

ACKNOWLEDGEMENT

We express our deep appreciation to the following companies for helping to make the 36th Annual Diabetes Symposium possible through unrestricted grants for continuing medical education.

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Washington University School of Medicine

DISCLOSURE POLICY

It is the policy of Washington University School of Medicine, Continuing Medical Education to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All faculty participating in this activity are expected to disclose to the audience any significant financial interest or other relationship he/she has with the manufacturer(s) of any commercial product(s) discussed in an educational presentation.

All physicians' disclosures were reported and are indicated with their presentations.

Speakers are also expected to openly disclose inclusion of any off-label, experimental, or investigational use of drugs or devices in their presentations.

These presentations are the views and experiences of the presenters. The presenters' views do not represent the policy or position of Washington University School of Medicine. Washington University School of Medicine, Continuing Medical Education is the sponsor for CME credits.

"THE REHABILITATION ACT OF 1973, as amended"

We wish to ensure no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals participating in the workshop activities because of the absence of auxiliary aids and services. If you require any special arrangements to attend and fully participate in this educational activity, please contact Beverly Cantoni at 314-434-6500 or beverly@kilorf.com (e-mail).

FRIDAY, NOVEMBER 21, 2008

- 7:30 am REGISTRATION/EXHIBITS OPEN
- 7:55 am PROGRAM OVERVIEW
MODERATORS:
Charles Kilo, M.D., F.A.C.E., F.A.C.P., F.A.A.C.
Stephen Crespin, M.D., F.A.C.E., F.A.H.A.
- 8:10 am Update on the Progression of Diabetic Kidney Disease
George Bakris, M.D., F.A.H.A., F.A.S.N.
- 9:00 am Renal and Cardiovascular Disease in Diabetes
James R. Sowers, M.D., F.A.C.E., F.A.C.P., F.A.H.A.
- 9:50 am REFRESHMENT/EXHIBIT BREAK
- 10:10 am Practical Management of the Hospitalized Diabetic Patient
James R. Gavin III, M.D., Ph.D.
- 11:00 am Prevention of Beta Cell Failure: Can It Be Achieved?
Ralph A. DeFronzo, M.D.
- 11:50 am FACULTY QUESTIONS AND ANSWERS
- 12:00 pm LUNCH/EXHIBIT BREAK
- 1:00 pm Dyslipidemia and Diabetes: Important Nuances of Lipid-Lowering Therapy
Robert E. Heinig, M.D.
- 1:50 pm Overview and Update on Lipid Management
Sergio Fazio, M.D., Ph.D.
- 2:40 pm REFRESHMENT/EXHIBIT BREAK
- 3:00 pm Diabetes Education: Evolving Theories, Current Applications, Future Directions
Joan M. Heins, M.A., R.D.
- 3:50 pm Advances in Weight Management for Obese Patients With Diabetes
Samuel Klein, M.D.
- 4:40 pm FACULTY QUESTIONS AND ANSWERS
- 5:00 pm ADJOURN

SATURDAY, NOVEMBER 22, 2008

- 7:30 am REGISTRATION/EXHIBITS OPEN
- 7:55 am PROGRAM OVERVIEW
MODERATORS:
Charles Kilo, M.D., F.A.C.E., F.A.C.P., F.A.A.C.
Jerome Cohen, M.D., F.A.C.C., F.A.C.P., F.A.H.A.
- 8:00 am Update: Diabetes Management – Incretin-Based Therapies: New Options for Glycemic Control in Type 2 Diabetes
Charles Kilo, M.D., F.A.C.E., F.A.C.P., F.A.A.C.
- 9:00 am The Importance of Depression & Cognitive Factors in Achieving Patient Safety in Diabetes Care
Richard Hellman, M.D., F.A.C.P., F.A.C.E.
- 9:50 am REFRESHMENT/EXHIBIT BREAK
- 10:10 am Frequently Asked Questions in Thyroid Practice
Hossein Gharib, M.D., M.A.C.P., M.A.C.E.
- 11:00 am Hyperglycemia and Microvascular Complications: Strategies to Improve Outcome
Paul S. Jellinger, M.D., M.A.C.E.
- 11:50 am FACULTY QUESTIONS AND ANSWERS
- 12:00 pm LUNCH/EXHIBIT BREAK
- 1:00 pm The Role of the Pharmacist in Caring for Patients With Diabetes and Cardiovascular Disease
J. Christopher Lynch, Pharm.D.
- 1:50 pm Newer and Novel Therapies in Hypertension Management
Angela L. Brown, M.D.
- 2:40 pm REFRESHMENT/EXHIBIT BREAK
- 3:00 pm Current Status of End Stage Renal Disease, Dialysis and Treatment
Daniel C. Brennan, M.D.
- 3:50 pm New Approaches to Study Immunology of Islets of Langerhans
Boris Calderon, M.D.
- 4:40 pm FACULTY QUESTIONS AND ANSWERS
- 5:00 pm ADJOURN

THE 36TH ANNUAL SYMPOSIUM



CURRENT TOPICS IN DIABETES, ENDOCRINOLOGY AND VASCULAR DISEASE

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36TH ANNUAL DIABETES SYMPOSIUM

CURRENT TOPICS IN DIABETES, ENDOCRINOLOGY AND VASCULAR DISEASE

Friday, November 21, 2008
Saturday, November 22, 2008

THE KILO DIABETES & VASCULAR RESEARCH FOUNDATION

WASHINGTON UNIVERSITY SCHOOL OF MEDICINE CONTINUING MEDICAL EDUCATION

November 21-22, 2008
Hyatt Regency – St. Louis Riverfront
4th and Chestnut
St. Louis, Missouri

Symposium Chairman

Charles Kilo, M.D., F.A.C.P., F.A.C.E., F.A.A.C.

Stephen Crespin, M.D., F.A.C.E., F.A.H.A.

Planning Committee

Beverly Cantoni
Jerome Cohen, M.D., F.A.C.C., F.A.C.P., F.A.H.A.
Danielle Covington-Akes, R.N., B.S.N.

Jacqueline Dudley, R.N., CCRC
Judith R. Hanes, M.B.A., R.D., L.D.
M.R. (Pete) Hayden, M.D.
Dennis Hunt, R.Ph.
James R. Sowers, M.D., F.A.C.E., F.A.C.P., F.A.H.A.

Kilo Diabetes & Vascular Research Foundation
1227 Fern Ridge Parkway
Suite 120
Saint Louis, Missouri 63141

1972-2008



2008 SYMPOSIUM FACULTY

George Bakris, M.D., F.A.H.A., F.A.S.N.

Professor of Medicine
Director, Hypertensive Diseases
Unit Section of Endocrinology,
Diabetes and Metabolism

The University of Chicago
Pritzker School of Medicine
Chicago, Illinois

Daniel C. Brennan, M.D.

Professor of Medicine
Director, Transplant Nephrology
Medical Director, Kidney and
Pancreas Transplantation

Medical Director, Pharmacoeconomic Transplant Research
Washington University
School of Medicine
Division of Renal Diseases
St. Louis, Missouri

Angela L. Brown, M.D.

Assistant Professor of Medicine
Director, Section of Hypertension
Cardiovascular Division
Washington University
School of Medicine
St. Louis, Missouri

Boris Calderon, M.D.

Department of Pathology
and Immunology
Washington University
School of Medicine
St. Louis, Missouri

Ralph A. DeFronzo, M.D.

Professor of Medicine
Chief, Diabetes Division
University of Texas Health
Science Center
San Antonio, Texas

Sergio Fazio, M.D., Ph.D.

Professor of Medicine and
Pathology
Co-Director, Atherosclerosis
Research Unit
Vanderbilt University
Medical Center
Nashville, Tennessee

James R. Gavin III, M.D., Ph.D.

Clinical Professor of Medicine
Emory University
School of Medicine
CEO & Chief Medical Officer
Healing Our Village, LLC
Atlanta, Georgia

Hossein Gharib, M.D., M.A.C.P., M.A.C.E.

Professor of Medicine
Mayo Clinic College of Medicine
President, American College of
Endocrinology
Rochester, Minnesota

Robert E. Heinig, M.D.

Clinical Professor of Medicine
Diabetes, Endocrinology &
Metabolism
Rochester School of Medicine
Head, Endocrinology &
Metabolism Unit
Rochester General Hospital
Rochester, New York

Joan M. Heins, R.D.

Clinical Specialist
Division of Geriatrics and
Nutritional Sciences
Mayo Clinic College of Medicine
Washington University
School of Medicine
St. Louis, Missouri

Richard Hellman, M.D., F.A.C.P., F.A.C.E.

Immediate Past President,
American Association of Clinical
Endocrinologists
Clinical Professor of Medicine
University of Missouri/Kansas
City School of Medicine
Kansas City, Missouri

Paul S. Jellinger, M.D., M.A.C.E.

Professor of Medicine
University of Miami
School of Medicine
The Center for Diabetes &
Endocrine Care
Hollywood, Florida

Charles Kilo, M.D., F.A.C.E., F.A.C.P., F.A.A.C.

Professor of Pathology,
Immunology and Medicine
Washington University
School of Medicine
St. Louis, Missouri

Chairman
Kilo Diabetes & Vascular
Research Foundation
St. Louis, Missouri

Samuel Klein, M.D.

Wm. H. Danforth Professor of
Medicine and Nutritional Science
Director, Center for Human
Nutrition
Washington University
School of Medicine
St. Louis, Missouri

J. Christopher Lynch, Pharm.D.

Associate Professor of Pharmacy
Practice
Southern Regional Coordinator
Southern Illinois University –
Edwardsville
School of Pharmacy
Edwardsville, Illinois

James R. Sowers, M.D., F.A.C.E., F.A.C.P., F.A.H.A.

Professor, Internal Medicine,
Physiology and Pharmacology
Director, Missouri University
Diabetes and Cardiovascular Center
University of Missouri
Medical School
Columbia, Missouri

POSITION

Since our first Annual Symposium in 1972, we have been advocating that hyperglycemia is the major risk factor for the development of microvascular, macrovascular and neurological complications. We stressed the importance of blood sugar and cardiovascular risk factor control that was achievable with our resources. The escalating high cost of direct and indirect diabetes management of diabetic complications is because of the failure to make the diagnosis early and control blood sugars and cardiovascular risk factors. The therapeutic approach we recommend includes normalization of blood sugar, lipids, blood pressure and body weight, cessation of cigarette smoking and curtailment of alcohol.

We have the personnel, tools and resources to achieve our goal. This can be accomplished through continuous patient and physician education, proper diabetic meal plan, blood sugar monitoring, increased physical activity and if needed oral hypoglycemic agents, metformin, thiazolidinedione and/or insulin, GLP-1 receptor agonists or DPP-4 Inhibitors. The blood sugar treatment goal for all diabetics is a Hemoglobin A1C of 6% or less plasma sugar.

In 2008, we find a diabetes epidemic – 24,000,000 at a total direct and indirect cost of \$174 billion.

*Charles Kilo, M.D., F.A.C.P., F.A.C.E., F.A.A.C.
Professor of Medicine, Pathology and Immunology
Washington University School of Medicine*

PURPOSE

The purpose of this continuing education activity is to present current management, clinical and research results by experts in the field of diabetes, endocrine disease, and cardiovascular disease.



ACCOMMODATIONS

A block of rooms has been reserved for conference attendees at the Hyatt Regency-St. Louis Riverfront, 4th & Chestnut Street, St. Louis, MO 63102. In order to receive the special conference rate of \$107.00 (plus tax and parking) per night, please make your own reservation by calling 314-655-1234 or 1-800-233-1234. Mention the "Kilo Diabetes Symposium" when calling.

Please make your reservation by November 6, 2008. Reservations requested after this date will be accepted on a space and rate availability basis. Accommodations will be confirmed upon receipt of one night's deposit. Check or credit cards accepted.

PARKING

Parking will be the responsibility of the attendee and will not be provided for by the Foundation. If you would like a list of garages in the downtown St. Louis Area, you may call the Kilo Foundation office – 314-434-6500 – or visit our website at www.kilorf.com

OBJECTIVES

The intended result of this activity is to provide increased knowledge of diabetes, endocrinology and vascular disease. At the conclusion of the program, participants will be able to:

- ✓ Outline the reasons for the new lower levels of blood pressure recommended for those with renal insufficiency and diabetes.
- ✓ Discuss the impact of chronic kidney disease on cardiovascular disease.
- ✓ Compare the relationship between increasing hyperglycemia and increasing mortality, morbidity and length of hospital stay.
- ✓ Review the interventions that can halt/delay the progression of beta cell failure.
- ✓ Describe the importance of qualitative changes in LDL cholesterol associated with type 2 diabetes mellitus.
- ✓ Discuss the expert consensus on dyslipidemia management to control cardiovascular disease risk and the new avenue of therapy and risk assessment.
- ✓ Discuss the evolution of theories for patient education and counseling and the emerging new modalities for diabetes education.
- ✓ Discuss and identify the pharmacotherapy and surgical approaches for treating obesity.
- ✓ Discuss the potential for incretin-based therapies to improve multiple aspects of islet-cell dysfunction and glycemic control.
- ✓ Discuss the importance of early diagnosis of depression and diminished cognitive factors in the management of diabetes.
- ✓ Discuss and choose the best treatment options for sub-clinical and clinical hypo and hyperthyroidism.
- ✓ Review the association of fasting and post prandial hyperglycemia with cardiovascular risk.
- ✓ List and identify ways the pharmacist can assist their patients in managing their diabetes and cardiovascular disease.
- ✓ Discuss the mechanisms and effectively utilize newer therapies in hypertension management.
- ✓ State the recent advances in end-stage renal disease and dialysis and what we have learned from the NIH International Islet Transplant Study.
- ✓ Discuss the importance of the islets of langerhans and dendritic cells in the context of autoimmune diabetes.

ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for continuing Medical Education (ACCME) through the joint sponsorship of Washington University School of Medicine, Continuing Medical Education and The Kilo Diabetes & Vascular Research Foundation. Washington University is accredited by the ACCME to provide continuing medical education for physicians.

Washington University designates this educational activity for a maximum of 15 AMA PRA Category 1 credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

American Academy of Family Physicians: This activity has been reviewed and is acceptable for up to 14.75 Prescribed credits by the American Academy of Family Physicians.

American Osteopathic Association: This program is eligible for 13.5 hours of AOA Category 2-B credit.

Missouri Nurses Association: This continuing nursing education activity has been submitted for approval to the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

American Dietetic Association: The Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association, has reviewed and approved this program for 17 hours of continuing education.



The St. Louis College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmaceutical education.

Pharmacists can earn 1.25 C.E.U. (12.5 contact hours) by attendance at the program and completing and returning a program evaluation form. The program number is 0333-999-08-019-L01-P. Statement of credit will be mailed 3-4 weeks after the program.

It is the policy of the St. Louis College of Pharmacy, Continuing Education Department, to insure balance, independence, objectivity and scientific rigor in all its educational programs. All faculty participating in this program are expected to disclose to the program audience any real or apparent conflicts of interest related to the content of the presentation.

REGISTRATION 2008 KILO DIABETES SYMPOSIUM

Bill my Visa MasterCard Am Ex Check Enclosed Amount _____ Account # _____ Signature _____ Exp. Date _____
 Name _____ Title: MD DO RPh RN RD CDE
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 Office Address _____ City _____ State _____ ZIP _____
 Phone No: (_____) _____ Fax No: (_____) _____
 Medical School Graduate of: Washington University Other U.S. Foreign (_____) Year _____
 Specialty _____

PHYSICIANS:
 Friday\$135
 Saturday\$135
 Full Program\$250
 ALLIED HEALTH:
 Friday\$90
 Saturday\$90
 Full Program\$160

INTERNS, RESIDENTS,
 AND FELLOWS:
 Friday\$25
 Saturday\$25
 Full Program\$40
 Lunch may be purchased.

Please register online at www.kilorf.com or mail the completed registration form to: Kilo Diabetes & Vascular Research Foundation, 1227 Fern Ridge Parkway, Suite 120 St. Louis, MO 63141 (314) 434-6500 Fax (314) 434-6731

Please Register by November 15th. Refund – All but \$25 of the fee is refundable if inability to attend is made known to us prior to November 15th.