

21st WCIRDC

EARN
26.75
CME
ABIM-MOC
CREDITS

World Congress Insulin Resistance
DIABETES & CARDIOVASCULAR DISEASE

December 7–9, 2023
Hilton Universal City Hotel
Los Angeles, CA



Administrated by Metabolic Institute of America

Exploring New Frontiers In Metabolism – Tomorrow's Clinical Science Today

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Welcome.

It is my pleasure to welcome you to the 21st Annual World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease (WCIRDC): Exploring New Frontiers in Metabolism—Tomorrow's Clinical Science Today. The 21st Annual WCIRDC will be held on December 7–9, 2023, at the Hilton Universal City, Los Angeles. This CME/MOC conference will be available On-Demand for 90 days following the meeting. Since its inception, the congress has become the premier global meeting dedicated to metabolism-obesity, diabetes, lipids, HTN, CKD, CVD, HF, and NAFLD. This is the only conference of its size that incorporates clinical, translational and basic science. It offers an exclusive platform allowing professionals, clinicians and researchers to exchange ideas and collaborate on emerging scientific and management concepts. The WCIRDC faculty consists of globally acclaimed experts who link research to clinical practice in a bench-to bedside-to-bench approach which is unique to this state-of-the-art program. We are proud to honor Professor Paul Zimmet, MD, PhD with the prestigious "Gerald Reaven Distinguished Leader in Insulin Resistance Award", recognizing his exceptional contributions to the field. Dr Zimmet's keynote lecture: Insulin Resistance and its outcomes in T2DM: A Historical and Epidemiological Perspective. This year's conference will cover a wide range of topics including Lipidology, Cardiomyopathy & Heart Failure, Contemporary Management Of Obesity And Diabetes, The Multiple Faces Of Insulin Resistance, Women's Health State Of The Art Approach To Kidney, and Heart Disease, a joint session with the journal Metabolism; and much more encompassing the multifaceted realm of metabolic medicine. Distinguished experts are poised to unveil groundbreaking perspectives fostering an environment conducive to collaborative learning and professional growth. Clinical workshops & meet-the-expert small groups sessions will provide attendees with a rare opportunity to personally interact with esteemed leaders in an intimate setting. The Congress has a strong and highly successful abstracts program. Abstracts will be published in Metabolism Clinical and Experimental- IF 13.93 EIC Christos S. Mantzoros, MD, PhD, DSc. The 21st WCIRDC will feature a robust Poster Hall, Oral Abstract Presentations, an attractive Exhibit Hall, and Industry Supported non-CME programs featuring important new scientific concepts with some of the world's best-known educators. I look forward to you attending this exciting conference on December 7–9, 2023, at Hilton Universal City Los Angeles, California. We hope to see you there.

Best regards,



Best regards,

Yehuda Handelsman, MD
Chair & Program Director

Scientific Organizing Committee - International Committee for Insulin Resistance - ICIR

Yehuda Handelsman, MD Chair
Tarzana, CA

Richard N. Bergman, PhD
Los Angeles, CA

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San Antonio, TX

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San Antonio, TX

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Leeds, UK

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Hollywood, FL

Samuel Klein, MD
St. Louis, MO

Mikhail N. Kosiborod, MD
Kansas City, MO

Ronald M. Krauss, MD
Berkeley, CA

Norman E. Lepor, MD
Los Angeles, CA

Derek LeRoith, MD, PhD
New York, NY

Philip Levy, MD
Phoenix, AZ

Ildiko Lingvay, MD, MPH, MSCS
Dallas, TX

Christos S. Mantzoros, MD, PhD
Harvard, MA

Nikolaus Marx, MD
Aachen, GER

Tracey L. McLaughlin, MD
Stanford, CA

Christian W. Mende, MD
La Jolla, CA

Erin D. Michos, MD, MHS
Baltimore, MD

Jorge Plutzky, MD
Boston, MA

Richard E. Pratley, MD
Orlando, FL

Arun J. Sanyal, MD
Richmond, VA

Philipp E. Scherer, PhD
Dallas, TX

Alan R. Sinaiko, MD
Minneapolis, MN

Bart Staels, PhD
Lille, FR

Pam R. Taub, MD
San Diego, CA

Muthiah Vaduganathan, MD, MPH
Boston, MA

Matthew R. Weir, MD
Baltimore, MD

Paul Zimmet, MD, PhD
Melbourne, AUS



PROGRAM DESCRIPTION

The World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease (WCIRDC), now in its 21st year, stands as a distinctive and vibrant multidisciplinary CME conference. Serving as the paramount global assembly dedicated to diabetes, obesity, lipids, cardiovascular-kidney, and liver diseases.

The Congress intricately weaves together basic research and clinical practice in pursuit of our guiding theme: Exploring New Frontiers in Metabolism — Tomorrow’s Clinical Science Today.

Participants are able to earn up to 26.75 CME & ABIM-MOC credits.

The WCIRDC program features a unique convergence of basic and clinical science. For over two decades, it has convened physicians, clinicians, researchers, and other healthcare professionals into an international arena, crafting an exclusive program that seamlessly bridges the latest advancements from

bench-to-bedside-to-bench. Often resonating with the words, “I heard it first at the WCIRDC,” the program provides an unparalleled opportunity for attendees to directly engage with distinguished global faculty, within an intimate setting, propelling explorations into the most current understanding of metabolic diseases and the unfolding emerging therapeutic approaches.

Since the seminal work of Dr. Gerald Reaven, crystallizing the interplay of insulin resistance, diabetes, obesity, and cardiovascular disease, the congress’s scope has expanded. It now encompasses domains such as the kidney, liver, brain, bone, cancer, and beyond. The congress agenda includes dyslipidemia, atherosclerosis, hypertension, hypercoagulation, and inflammation. It also underscores the intricate interplay between Diabetes-Cardio-Renal and Metabolic Diseases. The program will cover updates on pharmaceutical interventions, including incretins- GLP1 ra and dual agonists, SGLT2i & SGLT2/1i, PCSK9 i, MRA, bempedoic acid and IPE, will be illuminated. The aim is to foster an in-depth

understanding of state-of-the-art pathophysiology, novel medical interventions, and the development of comprehensive clinical management strategies.

To bridge the gap between research and clinical practice, live Q&A and panel discussions will follow each session, exploring their implications in clinical scenarios. Enhanced interaction with faculty and fellow attendees will be facilitated through extended breaks and social events.

The Congress garners cutting-edge abstracts from both emerging researchers and renowned leaders across the globe. The best abstracts will be presented orally. There will be a key note presentation by professor Paul Zimmet, the recipient of the Gerald Reaven Distinguished Leader Award. Clinical workshops and meet the experts sessions allow for small groups learning and intimate face to face interaction with some of the best known leaders.

PROGRAM OBJECTIVES

The program is designed to evaluate both clinical and basic science aspects of diabetes, obesity, CVD and CKD, focusing on insulin resistance, incretins, the gut, the brain, the kidney and the heart. The goal is to understand pathophysiology and to develop appropriate comprehensive clinical management plans.

Upon completion of this meeting, participants should be able to:

- Discuss the effects of insulin resistance on the heart, kidney, and liver
- Describe the relationship between diabetes, obesity, kidney disease, and heart disease

- Implement best practices for the prevention and management of CKD, HF, and CVD
- Describe the recommended uses of SGLT2 inhibitors for the treatment of HF
- Describe the contemporary role of SGLT2 inhibitors in CKD with and without diabetes as consistent with approved indications
- Describe the benefits of GLP1-RAs in patients with ASCVD or at risk of ASCVD events
- Evaluate the evidence supporting the use of new and emerging therapies to reduce cardiovascular mortality in patients with cardiometabolic disease
- Explain the roles of diabetes and insulin resistance in the development of CKD, HF, and CVD
- Evaluate the impact on clinical practice of new CVOTs in patients with diabetes and other cardiometabolic diseases
- Design therapeutic regimens for patients with multiple cardiorenal and metabolic disorders that capitalize on agents with broad effects across the spectrum of these comorbidities
- Utilize technology to enhance the effectiveness of therapeutics

TARGET AUDIENCE

This educational initiative is designed for endocrinologists, cardiologists, nephrologists, family physicians, internists, diabetologists, gastroenterologists, pediatricians, OB/GYNs, researchers, nurse practitioners, physician assistants, dietitians, diabetes educators, and other healthcare professionals interested in the pathophysiology, prevention, and treatment of diabetes, obesity, CVD, CKD, HF, and associated conditions, as well as the effect of these conditions on health and society.

6:45 am Pre-Registration

7:00 am – 8:00 am **EXHIBIT HALL OPENS** | Coffee will be served

<p>7:00 am – 7:45 am</p> <p>Breakfast Session</p> <p>BMF-219: An Oral Menin Inhibitor in Clinical Development as a Short-term Therapy to Address the Root Cause of Diabetes, Beta-cell Dysfunction Supported by Biomea Fusion</p>	<p>Non-CME Education</p>	<p>Product Theater Hall</p>
<p>Priyanka Somanath, PhD</p> 	<p>Thomas Butler, MS, MBA</p> 	<p>Rohit N. Kulkarni, MD, PhD</p> 
		<p>Juan Frias, MD</p> 

8:00 am – 8:15 am Welcome & Introduction | Pre-CME Questions

Yehuda Handelsman, MD

Session 1 Endothelium and Cardiometabolic Disorders

8:15 am – 9:30 am Chairs: Vivian A. Fonseca, MD • Derek LeRoith, MD, PhD

8:15 am The Effects of RYGB on Cholesterol and Bile Acid Metabolism in Humans
8:35 am Endothelial-Mesenchymal Transition in Cardiovascular Disease (EndMT)
8:55 am The Role of SGLTx in ACS, A. Fib & Metabolism- A Translational Approach
9:15 am – 9:30 am Panel Discussion and Q&A

Bart Staels, PhD
Jorge Plutzky, MD
Robert J. Chilton, DO

Session 2 ASCVD Epidemiology, Pathophysiology & Management

9:30 am – 10:45 am Chairs: Ronald M. Krauss, MD • Robert J. Chilton, MD

9:30 am Importance of Cardiovascular Risk Assessment and Multiple Risk Factor Control in Diabetes
9:50 am Common Molecular Mechanisms Drive Cardiometabolic and Vascular Diseases Outcomes- Clinical Implications
10:10 am The Relationships Between HDL Dysfunction, Genetic Very Small LDL, CAC and Insulin Resistance
10:30 am – 10:45 am Panel Discussion and Q&A

Nathan D. Wong, PhD
W. Timothy Garvey, MD
Arthur S. Agatston, MD

10:45 am – 11:15 am **REFRESHMENT BREAK** at the Exhibit Hall

Session 3 Lipidology Toward 2024 - Panel Session

11:15 am – 12:10 pm Chairs: Erin D. Michos, MD, MHS • Chris K. Guerin, MD

11:15 am The Role of the Mitochondrial/ER Axis in Cholesterol Metabolism and Statin Myopathy
Lp(a), CETP / BA-CLEAR / Very High HDL
Discussions and Q&A

Ronald M. Krauss, MD
Seth S. Martin, MD, MHS
Arthur S. Agatston, MD

12:10 pm

Session 4 Concurrent Sessions: Meet the Experts


12:15 pm – 1:00 pm

Ralph A. DeFronzo, MD
Vivian A. Fonseca, MD
Jennifer B. Green, MD
Yehuda Handelsman, MD

Insulin Resistance – Intensive Management of DM
DCRM Risk Prediction
CKD Emerging Strategies
Technology in DM and CRM

Mandarin AB
Sierra CD (Lecture Hall)
Club
Salon 6AB

1:00 pm – 2:00 pm **LUNCH BREAK**

<p>1:10 pm – 1:55 pm</p> <p>Lunch Session</p> <p>Jardiance® (empagliflozin) tablets: A Peer Review of the Latest Clinical Data and Dosing Recommendations Supported by Boehringer Ingelheim–Lilly</p>	<p>Non-CME</p>	<p>Product Theater Hall</p> <p>Christian Mende, MD</p> 
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THURSDAY, DECEMBER 7 (Cont.)

Session 5 Metabolic Science
 Chairs: Richard N. Bergman, PhD • Phillip E. Scherer, PhD

2:00 pm – 2:50 pm
 2:00 pm Genome- Proteome- Phenome & Mendelian Randomization Studies, Elucidating Novel Pathways and Treatments- Clinical Implication in Cardiometabolic Disorders **Christos S. Mantzoros, MD, PhD**

2:20 pm The Role of mRNA Modifications in the Regulation of Metabolism **Rohit N. Kulkarni, MD, PhD**

2:40 pm – 2:50 pm Panel Discussion and Q&A

Session 6 The Future of HTN
 Chairs: Pam R. Taub, MD • Chris W. Mende, MD

2:50 pm Refractory HTN and New Drugs & Procedures in the Future **Norman E. Lepor, MD**

3:10 pm Need for New Agents to Overcome Healthcare Disparity in Hypertension **Keith C. Ferdinand, MD**

3:30 pm – 3:40 pm Panel Discussion and Q&A

Session 7 DCRM 2.0 – Update and Global Transformation
 Chairs: Richard E. Pratley, MD • Matthew R. Weir, MD

3:40 pm DCRM 2.0 - Diabetes CardioRenal & Metabolic Diseases- Update & Global **Yehuda Handelsman, MD**

3:55 pm – 4:10 pm Panel Discussion and Q&A

4:10 pm – 4:40 pm **REFRESHMENT BREAK** at the Exhibit Hall

Session 8 Insulin Resistance, Diabetes, and Beyond
 Chairs: Jennifer B. Green, MD • Jorge Plutzky, MD

4:40 pm Brain HDL and Alzheimer’s Disease: Toward Therapeutic Applications **Hussein Yassine, MD**

5:00 pm Pulmonary Disease in Diabetes- Another Final Frontier? **Peter J. Grant, MD**

5:20 pm Contemporary Nomenclature of Fatty Liver Disease Impact on Diagnosis and Management **Rohit Loomba, MD, MHS**

5:40 pm Vascular Aging in CKD **Matthew R. Weir, MD**

6:00pm Management of Diabetes in Patients with Cancer Addressing Impact of Cancer Therapy **Emily J. Gallagher, MD, PhD**

Overcoming Treatment Challenges: Management of Patients with Diabetes and Cancer

6:20 pm – 6:35 pm Panel Discussion and Q&A

6:35pm – 7:30 pm WELCOME & POSTER RECEPTION AT EXHIBIT HALL *Cocktails and hors d’oeuvres will be served*

7:30 pm – 9:15 pm Dinner CME Symposium **Supported by AstraZeneca**

Winning The Trifecta of Diabetes, Heart and Kidney Diseases

Chairs: Yehuda Handelsman, MD • Muthiah Vaduganathan, MD, MPH

7:30 pm Introduction & Pre-CME Questions **Muthiah Vaduganathan, MD, MPH**

7:40 pm Early Intervention in Diabetes Addressing Pathophysiology in Preventing Comorbidities **Vivian A. Fonseca, MD**

8:00 pm SGLT2i Effects Across The Spectrum of CKD And Multiple Populations **Peter Rossing, MD**

8:20 pm Impact of SGLT2i on HF Outcomes in Various Populations & The Range of LVEF **Muthiah Vaduganathan, MD, MPH**

8:40 pm **Panel Discussion and Q&A:** Changing the Trajectory of Heart Failure and CKD, Implementing Guidelines Directed Medical Therapy

Panel: Vivian A. Fonseca, MD • Christian W. Mende, MD • Erin D. Michos, MD, MHS
 Peter Rossing, MD • Muthiah Vaduganathan, MD, MPH

Moderator: Yehuda Handelsman, MD

9:10 pm Concluding Remarks & Post-CME Questions

9:15 pm Adjourn



7:00 am Registration

7:00 am – 8:00 am **EXHIBIT HALL OPENS**

7:00 am – 7:45 am Breakfast Session **Non-CME**
The Dual Dilemma: Navigating Cardiorenal Risk in CKD Associated with T2D
Supported by **Bayer**

Product Theater Hall

Dharmesh S. Patel, MD, MBBS



8:00 am – 8:15 am Summary of Day 1 and Pre-CME Questions

Zachary T. Bloomgarden, MD

Session 9 Women's Health

8:15 am – 9:05 am Chairs: Ania M. Jastreboff, MD • Pam R. Taub, MD

8:15 am Infertility, Assisted Reproductive Technology, and Cardiovascular Risk

Erin D. Michos, MD, MHS

8:35 am Sex Differences in Cardiovascular Risk Associated with Pre, Newly Diagnosed, and Undiagnosed- Diabetes

Vivian A. Fonseca, MD

8:55 am – 9:05 am Panel Discussion and Q&A

Session 10 The Multiple Faces of Insulin Resistance

9:05 am – 10:20 am Chairs: Ralph A. DeFronzo, MD • Peter J. Grant, MD

9:05 am Insulin Resistance in T2DM: Whole Body, Organ, Cellular, and Molecular Pathogenesis

Ralph A. DeFronzo, MD

9:25 am Insulin Resistance and Myocardial Energy Metabolism: Implications for Therapy

E. Dale Abel, MD, PhD

9:45 am Which Comes First: Insulin Resistance or Obesity?

Samuel Klein, MD

10:05 am – 10:20 am Panel Discussion and Q&A

10:20 am – 10:50 am **REFRESHMENT BREAK** at the Exhibit Hall

Session 11 Progress in Pediatric Obesity and T2D: New and Advanced Treatments

10:50 am – 12:05 pm Chairs: Sonia Caprio, MD • Alan R. Sinaiko, MD

10:50 am GLP-1 RA for the Treatment of Youth Onset Obesity and T2D: From Fantasy to Reality

Silva Arslanian, MD

11:10 am Achieving Metabolic Homeostasis in Youth with Obesity, Prediabetes/T2D and NAFLD, using Semaglutide 2, 4 mg.

Sonia Caprio, MD

11:30 am Novel Treatments on the Horizon for Youth with Obesity, Fatty Liver & T2D

Rohit Kohli, MBBS, MS

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

12:05 pm – 1:05 pm **LUNCH BREAK**

12:15 pm – 1:00 pm Lunch Session **Non-CME**

Product Theater Hall

Mounjaro® (tirzepatide)

Supported by **Lilly**

Steven Edelman, MD



Session 12 Joint Session with Metabolism

1:00 pm – 2:20 pm Chairs: Christos S. Mantzoros, MD, PhD • Tracey L. McLaughlin, MD, MS

1:00 pm Introduction and Updates on The Metabolism Journal

Christos S. Mantzoros, MD, PhD

1:05 pm Vascular Mineralocorticoid Receptors, Vascular Insulin Sensitivity in Cardiometabolic Disorders: From Physiology to Clinical Relevance

Michael A. Hill, PhD

1:25 pm Metabolic Surgery Important Role in the Comprehensive Management of Metabolic Diseases

Geltrude Mingrone, MD, PhD

1:45 pm Cardiorenal Protection with SGLT2 Inhibitors: From Physiology to Clinical Outcomes to the Future in Heart Failure and Diabetic Kidney Disease

David Cherney, MDCM, PhD

2:05 pm – 2:20 pm Panel Discussion and Q&A



FRIDAY, DECEMBER 8 (Cont.)

Session 13 A Glimpse into The Future - What's in the Pipeline?

2:20 pm – 3:20 pm Chairs: Ralph A. DeFronzo, MD • Christos S. Mantzoros, MD, PhD

2:20 pm	Regeneron	Boaz Hirshberg, MD	
2:35 pm	Esperion		Stephen L. Pinkosky, PhD
2:50 pm	Corcept		Joseph K. Belanoff, MD
3:05 pm – 3:20 pm	Panel Discussion and Q&A		
3:20 pm – 4:35 pm	REFRESHMENT BREAK at the Exhibit Hall		

3:40 pm – 4:25 pm

Reception Session	Non-CME Education	Product Theater Hall
The Evolving Cardiovascular-Renal-Metabolic Paradigm: How Can Healthcare Systems Better Match Science?		
Supported by Boehringer Ingelheim		
*Refreshments will be served	Pamela Kushner, MD 	David Cherney, MD 
		Yehuda Handelsman, MD 

Session 14 Contemporary Management of Diabetes

4:35 pm – 6:15 pm Chairs: George Grunberger, MD • Paul S. Jellinger, MD

4:35 pm	Molecular Mechanisms by Which Glucagon Regulates Hepatic Mitochondrial Oxidation and Gluconeogenesis – Implications for Dual and Triple GLP-1 Analogs	Gerald I. Shulman, MD, PhD Richard E. Pratley, MD Tracey L. McLaughlin, MD, MS Jennifer B. Green, MD
4:55 pm	Incretins in Diabetes- The New, the Newest and the Future	
5:15 pm	CGM in People Without Diabetes	
5:35 pm	Overcoming Clinical Inertia: The COORDINATE- Diabetes Example	
5:55 pm – 6:15 pm	Panel Discussion and Q&A	

6:15 pm – 7:30 pm Dinner CME Symposium Supported by **Lexicon Pharmaceuticals**

Breaking New Ground in Heart Failure Treatment

Chairs: Matthew J. Budoff, MD • Yehuda Handelsman, MD

6:15 pm	Introduction & Pre CME Questions	Yehuda Handelsman, MD Matthew J. Budoff, MD Stephen J. Greene, MD Darren McGuire, MD, MHSc
6:25 pm	Prevalence, Pathophysiology and Morbidities of Heart Failure	
6:40 pm	Contemporary Approach to Management of Heart Failure	
6:55 pm	Sotagliflozin: The Next Generation of Heart Failure Management	
7:10 pm	Panel Discussion, Q&A, and Post-CME: Advancing the Care of Heart Failure- Relationship to CKD	
	Panel: Matthew J. Budoff, MD • Stephen J. Greene, MD • Darren McGuire, MD, MHSc • Matthew R. Weir, MD	
	Moderator: Yehuda Handelsman, MD	
7:25 pm	Post-CME Questions & Concluding Remarks	
7:30 pm	Adjourn	






7:30pm - 9:00 pm

Abstract Oral Presentation	Cheese and Wine	
Chair: Zachary T., Bloomgarden, MD 		
Abstract Committee: Ralph A. DeFronzo, MD • Vivian A. Fonseca, MD • George Grunberger, MD Derek LeRoith, MD • Christian W. Mende, MD • Richard E. Pratley, MD • Matthew R. Weir, MD		
Abstracts are published in Metabolism - Editor-in-Chief: Christos S. Mantzoros, MD, PhD 		

SATURDAY, DECEMBER 9, 2023

7:00 am Registration

7:00 am – 7:45 am	Breakfast Session Evolving Perspectives in Hyperglycemia Secondary to Hypercortisolism: A Retrospective Look Supported by Corcept	Non-CME Education Daniel Einhorn, MD 	Product Theater Hall Ralph A. DeFronzo, MD  Yehuda Handelsman, MD 
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8:00 am – 8:05 am Oral Abstract Award Presentation **Zachary T. Bloomgarden, MD**

8:05 am – 8:20 am Summary of Day 2 and Pre-CME Questions **Zachary T. Bloomgarden, MD**

Session 15 **Cardiomyopathy & Heart Failure - Panel Session**

8:20 am – 10:00 am Chairs: Nikolaus Marx, MD • Mikhail N. Kosiborod, MD

8:20 am	Contemporary Approach to Cardiac Amyloidosis Cardiomyopathy and Pregnancy The Role of Diuretics in Heart Failure Management of Heart Failure: Bridging the Gap Between Evidence and Practice Discussions and Q&A	Michelle M. Kittleson, MD, PhD Uri Elkayam, MD Stephen J. Greene, MD Gregg C. Fonarow, MD
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10:00 am

10:00 am – 10:10 am REFRESHMENT BREAK

Session 16 **CVOT & Guidelines**

10:10 am – 11:00 am Chairs: Peter J. Grant, MD • Derek LeRoith, MD, PhD

10:10 am	CVOTs Update	Mikhail N. Kosiborod, MD Nikolaus Marx, MD
10:30 am	2023 ESC Diabetes and Cardiovascular Disease Guidelines	
10:50 am – 11:00 am	Panel Discussion and Q&A	

Session 17 **Gerald Reaven Distinguished Leader in Insulin Resistance 2023 Award**

11:00 am	Award Presentation by Peter J. Grant, MD • Samuel Klein, MD	Paul Zimmet, MD, PhD 
11:05 am	Insulin Resistance and its Outcomes in T2DM: A Historical and Epidemiological Perspective	
11:35 am – 11:45 am	Q&A	

11:45 am – 12:45 pm LUNCH & CHECK-OUT BREAK

11:55 am – 12:40 pm	Lunch Session Innovation and Improved Outcomes with Abbott Diabetes Care Supported by Abbott	Non-CME	Product Theater Hall George Grunberger, MD 
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Session 18 **Fat Mass and Adipocyte**

12:45 pm – 1:35 pm Chairs: Richard E. Pratley, MD • Bart Staels, PhD

12:45 pm	The Role of Relative Fat Mass- RFM vs. BMI Predicting T2D, Heart Failure and CVD	Richard N. Bergman, PhD Philipp E. Scherer, PhD
1:05 pm	GIP-R Action in the Adipocyte	
1:25 pm – 1:35 pm	Panel Discussion and Q&A	



SATURDAY, DECEMBER 9 (Cont.)

Session 19 Contemporary Approach to Obesity - Panel Session

1:35 pm – 2:55 pm Chairs: Samuel Klein, MD • W. Timothy Garvey, MD

1:35 pm Nutrient-Stimulated Hormone-Based Therapies for Obesity Treatment: Clinical Application and Pipeline Diets, Calorie Restrictions vs Intermittent Fasting Addressing The Energy Balance Model
 Weight and Weight Changes Impact on CV Risk
 Discussions and Q&A: Does The Availability of Effective Pharmacotherapy To Treat Obesity Negates The Need For The Other Treatment Options?

2:55 pm

Ania M. Jastreboff, MD, PhD
 Eric Ravussin, PhD
 Neha J. Pagidipati, MD, MPH

2:55 pm – 3:10 pm **REFRESHMENT BREAK**

Session 20 Not All Diabetes – is Type 2 DM

3:10 pm – 4:00 pm Chairs: Paul Zimmet, MD, PhD • Zachary T. Bloomgarden, MD

3:10 pm Diabetes Secondary to Pancreatitis
 3:30 pm 2023 Prevention and Management of T1D- The New Reality
 3:50 pm – 4:00 pm Panel Discussion and Q&A

Mark O. Goodarzi, MD, PhD
 George Grunberger, MD

Session 21 ASCVD Imaging - Panel Session

4:00 pm – 5:00 pm Chairs: Matthew J. Budoff, MD • Norman E. Lepor, MD

4:00 pm Imaging in Predicting Subacute Atherosclerosis
 CTA in Predicting Survival- the CONFIRM Registry
 Association of Coronary Artery Calcium & Spine Bone Density
 Comparing Plaques in Patients with & without Statins +/- DM
 Discussions and Q&A

5:00 pm

Matthew J. Budoff, MD • Michael J. Blaha, MD, MPH

Session 22 Concurrent Sessions: Clinical Workshop *Wine and Cheese*

5:00 pm – 6:00 pm

Lipids	Paul S. Jellinger, MD & Paul D. Rosenblit, MD, PhD	Sierra C/D (Lecture Hall)
Diabetes	George Grunberger, MD	Sierra B
HTN/CKD	Christian W. Mende, MD	Hiro

6:00 pm **Adjourn**

21ST WCIRDC PROGRAM COMMITTEE

Yehuda Handelsman, MD, Chair • Matthew Budoff, MD • Zachary Bloomgarden, MD, MACE • Sonia Caprio, MD
 Robert Chilton, DO • Ralph DeFronzo, MD • Vivian Fonseca, MD • Tim Garvey, MD • Peter Grant, MD • Jennifer Green, MD
 George Grunberger, MD • Chris Guerin, MD • Paul Jellinger, MD • Mikhail Kosiborod, MD
 Ronald Krauss, MD • Norman Lepor, MD • Nikolaus Marx, MD • Tracy McLaughlin, MD, MS • Derek Leroith, MD, PhD
 Christos Mantzoros, MD, PhD • Chris Mende, MD • Erin Michos, MD, MHS • Jorge Plutzky, MD • Richard Pratley, MD • Arun Sanyal, MD, MBBS
 Phil Scherer, PhD • Alan Sinaiko, MD • Bart Staels, PhD • Pam Taub, MD • Matthew Weir, MD • Paul Zimmet, MD, PhD • Renee Asp, BS

FACULTY 2023



Yehuda Handelsman, MD, Chair
FACP, FNLA, FASPC, FAHA, MACE
Medical Director & Principal Investigator
The Metabolic Institute of America
Chair Scientific Advisory Board
DCMi- Diabetes CardioRenal & Metabolism Institute
Chair & Program Director 21st WCIRDC
Tarzana, California



E. Dale Abel, MD, PhD
William S. Adams Distinguished Professor of Medicine
Chair and Executive Medical Director
Department of Medicine
David Geffen School of Medicine and UCLA Health
Los Angeles, CA



Arthur S. Agatston, MD, FACC, FSCCT
Chairman and CEO
The Agatston Center for Preventive Medicine
Clinical Professor of Medicine
FIU Herbert Wertheim College of Medicine
Clinical Associate Professor of Medicine,
University of Miami Miller School of Medicine
Medical Director of Wellness and Prevention
Baptist Health South Florida
Miami Beach, Florida



Silva Arslanian, MD
Richard L. Day Professor of Pediatrics
Pediatric Endocrinology
Metabolism & Diabetes Mellitus
University of Pittsburgh School of Medicine
Director, Pediatric Clinical & Translational
Research Center
Scientific Director, Center for Pediatric Research
in Obesity & Metabolism
UPMC Children's Hospital of Pittsburgh
Pittsburgh, Pennsylvania



Joseph K. Belanoff, MD
Chief Executive Officer, President and Director
Co-founder, Corcept Therapeutics
Redwood, California



Richard N. Bergman, PhD
Alfred Jay Firestein Chair in Diabetes Research
Professor, Department of Biomedical Sciences
and Medicine
Cedars-Sinai Medical Center
Director Diabetes and Obesity Wellness and
Research Center
Professor-in-Residence, UCLA
Professor Emeritus USC
Los Angeles, California



Michael Joseph Blaha, MD, MPH
Professor of Cardiology and Epidemiology, Johns Hopkins
University School of Medicine
Director of Clinical Research, Johns Hopkins Ciccarone
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Editor, The Journal of Diabetes
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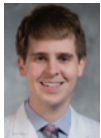
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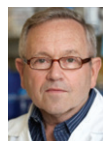
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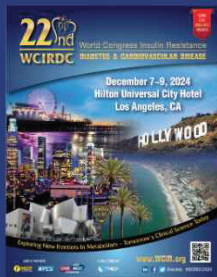


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