

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



Administered 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, AO, MBBS, 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

Zachary T. Bloomgarden, MD
New York, NY

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San Antonio, TX

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San Antonio, TX

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New Orleans, LA

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Durham, NC

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Ania M. Jastreboff, MD, PhD
New Haven, CT

Paul S. Jellinger, MD
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, AO, 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, dieticians, 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

7:00 am – 7:45 am

Breakfast Session

Non-CME Education

Product Theater Hall

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**

Priyanka Somanath, PhD



Thomas Butler, MS, MBA



Rohit Kulkarni, MD, PhD



Juan Frias, MD



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

Sierra C/D (Lecture Hall)
Club
Hiro
Salon 6AB

1:00 pm – 2:00 pm **LUNCH BREAK**

1:10 pm – 1:55 pm

Lunch Session

Non-CME

Product Theater Hall

Jardiance® (empagliflozin) tablets: A Peer Review of the Latest Clinical Data and Dosing Recommendations
Supported by **Boehringer Ingelheim–Lilly**

Christian Mende, MD



THURSDAY, DECEMBER 7 (Cont.)


Session 5	Metabolic Science
2:00 pm – 2:50 pm	Chairs: Richard N. Bergman, PhD • Phillip E. Scherer, PhD
2:00 pm	Genome- Proteome- Phenome & Mendelian Randomization Studies, Elucidating Novel Pathways and Treatments- Clinical Implication in Cardiometabolic Disorders
2:20 pm	The Role of mRNA Modifications in the Regulation of Metabolism
2:40 pm – 2:50 pm	Panel Discussion and Q&A
	Christos S. Mantzoros, MD, PhD Rohit Kulkarni, MD, PhD

Session 6	The Future of HTN
2:50 pm – 3:40 pm	Chairs: Pam R. Taub, MD • Chris W. Mende, MD
2:50 pm	Refractory HTN and New Drugs & Procedures in the Future
3:10 pm	Need for New Agents to Overcome Healthcare Disparity in Hypertension
3:30 pm – 3:40 pm	Panel Discussion and Q&A
	Norman E. Lepor, MD Keith C. Ferdinand, MD

Session 7	DCRM 2.0 – Update and Global Transformation
3:40 pm – 4:10 pm	Chairs: Richard E. Pratley, MD • Matthew R. Weir, MD
3:40 pm	DCRM 2.0 - Diabetes CardioRenal & Metabolic Diseases- Update & Global
3:55 pm – 4:10 pm	Panel Discussion and Q&A
4:10 pm – 4:40 pm	REFRESHMENT BREAK at the Exhibit Hall
	Yehuda Handelsman, MD

Session 8	Insulin Resistance, Diabetes, and Beyond
5:00 pm – 6:35 pm	Chairs: Jennifer B. Green, MD • Jorge Plutzky, MD
4:40 pm	Brain HDL and Alzheimer's Disease: Toward Therapeutic Applications
5:00 pm	Pulmonary Disease in Diabetes- Another Final Frontier?
5:20 pm	Contemporary Nomenclature of Fatty Liver Disease Impact on Diagnosis and Management
5:40 pm	Vascular Aging in CKD
6:00pm	Management of Diabetes in Patients with Cancer Addressing Impact of Cancer Therapy
	Overcoming Treatment Challenges: Management of Patients with Diabetes and Cancer
6:20 pm – 6:35 pm	Panel Discussion and Q&A
	Hussein Yassine, MD Peter J. Grant, MD Rohit Loomba, MD, MHS Matthew R. Weir, MD Emily J. Gallagher, MD, PhD

6:35pm – 7:30 pm WELCOME & POSTER RECEPTION AT EXHIBIT HALL

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	

FRIDAY, DECEMBER 8

7:00 am Registration

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

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

1:05 pm – 2:20 pm Chairs: Christos S. Mantzoros, MD, PhD • Tracey L. McLaughlin, MD, MS

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 Non-CME: 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**

4:55 pm Incretins in Diabetes- The New, the Newest and the Future **Richard E. Pratley, MD**

5:15 pm Application of CGM to Diabetes Prevention **Tracey L. McLaughlin, MD, MS**

5:35 pm Overcoming Clinical Inertia: The COORDINATE- Diabetes Example **Jennifer B. Green, MD**

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**

6:25 pm Prevalence, Pathophysiology and Morbidities of Heart Failure **Matthew J. Budoff, MD**


6:40 pm Contemporary Approach to Management of Heart Failure **Stephen J. Greene, MD**

6:55 pm Sotagliflozin: The Next Generation of Heart Failure Management **Darren McGuire, MD, MHSc**

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 • Philip Levy, 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** 

7:00 am Registration

7:00 am – 7:45 am	Breakfast Session Evolving Perspectives in Hyperglycemia Secondary to Hypercortisolism Supported by Corcept	Non-CME Education Mike Evans 	Product Theater Hall Ralph A. DeFronzo 	 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 • Matthew R. Weir, MD

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
11:05 am Insulin Resistance and its outcomes in T2DM: A Historical and Epidemiological Perspective
11:35 am – 11:45 am Q&A

Paul Zimmet, AO, MD, PhD



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?

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

2:55 pm

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, AO, MD, PhD • Zachary T. Bloomgarden, MD

3:10 pm

Diabetes Secondary to Pancreatitis

Mark O. Goodarzi, MD, PhD

3:30 pm

2023 Prevention and Management of T1D- The New Reality

George Grunberger, MD

3:50 pm – 4:00 pm

Panel Discussion and Q&A

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

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

5:00 pm

Session 22 Concurrent Sessions: Clinical Workshop

5:00 pm – 6:00 pm

Wine and Cheese

Lipids
Diabetes
HTN/CKD

Paul S. Jellinger, MD & Paul D. Rosenblit, MD, PhD
George Grunberger, MD
Christian W. Mende, MD

Sierra C/D (Lecture Hall)
Club
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, AO, 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



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
Center for the Prevention of Cardiovascular Disease
Baltimore, Maryland



Zachary T. Bloomgarden, MD, MACE
Clinical Professor, Department of Medicine
Icahn School of Medicine at Mount Sinai
Editor, The Journal of Diabetes
New York, New York



Matthew J. Budoff, MD, FACC, FAHA
Professor of Medicine
David Geffen School of Medicine at UCLA
Endowed Chair of Preventive Cardiology
Lundquist Institute
Program Director of Cardiac CT
Division of Cardiology Harbor-UCLA Medical Center
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