

Nonprofit Org.  
U.S. Postage  
PAID  
PA State University  
M.S. Hershey Med. Ctr.

THE PENNSYLVANIA STATE UNIVERSITY  
PENN STATE MILTON S. HERSHEY MEDICAL CENTER  
DEPARTMENT OF CONTINUING EDUCATION G220  
P.O. BOX 851  
HERSHEY, PA 17033-0851

PENNSTATEHERSHEY  
Milton S. Hershey  
Medical Center

Visit our website:  
[www.hmc.psu.edu/ce/](http://www.hmc.psu.edu/ce/)

A continuing education service of  
Penn State College of Medicine

# 10th Annual Diabetes Symposium



- ❖ Saturday, November 21, 2009
- ❖ The Hotel Hershey  
Hershey, Pennsylvania

## Video Conference Opportunity

Diabetes Symposium Video Conference  
will be held at the  
Mount Nittany Medical Center  
State College, Pennsylvania

There will be a live video feed from Hershey to  
State College. The video conference will follow  
the same schedule as the live meeting.



PENNSTATEHERSHEY  
Diabetes and  
Obesity Institute

## Purpose

Diabetes affects approximately nine percent of Pennsylvanians. Diabetes is the leading cause of kidney failure, blindness, and amputations, and results in increased cardiovascular disease and mortality. Despite evidence that good glycemic control can prevent many of these complications of diabetes, many patients have not realized these advances.

The most effective strategies to manage diabetes have focused on the use of a multidisciplinary team to approach the diagnosis and treatment of diabetes and its complications. This symposium will focus on the information important for primary care physicians and other health-care professionals to help manage diabetes and its complications. Presentations will be geared toward a practical approach to the problem.

## Audience

Family practice and internal medicine physicians, physician assistants, nurse practitioners and diabetes educators can benefit from attending this course.

## Access

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact Continuing Education at least one week in advance of your participation or visit.

## Accommodations

Overnight accommodations are the responsibility of the participant. For lodging options, visit [www.hmc.psu.edu/visitors/dininglodging.htm](http://www.hmc.psu.edu/visitors/dininglodging.htm).

**This publication is available in alternative media on request.**

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901; Tel 814-865-4700/V, 814-863-1150/TTY. U.Ed. MED 10-014 beeb

## Credit

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Penn State College of Medicine designates this educational activity for a maximum of 4.75 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

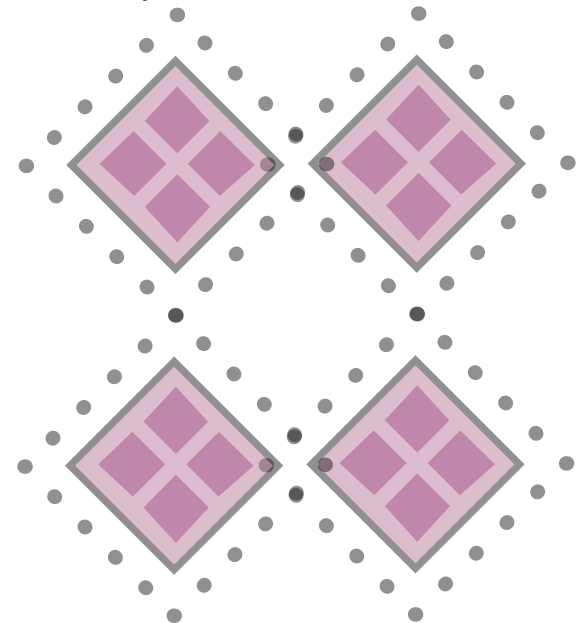
This program includes 0.75 hour of patient safety/risk management education as required by the Pennsylvania State Board of Medicine. Please see the program schedule for the topic marked with a “†.”

Application for CME credit has been filed with the American Academy of Family Practitioners. **Determination of credit is pending.**

4.8 contact hours awarded. Penn State Milton S. Hershey Medical Center, Nursing Education and Professional Development is an approved provider of continuing nursing education by PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval has been received for 4.5 credits from the PA Dietetic Association.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.



## Schedule

The 10th Annual Diabetes Symposium Video Conference will originate in Hershey except for the 10:15 am talk, which will take place live in State College with a video feed to Hershey.

NOTE: The bulleted items are the learner objectives for the session.

8:30 am Registration/Continental Breakfast

8:45 **Opening Remarks**

**Robert A. Gabbay, MD, PhD**

Director, Penn State Hershey Diabetes and Obesity Institute

Director, Diabetes Program

Professor of Medicine, Division of

Endocrinology, Diabetes and Metabolism\*

8:50 **KEYNOTE SPEAKER**

**Diagnosis and Management of Diabetic Neuropathy**

- Illustrate the heterogeneity of neuropathies in diabetes
- Discuss clear and straightforward guidelines for diagnosis of the different forms of neuropathy
- Describe a pathogenesis-based treatment algorithm
- Identify prospective therapies in the pipeline of development

**Aaron I. Vinik, MD, PhD, FCP, MACP**

Professor of Medicine/Pathology/Neurobiology

Director of Research and Neuroendocrine Unit

Eastern Virginia Medical School

Strelitz Diabetes Center for Endocrine and

Metabolic Disorders

Norfolk, Virginia

10:00 Break/Exhibits

10:15 **Dietary Strategies for the Prevention and Treatment of Obesity**

- Explain how the food environment leads to overconsumption of energy and what to do about it
- Discuss recent advances in dietary approaches to weight management that provide optimal nutrition while controlling hunger

**Barbara J. Rolls, PhD**

Professor of Nutrition and Biobehavior

Helen A. Guthrie Chair in Nutrition

Penn State College of Health and Human

Development

University Park, Pennsylvania

11:00 **Weight Loss Surgery and Diabetes**

- Explain how different surgical weight loss operations affect eating patterns
- Discuss resolution of diabetes with different weight loss surgical options
- Explore future applications of weight loss surgery in the treatment of diabetes

**Ann M. Rogers, MD, FACS\***

Associate Professor of Surgery

Director, Penn State Surgical Weight Loss

Program

11:45 Lunch/Exhibits

1:00 p.m. **Panel/Case Studies**

2:00 **Improving Chronic Care: Pennsylvania Takes the National Lead †**

- Identify the elements of the Chronic Care Model as it applies to diabetes
- Describe the unique initiative to implement the Chronic Care Model in Pennsylvania
- Describe the evidence base supporting the Chronic Care Model in diabetes

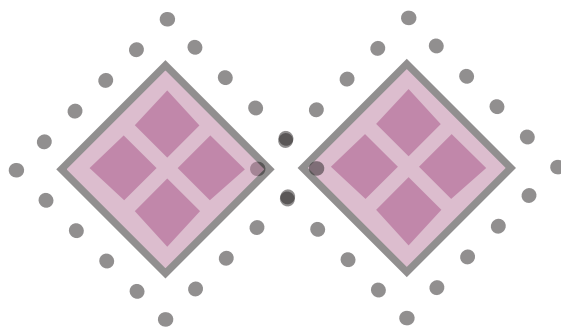
**Robert A. Gabbay, MD, PhD\***

2:45 Closing Remarks/Program Evaluation

3:00 Adjournment

\* Penn State Milton S. Hershey Medical Center  
Penn State College of Medicine

† Patient safety/risk management topic



## Fees

The fees for the program are:

- Hershey, \$65 per person
- State College (video conference), \$20 per person

These fees include the cost of instruction (via video in State College), handout materials, break refreshments, and lunch.

There is no fee for residents\* or fellows\*.

\* Please include verification from your residency director/supervisor.

You can pay for your registration by check, request to bill employer, or VISA, MasterCard, or American Express credit card.

## Registration

Register online, by fax, or by mail. Registrations will be confirmed by e-mail upon receipt of payment, authorization to bill, or a credit card guarantee.

If you do not receive a confirmation within two weeks, phone 717-531-6483 to confirm your registration. Walk-ins and late registrations can be accepted only if space is available.

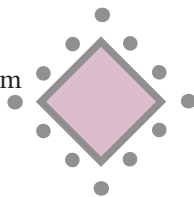
## Cancellation Policy

Cancellations received after November 13, 2009, will be assessed a \$25 processing fee. No refunds will be made for cancellations received after November 18, 2009.

The University may cancel or postpone any course or activity. If a program is canceled or postponed, the University will refund registration fees but is not responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

## For More Information or To Register Online

- ❖ Call: 717-531-6483
- ❖ E-mail: [ContinuingEd@hmc.psu.edu](mailto:ContinuingEd@hmc.psu.edu)
- ❖ Web: [www.hmc.psu.edu/ce/register.htm](http://www.hmc.psu.edu/ce/register.htm)



## 10th Annual Diabetes Symposium November 21, 2009 ❖ C4061-10-Y

Register online, by fax, or by mail. If you do not receive a confirmation from Penn State within two weeks, call our office to confirm. Walk-ins and late registrations are accepted only if space is available. Please provide both work and home phone numbers so we can contact you should last-minute changes occur.

Name (first name, M.I., last name) MD DO PA NP RD CDE Other

How would you like your name to appear on your nametag?

Home Address

City State Zip Code

Daytime Phone Evening Phone Fax Number

Date of Birth (mm/dd/yy) Specialty/Position

Hospital or Organization

Street Address (HMC/COM employees—provide dept. name/mail code)

City State Zip Code

E-mail Address Special Needs (dietary, access, etc.)

**Choose one conference site:**

- Hershey  State College (video conference)

**Check the appropriate fee category:**

- Hershey full fee, \$65/person  
 State College full fee, \$20/person  
 Resident, no fee\*  Fellow, no fee\*

\* Include verification from residency director/supervisor

**Indicate method of payment:**

- Check enclosed payable to **Penn State**.  
 HMC/COM employee fee is the same as above—bill department budget. Cost center/budget #: \_\_\_\_\_  
 Charge my  VISA  MasterCard or  AMEX

Account Number Exp. Date

Verification Code\* Cardholder's Signature

\* Last 3 digits (4 for AMEX) of number in the signature box on the back of the card

**Register Online:** [www.hmc.psu.edu/ce/register.htm](http://www.hmc.psu.edu/ce/register.htm)

**Mail to:** Registrar  
Penn State Hershey Continuing Education G220  
P.O. Box 851  
Hershey, PA 17033-0851

**Phone:** 717-531-6483 **Fax to:** 717-531-5604