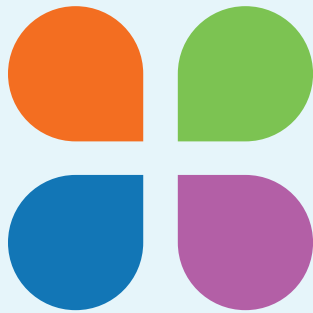


International Diabetes Center Professional Education



Symposium

for **Advanced Diabetes Care and Education Specialists**

Guest faculty

Mirna Boumitri, MD, MHA, University of Minnesota

Abigail Johnson, PhD, RDN, University of Minnesota

Yogish Kudva, MBBS, Mayo Clinic, Rochester

Allison Nimlos, LMFT, CDCES, Greater Than Counseling and Coaching, Woodbury

Etzwiler Memorial Lecturer

Diana Isaacs, PharmD, BCPS, BCACP, BC-ADM, CDCES, FADCES, FCCP
Cleveland Clinic, Cleveland, Ohio

2025

Monday and Tuesday, May 5 and 6

Symposium

for **Advanced Diabetes Care and Education Specialists**

Certified Diabetes Care and Education Specialists

Dietitians

Nurses

2025

Monday and Tuesday

May 5 and 6

Park Nicollet Clinic & Specialty Center
Naegele Auditorium
3800 Park Nicollet Blvd.
Minneapolis, Minnesota

Tuition

\$425

If you have five or more attendees from the same organization, contact us for a group discount. Email gregg.simonson@parknicollet.com.

Tuition includes continental breakfast, lunch and refreshments. A printed syllabus will not be available, but PDFs for each presentation will be sent via email about one week before the Symposium.

See website for additional details.

parknicollet.com/cme/diabetes

Learn more at
internationaldiabetescenter.com

HealthPartners Institute International Diabetes Center is excited to announce our **2025 Symposium for Advanced Diabetes Care and Education Specialists**. Each year, we focus on critical topics in diabetes and have faculty who have an important message to share.

The symposium will provide updates on the latest advances in diabetes technology and therapies including continuous ketone monitoring, inpatient use of continuous glucose monitoring (CGM), and automated insulin delivery systems. We'll also discuss how CGM can be used for making lifestyle changes – with a focus on nutrition.

The symposium will present diabetes care and education resources for a variety of populations such as LGBTQ+, seniors, people who are deaf or blind, and those who speak English as a second language. The discussion will include dealing with sick day management and addressing cost as a barrier to care. Interactive cases will focus on equity with technology, and highlight a non-traditional insulin pump user.

Nutrition topics will include updates on meal planning with diabetes, which include plant-based diets, low-carb eating, dietary fat recommendations, non-nutritive sweeteners, time-restricted eating and intermittent fasting. We'll also discuss nutrition planning and use of supplements for individuals using incretins for weight loss. And we'll explore the relationship between prediabetes and diabetes and the gut microbiome.

Other topics include gestational diabetes, chronic kidney disease, obesity management, safety issues around diabetes medications, and the mental and emotional impacts of diabetes data. We hope you can join us as we explore these issues and more!

Program

Monday, May 5

7:30 am	Registration and light breakfast	
8:00	Introduction and welcome	Gregg Simonson, PhD
8:15	2025 Update: Latest Advances in Diabetes	Richard Bergenstal, MD
8:45	Update on Automated Insulin Delivery Systems	Anders Carlson, MD
9:30	CGM Lifestyle Changes: Focus on Nutrition	Libby Johnson, RDN, LD, CDCES
10:00	Break and exhibits	
10:30	Diabetes Care and Education Resources.	Teresa DeMarais, RDN, LD, CDCES; Tracy Newell, RDN, LD, CDCES
11:30	Interactive Cases	Brooke Hyman, MSN Ed, RN, PHN, CDCES, CPT; Deanna Duret, MA, RDN, LD, CDCES
Noon	Lunch and exhibits	
1:00 pm	Chronic Kidney Disease and Diabetes	Mirna Boumitri, MD, MHA
2:00	Updates and Considerations when Meal Planning with Diabetes	Katrina Flaskerud, MS, RDN, LD, CDCES
2:45	Break and exhibits	
3:15	Optimizing Incretin Therapy: A Spotlight on Nutrition.	Holly Willis, PhD, RDN, CDCES
3:45	The Role of the Gut Microbiome in Prediabetes and Diabetes . . .	Abigail Johnson, PhD, RDN
4:15	Inpatient Use of Continuous Glucose Monitoring	Yogish Kudva, MBBS
4:45	Adjourn	

Tuesday, May 6

7:30 am	Light breakfast	
8:00	Update on Gestational Diabetes Management	Molly Carlson, MD
8:45	Challenging Cases	Rami Almokayyad, MBBS; Tara Ettestad, RDN, LD, CDCES
9:45	Refreshment break	
10:30	Obesity Impact and Management	Jennifer Vesely, MD
11:30	Navigating Type 2 Diabetes Medications: Tips for Safe Use	Gregg Simonson, PhD
Noon	Lunch	
1:00 pm	Emotional Impact of Diabetes Data	Allison Nimlos, LMFT, CDCES
2:00	Donnell D. Etzwiler, MD, Memorial Lecture Integrating Diabetes Technology into Practice	Diana Isaacs, PharmD, BCPS, BCACP, BC-ADM, CDCES, FADCES, FCCP
3:15	Adjourn	

Learner outcomes

The purpose of this symposium is to enable the diabetes care and education specialist to identify ways to implement new practices into patient education and management. Following this course, participants will:

- Self-report more confidence when managing people with diabetes and chronic kidney disease
- Describe the importance of nutrition for individuals managed with incretin-based therapies
- Understand the role and use of continuous glucose monitoring in the inpatient setting
- Self-report more confidence when providing diabetes education and available resources for people with disabilities, older individuals, and those who speak English as a second language
- Explain the current automated insulin delivery systems, including how to match the individual to the right technology
- Identify safe use of diabetes medications including contraindications for their use
- Describe ways to integrate diabetes technology into practice

Faculty and planning committee

Park Nicollet HealthPartners Care Group

Rami Almokayyad, MBBS
Richard Bergenstal, MD
Anders Carlson, MD
Molly Carlson, MD
Teresa DeMarais, RDN, LD, CDCES*
Deanna Duret, MA, RD, LD, CDCES*
Tara Ettestad, RDN, LD, CDCES*
Katrina Flaskerud, MS, RDN, LD, CDCES
Kelsea Forrester, RD, LD, MS*
Landon Haber, BSN, RN, CDCES*
Brooke Hyman, MSN Ed, RN, PHN, CDCES, CPT*
Libby Johnson, RDN, LD, CDCES
Tracy Newell, RDN, LD, CDCES*
Rachel Ricke, RN, CDCES*
Gregg Simonson, PhD*
Jennifer Vesely, MD
Holly Willis, PhD, RDN, LD, CDCES*

Guest faculty and planning committee

Nuha Abdelrahim, RD, LDN, CDCES*, Allina Health
Mirna Boumitri, MD, MHA, University of Minnesota
Diana Isaacs, PharmD, BCPS, BCACP, BC-ADM, CDCES, FADCES, FCCP, Cleveland Clinic, Cleveland, Ohio
Abigail Johnson, PhD, RDN, University of Minnesota
Yogish Kudva, MBBS, Mayo Clinic, Rochester
Allison Nimlos, LMFT, CDCES, Greater Than Counseling and Coaching, Woodbury

*Planning committee

Accreditation and credits

This activity has been submitted to the Wisconsin Nurses Association for approval to award contact hours. The Wisconsin Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Determination is pending; up to 12 credits may be awarded.

Continuing professional education has been applied for through the Commission on Dietetic Registration. Up to 12 credit hours may be awarded.

It is the responsibility of each participant to determine if the program meets the criteria for licensure or recertification for their discipline.

Cancellation and refund policy

The registration fee, less a \$50 administrative charge, is refundable if cancellation is received at least five business days before the conference date.

All continuing education activities are subject to cancellation. In the event this conference is canceled, International Diabetes Center Professional Education, HealthPartners Institute, is not responsible for any airfare, hotel or other costs incurred by participants.

Life-changing diabetes education from the pioneer in team management

HealthPartners Institute International Diabetes Center provides world-class diabetes care, education and clinical research to meet the needs of people with diabetes, their families and the health professionals who care for them. Located in suburban Minneapolis, the center is recognized internationally for its range of clinical and educational programs, products and services.

Register today

Visit parknicollet.com/cme/diabetes



Questions?

email: idc@healthpartners.com

