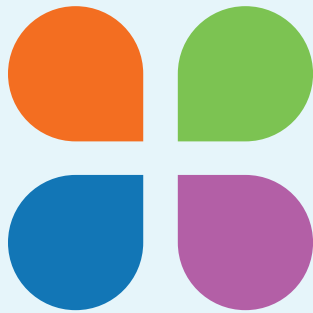


# International Diabetes Center Professional Education



# Symposium

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## for **Advanced Diabetes Care and Education Specialists**

### **Guest faculty**

Anne Bantle, MD, MS – University of Minnesota

Erin Gonzalez, MS, RDN, LD, CDCES – Erin Gonzalez Nutrition

William Sanchez, MD – Mayo Clinic

### **Donnell D. Etzwiler Memorial Lecturer**

Irl B. Hirsch, MD, MACP

Professor and Diabetes Treatment and Teaching Chair

University of Washington School of Medicine in Seattle

# 2026

Monday and Tuesday, May 4 and 5

# Symposium

## for **Advanced Diabetes Care and Education Specialists**

Certified Diabetes Care and  
Education Specialists  
Dietitians  
Nurse Practitioners  
Nurses  
Pharmacists  
Physician Assistants

**2026**

Monday and Tuesday  
**May 4 and 5**

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

**Tuition**  
**\$450**

If you have five or more attendees from the same organization, contact us for a group discount. Email [kathryn.leet@parknicollet.com](mailto:kathryn.leet@parknicollet.com).

Tuition includes continental breakfast, lunch and refreshments. PDFs of presentation will be available online about one week before the symposium.

See website for additional details.  
[parknicollet.com/cme/diabetes](https://parknicollet.com/cme/diabetes)

Learn more at  
[internationaldiabetescenter.com](https://internationaldiabetescenter.com)

Step into the future of diabetes care at our annual two-day **Symposium for Advanced Diabetes Care and Education Specialists**.

This event brings together leading experts, nurses, diabetes educators, researchers and dietitians for an unforgettable experience packed with innovation, collaboration and actionable insights.

You'll explore the latest breakthroughs in medications, technology, nutrition and patient-centered care – to help you bring fresh strategies back to your practice.

The symposium will showcase the latest breakthroughs in diabetes care – from new medications and technologies to updates in gestational diabetes, continuous ketone monitoring and the expanding role of continuous glucose monitoring. Attendees will gain practical insights into emerging therapies like GLP-1s, strategies for culturally responsive care, and nutrition approaches that cut through myths and trends.

The program also features specialized sessions across the lifespan, as well as critical updates on liver disease and obesity. Interactive experiences ensure participants leave with skills they can apply in practice.

Beyond clinical updates, the symposium emphasizes the human side of diabetes care, with sessions on burnout, compassion fatigue, and patient-centered communication. The event culminates in the prestigious Donnell D. Etzwiler Memorial Lecture, spotlighting Dr. Irl B. Hirsch.

Don't miss your chance to be part of one of the most engaging diabetes education events of the year. Register now and connect with peers, experts and innovators who are shaping the future of diabetes care.

## Program

### Monday, May 4

7:30 am	Registration and light breakfast	
8:00	Introduction and welcome . . . . .	Gregg Simonson, PhD
8:15	<b>2026 Update: Latest Advances in Diabetes</b> . . . . .	Anders Carlson, MD
9:00	<b>Continuous Ketone Monitoring (CKM)</b> . . . . .	Richard Bergenstal, MD
9:45	Break and exhibits	
10:15	<b>The Role of CGM Biosensors in Managing Prediabetes and Diabetes</b> .	Thomas Martens, MD
11:00	<b>GLP-1 RA Update: New Medications and Indications.</b> . . . . .	Gregg Simonson, PhD
11:45	Lunch and exhibits	
12:45 pm	<b>Hypercortisolism and Type 2 Diabetes</b> . . . . .	Jacklyn Ellickson, MD
1:15	<b>Pediatric Endocrinology Update</b> . . . . .	Amy Criego, MD, MS
2:00	<b>Liver Disease and Diabetes: MASLD and MASH</b> . . . . .	William Sanchez, MD
2:50	Break and exhibits	
3:15	<b>Physical Activity Across the Spectrum and Lifespan</b> .	Ricky Lopez, MS, ACSM-CEP, NBC-HWC
4:00	<b>Weight-Neutral Care in Diabetes: Moving Beyond Shame and Blame.</b> . . . . .	Libby Johnson, RDN, LD, CDCES; Kathryn Leet, RN, CDCES
4:45	Adjourn	

### Tuesday, May 5

7:30 am	Light breakfast	
8:00	<b>Bridging the Gap: Making A1D More Accessible for Diverse Learning Styles</b> . . . . .	Anders Carlson, MD
8:45	<b>Managing Diabetes Through a Woman's Lifespan</b> . . . . .	Anne Bantle, MD, MS
9:45	Refreshment break	
10:15	<b>Hot Topics in Nutrition</b> . . . . .	Jessica Geier, RDN, LD, CDCES
10:45	<b>From Restriction to Resilience: Nutrition and Intuitive Eating in Diabetes Practice</b> . . . . .	Erin Gonzalez, MS, RDN, LD, CDCES
11:30	<b>Where Culture Meets Care: Somali Perspectives on Diabetes Management</b> . . . . .	Teresa Demarais, RDN, LD, CDCES; Brianna Williams, RDN, LD; . . . . . and Nasro Hassan, CMI, CoreCHI-P
12:20 pm	Lunch	
1:00	<b>Navigating Burnout</b> . . . . .	Teresa Kleinschmidt, LMFT
2:00	Donnell D. Etzwiler, MD, Memorial Lecture . . . . .	
	<b>Past, Present and Future of Insulin at Home and in the Hospital</b> . .	Irl B. Hirsch, MD, MACP
3:15	Closing remarks and 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 be able to:

- Identify the latest advances in diabetes technology, CGM, CKM and emerging therapeutics
- Apply updated guidance for gestational diabetes, GLP-1 RAs, and new insulin options
- Recognize the role of hyper-cortisolism in the management of diabetes
- Identify updates to diabetes staging, screening and treatment approaches and treatment approaches to diabetes-related liver disease
- Use evidence-based physical activity recommendations across ages and abilities
- Support diverse learners using AID systems and troubleshoot common technology challenges
- Adjust diabetes care for puberty, pregnancy and menopause
- Address nutrition myths, intuitive eating and cultural perspectives
- Identify and prevent diabetes distress and educator burnout
- Explore weekly insulins, inhaled insulins and evolving inpatient glycemic targets

## Faculty and planning committee

### Park Nicollet HealthPartners Care Group

Richard Bergenstal, MD  
Anders Carlson, MD  
Amy Criego, MD, MS  
Teresa Demarais, RDN, LD, CDCES  
Jacklyn Ellickson, MD  
Jessica Geier, RDN, LD, CDCES  
Kari George, RDN, LD, CDCES\*  
Nasro Hassan, CMI, CoreCHI-P  
Brooke Hyman, MSN Ed, RN, PHN, CDCES, CPT\*  
Kaylen Jackson, RDN, LD, CDCES\*  
Libby Johnson, RDN, LD, CDCES  
Teresa Kleinschmidt, LMFT  
Kathryn Leet, RN, CDCES\*  
Ricky Lopez, MS, ACSM-CEP, NBC-HWC  
Kindra Mahawold\*  
Nick Manthey, RN\*  
Thomas Martens, MD  
Christine McNaughton, RN, CDCES\*  
Caryn Myrhe, RDN, LD, CDCES\*  
Julie Remer, RDN, LD, CDCES\*  
Gregg Simonson, PhD\*  
Brianna Williams, RDN, LD

## Guest faculty and planning committee

Anne Bantle, MD, MS  
Pennock Professorship, Assistant Professor, Division  
of Diabetes, Endocrinology and Metabolism  
University of Minnesota

Erin Gonzalez, MS, RDN, LD, CDCES  
Certified Eating Disorders Registered Dietitian and Intuitive  
Eating Counselor  
Erin Gonzalez Nutrition

William Sanchez, MD  
Gastroenterologist, Internist, Transplant Hepatologist  
Mayo Clinic

Irl B. Hirsch, MD, MACP  
Professor and Diabetes Treatment and Teaching Chair,  
University of Washington School of Medicine

\*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 12.5 credits may be awarded.

Continuing professional education has been applied for through the Commission on Dietetic Registration. Up to 11.25 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 symposium date.

All continuing education activities are subject to cancellation. In the event this symposium 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](http://parknicollet.com/cme/diabetes)



## Questions?

email: [idc@healthpartners.com](mailto:idc@healthpartners.com)

