEN WITH DIABETES AND PRE-DIABETES A402	Symposium 14: GLOBAL CHALLENGES IN OBESITY AND PRE-DIABETES A403
3:00 <b>CVD Outcome in women How Different?</b> Abraham Thomas, USA	3:00 Sub Sahara, Africa Mick Kumwenda, UK
3:25 Gestational Diabetes and the risk of future Diabetes Martha Funnell, USA	3:20 Europe Peter Gaede, Denmark
3:50 Babies of Diabetic women, Are they at higher risk for future Diabetes? Jason Baker, USA	3:40 Asia TBD
4:15 Contraception and hormone replacement therapy and CVD risk in diabetic women Rafael Gabriel, Spain	4:00 Latin America Pablo Aschner, Colombia
4:45 Discussion	4:20 North America Edward Gregg, USA
	4:40 Global Burden of obesity Mahmoud Ibrahim, USA
5:00 pm	MEETING ADJOURNED