

U of T

*Hosted by the University of Toronto's
Division of Endocrinology & Metabolism together with
the Banting & Best Diabetes Centre*

Diabetes & Endocrinology Update for Family Physicians

Friday, April 30, 2010



University of Toronto Conference Centre
89 Chestnut Street, Toronto, Ontario



UNIVERSITY OF TORONTO
FACULTY OF MEDICINE



Faculty of Medicine, University of Toronto

Banting and Best Diabetes Centre



Goals

1. To provide participants with improved knowledge and confidence to manage practical problems in diabetes management in the office setting.
2. To provide participants with evidence-based, clinical updates in common endocrine conditions seen by primary care physicians including diabetes, thyroid disease, osteoporosis, dyslipidemia, PCOS.
3. To demonstrate the roles and responsibilities of allied health professionals who can be consulted and partnered with the primary care physician to improve the efficacy of management of patients with diabetes.

Objectives

By the end of the program, participants will be able to:

1. Explain the features, benefits and risks of oral medications used to treat type 2 diabetes, and prescribe them appropriately.
2. List indications for starting insulin and select appropriate types and doses when doing so.
3. Describe the role of the physicians, community diabetes centres, pharmacists and allied health professionals in an effective team based patient centred approach to diabetes management.
4. Explain the rationale for choosing different treatment options determining duration of therapy and selecting investigations for osteoporosis.
5. Describe the main changes in the 2009 Canadian Lipid Guidelines relevant to the family physician.
6. Discuss principles of management of hyperthyroidism, hypothyroidism and thyroid nodule disease, including when to order tests and when to refer.
7. Describe appropriate tests to order when assessing for polycystic ovarian syndrome, pituitary disease and adrenal disease.

Speakers

** Faculty of Medicine, Department of Medicine
University of Toronto*

Andrew Advani, MD
Assistant Professor*
Division of Endocrinology & Metabolism
St. Michael's Hospital

Alice Cheng, MD
Assistant Professor*
Division of Endocrinology & Metabolism
St. Michael's Hospital

Jeremy Gilbert, MD
Assistant Professor*
Division of Endocrinology & Metabolism
Sunnybrook Health Sciences Centre

Jeannette Goguen, MD
Associate Professor*
Division of Endocrinology & Metabolism
St. Michael's Hospital

Amir Hanna, MD
Professor*
Division of Endocrinology & Metabolism
St. Michael's Hospital

Jacqueline James, MD
Associate Professor*
Division of Endocrinology & Metabolism
Mount Sinai Hospital

Robert Josse, MD
Professor*
Division of Endocrinology & Metabolism
St. Michael's Hospital

Sandra Kim, MD
Assistant Professor*
Division of Endocrinology & Metabolism
Women's College Hospital

Maria Kraw, MD
Assistant Professor*
Division of Endocrinology & Metabolism
St. Michael's Hospital

Sheila Laredo, MD
Assistant Professor*
Division of Endocrinology & Metabolism
Women's College Hospital

Gary Lewis, MD
Professor*
Division of Endocrinology & Metabolism
UHN, Toronto General Hospital

Robert Silver, MD
Professor*
Division of Endocrinology & Metabolism
UHN – Toronto Western Hospital

Rene Wong, MD (Course Director)
Assistant Professor*
Division of Endocrinology & Metabolism
UHN, Toronto General Hospital

Program

- 7:45 Registration & Continental Breakfast
- 8:15 Welcome, Opening Remarks & Orientation Dr. Rene Wong
- 8:30 **PLENARY**
What's Next after Metformin? Dr. Alice Cheng
In this session, we hope to provide an approach to the selection of oral antihyperglycemic medications in the management of type 2 diabetes. The speaker will overview the safety and evidence of older and newer therapies and provide practical advice on optimizing therapy.
- 9:10 **PLENARY**
Update on Osteoporosis Dr. Bob Josse
Participants will bear practical advice on common clinical scenarios encountered in the family physician's office, including when to stop bisphosphonates (i.e. drug holidays) and new and emerging treatments for osteoporosis.
- 9:50 Nutrition Break with Exhibits
- 10:15 **WORKSHOP I**
Facilitators: Drs. Jacqueline James, Jeremy Gilbert and Maria Kraw
Practical Pointers in the Use of Insulin in Primary Care
In this interactive workshop, participants will be led in small groups through discussion around tips for starting insulin, bear a review of the benefits and disadvantages of different insulin types and regimen and what to do with oral agents once insulin is started.
- 11:20 **PLENARY**
2009 Lipid Guidelines:
Implications for Primary Care Physicians Dr. Gary Lewis
In this session, key changes in the guidelines and their impact on primary care practice will be discussed. Managing patients intolerant of statins will be covered.
- 11:50 LUNCH
- 1:00 **WORKSHOP 2**
Facilitators: Drs. Jacqueline James, Sandra Kim and Jeremy Gilbert
How Partnering with Allied Health Professionals Can Make it Easier for You to Manage Diabetes
This workshop is applicable to physicians working in Family Health Teams primary care teams, as well as the solo practitioner. Interprofessional teams of endocrinologists, nurse educators, dietitians, pharmacists and social workers will provide practical tips on how you can partner with allied health professionals to improve the efficiency of management of patients with diabetes.
- 2:00 **TOUCH-PAD CASES**
Thyroid Disease ... Function is Function and Structure
is Structure and Never the Twain Shall Meet! Dr. Robert Silver
Participants will use touch-pads in a highly interactive session that will cover an update on thyroid disease, including what tests to order for hyperthyroidism, what imaging studies are useful, when nodules should be biopsied, and what to do while awaiting specialist appointment.
- 3:00 **THE BOTTOM LINE**
In 15-minute sessions, with audience participation experts will provide brief and concrete answers to the following questions:
Polycystic Ovarian Syndrome:
What are Key Management Principles? Dr. Shelia Laredo
Prediabetes: What should BP and Lipid Targets Be? Dr. Amir Hanna
Persistent Microalbuminuria Despite Good BP and
Glycemic Control, and an ACE Inhibitor: Should I Worry? Dr. Andrew Advani
What Diagnostic Tests for Pituitary and
Adrenal Disease are Worth Ordering? Dr. Jeannette Goguen
- 4:00 Evaluation & Adjournment

Fees

REGISTRATION CATEGORY	FULL FEE
Physicians	\$100 CAD
Residents & Fellows (including U of T Residents & Fellows)*	\$100 CAD

*with proof of status

Accreditation

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to 6 Mainpro-M1 credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada, approved by the University of Toronto (6 credits).

The Office of Continuing Education and Professional Development, Faculty of Medicine, University of Toronto, designates this educational activity for a maximum of 6 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

Letters of Accreditation or Attendance

Letters of accreditation/attendance are distributed at the end of the program. If you are leaving earlier, you may request your letter from us at that time. We do not routinely mail out accreditation letters. Should you forget to pick up your letter at the conference, please contact the Office of Continuing Education and Professional Development.

Disclosure

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

Registration

Online: To register online and pay by VISA, MasterCard or American Express, please visit: www.cepd.utoronto.ca. Click on "Courses & Conferences" and then "Find a Course". Enter "**Diabetes & Endocrinology Update**" or event code: **MED1021**.

By Fax or Mail: To register by fax or mail and pay by credit card or cheque, please contact the Office of Continuing Education and Professional Development for a printable registration form.

Receipts of Payment: Receipts of payment are issued by e-mail only.

Cancellation

Refunds will not be issued for cancellations received after **April 12, 2010**. A processing fee of \$40 will be retained on all cancellations. Requests for refunds must be made in writing. Registrations are not transferable.

The University of Toronto reserves the right to cancel events. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for events cancelled by the University will be refunded; however the University will not be liable for any loss, damages or other expenses that such cancellations may cause.

Planning Committee

Chris Culligan, MD
Jeremy Gilbert, MD
Jacqueline James, MD
Maria Kraw, MD
Rebecca Stoller, MD
Patricia Wong, MD
Rene Wong, MD (Course Director)
Catherine Yu, MD

Accommodation

The Metropolitan Hotel Toronto
108 Chestnut Street, Toronto, Ontario

Please direct your room requirements to the hotel reservations department requesting the University of Toronto corporate rate.

Telephone: 416.599.0555

Toll-free: 1.800.668.6600

E-mail: reservations@tor.metropolitan.com

For Information

Office of Continuing Education
and Professional Development
Faculty of Medicine
University of Toronto
500 University Avenue, Suite 650
Toronto, Ontario M5G 1V7

Tel: 416.978.2719

Toll free: 1.888.512.8173

Fax: 416.946.7028

Email: info-MED1021@cepdtoronto.ca



CEPD

Better Education for
Better Outcomes™

Continuing Education and Professional Development

Acknowledgements

We gratefully acknowledge our Supporters (confirmed at time of printing):

Eli Lilly Canada, Merck Frosst Canada, sanofi-aventis

