

## Diabetes Update Friday, Nov. 16

- 7:30 Registration & Continental Breakfast
- 8:00-9:00 **Breakouts (bring/wear comfortable clothing)**  
\* *Must pre-register for this breakout session* \*
- \* Chair Exercises- Lacie Matthews, MS, RD
  - \* Exercising with Balls & Bands- Karen Donaldson, MS
  - \* 10,000 Steps to Health- Sheldon Smith, MS, CDE
  - \* Tai Chi- Arnell Bertumenn
- 9:15-10:15 **Breakouts**
- \* A Study of Diabetes & Resistance Exercise- Sheldon Smith, MS, CDE
  - \* Stress & Weight Management with Exercise & Nutrition- Karen Donaldson, MS
  - \* Overview of Clinical Trials in Type 1 Diabetes- David Donaldson, MD
  - \* Pre-Diabetes- Frances Catinella, RD, CDE
- 10:15-11:00 **Break with Vendors**
- 11:00-12:00 **Breakouts**
- \* Hypertension in Diabetes: ACE, ARB, DRI- Barry Stultz, MD
  - \* Stress & Weight Management with Exercise & Nutrition- Karen Donaldson, MS
  - \* Alternative Therapies- Laura Shane-McWhorter, PharmD, BC-ADM, CDE
  - \* Case Studies with CGMS- Donna Wahoff-Stice, APRN, FNP
- 12:00-1:00 Lunch with Vendors (box lunch provided)

### GENERAL SESSIONS

- 1:00-2:00 Controlling A1C by Controlling Depression- Patrick Lustman, MD
- 2:00-3:00 Women, Heart Disease and Diabetes- Cindy Bauman, C-FNP
- 3:00-4:00 Intuitive Eating- Evelyn Tribole, MS, RD
- 4:00-4:15 Closing Remarks, Evaluations and Snack

## Faculty

Cindy Bauman, C-FNP Mtn. West Cardiovascular	Patrick Lustman, MD Washington University
Arnell Bertumen	Mary Mahler, RD, CD, CDE Intermountain Health Care
Callene Bobo, RN, BSN, CDE, CPT Mountain View Hospital	Lacie Matthews, MS, RD Utah Diabetes Center
Ginny Burns, RN, BSN, MEd, CDE Intermountain Health Care	Mary Murray, MD PCMC/Univ. of Utah
Robert Burr, MD Wasatch Endocrinology	Jody Neuman, PharmD, CDE Utah Diabetes Center
Frances Catinella, RD, CDE Intermountain Health Care	Amy Nielsen, BS, RD, CD, CDE Primary Children's Medical Center
James Chamberlain, MD Utah Diabetes Center	Laura Shane-McWhorter, PharmD University of Utah
Richard Cline, MD	Rob Singleton, MD University of Utah
David Donaldson, MD PCMC/Univ. of Utah	Denise Small, PharmD Utah Diabetes Center
Karen Donaldson, MS EXECEL at Health & Wellness	Sheldon Smith, MS, CDE University of Utah
Aliriza Falahati, MD Medical Director of St. Mark's Diabetes Center	Barry Stultz, MD University of Utah
Stephanie Guerkin, MS, RD, CDE International Diabetes Center	Evelyn Tribole, MS, RD
Sherrie Hardy, MS, RD, CD, CDE Primary's Children Medical Center	Donna Wahoff-Stice, MS, APRN Utah Diabetes Center
Kelly Hamblin, DPM Private practice, Podiatry	Brian Wilhelmsen, MBA Abbott Diabetes Care
Rachel Horn, MD University of Utah faculty	Pauline Williams, MPA, RD, CD Primary Children's Medical Center
Darren Hotton, CPM Utah Division of Aging & Adults Services	
Penny Jensen, MS, APRN, FNP Veterans Administration	
Robert E. Jones, MD Utah Diabetes Center	

## Hotel Information

Hotels that are close to the Larry H. Miller Campus-  
Salt Lake Community College

Country Inns and Suites  
10499 S. Jordan Gateway  
South Jordan, Utah 84098  
(801) 553-1151

Courtyard by Marriott  
10701 S. Holiday Park Dr.  
Sandy, Utah 84070  
(801) 571-3600

Comfort Suites  
10680 S. Auto Mall Dr.  
Sandy, Utah 84070  
(801) 495-1317

NOVEMBER 14<sup>TH</sup>-NATIONAL DIABETES DAY  
SHARE THIS BROCHURE WITH A FRIEND



## Association of Diabetes Educators of Utah Update Conference 2007



Pre-Conference: November 14, 2007  
Diabetes Update: November 15-16, 2007

Larry H. Miller Campus-  
Salt Lake Community College  
9750 South 300 West, Sandy, Utah

Association of Diabetes Educators of Utah  
P.O. Box 58662  
Salt Lake City, Utah 84158-0662



## Registration

\* Required for Registration

\*Name: \_\_\_\_\_

\*Title/Organization: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*Phone: (\_\_\_\_) \_\_\_\_\_

Fax: (\_\_\_\_) \_\_\_\_\_

\*Email: \_\_\_\_\_

### Pre-Conference: November 14

#### Diabetes 101 11:30am - 4:00 pm

\_\_\_\_\_ *Diabetes 101 (lunch included)*.....\$60

#### Childhood & Adolescent Weight Management

##### 1:00 pm - 4:00 pm

\_\_\_\_\_ *Childhood & Adolescent fee* .....\$50

**Diabetes Alliance Forum** (no cost, hors d'oeuvres will be served)

4:30 - 6:30 pm

**Must register online at [www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)**

### Diabetes Update: November 15-16

Friday, November 15 8:00 am - 9:00 am

(indicate 1st & 2nd choice for this breakout session):

Chair Exercise  Balls & Bands  10,000 Steps  Tai Chi

\_\_\_\_\_ AADE member .....\$150

\_\_\_\_\_ Non-Member.....\$175

\_\_\_\_\_ One Day Registration Member.....\$75

\_\_\_\_\_ One Day Registration Non-Member.....\$90

\_\_\_\_\_ Thurs, Nov 15 \_\_\_\_\_ Fri, Nov 16

\_\_\_\_\_ Student Registration.....\$25/day

\_\_\_\_\_ Thurs, Nov 15 \_\_\_\_\_ Fri, Nov 16

### Total Amount Enclosed

#### PAYMENT MUST ACCOMPANY REGISTRATION FORM

A fee of \$25 will be added to all registrations received after **October 26, 2007**. A refund of all but \$50.00 will be allowed up to October 26.

**Please mail registration & make check payable to:  
Association of Diabetes Educators of Utah (ADEU)  
P.O. Box 58662**

**Salt Lake City, Utah 84158-0662**

## General Information

### Program Goal:

To provide clinical and practice information in diabetes management, education & research.

### Program Learning Objectives:

1. Participants will be able to discuss the Unified Theory of Complications
2. Participants will be able to utilize new knowlogde to enhance teaching skills.
3. Participants will be able to integrate new research findings into practice.
4. Participants will identify the mechanism of action and clinical use of new pharmacological agents in type 1 & 2 diabetes.

### Target Audience:

Professionals who work with people who have diabetes, including but not limited to Nurses, Dietitians, Nurse Practitioners, Pharmacists, Social Workers, Physician Assistants, and Physicians.

### Conference Sponsors:

Association of Diabetes Educators of Utah (ADEU), an affiliate of the American Association of Diabetes Educators (AADE), and the University of Utah, College of Pharmacy.

### Continuing Education Credits:

**Nurses**-An application has been submitted to the Utah Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Dietitians and Pharmacists**- An application for continuing education credit has been submitted to the ADA and ACPE. Attendance & completion of the evaluation are required for credit. A certificate of credit will be issued to those completing the evaluation.



American Association  
of Diabetes Educators



Utah Nurses  
Association **UNA**

The University of Utah  
Continuing Pharmacy Education

## Pre-Conference Wednesday, Nov. 14

### Diabetes 101

- 11:30-12:00 Registration and lunch  
12:00-12:30 Diabetes Overview-Ginny Burns, RN, CDE  
12:30-1:15 Nutrition & Exercise-Mary Mahler, RD, CDE  
1:15-2:00 Medications- Jody Neuman, PharmD, CDE  
**2:00-2:15 Break**  
2:15-3:00 Complications- Callene Bobo, RN, CDE  
3:00-3:30 Blood glucose meters- Brian Wilhelmsen  
3:30-4:00 Glucose Interpretation-  
Donna Wahoff-Stice, APRN, FNP  
4:00-4:15 Q&A / Evaluation / Adjourn

Add'l handout provided by  
Carol Rasmussen, MSN, NP-C, CDE

### Childhood & Adolescent Weight Management

- 12:30-1:00 Registration  
1:00-4:00 Program with Amy Nielsen, BS, RD, CDE  
& Pauline Williams, RD

This class will present an overview on the assessment and treatment of overweight children and adolescents. Discussion includes the various treatments and approaches that are used in programs nationwide and their effectiveness. Unique considerations to be aware of and the various resources available to help with caring for and counseling overweight children will also be shared.

## Utah Diabetes Alliance Forum

- 4:30-6:30 **Pre-Diabetes Forum**  
**(hors d'oeuvres will be served)**  
Aliriza Falahati, MD,  
Frances Catinella, RD, CDE (Nutrition),  
Darren Hotton, CPM (Medicare)

### Following the Forum:

Industry Sponsored Symposium by Mini-Med  
"Wear a CGMS during Update".  
Pre register with Trina at [trina.katsos@medtronic.com](mailto:trina.katsos@medtronic.com).  
Space is limited for this session.

## Diabetes Update Thursday, Nov. 15

- 7:00 Registration & Continental Breakfast  
8:00 Welcome  
8:15-9:15 Unified Theory of Complications-  
Robert E. Jones, MD  
**9:15-9:30 Break**  
9:30-10:30 Peripheral Neuropathy-  
Rob Singleton, MD  
10:30-11:30 Retinopathy-Rachel Horn, MD  
**11:30-12:00 Awards**  
**12:00-12:45 Lunch**  
12:45-1:45 Nephropathy- Richard Cline, MD  
**2:00-3:00 Breakouts**

- \* Unraveling the Complexity of the Dual Diagnosis- Challenges in the Treatment of Type 1 Diabetes & Eating Disorders-Stephanie Guerkin, MS, RD, CDE
- \* Complications Screening for Type 1- James Chamberlain, MD
- \* Targets: AACE vs. ADA- Robert Burr, MD
- \* Utah Pediatric Practice Recommendations- Mary Murray, MD

### 3:00-4:00 Break with Vendors

### 4:00-5:00 Breakouts

- \* What is New & in the Pipeline in Diabetes Medications- Denise Small, PharmD
- \* Diagnosis & Treatment of Erectile Dysfunction- Penny Jensen, MS, APRN, FNP
- \* Side by Side-A Partner Approach to Diabetes Self-Care-Sherrie Hardy, MS, RD, CD, CDE
- \* The Diabetic Foot- Kelly Hamblin, DPM

Questions/comments about the ADEU Update- Amy Nielsen at [amy.nielsen2@intermountainmail.org](mailto:amy.nielsen2@intermountainmail.org)