WCIRDC PROGRAM 2026

Wednesday, December 2, 2026

1:00 pm – 8:00 pm Pre-Registration – **Lobby & Sierra Ballroom B**

3:30 pm **Refreshments at the Lecture Hall**

4:00 pm Welcome — **Yehuda Handelsman, MD**

Session 1 **The Heart, The Kidney, & The Brain**

Chairs: Peter J. Grant, MD • Norman E. Lepor, MD

4:10 pm SGLT2 Inhibition as Mitochondrial Medicine: Preclinical Evidence from Isolated Cardiac Mitochondria in Heart Failure – the Human Connection — **Robert J. Chilton, DO**

4:30 pm Adiposity & Diabetes as Drivers of Cardiomyopathy: One Wolf in 2 Costumes — **Josephine I. Harrington, MD**

4:50 pm The Impact of CGM and CGM Metrics in Diabetes on the Development of Renal Disease — **Peter D. Reaven, MD**

5:10 pm Insulin Resistance or Hyperinsulinemia: Cause or Consequence — **Ralph A. DeFronzo, MD**

5:30 pm – 5:45 pm Panel Discussion and Q&A

Session 2 **DCRM 3.0**

Chairs: George Grunberger, MD • Stephen J. Greene, MD

5:45 pm Background — **Yehuda Handelsman, MD**

5:50 pm Topic Presentations: **Zachary T. Bloomgarden, MD • Vivian A. Fonseca, MD • Stephen J. Greene, MD • George Grunberger, MD • Paul S. Jellinger, MD • Samuel Klein, MD • Christos S. Mantzoros, MD, DSc, PhD • Erin D. Michos, MD • Jorge Plutzky, MD • Matthew R. Weir, MD**

6:10 pm – 6:15 pm Panel Discussion and Q&A

6:15 pm – 6:30 pm Refreshment Break

6:30 pm - 8:15 pm **Dinner CME Symposium** **Sierra Ballroom B**

Made Available by **MLI-Medical Learning Institute**
This activity is supported by an independent medical educational grant from **Regeneron Pharmaceuticals**

Approach to Managing Obesity and Comorbidities Circa 2026
Chairs: Yehuda Handelsman, MD and Norman E. Lepor, MD

6:30 pm Introduction & Pre-CME Questions — **Norman E. Lepor, MD**

6:45 pm Obesity & Comorbidities Epidemiology, Diagnosis & Management Challenges — **Caterina Conte, MD, PhD**

7:05 pm Weight Loss Modalities Addressing Quality Weight Loss — **Samuel Klein, MD**

7:25 pm The Treatment of CVD Risk Factors in Obesity and Diabetes — **Norman E. Lepor, MD**

7:45 pm **Panel Discussion and Q&A**: Losing Weight the Right Way
Panel: Caterina Conte, MD, PhD, Samuel Klein, MD, Norman E. Lepor, MD
Moderator: Yehuda Handelsman, MD
Post-CME Questions and Concluding Remarks

8:15 pm **Adjourn**

8:15 pm – 9:00 pm **Dessert Session** **Non-CME Education** **Sierra Ballroom B**

Tittle TBD

Supported by **Crinetics Pharmaceuticals**

Thursday, December 3, 2026

6:45 am **Registration | Exhibit Hall Opens | Coffee**

7:00 am - 7:50 am **Breakfast CME Symposium** **Sierra Ballroom B**

Made Available by **MLI-Medical Learning Institute**
This activity is supported by an independent medical educational grant from **Boehringer Ingelheim**

Breaking Silos in Cardio-Renal Metabolic Care

7:50 am Adjourn

7:55 am	Welcome	**Yehuda Handelsman, MD**
8:10 am	Summary of Day 1 & Pre-CME Questions	**Zachary T. Bloomgarden, MD**

Session 3 **The Science of CRM**
Chairs: Ralph A. DeFronzo, MD • Philipp E. Scherer, PhD

8:15 am	Neoangiogenesis in Physiology and Pathology: Novel Determinants of Endothelial Biology	**Jorge Plutzky, MD**
8:35 am	Understanding Insulin Resistance & Sensitivity – Impact on Health & Disease	**Takashi Kadowaki, MD, PhD**
8:55 am	Bile Acid Control of Metabolism Through Olfactory Signaling — The Role of FXR	**Bart Staels, PhD**

9:15 am – 9:30 am Panel Discussion and Q&A

Session 4 **The Current & Future Role of Incretin Therapy**
Chairs: Ildiko Lingvay, MD • Dianne S. Cheung, MD

9:30 am	Tirzepatide and Weight-loss Independent Effects on Metabolism and Adipose Tissue	**Tracey L. McLaughlin, MD, MS**
9:50 am	The Landscape of Incretin-Based Therapy: A Realistic View of the Future	**David D'Allesio, MD**

10:10 am - 10:20 am Panel Discussion and Q&A

10:20 am – 10:50 am Refreshment Break at the Exhibit Hall

Session 5 **ASCVD and Inflammation**
Chairs: Jorge Plutzky, MD • Josephine I. Harrington, MD

10:50 am	Testosterone Replacement & CVD: The Bad, the Ugly, and the Good	**Matthew J. Budoff, MD**
11:10 am	PCOS Recognized as a Metabolic Disorder: What Polyendocrine Metabolic Ovarian Syndrome Gets Right and Where It Fails	**Andrea Dunaif, MD**
11:30 am	All You Need to Know About Inflammation and CVD	**Norman E. Lepor, MD**

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

Session 6 **Concurrent Sessions: Meet the Experts**

12:10 pm	Insulin Resistance and Diabetes	**Mandarin**	**Ralph A. DeFronzo, MD**
	It's All You Need to Know Obesity	**Club**	**W. Timothy Garvey, MD**
	CardioRenal & Lipids	**Hiro**	**Erin D. Michos, MD**
	Everything Cortisol and Aldosterone	**Salon 6AB**	**Yehuda Handelsman, MD**

1:00 pm

1:10 pm – 1:55 pm **Lunch Session** **Non-CME Education** **Sierra Ballroom B**
Beyond Weight Loss: Evolving Perspectives on Obesity and Metabolic Health
Supported by **Boehringer Ingelheim**

1:00 pm – 2:00 pm **Lunch Break**

Session 7	**Contemporary Metabolism – Fat, Brain, & Liver**	
	Chairs: Richard N. Bergman, MD • Bart Staels, PhD	
2:00 pm	Brown Fat - White Fat Impact on lipids, Insulin Resistance & Metabolism	**Rohit N. Kulkarni MD, PhD**
2:20 pm	Insulin Resistance & Diabetes Relationship to Alzheimer's Disease- is AZ Type 3 Diabetes	**Hussein Yassine, MD**
2:40 pm	MASH-the future; Diagnosis, Emerging Therapies & Differentiating Diabetes & Non-Diabetes	**Rohit Loomba, MD, MHSc**
3:00 pm – 3:15 pm	Panel Discussion and Q&A	

Session 8	**CRM - Management of Complex Cases**	
	Chair: Matthew J. Budoff, MD	
	Expert Panel: Jennifer B. Green, MD • Robert J. Chilton, DO • Vivian A. Fonseca, MD	
3:15 pm	Introduction	
	CRM Case 1 Panel Discussion and Q & A	**Srikanth Krishnan, MD, MS**
	CRM Case 2 Panel Discussion and Q & A	**Emily Zhang, MD**
4:05 pm	Adjourn	

4:05 pm – 4:35 pm **Refreshment Break at the Exhibit Hall**

Session 9	**Obesity – Science and Clinical Update**	
	Chairs: Samuel Klein, MD • Rohit Loomba, MD, MHSc	
4:35 pm	Adipose Tissue Biology in the Metabolic Benefits of Weight Loss	**Philipp E. Scherer, PhD**
4:55 pm	Obesity in Asian vs Global Populations: Definitions and Cardiometabolic Risk	**Yu Mi Kang, MD, PhD, MPH**
5:15 pm	The Contemporary Approach to the Treatment of Obesity	**Ildiko Lingvay, MD**
5:35 pm	Improving Adherence to Weight Loss Treatments – The Emerging Role of Long-Acting Amylin	**W. Timothy Garvey, MD**
5:55 pm – 6:15 pm	Panel Discussion and Q&A & Post CME Questions	

6:15 pm – 7:15 pm WELCOME & POSTER RECEPTION at the Exhibit Hall

Refreshments will be served

7:15 pm – 9:00 pm **Dinner CME Symposium** **Sierra Ballroom B** Supported by **AstraZeneca**

Contemporary Approach to Managing Complex Metabolic Comorbidities

Chairs: Yehuda Handelsman, MD and Matthew R. Weir, MD

7:15 pm	Introduction & Pre-CME Questions	**Matthew R. Weir, MD**
7:30 pm	Obesity and Excess Body Fat - Definition Prevalence and Treatment	**Naresh Kanumilli, MBBS**
7:45 pm	Resistant HTN in the Complex Patient - The Why and How	**Florian Rader, MD, MSc**
8:00 pm	CKD Role in CardionRenal & Metabolic Diseases & Management Algorithm	**Matthew R. Weir, MD**
8:15 pm	CRM Conditions - Heart Disease, Focus on HF	**Shahzeb Khan, MD, MSc**
8:30 pm	**Panel Discussion and Q&A**: Approaching Complex Metabolic Diseases	
	Panel: Naresh Kanumilli, MBBS, Shahzeb Khan, MD, MSc, Florian Rader, MD, Matthew R. Weir, MD	
	Moderator: Yehuda Handelsman, MD	
	Post-CME Questions and Concluding Remarks	
9:00 pm	**Adjourn**	

6:45 am **Registration | Exhibit Hall Opens | Coffee**

7:00 am – 7:45 am **Breakfast Session** **Non-CME Education** **Sierra Ballroom B**
Unlocking the Potential of a Liver Directed Therapy
Supported by **Madrigal**



Lance Sloan, MD, MSE

7:50 am – 8:05 am Summary of Day 2 & Pre-CME Questions **Zachary T. Bloomgarden, MD**

Session 10 **The Kidney & HTN Today**
Chairs: Tracey L. McLaughlin, MD, MS • Stephen J. Greene, MD

8:05 am	HTN Management - New Currently Available and Upcoming Options	**Christian W. Mende, MD**
8:25 am	Resistant HTN, the Kidney, and the Adrenal Gland	**Matthew R. Weir, MD**

8:45 am – 8:55 am Panel Discussion and Q&A

Session 11 **Joint Session with Metabolism**
Chairs: Christos S. Mantzoros, MD, PhD • Christian W. Mende, MD

8:55 am	Introduction	**Christos S. Mantzoros, MD, PhD**
9:00 am	Hypothalamic AMPK as a Therapeutic Target for Energy Balance-Related Diseases	**Miguel López, PhD**
9:20 am	Timing Matters: Multi-Omics Insights into Exercise and Metabolic Health in Type 2 Diabetes	**Juleen R. Zierath, PhD**
9:40 am	SGLT2i for Cardiometabolic Risk. Same, Same, but Different?	**Jenny E. Gunton, MBBS, PhD**

10:00 am – 10:15 am Panel Discussion and Q&A

10:15 am – 10:45 am Refreshment Break at the Exhibit Hall

Session 12 **Today's Heart Failure**
Chairs: Erin D. Michos, MD, MHS • Matthew R. Weir, MD

10:45 am	Second Universal Definition of Heart Failure 2026 - A Consensus	**Biykem Bozkurt, MD, PhD**
11:05 am	Primary Prevention of Heart Failure	**Stephen J. Greene, MD**
11:25 am	In Hospital Initiation of Medications in Patients with Acute HF Address on SGLT2i	**Gregg C. Fonarow, MD**

11:45 am – 12:00 pm Panel Discussion and Q&A

12:00 pm – 1:00 pm **Lunch Break**

12:10 pm – 12:55 pm **Lunch Session** **Non-CME Education** **Sierra Ballroom B**
Title TBD
Supported by **Corcept**

Session 13 **Frontiers in Diet Therapy: You Are What You Eat**
Chairs: Jennifer B. Green, MD • W. Timothy Garvey, MD

1:00 pm Interaction between Weight Loss and Diet Macronutrient Composition on Metabolic

	Function in Prediabetes	**Samuel Klein, MD**
1:20 pm	Diets that Improve Insulin Resistance, Inflammation and Type 2 Diabetes: Impact on CVD	**Massimiliano Caprio, MD, PhD**
1:40 pm – 1:50 pm	Panel Discussion and Q&A	

Session 14 **A Glimpse into the Future - What's in the Pipeline?** **Non-CME**

Chairs: Christos S. Mantzoros, MD, PhD • Vivian A. Fonseca, MD

1:50 pm	Lexicon	**Craig Granowitz, MD, PhD**
2:05 pm	Boehringer Ingelheim	**Neerja Balachander, PhD**
2:20 pm	Corcept	**Joseph K. Belanoff, MD**
2:35 pm – 2:50 pm	Panel Discussion and Q&A	

2:50 pm – 4:05 pm Refreshment Break

2:55 pm – 3:40 pm **Refreshment Session** **Non-CME Education** **Sierra Ballroom B**

The Next Chapter in Chronic Kidney Disease Associated with Type 1 Diabetes

Supported by **Bayer**



Lance Sloan, MD, MSE

3:40 pm – 4:05 pm Break at the Exhibit Hall

Session 15 **Technology, Digital Health & AI**

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

4:05 pm	Digital Health & AI in DCRM/CKMH	**Seth S. Martin, MD, MHS**
4:25 pm	From Pump to CGM then AID - The Current and Evolving Landscape	**Anders L. Carlson, MD**
4:45 pm – 4:55 pm	Panel Discussion and Q&A	

Session 16 **Diabetes, Comorbidities and Management**

Chairs: Paul S. Jellinger, MD • Rohit N. Kulkarni, MD, PhD

4:55 pm	Understanding Why and How CVD and HF Develop in both Types Diabetes	**E. Dale Abel, MD, PhD**
5:15 pm	The Impact of Type 1 and Type 2 Diabetes on Lung Function	**Peter J. Grant, MD**
5:35 pm	EASD-ADA 2026 Consensus on Diabetes Management	**Jennifer B. Green, MD**
5:55 pm – 6:15 pm	Panel Discussion and Q&A & Post CME Questions	

6:15 pm – 7:45 pm **Dinner CME Symposium** **Sierra Ballroom B** Supported by **Lexicon Pharmaceuticals**

Recognizing Hypertrophic Cardiomyopathy in Patients with HFpEF

Chairs: Matthew J. Budoff, MD and Robert J. Chilton, DO

6:15 pm	Introduction & Pre-CME Questions	
6:25 pm	Differentiate HCM from Cardiometabolic HFpEF and Other Causes of LVH	**Nihar R. Desai, MD, MPH**
6:45 pm	Up to Date Diagnostic Modalities of HCM	***TBD***
7:05 pm	Available and Emerging Treatment Options in HCM	**Nosheen Reza, MD, MS**
7:25 pm	**Panel Discussion and Q&A:** Future and Required Research to Impact Guidelines **Panel: Matthew J. Budoff, MD, Robert J. Chilton, DO, Nihar R. Desai, MD, MPH, Nosheen Reza, MD, MS,** **Moderator: Yehuda Handelsman, MD** Post-CME Questions & Concluding Remarks	
7:45 pm	**Adjourn**	

7:45 pm – 9:15 pm **Abstract Oral Presentation** **Non-CME** **CHEESE & WINE WILL BE SERVED**



Chair: Zachary T. Bloomgarden, MD

Abstract Committee: Ralph A. DeFronzo, MD • Vivian A. Fonseca, MD • George Grunberger, MD • Jennifer B. Green, MD • Norman E. Lepor, MD • Christian W. Mende, MD • Matthew R. Weir, MD



Abstracts published in Metabolism: Clinical and Experimental: Editor-in-Chief **Christos S. Mantzoros, MD, DSc, PhD**

WCIRDC PROGRAM 2026

Saturday, December 5, 2026

7:00 am **Registration & Continental Breakfast**

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

TRYNGOLZA: Expand What's Possible with Triglyceride Reduction in Severe Hypertriglyceridemia (sHTG; TGs ≥500 mg/dL)
Supported by **Ionis**



Norman E. Lepor, MD

7:50 am - 8:00 am Summary of Day 3 — **Zachary T. Bloomgarden, MD**

8:00 am – 8:05 am Oral Abstract Winners Award Presentation — **Zachary T. Bloomgarden, MD**

8:05 am – 8:10 am Pre-CME Questions — **Zachary T. Bloomgarden, MD**

Session 17	**CKLM in Clinical Practice** Chairs: Zachary T. Bloomgarden, MD • Robert J. Chilton, DO	
8:10 am	Addressing Reproductive Risk Factors Impact on CKM	**Erin D. Michos, MD, MHS**
8:30 am	Sacubritil/Valsartan Impact on CKD in Patients with Heart Failure	**Barry H. Greenberg, MD**
8:50 am	MASH: Pathophysiology, Natural Progression and Impact of Approved Therapies on CKLM Outcomes	**Christos S. Mantzoros, MD, PhD**
9:10 am	Integrating Genetics into Cardiometabolism and Clinical Practice	**Jamal S. Rana, MD, PhD**

9:30 am – 9:45 am Panel Discussion and Q&A

9:45 am – 9:55 am Refreshment Break

Session 18	**Cortisol & CardioRenalMetabolic Diseases** Chairs: Brian J. Feldman, MD, PhD • Yu Mi Kang, MD, PhD, MPH	
9:55 am	Impact of Hypercortisolism on Obesity-CardiRenal & Metabolic Diseases	**Oksana Hamidi, DO**
10:15 am	Does Hypercortisolism Have a Role in T1D	**Vivian A. Fonseca, MD**

10:35 am - 10:45 am Panel Discussion and Q&A

Session 19 **Gerald Reaven Distinguished Leader in Insulin Resistance 2026 Award**

10:45 am Award Presentation by **Peter J. Grant, MD and Christos S. Mantzoros, MD, PhD**
10:50 am Quo Vadis, Insulin Resistance?
11:20 am - 11:30 am Q & A



George Grunberger, MD

11:30 am – 12:25 pm Lunch Break & Check-Out

11:35 am – 12:20 pm **Lunch Session** **Non-CME Education** **Sierra Ballroom B**
Mounjaro® (tirzepatide) Product Theater
Supported by **Eli Lilly**



James W. Chu, MD, FACE

Session 20	**Lipids Disorders Update**	
	Chairs: Bart Staels, PhD • Seth S. Martin, MD, MHS	
12:25 pm	Introduction – AHA/ACC - Multi Society Dyslipidemia Guidelines	**Seth S. Martin, MD, MHS**
12:35 pm	Lp(a) HORIZON: How Does it Impact the Lp(a) Landscape and Clinical Practice?	**Nathan D. Wong, PhD**
12:55 pm	Severe Hypertriglyceridemia - Contemporary Management and New Approaches- Focus on APOC3 Inhibitor	**Savitha Subramanian, MD**
1:15 pm	Lipid Management Circa 2026 the Impact of Vesalius Address DM – What is Next	**Robert P. Giugliano, MD**
1:35 pm – 1:50 pm	Panel Discussion and Q&A	
Session 21	**Pediatric & Adolescence**	
	Chairs: Chris K. Guerin, MD • Samuel Klein, MD	
1:50 pm	Adipose Depot Development in Childhood for a Lifetime of Metabolic Implications?	**Brian J. Feldman, MD, PhD**
2:10 pm	Implementation and Dissemination of Obesity Interventions for Children and Adolescents	**Mona Sharifi, MD, MPH**
2:30 pm – 2:40 pm	Panel Discussion and Q&A	

2:40 pm – 2:50 pm Refreshment Break at the Lecture Hall

Session 22	**Joint Session with Diabetes Care**	
	Chairs: Elizabeth Selvin, PhD, MPH • Yu Mi Kang, MD, PhD, MPH	
2:50 pm	Introduction	**Elizabeth Selvin, PhD, MPH**
2:55 pm	Continuous Glucose Monitoring and Mortality Risk Among U.S. Veterans Receiving Dialysis with Diabetes	**Yoko Narasaki, PhD, MS, RD**
3:15 pm	Health Expenditures Decline After Bariatric Surgery for Patients with Type 2 Diabetes	**Caroline E. Sloan, MD, MPH**
3:35 pm	Factors Associated with Nocturnal Hypoglycemia After Exercise in the Type 1 Diabetes and Exercise Initiative	**Daniel I. Bisno, MD**
3:55 pm – 4:10 pm	Panel Discussion and Q&A & Post CME Questions	

Session 23	**Clinical Workshop**	*(Wine and cheese will be served)*	
4:10 pm	Diabetes	**Sierra Ballroom B**	**George Grunberger, MD**
	The Kidney	**Hiro**	**Christian W. Mende, MD**
	Lipids	**Club**	**Paul S. Jellinger, MD & Paul D. Rosenblit, MD**

5:00 pm Adjourn