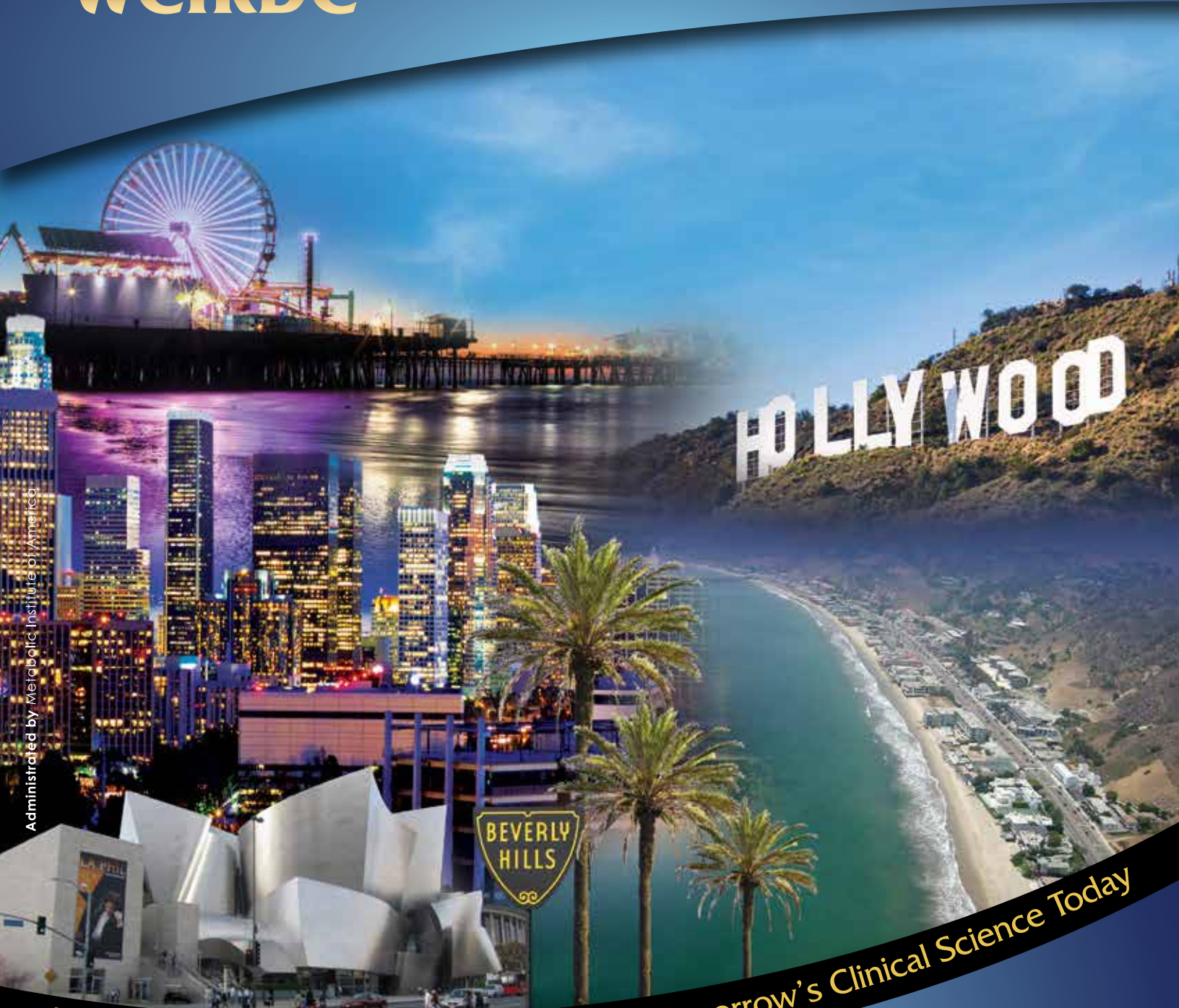


19th — hybrid — WCIRD C

World Congress Insulin Resistance
DIABETES & CARDIOVASCULAR DISEASE
LIVE IN-PERSON ONLINE
December 2–4, 2021

EARN
CME
ABIM-MOC
CREDIT
24.00



Administered by Metabolic Institute of America

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

JOINTLY PROVIDED



ADMINISTERED BY:



@wcirdc

#WCIRD C2021



Welcome.

It is my pleasure to invite you to the 19th Annual World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease (WCIRDC): Exploring New Frontiers in Metabolism — Tomorrow’s Clinical Science Today.

We are excited to announce that the 19th Annual WCIRDC returns live in person to the Hilton Universal City, Los Angeles. Based on last year’s incredible success we continue to offer virtual participation- Live Online and On-Demand for 3 months, to accommodate our attendees from across the globe.

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 both clinical and basic science. It offers an exclusive opportunity for professionals, researchers, and other clinicians to collaborate on emerging scientific and management strategies. The WCIRDC faculty consists of distinguished global experts who link research to clinical practice in a bench-to-bedside-to-bench approach that is unique to this state-of-the-art program.

During the 19th WCIRDC, we will honor Drs. Christos Mantzoros and Samuel Klein, the recipients of the 2020 and 2021 Gerald Reaven Distinguished Leader in Insulin Resistance Award. This year’s conference will cover a wide range of topics including the most up-to-date CV outcome trials, research in - and management recommendations for- Obesity, Diabetes insulin resistance, COVID-19, dyslipidemia, NAFLD & NASH, ASCVD, heart failure, CKD, CardioRenalMetabolism in youth, hormones and atherosclerosis and much more.

Highlights of the conference will be: a special session- first time ever: Multispecialty — Management of Diabetes, Cardiorenal & Metabolic Diseases — Practice Recommendations 2022; Diabetes — Past, Present & Future; CKD, HF and ASCVD in patients with & without Diabetes; a Joint session with the Journal Metabolism; A Glimpse in the Future — What’s in the Pipeline? Has the Beta Cell Been Forgotten?

Live in-person attendees will be able to participate in clinical workshops, meet the expert sessions and have an opportunity to personally interact and meet, in an intimate setting, the world’s top professionals, experts, and most esteemed leaders in their respective fields.

The 19th WCIRDC congress will feature a robust Poster Hall, Oral Abstract Presentations, an attractive Exhibit Hall, and Industry Supported non-CME programs that will feature important new scientific concepts with some the world’s best-known educators of their fields.

I look forward to you joining this exciting conference on December 2–4, 2021, in Los Angeles.

Best regards,



Yehuda Handelsman, MD
Chair & Program Director

Scientific Organizing Committee - International Committee for Insulin Resistance - ICIR

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PROGRAM DESCRIPTION

The World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease (WCIRDC), now in its 19th year, is a unique and exciting multidisciplinary CME conference. The Congress has become the premier global meeting dedicated to diabetes, obesity, lipids, cardiovascular-kidney and liver disease linking basic research to clinical practice in pursuit of our theme: Exploring New Frontiers in Metabolism — Tomorrow’s Clinical Science Today.

WCIRDC 2021 will return to Live in Person meeting at the Hilton Universal City Hotel in Los Angeles, on December 2-4, 2021. The conference will also have a virtual component- Streaming Live online followed by 90 days On Demand.

In this CME meeting participants can earn up to 24 CME & ABIM-MOC credits.

WCIRDC is the only meeting of its size combining basic and clinical science. For nearly two decades it has brought researchers, physicians, clinicians, and other healthcare professionals together for a distinctive international program that bridges the latest developments from bench-to bedside- to-bench. “I heard it first at the Congress” is a frequent remark from the audience. WCIRDC offers attendees a unique experience to interact with the distinguished global faculty. In an intimate setting, for a collaborative experience that explores the newest understanding of metabolic diseases and the development of future therapeutic modalities.

Since Dr. Gerald Reaven’s pioneering work crystallized the relationship between insulin resistance (IR), diabetes, obesity, CVD, the Congress’ focus has expanded to cover the kidney, liver, brain, bone, cancer, and more. The congress addresses

dyslipidemia, atherosclerosis, hypertension, hypercoagulation, inflammation, and energy metabolism. It provides the newest clinical updates on pharmaceutical interventions such as GLP1ra, SGLT2i’s, PCSK9i’s, MRA and EPA to name a few. The goal is to understand the state-of-the-art pathophysiology, new medical interventions, and to develop appropriate comprehensive clinical management strategies.

To make basic and clinical research topics relevant to clinical medicine, following each session there will be live Q&A and a discussion on implications to clinical practice. To promote more interaction with faculty and provide further insights, each day will end with one hour of live panel, providing summary of the day, commentary, and open for Q&A.

The Congress attracts state-of-the-art abstracts attracting, young up-and-coming researchers as well as recognized leaders from around the globe. The abstracts will be published in *Metabolism*, a peer-reviewed journal and also available for 90 days on demand.

The congress is featured by many media outlets with proceedings featured in global medical news venues such as Healio, Medscape, Endocrinology & Cardiology Today, Clinical Endocrinology News, Practical Cardiology, HCP Live, and more, while articles are being published in peer-reviewed journals like Journal of Diabetes, Endocrine Practice, *Metabolism*, Diabetes & Vascular Disease Research, Diabetes and its complications and others.

PROGRAM OBJECTIVES

The program is designed to evaluate the clinical and basic science aspects of diabetes, obesity, HTN, dyslipidemia, CVD, HF, CKD, and related cardiometabolic conditions; focusing on basic science such as insulin resistance, fat cells, inflammation, and on clinical practice; understanding the comprehensive management cardiorenalmetabolic conditions.

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

- Discuss COVID-19 in diabetes and Obesity.
- Describe the relationship between diabetes, obesity, and heart failure
- Discuss T1D obesity and CVD
- Discuss the role of the beta cells in diabetes
- Discuss the role of fat cells in the development of cardiometabolic conditions
- Explain the roles of diabetes in the development of micro & macrovascular conditions: kidney disease, retinopathy, neuropathy, CVD, and strokes
- Provide the traditional comprehensive management of diabetes, addressing obesity, hypertension, dyslipidemia, and hyperglycemia.
- Highlight the paradigm shift in management focusing on preventing the next event of ASCVD, HF and CKD
- Discuss the role of GLP1ra in the management of diabetes, obesity, and prevention of ASCVD.
- Evaluate SGLT2 inhibitors role in reducing cardiovascular morbidity & mortality in patients with and without T2D and at risk for or established CVD
- Address SGLT2i role in managing patients with CKD and HFrEF & HFpEF
- Explain the role of PCSK9 inhibitors in preventing CV morbidity in people with established ASCVD
- Discuss fatty liver disease and its relationship to diabetes and CVD
- Evaluate the impact on the clinical practice of lipid CV outcome trials, including IMPROVE-IT, FOURIER, REDUCE-IT, ODYSSEY-Outcomes
- Examine the impact of Coagulation in diabetes in prevention of CVD and CVA
- Technology in monitoring and reducing DM & ASCVD
- Address the multispecialty practice recommendations to managing patients with cardiorenalmetabolic diseases

TARGET AUDIENCE

This educational initiative is designed for endocrinologists, cardiologists, nephrologists, family physicians, internists, diabetologists, gastroenterologists, pediatricians, OB/GYN, 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.

FRIDAY, DECEMBER 3, 2021 (cont.)

5:30pm– 6:30pm DAY 2 SUMMARY SESSION & PRESENTATIONS

Ralph DeFronzo, MD • Yehuda Handelsman, MD • Samuel Klein, MD
Mikhail N. Kosiborod, MD • Dan E. Lapor, MD • Richard E. Pratley, MD

6:30pm– 7:30pm

Add on Efficacy. Oral, Nonstatin Therapies for Lowering LDL Lapor, MD

7:30pm– 9:00pm ABSTRACT ORAL PRESENTATIONS Nerra C/D Cheese & Wine

Zachary Bloomgarden, MD, Chair
Abstract Committee: Daniel Einhorn, MD • George Grunberger, MD • Philip Levy, MD
Abstracts are published in Metabolism Editor-in-Chief Christos S. Mantzoros, MD, PhD

SATURDAY, DECEMBER 4, 2021

7:00 am– 8:00 am Continental Breakfast

7:00 am – 7:45 am

Clinical Utility of Glycated Albumin & Validation Studies as an
Intermediate Glycemic Control Marker Cyrus Desouza, MBBS

8:00 am– 8:05 am Abstract Oral Winner Presentation

8:05 am– 8:15 am Pre-CME Questions

SESSION 13 Diabetes Past, Present & Future

Chairs: George Grunberger, MD • Vinod Fonseca, MD

8:15 am Insulin 100-years of Progress Jay Skyle, MD
8:30 am The Importance of Low Target Management of Hyperglycemia Peter Gran, MD
8:45 am Early Combination Therapy in DM-Comorbidities Jennifer Green, MD
9:00 am Reversing Type 2 Diabetes from Day One Julio Rosenstock, MD
9:15 am– 9:35 am Panel Discussion and Q&A

SESSION 14 Obesity 2021 A Paradigm Shift

Chairs: Ronald M. Krauss, MD • Matthew R. Weir, MD

9:35 am A New Era in Obesity Medicine Target Treat W. Timothy Garvey, MD
9:50 am What's the Best Weight Loss Diet? Donald Ryan, MD
10:05 am Key Concepts in Treating Obesity as a Disease: A Focus on Pharmacology Anja Kastner, MD, PhD

SATURDAY, DECEMBER 4, 2021(cont.)

GERALD REAVEN DISTINGUISHED LEADER IN INSULIN RESISTANCE – 2021 AWARD

10:35 am 2021 Award Presentation “Gerald Reaven Distinguished Leader in Insulin Resistance”

10:40 am Why Does Obesity Cause Type 2 Diabetes

Samuel Klein, MD



11:10 am – 11:30 am Session 14 Panel Discussion and Q&A

11:30 am – 12:30 pm LUNCH BREAK

11:40 am – 12:25 pm **Lunch Session** **Non-CME** **Product Theater Hall**

The Role of the Gut in Type 2 Diabetes: Going Beyond Incretins

Supported by: Fractyl Health



Geltrude Mingrone, MD, PhD



Randy Seeley, PhD

SESSION 15 Glucose Metabolism and Diabetes

Chairs: Philipp E. Scherer, PhD • Richard N. Bergman, PhD

12:30 pm Insulin Resistance Impact on Insulin Clearance and Metabolic Demand Effect on Glucose Tolerance

Ralph DeFronzo, MD

12:45 pm Statin Associated with Increased Insulin Resistance & Diabetes

Joshua W. Knowles, MD

1:00 pm – 1:10 pm Panel Discussion and Q&A

SESSION 16 CKD, HF and ASCVD in Diabetes & Without

Chairs: Pam R. Taub, MD • Peter J. Grant, MD

1:10 pm The Role of (Micro) Albuminuria in Predicting HF, ASCVD and CKD

Richard E. Pratley, MD

1:25 pm The Prevention of ASCVD in Patients with Diabetes

Ildiko Lingvay, MD

1:40 pm Update in HF Management – How Should/Would the Guidelines Look?

Mikhail N. Kosiborod, MD

1:55 pm – 2:10 pm REFRESHMENT BREAK

2:10 pm Heart Failure today: A new epidemic or a co-morbidity

Mark Kearney, MD

2:25 pm The Contemporary Approach to MRA, Aldosterone in the Kidney and the Heart

Christian W. Mende, MD

2:40 pm Treatment of Diabetic Nephropathy: what does the future hold?

Robert D. Toto, MD

2:55 pm – 3:15 pm Panel Discussion and Q&A

3:15 pm – 4:10 pm DAY 3 SUMMARY SESSION & POST-CME QUESTIONS

Richard N. Bergman, PhD • W. Timothy Garvey, MD • Peter J. Grant, MD

George Grunberger, MD • Yehuda Handelsman, MD • Pam R. Taub, MD

4:15 pm – 5:00 pm Concurrent Sessions CLINICAL WORKSHOPS (In-Person Only)

Management of DM

Sierra Ballroom C/D

Yehuda Handelsman, MD

All You Wanted to Know about CGM

Sierra Ballroom B

George Grunberger, MD

Lipids

Club Room

Paul Jellinger, MD • Paul Rosenblit, MD



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19TH WCIRDC PROGRAM COMMITTEE

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ACCOMMODATIONS

The 19th Annual World Congress on Insulin Resistance, Diabetes & CVD (WCIRDC) will be held at the prestigious Hilton Universal City Hotel. The majestic Hilton Hotel is situated on a high hill above the Los Angeles entertainment district, near Universal Studios Hollywood and City Walk. The hotel is located a block from the main entrance of Universal Studios Hollywood, and is also a 3.5-mile drive to Pantages Theatre for Broadway shows. This 24-story hotel offers upscale rooms with panoramic views of the Hollywood Hills and Universal Studios.

Hilton Universal City Hotel 555 Universal Hollywood Drive Universal City, CA 91608

To reserve a room at our special rate of \$216 a night for conference participants and their guests visit <https://www.wcir.org/accommodations>

Guests can also call In-House Reservations Dept. at 818-623-1434 from 8:30am-5pm PST Please reference the group name: WCIRDC

REGISTRATION INFORMATION

www.WCIR.ORG/registration

Email: info@tmioa.com | To register by phone: 818-342-1889

All 19th WCIRDC participants must be vaccinated in order to attend the live in person meeting. For further information please contact info@tmioa.com

Cancellation Policy: A full refund will be given if written notice of cancellation is received by September 6, 2021. A \$75 cancellation fee will be charged for cancellation between September 7, 2021 and November 2, 2021. After November 2, 2021 there will be NO REFUNDS - only registration transfer credit will be offered. Cancellations must be submitted via e-mail to info@tmioa.com or by phone at 818-342-1889.

CME ACCREDITATION

For CME questions related to WCIRDC, please contact our CME Coordinator Renee Asp at renee@aspencmehelp.com. 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

PESI Inc. has designated this Other (Live and Internet Live) activity for a maximum of 24 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

MOC POINTS WITH ABIM

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn MOC points of Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Total qualifying MOC points 24.

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.

NURSES

For the purpose of re-certification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit[™] issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education) for attendance at structured learning activities.

CA NURSES

Aspen CME Services is approved by the California Board of Registered Nursing, provider number CEP14739, designated the 19th WCIRDC for a total of 24 contact hours.

PHARMACISTS

For the purpose of re-certification, the American Council of Pharmacy Education accepts AMA PRA Category 1 Credit[™] issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education) for attendance at structured learning activities.

CDE

The National Certification Board for Diabetes Educators recognizes courses sponsored by PESI Inc. as approved ACCME provider. Total qualifying continuing education hours 24.

REGISTERED DIETITIANS

For the purpose of re-certification, the Commission on Dietetic Registration recognizes courses accredited with AMA PRA Category 1 Credit[™].

SATISFACTORY COMPLETION FOR CREDITS

All attendees must have completed and submitted an online course attendance/evaluation immediately following onsite or virtually live attendance. Each session claimed for credit must be attended in its entirety. Attendees will be able to print a certificate of attendance following the submission of online evaluation. Physician certificates of credit will be emailed two to three weeks after the CME activity.

ENDURING/ ON-DEMAND CME ACTIVITY

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

PESI Inc. has designated this Enduring activity for a maximum of 24 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Available online at www.wcirdc.com from December 6, 2021 through March 4, 2022.

ASSOCIATED ORGANIZATIONS

Premier Associated Organizations

- California Chapter of the American College of Cardiology (CAACC)
- Clinical Association of California Endocrinologists (CACE)
- Cardio Renal Society of America (CRSA)

Associated Organizations

- American Society of Endocrine Physician Assistants (ASEPA)
- Association of Diabetes Care & Education Specialists (ADCES)
- Endocrine Nurses Society (ENS)
- International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO)
- Israel Endocrine Society (IES)
- Italian Society of Endocrinology (SIE)
- Point of Care Network (POCN)
- World Obesity Federation

MEDIA PARTNERS

Premier Media Partners

- Metabolism (Elsevier)
- American Journal of Cardiology (Elsevier)
- American Journal of Managed Care (MJH Life Sciences)
- Endocrinology Network (MJH Life Sciences)
- HCPLive Network (MJH Life Sciences)
- Healio: Cardiology Today & Endocrine Today
- Practical Cardiology (MJH Life Sciences)
- The Lancet Diabetes & Endocrinology

Media Partners

- Cardiovascular Endocrinology & Metabolism (Wolters Kluwer)
- ConferenceLocate.com
- Diabetes & Vascular Disease Research (Sage)
- Diabetes in Control
- Endocrine Web
- Frontiers in Clinical Diabetes and Healthcare
- Healthcare Tech Outlook
- Journal of Diabetes
- MEDtube
- Nutrients
- PharmaVoice
- Physician's Weekly
- Vessel Plus

FOR ADDITIONAL INFORMATION ON

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