

22nd WCIRDC

World Congress Insulin Resistance
DIABETES & CARDIOVASCULAR DISEASE

EARN UP
TO 26.5
CME
ABIM-MOC
CREDITS

December 12–14, 2024
Hilton Universal City Hotel
Los Angeles, CA



Administered by Metabolic Institute of America

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

JOINTLY PROVIDED



ADMINISTERED BY:



www.WCIR.org



@wcirdc

#WCIRDC2024





Welcome,

It is my pleasure to welcome you to the 22nd Annual World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease (WCIRDC): Exploring New Frontiers in Metabolism — Tomorrow's Clinical Science Today. The 22nd Annual WCIRDC will be held on December 12-14, 2024, at the Hilton Universal City, Los Angeles. This CME/MOC conference will be available On-Demand for 90 days following the meeting.

WCIRDC is world's premier conference on cardiorenal and metabolic diseases, it is the only meeting of its size to combine basic science and clinical research in a cross-discipline format that promotes communication between researchers, physicians, and other healthcare professionals.

The world-renowned expert faculty and attendees engage with each other in in-depth discussions on the inter-related pathophysiology and clinical manifestations of diabetes, obesity, lipid disorders, cardiovascular disease (CVD), chronic kidney disease (CKD), and other cardiorenal and metabolic diseases. Sessions are designed to explore how laboratory and preclinical study findings relate to clinical trial findings and the impact of evidence on best practices in the cardiometabolic community. The WCIRDC faculty consists of globally acclaimed experts who link research to clinical practice in a bench-to-bedside approach which is unique to this state-of-the-art program.

We are proud to honor W. Timothy Garvey, MD with the prestigious "Gerald Reaven Distinguished Leader in Insulin Resistance" Award, recognizing his exceptional contributions to the field. Dr Garvey's keynote lecture: 'A Belated Pathway Towards Obesity Medicine: from Frustration to an Era of Drug Development that is a Landmark in the History of Medicine'. This year's conference will cover a wide range of topics including The Liver in Cardiometabolic Diseases, Circadian and CMR, Heart Failure, a Joint Session with Metabolism, Obesity, Sarcopenia Association with Obesity, Kidney, HTN and the Heart, diabetes genetics aspects and relationship to dementia, diet and weight loss. A glimpse to the future- what's in the pipeline 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, DSc, PhD.

The 22nd 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 12-14, 2024, at Hilton Universal City Los Angeles, California. We hope to see you there.



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

Zachary T. Bloomgarden, MD
New York, NY

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Ralph A. DeFronzo, MD
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Vivian A. Fonseca, MD
New Orleans, LA

W. Timothy Garvey, MD
Birmingham, AL

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Paul S. Jellinger, MD
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Erin D. Michos, MD, MHS
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Jorge Plutzky, MD
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Richard E. Pratley
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Arun J. Sanyal, MD
Richmond, VA

Philipp E. Scherer, PhD
Dallas, TX

Bart Staels, PhD
Lille, France

Pam R. Taub, MD
San Diego, CA

Muthiah Vaduganathan, MD, MPH
Boston, MA

Matthew R. Weir, MD
Baltimore, MD

Paul Zimmet, AO, PhD
Melbourne, Australia



PROGRAM DESCRIPTION

The World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease (WCIRDC), now in its 22nd 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 26.5 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 keynote presentation by Dr. W. Timothy Garvey 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
- Evaluate the evidence supporting the use of new and emerging therapies to reduce cardiovascular mortality in patients with cardiometabolic disease
- Evaluate the impact on clinical practice of new CVOTs in patients with obesity 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
- Understand the Circadian clock relationship to cardiometabolic diseases
- Discuss the changes in diagnosis and management based on DCRM 2.0 Global Multispecialty Practice Recommendations.
- Describe the role of Sarcopenia in Obesity and weight loss
- Be able to discuss diabetes genetics aspects and relationship to the Dementia
- Recognize the role of Hypercortisolism in diabetes and cardiometabolic diseases
- Be aware of the intersection of obesity Type 1 diabetes CKD and hypercalcemia

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 | Exhibit Hall Opens | Coffee

7:00 am – 8:00 am Pre-Congress Breakfast CME SYMPOSIUM

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

This activity is supported by an independent medical educational grant from
Boehringer Ingelheim Pharmaceuticals, Inc. and Eli Lilly and Company
Sierra Ballroom B

**CKM Dialogues LIVE | Therapeutic Strategies for Cardiovascular-Kidney-Metabolic Syndrome:
Addressing the Interwoven Triad of Heart Failure, Chronic Kidney Disease, and Diabetes**

Chair: Jay H. Shubrook, DO

Faculty: Jennifer B. Green, MD • Pam R. Taub, MD • Matthew R. Weir, MD

7:00 am Welcome and Introductions

Jay H. Shubrook, DO

7:05 am Exploring the Connections Between CKD, HF, and T2D

Jennifer B. Green, MD • Pam R. Taub, MD • Matthew R. Weir, MD

7:11 am Unveiling Epidemiological Trends and Pathophysiological Links

Jennifer B. Green, MD • Pam R. Taub, MD • Matthew R. Weir, MD

7:26 am Emerging Therapeutic Strategies for CKM Syndrome

Jennifer B. Green, MD • Pam R. Taub, MD • Matthew R. Weir, MD

7:41 am Tailoring Treatment for CKM Syndrome

Jennifer B. Green, MD • Pam R. Taub, MD • Matthew R. Weir, MD

7:51 am Q&A

Jay H. Shubrook, DO

8:00 am Adjourn

8:15 am - 8:30 am Welcome & Introduction | Pre-CME Questions

Yehuda Handelsman, MD

Session 1 The Liver in Cardiometabolic Diseases

Chairs: Bart Staels, PhD • Derek Leroith, MD, PhD

8:30 am Targeting Hepatic Mitochondria to Treat MASLD,
MASH and Cardiometabolic Disease

Gerald I. Shulman, MD, PhD

8:50 am Real-world evidence for DCRM health

Christos S. Mantzoros, MD, DSc, PhD

9:10 am – 9:20 am Panel Discussion and Q&A

Session 2 Circadian and CMR

Chairs: Paul Zimmet, MD, PhD • Richard N. Bergman, PhD

9:20 am The Circadian Clock in Cardio-metabolic Diseases

Bart Staels, PhD

9:40 am Circadian Medicine: Practical Insights into the 4th Dimension of
Cardiovascular Health and Disease.

Michael J. Sole, BS Hons, MD

10:00 am- 10:10 am Panel Discussion and Q&A

10:10 am – 10:40 am Refreshment Break at the Exhibit Hall

Session 3 Heart Failure Circa 2024

Chairs: Norman E. Lepor, MD • Matthew J. Budoff, MD

10:40 am The Role of Iron in the Pathophysiology of Cardiorenal Diseases

Peter J. Grant MD

11:00 am HFpEF in Women and Sex-specific Response to Therapies

Erin D. Michos, MD, MHS

11:20 am Worsening Heart Failure: Nomenclature, Epidemiology, and Future Directions

Stephen J. Greene, MD

11:40 am -11:55 am Panel Discussion and Q&A

THURSDAY, DECEMBER 12 (CONT.)

Session 4 Concurrent Sessions: Meet the Experts

12:00 pm	DM - the Noxious Nine Everything IR - Cardiometabolic Diseases Kidney, HTN Obesity	Mandarin AB Salon 6AB Hiro Club	Ralph A. DeFronzo, MD Yehuda Handelsman, MD Matthew R. Weir, MD Samuel Klein, MD
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12:45 pm

12:45 pm – 1:45 pm **Lunch Break**

12:55 pm – 1:40 pm **Lunch Session Non-CME Education Sierra Ballroom B**

Zepbound- (Tirzepatide) Injection
Supported by **Eli Lilly & Co.**



Matthew J. Budoff, MD

Session 5 Technology Impact on Health

Chairs: George Grunberger, MD • Chris K. Guerin, MD

1:45 pm	Insights From Real-World Use of CGM On Long-Term Patterns of Glucose Control and Development of Diabetes Complications	Peter D. Reaven, MD
2:05 pm	Use of CGM for Metabolic Subphenotyping	Tracey L. McLaughlin, MD, MS
2:25 pm – 2:35 pm	Panel Discussion and Q&A	

Session 6 Joint Session with Metabolism @ WCIRDC 2024

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

2:35 pm	Introduction and Award	Christos S. Mantzoros, MD, DSc, PhD
2:45 pm	Loss of CEACAM1 in Endothelial Cells Causes Hepatic Fibrosis	Sonia M. Najjar, MD
3:05 pm	EAT-Lancet diet and prevention of cardiorenal metabolic diseases	Emily Sonestedt, MSc, PhD
3:25 pm	Cardiac insulin resistance in diabetic cardiomyopathy	Gary Lopaschuk, PhD
3:45 pm – 4:00 pm	Panel Discussion and Q&A	
4:00 pm – 4:30 pm	Refreshment Break at the Exhibit Hall	

Session 7 DCRM 2.0

Chairs: Jorge Plutzky, MD • Matthew R. Weir, MD

4:30 pm	Background and Rationale	Yehuda Handelsman, MD
	Topics Presentations: Matthew J. Budoff, MD • Zachary T. Bloomgarden, MD Peter J. Grant, MD • Jennifer B. Green, MD • Stephen J. Greene, MD • George Grunberger, MD • Paul S. Jellinger, MD • Samuel Klein, MD • Christos S. Mantzoros, MD, DSc, PhD • Chrisitan W. Mende, MD • Erin D. Michos, MD, MHS Richard E. Pratley, MD	
5:15 pm	Panel Discussion and Q&A	

Session 8 Contemporary Topics in Diabetes

Chairs: Richard E. Pratley, MD • Zachary T. Bloomgarden, MD

5:15 pm	Evaluation and Management of (painful) Diabetes Neuropathy	George Grunberger, MD
5:35 pm	Prioritizing Patient Experiences in the Management of Diabetes and Its Complications	Kelly L. Close, MBA
5:55 pm	From Research to Guidelines to Implementing Good Clinical Practice in the Management of Diabetes	Jennifer B. Green, MD
6:15 pm - 6:30 pm	Panel Discussion and Q&A Post CME Questions	

THURSDAY, DECEMBER 12 (CONT.)

6:30 pm – 7:30 pm WELCOME & POSTER RECEPTION at the Exhibit Hall

Refreshments will be served.

7:30 pm – 9:30 pm DINNER CME SYMPOSIUM **Sierra Ballroom B** Supported by **AstraZeneca**

The Complications of the DCRM- Diabetes & CardioRenalMetabolic- Patient

Chairs: Yehuda Handelsman, MD • Stephen J. Greene, MD



7:30 pm - Dinner and Wine Served
7:45 pm Introduction & Pre-CME Questions
7:55 pm Diabetes & CRM Approach to Comorbidities
8:15 pm Heart Failure & Cardiomyopathy- Addressing Etiologies
8:35 pm The Treatment of CKD and Heart Failure Circa 2024
8:55 pm **Panel Discussion and Q&A:**
The Physician's Role in the Proper Diagnosis of DCRM Complications
Panel: Stephen J. Greene, MD Michelle M. Kittleson, MD, PhD •
Peter Rossing, MD, DMSc, Katherine R. Tuttle, MD **Moderator:** Yehuda Handelsman, MD
Post-CME Questions & Concluding Remarks
9:30 pm Adjourn

Stephen J. Greene, MD
Peter Rossing, MD, DMSc
Michelle M. Kittleson, MD, PhD
Katherine R. Tuttle, MD

FRIDAY, DECEMBER 13

6:45 am Registration

7:00 am – 8:00 am **Exhibit Hall Opens | Coffee**

7:00 am – 7:45 am **Breakfast Session Non-CME Education Sierra Ballroom B**

Unlocking the Potential of Menin Inhibition: Icovamenib and a look into the Future of Diabetes Management
Supported by **Biomea Fusion**



Juan Pablo
Frias, MD



Rohit N.
Kulkarni, MD



Alice YY
Cheng, MD

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

Zachary T. Bloomgarden, MD

Session 9 A Multi-Disciplinary Approach to Obesity Panel Session

Chairs: Samuel Klein, MD • W. Timothy Garvey, MD

8:15 am Nephrology
Cardiology
Endocrinology
SELECT Outcome implication on Practice
Panel Discussion and Q&A After Each Speaker

Csaba P. Kovesdy, MD
Laurence S. Sperling, MD
Ania M. Jastreboff, MD, PhD
Ildiko Lingvay, MD

9:45 am

Session 10 Sarcopenia Association with Obesity- Myth & Reality

Chair: Philipp E. Scherer, PhD • Ania M. Jastreboff, MD, PhD

9:45 am Epidemiology and Pathophysiology of Sarcopenia –
Challenges in Prevention and Management

Zachary T. Bloomgarden, MD

10:05 am – 10:35 am **Refreshment Break at the Exhibit Hall**

FRIDAY, DECEMBER 13 (CONT.)

10:35 am	Debate: Sarcopenia is a Real Concern	
	No	Samuel Klein, MD
	Yes	Richard E. Pratley, MD
11:05 am – 11:20 am	Panel Discussion and Q&A	

Session 11 Kidney, HTN and the Heart

Chairs: Erin D. Michos, MD, MHS • Ralph A. DeFronzo, MD

11:20 am	Chronic Kidney Disease: Should We Worry about the Heart or Progression to ESKD	Matthew R. Weir, MD
11:40 am	HTN & IR - Contemporary Approach to Management	Raymond R. Townsend, MD
12:00 pm – 12:10 pm	Panel Discussion and Q&A	
12:10 pm – 1:10 pm	Lunch Break	

12:20 pm – 1:05 pm Lunch Session Non-CME Education Sierra Ballroom B

Evolving Perspectives on Hypertension
Secondary to Hypercortisolism: A Panel Discussion
Supported by **Corcept Therapeutics**



Yehuda Handelsman, MD



Jorge Plutzky, MD



Matthew R. Weir, MD

Session 12 Cells, Endothelium & Organs

Chairs: Bart Staels PhD • Vivian A. Fonseca, MD

1:10 pm	Endothelial Cell Cycling Expanding Definitions of Endothelial Function and Dysfunction	Jorge Plutzky MD
1:30 pm	Cellular Mechanisms of Lipotoxicity (Glucagon Receptors in the Liver & kidney)	Philipp E. Scherer, PhD
1:50 pm	Targeting Cell Senescence and Senolytics: Novel Interventions for Age-Related Metabolic Dysfunction	
2:10 pm	PPARalpha Impact on Inflammation, Hepatocytes and Atherosclerosis	Richard E. Pratley, MD
2:30 pm – 2:50 pm	Panel Discussion and Q&A	Bart Staels, MD
2:50 pm – 4:05 pm	Refreshment Break at the Exhibit Hall	

3:15pm – 4:00 pm Refreshment Session Non-CME Education Sierra Ballroom B

Coffee talk: Expert Panel on the Evolving Landscape of CRM, Including Liver Health, and Emerging Strategies to Improve Care.
Supported by **Boehringer Ingelheim**



Pamela Kushner, MD



Samuel Klein, MD



Pam R. Taub, MD

Session 13 A Glimpse into the Future - What's in the Pipeline? (Non CME)

Chairs: Ralph A. DeFronzo, MD • Christos S. Mantzoros, MD, DSc, PhD

4:05 pm	Regeneron	Robert Pordy, MD
4:20 pm	Bayer	Katja Rohwedder, MD
4:35 pm	Amgen	Narimon Honarpour, MD, PhD
4:50 pm – 5:05 pm	Panel Discussion and Q&A	

Session 14 Diabetes - Genetics & Dementia

Chairs: Ildiko Lingvay, MD • Chris K. Guerin, MD

5:05 pm	T2D Genome-Wide Association Study (GWAS), Polygenic Risk Scores, and Genetic Subclusters Elucidate the Heterogeneity of T2D	Jerome I. Rotter, MD
5:25 pm	Diabetes, Drugs, and Dementia	Alice YY Cheng, MD
5:45 pm – 6:00 pm	Panel Discussion and Q&A Post CME Questions	

6:00 pm – 7:30 pm DINNER CME SYMPOSIUM **Sierra Ballroom B** Supported by **Lexicon**

T1D Circa 2024 – Managing Obesity, CardioRenal Complications & Hyperglycemia

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



6:00 pm Dinner and Wine Served
6:10 pm Introduction & Pre-CME Questions
6:15 pm Controlling Hyperglycemia in Today's T1D- Challenges and Solutions
6:30 pm Contemporary T1D- Obesity and Cardiometabolic Complications
6:45 pm CKD in T1D the role of the SGLT1/2i Sotgliflozin
7:05 pm **Panel Discussion and Q&A:** Risk Benefit- Managing T1D with Non-Insulin Agents Preventing Cardioresenal Morbidities
Panel: Matthew J. Budoff, MD • David Cherney MD, PhD • Richard E. Pratley, MD
Moderator: Yehuda Handelsman, MD
Post-CME Questions & Concluding Remarks
7:30 pm Adjourn

Matthew J. Budoff, MD
Richard E. Pratley, MD
Matthew J. Budoff, MD
David Cherney MD, PhD

7:30 pm – 9:00 pm

Abstract Oral Presentation

CHEESE & WINE WILL BE SERVED

Chair: Zachary T. Bloomgarden, MD



Abstract Committee: Ralph A. DeFronzo, MD • Vivian A. Fonseca, MD
George Grunberger, MD • Norman E. Lepor, MD • Derek LeRoith, MD, PhD
Christian W. Mende, MD • Richard E. Pratley, MD • Matthew R. Weir, MD

Abstracts published in **Metabolism: Clinical and Experimental**

Editor-in-Chief: Christos S. Mantzoros, MD, DSc, PhD



SATURDAY, DECEMBER 14

6:45 am **Registration & Coffee**

7:45 am – 8:00 am Summary of Day 2 & Pre-CME Questions

Zachary T. Bloomgarden, MD

8:00 am – 8:05 am Oral Abstract Winners Award Presentation

Zachary T. Bloomgarden, MD

8:05 am - 9:05 am BREAKFAST CME SYMPOSIUM **Sierra Ballroom CD** Supported by **BAYER**

Toward Reducing the Disease Burden of Heart Failure & Improve Patients Outcomes

Chairs: Mikhail N. Kosiborod, MD • Muthiah Vaduganathan, MD, MPH



8:05 am Introduction
8:10 am Moonraker- Overview of the Investigators Led Research Program
8:25 am FINEARTS-HF - Finerenone in Heart Failure with EF > 40%
8:40 am FINE-HEART - Finerenone in Heart Failure and Chronic Kidney Disease Trials
8:55 am **Panel Discussion:** The Crystal Ball- ns MRA in the Guidelines
Panel: Muthiah Vaduganathan, MD, MPH • Orly Vardeny, PharmD, MS
Moderator: Mikhail N. Kosiborod, MD
9:05 am Adjourn

Muthiah Vaduganathan, MD, MPH
Mikhail N. Kosiborod, MD
Orly Vardeny, PharmD, MS
Muthiah Vaduganathan, MD, MPH

SATURDAY, DECEMBER 14 (CONT.)

Session 15

Gerald Reaven Distinguished Leader in Insulin Resistance 2024 Award

9:05 am

Award Presentation by Vivian A. Fonseca, MD • Peter J. Grant, MD

9:10 am

A Belated Pathway Towards Obesity Medicine: From Frustration to an Era of Drug Development that is a Landmark in the History of Medicine

9:40 am – 9:45 am

Q & A



W. Timothy Garvey, MD

9:45 am – 9:55 am

Refreshment Break at the Exhibit Hall

Session 16

Emerging Topics in Cardiometabolic Diseases

Chairs: Jennifer B. Green, MD • Peter J. Grant MD

9:55 am

CVOTs Update focus on HF

10:15 am

Off Target Aspects and Safety of GLP1-ra

10:30 am

MRA in Cardiorenal Translational Biology- Implications to Practice

10:50 am

Hypercortisolism Impact on Diabetes and Cardiometabolic Diseases

11:10 am

CATALYST – Hypercortisolism in Hard to Control Diabetes - Final Results

11:25 am – 11:40 am

Panel Discussion and Q&A

11:40 am – 12:40 pm

Lunch Break & Check-Out

Mikhail N. Kosiborod, MD

Vivian A. Fonseca, MD

Robert J. Chilton, DO

Ralph A. DeFronzo, MD

Vivian A. Fonseca, MD

11:50 am – 12:35 pm

Lunch Session

Non-CME Education

Sierra Ballroom B

Mounjaro® (tirzepatide)

Supported by Eli Lilly & Co.



Carol H. Wysham, MD

Session 17

Important Issues in Cardiovascular Disease

Chairs: Robert Chilton, DO • Pam R. Taub, MD

12:40 pm

CAC in ASCVD Relation to Bone Density & Osteoporosis

1:00 pm

INOCA, MINOCA and Everything in Between

1:20 pm

The Role of Inflammation and its Management in Cardiometabolic Diseases

1:40 pm – 1:55 pm

Panel Discussion and Q&A

Matthew J. Budoff, MD

Martha Gulati, MD

Norman E. Lepor, MD

Session 18

The Intersection of Obesity and T1D

Chairs: Richard E. Pratley, MD • Tracey L. McLaughlin, MD, MS

1:55 pm

The Role and Safety of SGLT2i and GLP1ra Therapy in T1D

2:15 pm

The Physiopathology of Insulin Sensitivity & Secretion Early Stages of T1D

2:35 – 2:45 pm

Panel Discussion and Q&A

2:45 pm – 2:55 pm

Refreshment Break at the Exhibit Hall

Schafer Boeder, MD

Alfonso Galderisi, MD, PhD

Session 19

State of the Art of Dyslipidemia

Chairs: Paul S. Jellinger, MD • Chris K. Guerin, MD

2:55 pm

Electronegative Pro-Inflammatory LDL and CVD Risk

3:15 pm

The Impact of Triglycerides on Cardiovascular Disease

3:35 pm

Lipoprotein(a): Ready for Prime Time

3:55 - 4:10 pm

Panel Discussion and Q&A and Post-CME Questions

Ronald M. Krauss, MD

Ira J. Goldberg, MD

Nathan D. Wong, PhD

SATURDAY, DECEMBER 14 (CONT.)

Session 20

Diets & Weight Loss

Chairs: Ronald M. Krauss, MD • Derek LeRoith, MD, PhD

4:10 pm	Time Restricted Eating: Evidence from Recent Randomized Controlled Trials	Pam R. Taub, MD
4:30 pm	Contemporary Understanding of (or the Science of) Weight Loss Plateau	Kevin D. Hall, PhD
4:50 pm – 5:00 pm	Panel Discussion and Q&A	

Session 21

Clinical Workshop

CHEESE & WINE WILL BE SERVED

5:00 pm	Lipids	Sierra B	Paul S. Jellinger, MD, and Paul D. Rosenblit, MD, PhD
	DM	Club	George Grunberger, MD
	HTN/CKD	Hiro	Christian W. Mende, MD
5:45 pm	Adjourn		

22ND WCIRDC PROGRAM COMMITTEE

Richard N. Bergman, PhD	Chris K. Guerin, MD	Tracey L. McLaughlin, MD, MS
Zachary T. Bloomgarden, MD, MACE	Yehuda Handelsman, MD Chair	Christian W. Mende, MD
Matthew J. Budoff, MD	Ania M. Jastreboff, MD, PhD	Erin D. Michos, MD, MHS
Sonia Caprio, MD	Paul S. Jellinger, MD, MACE	Jorge Plutzky, MD
Robert J. Chilton, DO	Samuel Klein, MD	Richard E. Pratley, MD
Ralph A. DeFronzo, MD	Mikhail N. Kosiborod, MD	Philipp E. Scherer, PhD
Vivian A. Fonseca, MD	Ronald M. Krauss, MD	Bart Staels, PhD
W. Timothy Garvey, MD	Norman E. Lepor, MD	Pam R. Taub, MD
Peter J. Grant, MD	Derek LeRoith, MD, PhD	Matthew R. Weir, MD
Jennifer B. Green, MD	Ildiko Lingvay, MD, MPH, MSCS	Paul Zimmet, MD, PhD
Stephen J. Greene, MD	Christos S. Mantzoros, MD, DSc, PhD h.c. mult.	Renee Asp, BS
George Grunberger, MD	Nikolaus Marx, MD	



FACULTY 2024



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 22nd WCIRDC
Tarzana, California



Richard N. Bergman, PhD

Alfred Jay Firestein Chair in Diabetes Research
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- (WOF) World Obesity Foundation
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- (ASEPA) American Society of Endocrine Physician Assistants
- (KHRS) Korean Heart Rhythm Society
- (ADCES) Association of Diabetes Care & Educations Specialists
- (IFSO) International Federation for the Surgery of Obesity and Metabolic Disorders
- (ENS) Endocrine Nurses Society
- (IES) Israel Endocrine Society
- (NKFA) National Kidney Foundation
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**THE INTERNATIONAL COMMITTEE FOR
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