



## 4<sup>TH</sup> National Congress on Prevention of Diabetes and Its Complications

### Agenda

**SATURDAY, November 16, 2019**

7:00a – 8:00a **REGISTRATION and CONTINENTAL BREAKFAST**

8:00a **Welcome Address**

8:00 Management of Obesity and its impact on Diabetes Prevention Peter Thule, MD

8:45 Diabetes Prevention 2020 Mahmoud Ibrahim, MD

9:30 Vitamin D and Diabetes Prevention, the D2D Study Mary Rhee, MD

10:15 Diabetes Prevention, Community based Programs Jennifer Rooke, MD

11:00 **BREAK**

11:15 Personalized Nutrition Based on Gut Microbiome and Other Health Data Marcy Kyle, RDN, LD, CDE, FAND

12:15 The Role of the Diabetes Educator in Diabetes Prevention:  
Beyond the Prevention programs Amy Hess Fischl, MS, RD, LDN, BC-ADM, CDE

1:00p **LUNCH**

1:45 **State of the Art Lecture** 2019 ACC/AHA Guideline on the Primary Prevention of  
Cardiovascular Disease Jefferson Baer, MD

2:15 Diabetes Prevention Among Latino Community Ina Cecilia Flores Shih

3:15 The Use of technology in Diabetes Prevention Mary Beth Weber, PhD,  
MPH

4:00 **ADJOURN**

**SUNDAY, November 17, 2019**

7:00a – 8:00a **CONTINENTAL BREAKFAST**

8:00 Prevention Diabetic Foot Lesions (Pedal Wound Evaluation) Olamide Alabi, MD

9:30 Preventing and Reversing Diabetes with Lifestyle Medicine Jennifer Rooke, MD

11:00 **BREAK**

11:15 Carbohydrate counting and meal planning for individuals  
with pre-diabetes Amy Hess Fischl, MS, RD, LDN, BC-ADM, CDE

12:15p **ADJOURN**

\*Agenda subject to change