24th WCIRDC

EARN 31.75 CME ABIM-MOC CREDITS

World Congress Insulin Resistance

DIABETES & CARDIOVASCULAR DISEASE

December 2–5, 2026
Hilton Universal City Hotel
Los Angeles, CA



Administrated by Metabolic Institute of America

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

JOINTLY PROVIDED

MEEF FOUNDATION

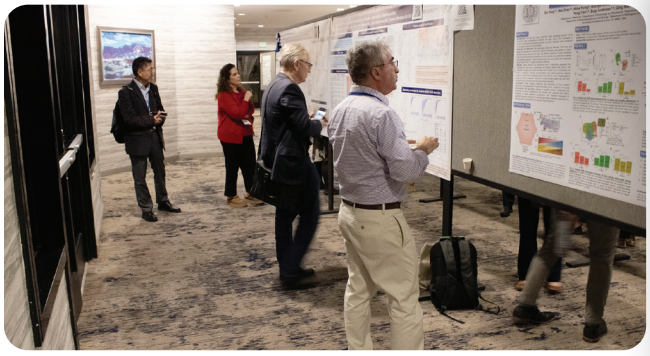
ABIM CME MOC ACCREDITED

Creighton UNIVERSITY

ADMINISTERED BY: TMIOA

www.WCIR.org

#WCIRDC2026







Welcome,

It is my pleasure to welcome you to the 24th Annual World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease (WCIRDC): Exploring New Frontiers in Metabolism — Tomorrow's Clinical Science Today.

The 24th Annual WCIRDC is being held on December 2-5, 2026, at the Hilton Universal City, Los Angeles, California. 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 combines basic science and clinical research in a cross-discipline format that promotes communication between researchers, clinicians, and other healthcare professionals.

The world-renowned faculty and attendees engage in in-depth discussions on the inter-related pathophysiologies and clinical manifestations of insulin resistance, diabetes, obesity, lipid disorders, cardiovascular disease (CVD), chronic kidney disease (CKD), fatty liver- MASLD/MASH and other cardiorenal and metabolic diseases. Sessions are designed to explore how basic and preclinical research findings relate to clinical trial findings and the impact on best practices in the cardiometabolism. The WCIRDC faculty consists of globally acclaimed experts who link research to clinical practice in a bench-to-bedside and a bedside to-bench approach a unique feature of this state-of-the-art conference.

We are proud to honor George Grunberger, MD Chairman of the Grunberger Diabetes and Endocrinology, with the prestigious "Gerald Reaven Distinguished Leader in Insulin Resistance" Award, recognizing his leadership and exceptional contributions to the field. Dr Grunberger's keynote lecture will be: Quo Vadis, Insulin Resistance?

This year's conference will again cover a wide range of topics addressing obesity, liver disease, atherosclerosis CVD, Resistant HTN, Lipids disorders, cardiomyopathy & heart failure, kidney disease, AI and digital health, the incretins and beyond, a glimpse into 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 the journal Metabolism Clinical and Experimental Impact factor 16.96 – Editor in Chief: Christos S. Mantzoros, MD, DSc, PhD.

The 24th WCIRDC feature a robust poster hall, oral abstract presentations, an impressive exhibit hall, and industry supported CME and non-CME programs featuring important new scientific concepts with some of the world's best-known educators.

I look forward to 3 ½ days of exciting and successful 2026 conference.



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

Matthew J. Budoff, MD
Los Angeles, CA

Robert J. Chilton, DO
San Antonio, TX

Jamie A. Davidson, MD
Dallas, TX

Dianne S. Cheung, MD
Los Angeles, CA

Ralph A. DeFronzo, MD
San Antonio, TX

Brian J. Feldman, MD, PhD
New Haven, CT

Vivian A. Fonseca, MD
New Orleans, LA

W. Timothy Garvey, MD
Birmingham, AL

Peter J. Grant, MD
Leeds, United Kingdom

Jennifer B. Green, MD
Durham, North Carolina

Stephen J. Greene, MD
Durham, North Carolina

George Grunberger, MD
Bloomfield Hills, MI

Chris K. Guerin, MD
San Diego, CA

Josephine I. Harrington, MD
Aurora, CO

Paul S. Jellinger, MD
Hollywood, FL

Yu Mi Kang, MD, PhD, MPH
Boston, MA

Samuel Klein, MD
St. Louis, MO

Ronald M. Krauss, MD
Berkeley, CA

Rohit N. Kulkarni, MD, PhD
Boston, MA

Norman E. Lepor, MD
Los Angeles, CA

Ildiko Lingvay, MD, MPH, MSCS
Dallas, Texas

Rohit Loomba, MD, MHSc
San Diego, CA

Christos S. Mantzoros, MD, PhD
Boston, MA

Seth S. Martin, MD, MHS
Baltimore, MA

Nikolaus Marx, MD
Aachen, Germany

Tracey L. McLaughlin, MD, MS
Stanford, CA

Christian W. Mende, MD
La Jolla, CA

Erin D. Michos, MD, MHS
Baltimore, Maryland

Jorge Plutzky, MD
Boston, MA

Richard E. Pratley
Orlando, FL

Peter Rossing, MD, DMSc
Copenhagen, Denmark

Elizabeth S. Selvin, PhD, MPH
Baltimore, MA

Philipp E. Scherer, PhD
Dallas, TX

Viral N. Shah, MD
Indianapolis, IN

Bart Staels, PhD
Lille, France

Pam R. Taub, MD
San Diego, CA

Muthiah Vaduganathan, MD
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 24th year, is a premier multidisciplinary CME conference, recognized as the leading global forum on CardioRenalMetabolism- diabetes, obesity, lipids, cardiovascular, kidney, and liver diseases. The Congress uniquely integrates basic science with clinical practice under its guiding theme: Exploring New Frontiers in Metabolism — Tomorrow's Clinical Science. Today.

Participants are able to earn up to 31.75 CME & ABIM-MOC credits.

The WCIRDC program offers a unique convergence of basic, translational and clinical science. For over two decades, it has brought together physicians, clinicians, researchers, and other healthcare professionals from around the world to participate in an exclusive program that seamlessly bridges the latest discoveries from bench to bedside and back again.

Frequently described with the phrase, "I heard it first at WCIRDC," the Congress provides an unparalleled opportunity to engage directly with distinguished global faculty in an intimate setting. This dynamic exchange propels understanding of metabolic diseases and advances the exploration of emerging therapeutic approaches.

Since the seminal work of Dr. Gerald Reaven, which crystallized the interplay among insulin resistance, diabetes, obesity, and cardiovascular disease, the scope of the Congress has significantly expanded under the leadership of Yehuda Handelsman. It now extends to the kidney, liver, HF, brain, cancer, and beyond.

The program encompasses key areas such as dyslipidemia, atherosclerosis, hypertension, hypercoagulation, and inflammation, with a strong focus on the intricate connections across Obesity-Diabetes–Cardio–Renal and Metabolic Diseases.

In addition, the agenda highlights the latest updates on pharmaceutical interventions The goal is to foster a comprehensive understanding of novel therapeutic approaches, and the development of integrated clinical management strategies in metabolic disorders and comorbidities.

To bridge the gap between research and clinical practice, each session will be followed by live Q&A and panel discussions to explore the clinical implications of new findings. Enhanced opportunities for interaction with faculty and peers will also be built into the program through extended breaks and social events.

The Congress showcases cutting-edge abstracts from both emerging investigators and world-renowned leaders. The highest-ranked abstracts will be selected for oral presentation, highlighting innovative contributions to the field.

This year's recipient of the Gerald Reaven Distinguished Leader Award is George Grunberger, MD - Chairman of the Grunberger Diabetes and Endocrinology, he will deliver the keynote lecture: Quo Vadis, Insulin Resistance?

In addition, Clinical Workshops and Meet-the-Experts sessions will provide small-group learning and intimate, face-to-face engagement with some of the most respected leaders in metabolic disease research and practice.

PROGRAM OBJECTIVES

The program is designed to evaluate both clinical and basic science aspects of diabetes, obesity, ASCVD, HF, CKD and the liver, focusing on insulin resistance, obesity, 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:

- Describe the relationship between insulin resistance, obesity, diabetes, kidney disease, and heart disease
- Discuss evolving concepts, diagnosis, and therapeutic interventions for MASLD/MASH
- Discuss strategies for obesity management and prevention of complications
- Implement best practices for the prevention and management of CKD, HF, and ASCVD
- Describe the benefits of GLP1-RA–based therapy alone and in combination
- Explain the impact of insulin resistance, Obesity and Diabetes in CKD, HF, and CVD
- Understand the definition and diagnose the causes of resistant HTN and contemporary approaches to management
- Design therapeutic approach for patients with multiple cardiorenalmetabolic conditions focus on agents with broad effects across the spectrum of these comorbidities
- Utilize technology, digital health and AI to enhance the effectiveness of therapeutics
- Recognize the important role of adrenal hormones—specifically aldosterone and cortisol—in the development of Resistant diabetes, resistant hypertension, and impact on heart and kidney diseases

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.

ACCREDITATION STATEMENT

Creighton Health Sciences Continuing Education (HSCE)

Jointly Provided Statement

In support of improving patient care, Creighton University Health Sciences Continuing Education and Metabolic Endocrine Education Foundation. Creighton University Health Sciences Continuing Education is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

Directly Provided Statement

In support of improving patient care, Creighton University Health Sciences Continuing Education is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

Designation Statement

The Creighton University School of Medicine designates this 24th World Congress on Insulin Resistance Diabetes and Cardiovascular Disease (WCIRDC) for a maximum of 28.5 AMA PRA Category 1 Credit(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MLI - Medical Learning Institute

Two sessions with a maximum of 3.25 AMA/PRA Category 1 credits will be provided by MLI - Medical Learning Institute



WEDNESDAY, DECEMBER 2

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

3:00 pm - 3:45 pm **Pre-Congress CME Symposium** **Sierra Ballroom B**

Made Available by **MLI-Medical Learning Institute**
This activity is supported by an independent medical education grant from **Eli Lilly**

Personalizing Progress in Type 2 Diabetes: Peer-Led Approaches to Holistic Care

3:00 pm **Welcome and Introduction** — **Marc-André Cornier, MD**

3:45 pm **Adjourn**

3:45 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**
5:55 pm	Topic Presentations: **Zachary T. Bloomgarden, MD; Matthew J. Budoff, 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**	
6:12 pm	Concluding Remarks - Metabolism/EIC	**Christos S. Mantzoros, MD, DSc, PhD**
6:15 pm – 6:20 pm	Panel Discussion and Q&A	

6:20 pm – 6:30 pm **Refreshment Break**

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

CME is provided 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**

Advancing Acromegaly Management: Clinical Evidence and the Patient Perspective
Supported by **Crinetics Pharmaceuticals**

Anthony P. Heaney, PD, PhD





THURSDAY, DECEMBER 3

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

7:00 am Welcome and Introduction

Faculty: Jennifer Green, MD; Erin D. Michos, MD, MHS; Jay H. Shubrook, DO; Matthew R Weir, MD

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			
1:00 pm – 2:00 pm	**Lunch Break**		

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**

Jennifer Green, MD  **Pam Kushner, MD**  **Rohit Loomba, MD, MHSc** 



THURSDAY, DECEMBER 3 (CONT.)

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**
	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	**W. Timothy Garvey, MD**
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: W. Timothy Garvey, MD; 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**	

FRIDAY, DECEMBER 4

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** Hypercortisolism: Connecting the Evidence to Patience Care Supported by **Corcept**	**Megan Wood, MD**  **Matthew J. Budoff, MD**  **Bradley Eilerman, MD, MHI** 
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	**Brittney Starling, PharmD**
2:20 pm	Corcept	**Joseph K. Belanoff, MD**
2:35 pm – 2:50 pm	Panel Discussion and Q&A	



FRIDAY, DECEMBER 4 (CONT.)

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	Mechanisms for CVD and Heart Failure in 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	**Matthew J. Budoff, MD**
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	**Alejandro De Feria, MD**
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; Alejandro De Feria, MD; Nihar R. Desai, MD, MPH; Nosheen Reza, MD, MS	
	Moderator: Robert J. Chilton, DO	
	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 • Jennifer B. Green, MD
George Grunberger, 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**

SATURDAY, DECEMBER 5

7:00 am	**Registration & Coffee**	
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	



SATURDAY, DECEMBER 5 (CONT.)

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

CHEESE AND WINE 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**		





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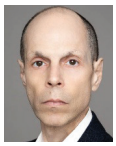
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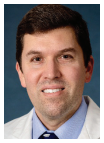
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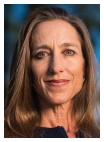
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