

WCIRDC PROGRAM 2026

Wednesday, December 2, 2026

1:00 pm – 8:00 pm Pre-Registration – **Lobby & Sierra Ballroom B**

3:30 pm **Refreshments at the Lecture Hall**

4:00 pm Welcome

Yehuda Handelsman, MD

Session 1 The Heart, The Kidney, & The Brain

Chairs: Peter J. Grant, MD • Norman E. Lepor, MD

4:10 pm SGLT2 Inhibition as Mitochondrial Medicine: Preclinical Evidence from Isolated Cardiac

Mitochondria in Heart Failure – the Human Connection

Robert J. Chilton, DO

4:30 pm Adiposity & Diabetes as Drivers of Cardiomyopathy: One Wolf in 2 Costumes

Josephine I. Harrington, MD

4:50 pm The Impact of CGM and CGM Metrics in Diabetes on the Development of Renal Disease

Peter D. Reaven, MD

5:10 pm Insulin Resistance or Hyperinsulinemia: Cause or Consequence

Ralph A. DeFronzo, MD

5:30 pm – 5:45 pm Panel Discussion and Q&A

Session 2 DCRM 3.0

Chairs: George Grunberger, MD • Stephen J. Greene, MD

5:45 pm Background

Yehuda Handelsman, MD

5:55 pm Topic Presentations: Zachary T. Bloomgarden, MD • Vivian A. Fonseca, MD • Stephen J. Greene, MD

• George Grunberger, MD • Paul S. Jellinger, MD • Samuel Klein, MD • Christos S. Mantzoros, MD, DSc, PhD

• Erin D. Michos, MD • Jorge Plutzky, MD • Matthew R. Weir, MD

Panel Discussion and Q&A

6:25 pm Post CME Questions

6:30 pm Adjourn

6:30 pm - 8:15 pm **Dinner CME Symposium** **Sierra Ballroom B**

Made Available by **MLI-Medical Learning Institute**

This activity is supported by an independent medical

educational grant from **Regeneron Pharmaceuticals**

Approach to Managing Obesity and Comorbidities Circa 2026

Chairs: Yehuda Handelsman, MD and Norman E. Lepor, MD

6:30 pm Introduction & Pre-CME Questions

Norman E. Lepor, MD

6:45 pm Obesity & Comorbidities Epidemiology, Diagnosis & Management Challenges

Caterina Conte, MD, PhD

7:05 pm Weight Loss Modalities Addressing Quality Weight Loss

Samuel Klein, MD

7:25 pm The Treatment of CVD Risk Factors in Obesity and Diabetes

Norman E. Lepor, MD

7:45 pm **Panel Discussion and Q&A:** Losing Weight the Right Way

Panel: Caterina Conte, MD, PhD, Samuel Klein, MD, Norman E. Lepor, MD

Moderator: Yehuda Handelsman, MD

Post-CME Questions and Concluding Remarks

8:15 pm **Adjourn**

6:45 am

Registration | Exhibit Hall Opens | Coffee

7:00 am – 7:45 am

Breakfast Session

Title TBD
Supported by

Non-CME Education

Sierra Ballroom B

7:55 am

Welcome

Yehuda Handelsman, MD

8:10 am

Summary of Day 1 & Pre-CME Questions

Zachary T. Bloomgarden, MD

Session 3

The Science of CRM

Chairs: Ralph A. DeFronzo, MD • Philipp E. Scherer, PhD

8:15 am

Neoangiogenesis in Physiology and Pathology: Novel Determinants of Endothelial Biology

Jorge Plutzky, MD

8:35 am

Understanding Insulin Resistance & Sensitivity – Impact on Health & Disease

Takashi Kadowaki, MD, PhD

8:55 am

Bile Acid Control of Metabolism Through Olfactory Signaling — The Role of FXR

Bart Staels, PhD

9:15 am – 9:30 am Panel Discussion and Q&A

Session 4

The Current & Future Role of Incretin Therapy

Chairs: Ildiko Lingvay, MD • Dianne S. Cheung, MD

9:30 am

Tirzepatide and Weight-loss Independent Effects on Metabolism and Adipose Tissue

Tracey L. McLaughlin, MD, MS

9:50 am

The Landscape of Incretin-Based Therapy: A Realistic View of the Future

David D'Allesio, MD

10:10 am – 10:20 am Panel Discussion and Q&A

10:20 am – 10:50 am Refreshment Break at the Exhibit Hall

Session 5

ASCVD and Inflammation

Chairs: Jorge Plutzky, MD • Josephine I. Harrington, MD

10:50 am

Testosterone Replacement & CVD: The Bad, the Ugly, and the Good

Matthew J. Budoff, MD

11:10 am

PCOS Recognized as a Metabolic Disorder: What Polyendocrine Metabolic Ovarian

Syndrome Gets Right and Where It Fails

Andrea Dunaif, MD

11:30 am

All You Need to Know About Inflammation and CVD

Norman E. Lepor, MD

11:50 am – 12:05 pm Panel Discussion and Q&A

Session 6

Concurrent Sessions: Meet the Experts

12:10 pm

Insulin Resistance and Diabetes

Mandarin

Ralph A. DeFronzo, MD

It's All You Need to Know Obesity

Club

W. Timothy Garvey, MD

CardioRenal & Lipids

Hiro

Erin D. Michos, MD

Everything Cortisol and Aldosterone

Salon 6AB

Yehuda Handelsman, MD

1:00 pm

1:00 pm – 2:00 pm

Lunch Break

1:10 pm – 1:55 pm

Lunch Session

Title TBD
Supported by **Boehringer Ingelheim**

Non-CME Education

Sierra Ballroom B

Session 7	Contemporary Metabolism – Fat, Brain, & Liver	
	Chairs: Richard N. Bergman, MD • Bart Staels, PhD	
2:00 pm	Brown Fat - White Fat Impact on lipids, Insulin Resistance & Metabolism	Rohit N. Kulkarni MD, PhD
2:20 pm	Insulin Resistance & Diabetes Relationship to Alzheimer's Disease- is AZ Type 3 Diabetes	Hussein Yassine, MD
2:40 pm	MASH-the future; Diagnosis, Emerging Therapies & Differentiating Diabetes & Non Diabetes	Rohit Loomba, MD, MHSc
3:00 pm – 3:15 pm	Panel Discussion and Q&A	

Session 8	CRM - Management of Complex Cases	
	Chair: Matthew J. Budoff, MD	
	Expert Panel: Jennifer B. Green, MD • Robert J. Chilton, DO • Vivian A. Fonseca, MD	
3:15 pm	Introduction	
	CRM Case 1 Panel Discussion and Q & A	Srikanth Krishnan, MD
	CRM Case 2 Panel Discussion and Q & A	Emily Zhang, MD
4:05 pm	Adjourn	

4:05 pm – 4:35 pm Refreshment Break at the Exhibit Hall

Session 9	Obesity – Science and Clinical Update	
	Chairs: Samuel Klein, MD • Rohit Loomba, MD, MHSc	
4:35 pm	Adipose Tissue Biology in the Metabolic Benefits of Weight Loss	Philipp E. Scherer, PhD
4:55 pm	Obesity in Asian vs Global Populations: Definitions and Cardiometabolic Risk	Yu Mi Kang, MD, PhD, MPH
5:15 pm	The Contemporary Approach to the Treatment of Obesity	Ildiko Lingvay, MD
5:35 pm	Improving Adherence to Weight Loss Treatments – The Emerging Role of Long-Acting Amylin	W. Timothy Garvey, MD
5:55 pm – 6:15 pm	Panel Discussion and Q&A & Post CME Questions	

6:15 pm – 7:15 pm WELCOME & POSTER RECEPTION at the Exhibit Hall

Refreshments will be served

7:15 pm – 9:00 pm Dinner CME Symposium Sierra Ballroom B

Supported by **AstraZeneca**

Contemporary Approach to Managing Complex Metabolic Comorbidities

Chairs: Yehuda Handelsman, MD and Matthew R. Weir, MD

7:15 pm	Introduction & Pre-CME Questions	Matthew R. Weir, MD
7:30 pm	Obesity and Excess Body Fat - Definition Prevalence and Treatment	Naresh Kanumilli, MBBS
7:45 pm	Resistant HTN in the Complex Patient - The Why and How	Florian Rader, MD, MSc
8:00 pm	CKD Role in CardionRenal & Metabolic Diseases & Management Algorithm	Matthew R. Weir, MD
8:15 pm	CRM Conditions - Heart Disease, Focus on HF	Shahzeb Khan, MD, MSc
8:30 pm	Panel Discussion and Q&A: Approaching Complex Metabolic Diseases	
	Panel: Naresh Kanumilli, MBBS, Shahzeb Khan, MD, MSc, Florian Rader, MD, Matthew R. Weir, MD	
	Moderator: Yehuda Handelsman, MD	
	Post-CME Questions and Concluding Remarks	
9:00 pm	Adjourn	

6:45 am

Registration | Exhibit Hall Opens | Coffee

7:00 am – 7:45 am

Breakfast Session**Non-CME Education****Sierra Ballroom B**Unlocking the Potential of a Liver Directed Therapy
Supported by **Madrigal**

Lance Sloan, MD, MSE

7:50 am – 8:05 am Summary of Day 2 & Pre-CME Questions

Zachary T. Bloomgarden, MD

Session 10 The Kidney & HTN Today

Chairs: Tracey L. McLaughlin, MD, MS • Stephen J. Greene, MD

8:05 am HTN Management - New Currently Available and Upcoming Options

Christian W. Mende, MD

8:25 am Resistant HTN, the Kidney, and the Adrenal Gland

Matthew R. Weir, MD

8:45 am – 8:55 am Panel Discussion and Q&A

Session 11 Joint Session with Metabolism

Chairs: Christos S. Mantzoros, MD, PhD • Christian W. Mende, MD

8:55 am Introduction

Christos S. Mantzoros, MD, PhD

9:00 am Hypothalamic AMPK as a Therapeutic Target for Energy Balance-Related Diseases

Miguel López, PhD

9:20 am Timing Matters: Multi-Omics Insights into Exercise and Metabolic Health in Type 2 Diabetes

Juleen R. Zierath, PhD

9:40 am SGLT2i for Cardiometabolic Risk. Same, Same, but Different?

Jenny E. Gunton, MBBS, PhD

10:00 am – 10:15 am Panel Discussion and Q&A

10:15 am – 10:45 am Refreshment Break at the Exhibit Hall**Session 12 Today's Heart Failure**

Chairs: Erin D. Michos, MD, MHS • Matthew R. Weir, MD

10:45 am Second Universal Definition of Heart Failure 2026 - A Consensus

Biykem Bozkurt, MD, PhD

11:05 am Primary Prevention of Heart Failure

Stephen J. Greene, MD

11:25 am In Hospital Initiation of Medications in Patients with Acute HF Address on SGLT2i

Gregg C. Fonarow, MD

11:45 am – 12:00 pm Panel Discussion and Q&A

12:00 pm – 1:00 pm**Lunch Break****12:10 pm – 12:55 pm****Lunch Session****Non-CME Education****Sierra Ballroom B**

Title TBD

Supported by **Corcept****Session 13 Frontiers in Diet Therapy: You Are What You Eat**

Chairs: Jennifer B. Green, MD • W. Timothy Garvey, MD

1:00 pm Interaction between Weight Loss and Diet Macronutrient Composition on Metabolic
Function in Prediabetes

Samuel Klein, MD

1:20 pm Diets that Improve Insulin Resistance, Inflammation and

1:40 pm – 1:50 pm Panel Discussion and Q&A

Session 14	A Glimpse into the Future - What's in the Pipeline?	Non-CME
	Chairs: Christos S. Mantzoros, MD, PhD • Vivian A. Fonseca, MD	
1:50 pm	Lexicon	Craig Granowitz, MD, PhD
2:05 pm	Boehringer Ingelheim	Neerja Balachander, PhD
2:20 pm	Corcept	Joseph K. Belanoff, MD
2:35 pm – 2:50 pm	Panel Discussion and Q&A	

2:50 pm – 4:05 pm Refreshment Break

2:55 pm – 3:40 pm	Refreshment Session	Non-CME Education	Sierra Ballroom B
	Title TBD		
	Supported by Bayer		

3:40 pm – 4:05 pm Break at the Exhibit Hall

Session 15	Technology, Digital Health & AI	
	Chairs: Chris K. Guerin, MD • George Grunberger, MD	
4:05 pm	Digital Health & AI in DCRM/CKMH	Seth S. Martin, MD, MHS
4:25 pm	From Pump to CGM then AID - The Current and Evolving Landscape	Anders L. Carlson, MD
4:45 pm – 4:55 pm	Panel Discussion and Q&A	

Session 16	Diabetes, Comorbidities and Management	
	Chairs: Paul S. Jellinger, MD • Rohit N. Kulkarni, MD, PhD	
4:55 pm	Understanding Why and How CVD and HF Develop in both Types Diabetes	E. Dale Abel, MD, PhD
5:15 pm	The Impact of Type 1 and Type 2 Diabetes on Lung Function	Peter J. Grant, MD
5:35 pm	EASD-ADA 2026 Consensus on Diabetes Management	Jennifer B. Green, MD
5:55 pm – 6:15 pm	Panel Discussion and Q&A & Post CME Questions	

6:15 pm – 7:45 pm	Dinner CME Symposium	Sierra Ballroom B	Supported by TBD
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7:45 pm – 9:15 pm	Abstract Oral Presentation	Non-CME	CHEESE & WINE WILL BE SERVED
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Chair: Zachary T. Bloomgarden, MD

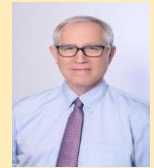
Abstract Committee: Ralph A. DeFronzo, MD • Vivian A. Fonseca, MD • George Grunberger, MD • Jennifer B. Green, MD • Norman E. Lepor, MD • Christian W. Mende, MD • Matthew R. Weir, MD



Abstracts published in **Metabolism: Clinical and Experimental**; Editor-in-Chief **Christos S. Mantzoros, MD, DSc, PhD**

7:00 am **Registration & Continental Breakfast****7:00 am – 7:45 am****Breakfast Session**

TRYNGOLZA: Expand What's Possible with Triglyceride Reduction in Severe Hypertriglyceridemia (sHTG; TGs ≥ 500 mg/dL)
Supported by **Ionis**

Non-CME Education**Sierra Ballroom B****Norman E. Lepor, MD**

7:50 am - 8:00 am Summary of Day 3

Zachary T. Bloomgarden, MD**8:00 am – 8:05 am Oral Abstract Winners Award Presentation****Zachary T. Bloomgarden, MD**

8:05 am – 8:10 am Pre-CME Questions

Zachary T. Bloomgarden, MD**Session 17 CKLM in Clinical Practice**

Chairs: Zachary T. Bloomgarden, MD • Robert J. Chilton, DO

8:10 am Addressing Reproductive Risk Factors Impact on CKM

Erin D. Michos, MD, MHS

8:30 am Sacubitril/Valsartan Impact on CKD in Patients with Heart Failure

Barry H. Greenberg, MD

8:50 am MASH: Pathophysiology, Natural Progression and Impact of Approved Therapies on CKLM Outcomes

Christos S. Mantzoros, MD, PhD

9:10 am Integrating Genetics into Cardiometabolism and Clinical Practice

Jamal S. Rana, MD, PhD

9:30 am – 9:45 am Panel Discussion and Q&A

9:45 am – 9:55 am Refreshment Break**Session 18 Cortisol & CardioRenalMetabolic Diseases**

Chairs: Brian J. Feldman, MD, PhD • Yu Mi Kang, MD, PhD, MPH

9:55 am Impact of Hypercortisolism on Obesity-CardiRenal & Metabolic Diseases

Oksana Hamidi, DO

10:15 am Does Hypercortisolism Have a Role in T1D

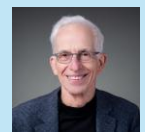
Vivian A. Fonseca, MD

10:35 am - 10:45 am Panel Discussion and Q&A

Session 19 Gerald Reaven Distinguished Leader in Insulin Resistance 2026 Award10:45 am Award Presentation by **Peter J. Grant, MD** and **Christos S. Mantzoros, MD, PhD**

10:50 am Quo Vadis, Insulin Resistance?

11:20 am - 11:30 am Q & A

**George Grunberger, MD**

11:30 am – 12:25 pm Lunch Break & Check-Out

11:35 am – 12:20 pm	Lunch Session Title TBD Supported by Eli Lilly	Non-CME Education	Sierra Ballroom B
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Session 20 Lipids Disorders Update

Chairs: Bart Staels, PhD • Seth S. Martin, MD, MHS

12:25 pm	Introduction – AHA/ACC - Multi Society Dyslipidemia Guidelines	Seth S. Martin, MD, MHS
12:35 pm	Lp(a) HORIZON: How Does it Impact the Lp(a) Landscape and Clinical Practice?	Nathan D. Wong, PhD
12:55 pm	Severe Hypertriglyceridemia - Contemporary Management and New Approaches- Focus on APOC3 Inhibitor	Savitha Subramanian, MD
1:15 pm	Lipid Management Circa 2026 the Impact of Vesalius Address DM – What is Next	Robert P. Giugliano, MD
1:35 pm – 1:50 pm	Panel Discussion and Q&A	

Session 21 Pediatric & Adolescence

Chairs: Chris K. Guerin, MD • Samuel Klein, MD

1:50 pm	Adipose Depot Development in Childhood for a Lifetime of Metabolic Implications?	Brian J. Feldman, MD, PhD
2:10 pm	Implementation and Dissemination of Obesity Interventions for Children and Adolescents	Mona Sharifi, MD, MPH
2:30 pm – 2:40 pm	Panel Discussion and Q&A	

2:40 pm – 2:50 pm Refreshment Break at the Lecture Hall

Session 22 Joint Session with Diabetes Care

Chairs: Elizabeth Selvin, PhD, MPH • Yu Mi Kang, MD, PhD, MPH

2:50 pm	Introduction	Elizabeth Selvin, PhD, MPH
2:55 pm	Continuous Glucose Monitoring and Mortality Risk Among U.S. Veterans Receiving Dialysis with Diabetes	Yoko Narasaki, PhD, MS, RD
3:15 pm	Health Expenditures Decline After Bariatric Surgery for Patients with Type 2 Diabetes	Caroline E. Sloan, MD, MPH
3:35 pm	Factors Associated with Nocturnal Hypoglycemia After Exercise in the Type 1 Diabetes and Exercise Initiative	Daniel I. Bisno, MD
3:55 pm – 4:10 pm	Panel Discussion and Q&A & Post CME Questions	

Session 23 Clinical Workshop

(Wine and cheese will be served)

4:10 pm	Diabetes	Sierra Ballroom B	George Grunberger, MD
	The Kidney	Hiro	Christian W. Mende, MD
	Lipids	Club	Paul S. Jellinger, MD & Paul D. Rosenblit, MD

5:00 pm **Adjourn**