

13th WCIRD

World Congress Insulin Resistance Diabetes & Cardiovascular Disease

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

November 19-21, 2015
Hilton, Universal City
Los Angeles, California



Administered by Metabolic Institute of America

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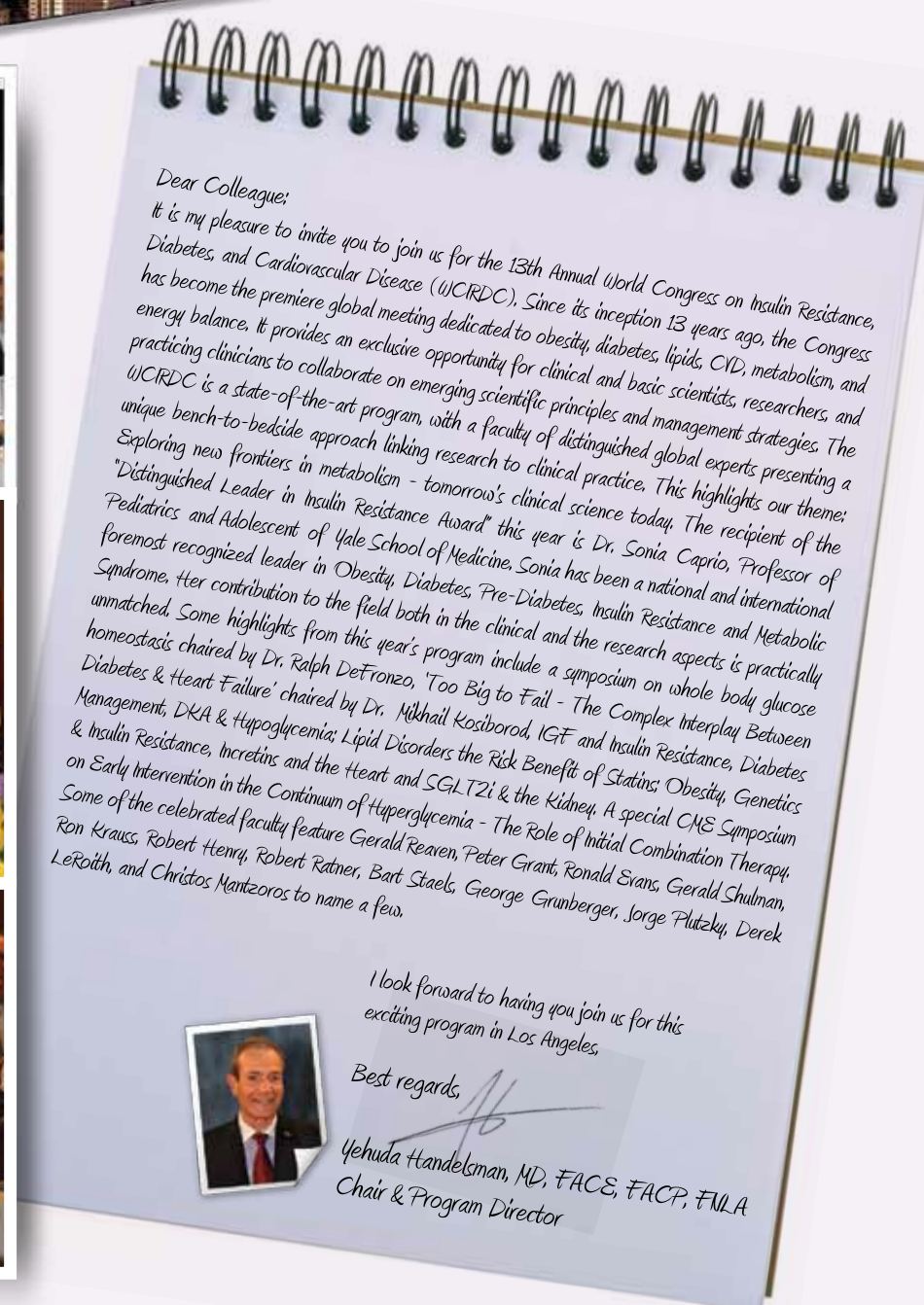
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Scientific Organizing Committee - International Committee for Insulin Resistance - ICIR

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Bart Staels, PhD
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Founder, Honorary Member - Gerald M. Reaven, MD Stanford, CA



Program Description

The World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease (WCIRDC), now in its 13th year, is a unique and exciting multidisciplinary program, to be held this year in Universal City, California. The Congress is the premiere global meeting dedicated to diabetes, obesity, metabolism, and energy balance, linking research to clinical practice, and highlighting our theme — Exploring New Frontiers in Metabolism — Tomorrow's Clinical Science Today. For more than a decade, the World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease (WCIRDC) has brought researchers, physicians, and other clinicians & healthcare professionals together for a distinctive international program that bridges bench to bedside. WCIRDC offers attendees a unique experience, interacting with the distinguished faculty, and experiencing a program which promotes a new understanding of metabolic diseases; facilitates the development of future therapeutic modalities, and implement the management of obesity and diabetes focusing on lifestyle and beyond, evaluating contemporary medications, devices and surgeries to preventing CVD and other complications.

Since Dr. Gerald Reaven's pioneering work crystallized the relationship between insulin resistance (IR), diabetes and cardiovascular disease (CVD), the Congress' focus has expanded to evaluating both clinical and basic science aspects of diabetes, obesity, and CVD, focusing not just on insulin resistance, but also on hyperinsulinemia, fat cells, incretins, the gut, the brain, the kidney and energy metabolism, cardiovascular complications and cancer. Addressing other components of insulin resistance, endothelial dysfunction, lipid abnormalities, hypertension (HTN), hyperglycemia, and hypercoagulation. The goal is to understand the pathophysiology and the epidemic of obesity, diabetes and to develop appropriate comprehensive clinical management plans. (Some highlights of this year's program, on top of the general scientific spectrum of the Congress, include focus on congestive heart failure (CHF), whole body glucose homeostasis, circadian rhythm, IGF1 and metabolism, lipids, statins and complications addressing new therapeutic modalities to allow clinical management of these conditions is a key feature of the Congress). For the specialists and primary care clinicians, the Congress will feature a series of workshops and "Meet the Expert" panels, addressing the clinical management of Kidney disease, diabetes, obesity, lipids, the high risk CVD patients and more. To make basic and clinical research topics in metabolism, vascular biology, fat cell, inflammation, immunology, and the endothelium relevant to clinical medicine, there will be a panel discussion and clinical implications commentaries, by recognized clinical experts. The strength and advantage of the Congress is its intimate setting, promoting personal and direct contact between participants and the distinguished faculty. The Congress attracts state-of-the-art abstracts from around the globe. These abstracts will be published in *Endocrine Practice*, the official journal of the American Association of Clinical Endocrinologists (AACE). Typically, articles about the meeting are published in several medical journals, such as *Endocrine Practice*, *Metabolism*, *The Journal of Diabetes*, and *Diabetes Care*.

Program Objectives

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

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

- Explain whole body energy and glucose homeostasis
- Discuss the role of obesity in the development of cardiometabolic conditions
- Explain the roles of diabetes and insulin resistance in the development of kidney disease, retinopathy, and CVD
- Evaluate the extent of micro and macro-vascular disease in diabetes and obesity
- Provide comprehensive management of diabetes, addressing obesity, hypertension, and dyslipidemia as well as glucose
- Discuss the management of acute coronary syndrome and stable CVD in patients with diabetes
- Explain the role of lipids, in particular low-density lipoprotein cholesterol (LDL-C) and non-HDL-C, in the development of atherosclerosis
- Describe obesity management based on a complications-centric model
- Describe contemporary approach to congestive heart failure
- Address fat cell, insulin resistance in obesity and lipodystrophy and its effect on the heart
- Implement best practices for the management of CHF
- Explain the relationship of the kidney to diabetes & CVD
- Address newly recognized pathways in lipid metabolism, and new options for management namely PCSK9i
- Discuss the role of incretins in the management of obesity, diabetes, and their complications
- Recognize the multi-hormonal pathophysiology of obesity, its relationship to food addiction, and its potential target for management
- Explain the pathophysiology and complications of fatty liver disease and its relationship to diabetes and CVD
- Evaluate the benefits and safety of new and emerging antihyperglycemic and anti-obesity agents
- The role of SGLT2i in the management of diabetes, its potential complications analyzing the risks for DKA
- Describe the pathogenesis of liver and muscle insulin resistance and the role of adipose tissue mitochondria in promoting hyperglycemia
- Describe the effect of circadian rhythms on obesity, diabetes, and CVD
- Evaluate bariatric surgery procedures and newly-developed procedures, as well as devices, and their effect on weight loss, hormones, and long-term outcomes

Target Audience

This educational initiative is designed for cardiologists, endocrinologists, diabetologists, internists, family physicians, gastroenterologists, OB/GYNs, pediatricians, dietitians, nurse practitioners, pharmacists, and any other health care professional who is interested in insulin resistance, diabetes, obesity, and cardiovascular disease, and multiple metabolic mechanisms' affect on health and society, as well as on potential treatment and prevention.



THURSDAY, NOVEMBER 19

7:00am - 8:00am
8:00am

Registration ♦ Continental Breakfast at Exhibit Hall
Welcome & Introduction

Yehuda Handelsman, MD/ Chair
George Grunberger, MD/ AACE President

SESSION 1

Metabolic Implications of Insulin Resistance

Chair: Peter J. Grant, MD • George Grunberger, MD

8:15am

Insulin Resistance: Friend or Foe?

Peter J. Grant, MD

8:45am

Importance of Amino Acids in Insulin Resistance

Sun H. Kim, MD

9:15am

Roles of Ectopic Lipid and Inflammation in Hepatic Insulin Resistance and T2D

Gerald I. Shulman MD, PhD

9:45am - 10:00am

Q + A Panel Discussion & Clinical Implications

10:00am - 10:30am

Refreshment Break at Exhibit Hall

SESSION 2

The Brain, The Gut, & The Heart- Lypodystrophy Metabolism

Chair: Nikolaus Marx, MD • Bart Staels, PhD

10:30am

Lipodystrophic Heart: More Than Just Fatty Heart Disease

Robert J. Chilton, DO

10:50am

CNS Integration of Signals from Adipose Tissue and the Gastrointestinal Tract –

Implications for Contemporary Approach to the Management of Obesity, Lipodystrophy & Insulin Resistance

Christos S. Mantzoros, MD, ScD

11:20am - 11:30am

Q + A Panel Discussion & Clinical Implications

CONCURRENT SESSIONS

MEET THE EXPERT

11:35pm - 12:20pm

- Gerald M. Reaven, MD Insulin Resistance
- Ralph A. DeFronzo, MD The Kidney & Diabetes
- Zachary T. Bloomgarden, MD Lipid in DM & CVD - The PCSK9i Era
- Mikhail Kosiborod, MD, Benjamin Scirica, MD, MPH “Interactive Case: Complex Cardiometabolic Patients”

12:30pm - 1:30pm

PRODUCT THEATER Non-CME

SGLT2 and DPP-4 Inhibition: Multiple Options for Improved Glycemic Control in Adults with Type 2 Diabetes

Lunch will be served Supported by: Boehringer Ingelheim Pharmaceuticals, Inc. & Lilly USA, LLC



Edén M. Miller, DO

SESSION 3

Diabetes & Cardiovascular Disease

Chair: Paul S. Jellinger, MD • Christos S. Mantzoros, MD, ScD

1:45pm

Bile Salts-the Missing Link Between Diabetes and NAFLD

Arun J. Sanyal, MD

2:15pm

Type 1 Diabetes and Cardiovascular Disease

Robert E. Ratner, MD

2:45pm

GLP-1 and its Metabolites – Novel Insights on “Glucose- Independent” Cardiac Effects

Nikolaus Marx, MD

3:15pm

Hypoglycemia in Diabetes: Is It a Risk Factor for Cardiovascular Events and Mortality?

George Grunberger, MD

3:45pm - 4:00pm

Q + A Panel Discussion & Clinical Implications

4:00pm - 4:30pm

Refreshment Break at Exhibit Hall

SESSION 4

IGF & Metabolism

Chair: Derek LeRoith, MD • Mark Kearney, MD

4:30pm

GH/IGF-1 and Metabolism

Derek LeRoith, MD

5:00pm

Puberty and Insulin Resistance - The Role of the GH and IGF-1 Systems

Nelly Mauras, MD

5:30pm

IGF and Vascular Function

Mark Kearney, MD

6:00pm - 6:15pm

Q + A Panel Discussion & Clinical Implications



6:15 pm - 7:15 pm
Poster Presentation, Reception - Exhibit Hall





7:30pm
7:40pm
8:05pm
8:30pm
8:55pm

9:20pm
9:30pm

Food will be served

CME Dinner Symposium

Jointly Sponsored by: PESI & MEEF

Early Intervention in the Continuum of Hyperglycemia – The Role of Initial Combination Therapy

Chair: Ralph A. DeFronzo, MD • Zachary T. Bloomgarden, MD

Welcome, Introduction & Pre Test questions
Diabetes is a Continuum of Hyperglycemia- Implication on Complication
Beyond Glycemia the Impact of Incretin Therapy and SGLT2i Therapy on CV Risk Factor
Exploring Combination Therapy- and Implications on Metabolic Control
Panel Q+A & Discussion: Contemporary Approach to the Management of Diabetes
Faculty: Zachary T. Bloomgarden, MD • Ralph A. DeFronzo, MD • Sam Dagogo-Jack, MD • Yehuda Handelsman, MD
Conclusions & Post Test Questions
Adjourn

Supported by: Astrazeneca

FRIDAY, NOVEMBER 20

7:00am Registration ♦ Continental Breakfast at Exhibit Hall
8:00am Summary of First Day Zachary T. Bloomgarden, MD

SESSION 5 Too Big to Fail – The Complex Interplay Between Diabetes & Heart Failure

Chair: Mikhail Kosiborod, MD • Peter J. Grant, MD

8:15am Back to Basics: The Mechanisms of Increased Heart Failure Risk in Type 2 Diabetes Mansoor Husain, BSc, MD
8:45am DPP4i or not DPP4i, That Is the Question- Do Risks of Heart Failure Benjamin Scirica, MD, MPH
9:15am Differ with Different Classes of Diabetes Medications
9:45am - 10:00am Contemporary Heart Failure Management in Patients with Diabetes Kenneth B. Margulies, MD
10:00am - 10:30am Q + A Panel Discussion & Clinical Implications

SESSION 6 Lipids Diabetes and Cardiovascular Disease

Chair: Ronald M. Krauss, MD • Samuel W. Cushman, PhD

10:30am Direct Metabolic Effects of Apo-A1 in Vivo and in Vitro Samuel W. Cushman, PhD
11:00am Triglycerides, LDL, and CVD - What Are the Connections? Ronald M. Krauss, MD
11:30am Risk of Incident Type 2 Diabetes on Statin Therapy: I. Putting the Risk into Perspective Benjamin Scirica, MD, MPH
12:00pm How to Identify Subjects at Enhanced Risk of Developing Statin-Associated Diabetes Gerald M. Reaven, MD
12:30pm - 12:45pm Q + A Panel Discussion & Clinical Implications

1:00pm - 2:00pm PRODUCT THEATER Non CME

INVOKANA®: An Individualized Approach to the Treatment of Adults with Type 2 Diabetes

Lunch will be served

Supported by: Janssen

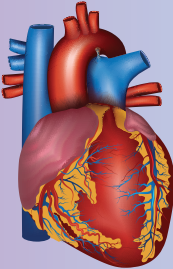


Daniel Einhorn, MD

SESSION 7 Whole Body Glucose Homeostasis

Chair: Ralph A. DeFronzo, MD • Robert R. Henry, MD

2:15pm Interorgan Exchange of Glucose in Health and Disease Ralph A. DeFronzo, MD
2:45pm Multifaceted Control of Hepatic Glucose Production in Vivo Alan D. Cherrington, PhD
3:15pm Essential Role of Muscle in Maintenance of Normal Glucose Metabolism Robert R. Henry, MD
3:45pm - 4:15pm Refreshment Break at Exhibit Hall
4:15pm The Beta Cell: A Central Player in Glucose Homeostasis Rohit N. Kulkarni, MD
4:45pm The Brain Trumps the Muscle, Liver, and Beta Cells Robert S. Sherwin, MD
5:15pm Underappreciated factors in the regulation of glucose homeostasis: Implications for pathogenesis of diabetes Richard Bergman, PhD
5:45pm - 6:00pm Q + A Panel Discussion & Clinical Implications



Cardiovascular Disease:
The Management of the High Risk Patient in the PCSK9 Inhibitors Era

Jointly Sponsored by: PESI & MEEF

6:15pm Welcome, Introduction
Yehuda Handelsman, MD Chair
6:20pm The Development and Management of Atherosclerosis: Focus on LDL-C.
Eliot A. Brinton, MD
6:40pm PCSK9 Role in CVD from discovery to clinical practice
Harold Edward Bays MD
7:00pm The Efficacy and Safety of PCSK9i from Clinical Research to Clinical Practice
Michael Davidson, MD
7:20pm Panel Discussion & Q+A: The Role of PCSK9 in the Treatment Plan of Patients with Atherosclerosis CVD.
Faculty: Eliot A. Brinton, MD • Harold Edward Bays, MD • Michael Davidson, MD • Peter Grant, MD
Moderator: Yehuda Handelsman, MD
7:45pm Adjourn

Refreshment will be served

Supported by: Amgen

6:15pm - 7:45pm ABSTRACT – ORAL PRESENTATION Refreshments will be served

Zachary T. Bloomgarden, MD Chair • Philip Levy, MD • Daniel Einhorn, MD

Abstract are published in “Endocrine Practice” the official journal of the AACE | Editor-in-Chief: Derek LeRoith, MD, PhD



SATURDAY, NOVEMBER 21

7:00am

Registration ♦ Continental Breakfast at Exhibit Hall

7:45am - 7:55am

Oral Abstract Winners Presentation

7:55am - 8:10am

Summary of Second Day

Zachary T. Bloomgarden, MD

SESSION 8

Obesity, Insulin Resistance & Diabetes

Chair: Daniel Einhorn, MD • W. Timothy Garvey, MD

8:10am

The Metabolically Healthy Obese: Alive and Well or a Fig Newton of our Imagination?

W. Timothy Garvey, MD

8:40am

Nuclear Receptors: Feast, Famine and Physiology

Ronald M. Evans, MD

9:10am

From Metformin to Empagliflozin: Lessons from Cardiovascular Outcome Trials

Peter J. Grant, MD

9:40am - 9:50am

Q + A Panel Discussion & Clinical Implications

9:50am - 10:20am

Refreshment Break at Exhibit Hall

AWARD PRESENTATION

By: Alan Sinaiko, MD & Daniel Einhorn, MD

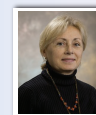
**10:20am
KEY NOTE**

"Distinguished Leader in Insulin Resistance"

The Changing Landscape of Diabetes in Youth:

The Dual Role of Insulin Resistance and Beta-Cell Dysfunction

Sonia Caprio, MD



SESSION 9

Metabolic Effects of Circadian Rhythm

Chair: Bart Staels, PhD • Sonia Caprio, MD

11:00am

Circadian Rhythmicity and Metabolism

Bart Staels, PhD

11:30am

Endogenous Circadian System and Circadian Misalignment Impact Glucose Tolerance via separate Mechanisms in Humans

Frank A.J.L. Scheer, PhD

12:00pm - 12:10pm

Q + A Panel Discussion & Clinical Implications

CONCURRENT WORKSHOPS

CLINICAL WORKSHOPS

Lunch will be served

12:15pm - 1:00pm

- **Obesity**
- **Focus on PCSK9i**
- **Diabetes**
- **Kidney Disease in Diabetes & Obesity**

W. Timothy Garvey, MD
Paul S. Jellinger, MD • Paul D. Rosenblit, MD
George Grunberger, MD • Philip Levy, MD
Christian Mende, MD • Daniel Einhorn, MD

SESSION 10

Genetics, Insulin Resistance & Cardiometabolic- Disorders

Chair: Robert J. Chilton, DO • Jorge Plutzky, MD

1:10pm

Insulin Resistance: It's In Your Genes

Joshua W. Knowles, MD-PhD

1:30pm

Epigenetic Reader Proteins in Cardiometabolic Disorders: Novel Disease Mechanisms and New Therapeutic Targets

Jorge Plutzky, MD

2:00pm

The Cardiologist Perspective- Impact of Low LDL, an IVUS Evaluation of Patient from an 18 Month Trial

Robert J. Chilton, DO

2:20pm - 2:30pm

Q + A Panel Discussion & Clinical Implications

SESSION 11

Obesity, Food & Metabolism

Chair: Samuel Klein, MD • Tracey McLaughlin, MD, MS

2:30pm

Food Addiction; Does it Exist?

Nicole Avena, PhD

3:00pm

Bariatric Surgery and Type 2 Diabetes

Samuel Klein, MD

3:30pm - 3:40pm

Refreshment Break

3:40pm

Postbariatric Surgery Hypoglycemia

Tracey L. McLaughlin, MD, MS

4:00pm - 4:10pm

Q + A Panel Discussion & Clinical Implications

SESSION 12

Therapeutics- Hyperkalemia; SGLT2-i

Chair: Samuel Klein, MD • Tracey L. McLaughlin, MD, MS

4:10pm

Novel Developments in Management of Hyperkalemia: After 60 years, Things Are About to Change

Mikhail Kosiborod, MD

4:40pm

SGLT2 Inhibitors: The Good The Bad- Cardiovascular Impact, DKA- Implications For Practice

Yehuda Handelsman, MD

5:00pm

Adjourn

FACULTY 2015



Yehuda Handelsman MD, FACP, FACE, FNLA
Chair & Program Director
Medical Director & Principal Investigator,
Metabolic Institute of America
IP- President, American College of Endocrinology
Annual World Congress on Insulin Resistance, Diabetes & CVD
Tarzana, California



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**Bart Staels, PhD**

Full Professor, University of Lille
Nord de France
Head of Inserm
Lille, France

SAVE THE DATE 14th WCIRDC
DECEMBER 1-3, 2016 CALIFORNIA



Accreditation Information

You can earn up to 27.75 credits

CME Accreditation This activity was planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of PESI, Inc. and the Metabolic Endocrine Education Foundation (MEEF). PESI, Inc. is accredited by the ACCME to provide continuing medical education for physicians.

AMA PRA Designation Statement The PESI, Inc. designated this live activity for a maximum of 27.75 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity

Family Physicians Application for CME credit has been filed with the American Academy of Family Physicians.

International CME International Physicians are formally eligible for AMA PRA Category 1 Credit™.

Physician Assistants AAPA accepts Category 1 credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category 1 Credit™ for the PRA from organizations accredited by ACCME.



Pharmacists Accreditation Statement The Minnesota Pharmacists Association is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing education. Successful completion of the 2015 13th WCIRDC qualified for a maximum of approximately 27.75 contact hours.

Nurses For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit™ issued by organizations accredited by the ACCME.

CA Nurses Aspen CME Services is approved by the California Board of Registered Nursing, provider number CEP14739, designated the 13th WCIRDC for approximately 27.75 contact hours.

Registered Dietitians This program has been submitted for approval by the Commission on Dietetic Registration.

Satisfactory Completion for Credits All attendees must have completed and turned in a course attendance/evaluation form prior to leaving the conference. Each session claimed for credit must be attended in its entirety.

Program Committee

- Yehuda Handelsman, MD • Zach Bloomgarden, MD • Sonia Caprio, MD • Robert Chilton, DO • Ralph DeFronzo, MD • Daniel Einhorn, MD
W. Tim Garvey, MD • George Grunberger, MD • Peter Grant, MD • Samuel Klein, MD • Mikhail Kosiborod, MD • Ronald Krauss, MD • Derek LeRoith, MD
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Hilton Universal City Hotel

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1 Online: www.WCIR.org

2 Tel: 818.342.1889

3 Fax: 818.342.1538

4 **Complete & mail with payment**
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	9/15/15	11/3/15	11/18/15	Onsite
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See back for a full list

REGISTRANT CONTACT INFORMATION This will be used for your badge, please print clearly

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MEET THE EXPERT - Please select one

THURSDAY, November 19, 2015 at 11:35am

☐ Insulin Resistance ☐ Kidney & DM ☐ Lipid, DM - PCSK9i ☐ Cardiometabolic Patient ☐ Not interested

CONCURRENT SESSIONS - Please select one

SATURDAY November 21, 2015 at 12:15pm Lunch will be served

☐ Obesity ☐ Lipid - PCSK9i ☐ Diabetes ☐ Kidney Disease ☐ Not interested

These programs are FREE for attendees of the 13th WCIRD - Pre registration is a must

A \$75 cancellation fee will be charged for cancellation between August 18th and October 20th . After 10/20/2015 there will be NO REFUND. We encourage participation by all individuals. If you have a disability, please notify us in writing of any special requirements to help us serve you better.

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