

2nd Annual

# Diabetes & Endocrinology Update for Family Physicians

**Friday, September 23, 2011**

**Courtyard by Marriott Downtown Toronto  
475 Yonge Street, Toronto, Ontario**



The University of Toronto / Banting and Best Diabetes Centre's Diabetes and Endocrinology Update for Family Physicians is an accredited one-day continuing education event targeted to health care providers in primary care. The course will focus on the provision of practical approaches to the diagnosis and management of endocrine disorders including diabetes, osteoporosis, thyroid disease, hyperparathyroidism, pituitary disease and adrenal disease. The course will have over 50% of the time devoted to small-group, interactive activities with opportunities to interact with local faculty speakers from the University of Toronto Division of Endocrinology.

Due to the emphasis on small-group learning, registration will be limited to 100 participants.

Topics will include

- Where newer therapies fit in the management of type 2 diabetes
- An approach to selecting an insulin regimen suitable to the patient
- Where and how to combine oral agents with insulin
- Tips for titrating and adjusting insulin
- Trouble-shooting problems with insulin delivery devices and glucose meters
- New treatment options for osteoporosis
- How long to continue bisphosphonates
- How often should a BMD be repeated? What if there is no improvement in BMD.
- Addressing patient concerns about osteoporosis therapies (osteonecrosis of the jaw, calcium supplements and cardiac risk)
- What tests to order for thyroid disease while awaiting referral
- Thyroid nodules – what features should I be worried about?
- Subclinical thyroid disease: when to treat
- What to do with incidental findings (pituitary mass, adrenal mass, asymptomatic hypercalcemia, abnormal androgens in a female patient)

[www.cepd.utoronto.ca/diabetesendocrinology](http://www.cepd.utoronto.ca/diabetesendocrinology)

*sponsored by:*

*University of Toronto's Division of Endocrinology & Metabolism*



Banting & Best Diabetes Centre  
**UNIVERSITY OF TORONTO**

## Accreditation

The Office of Continuing Education and Professional Development (CEPD), Faculty of Medicine, University of Toronto is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME), a subcommittee of the Committee on Accreditation of Canadian Medical Schools (CACMS). This standard allows the Office of CEPD to assign credits for educational activities based on the criteria established by The College of Family Physicians of Canada, the Royal College of Physicians and Surgeons of Canada, the American Medical Association, and the European Accreditation Council for Continuing Medical Education (EACCME).

### Letters of Accreditation or Attendance

Letters of accreditation/attendance will be available online following the conference. Participants will be emailed information approximately two weeks after completion of the course specifying how to obtain their letters online.

## Disclosure

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

## Speakers

### Alice Cheng MD, FRCPC

Credit Valley Hospital and St. Michael's Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

### Jeremy Gilbert MD, FRCPC

Sunnybrook Health Sciences Centre  
Assistant Professor, Department of Medicine,  
University of Toronto

### Jacqueline James MD, MEd, FRCPC

Mount Sinai Hospital  
Associate Professor, Department of Medicine,  
University of Toronto

### Sandra Kim MD, FRCPC

Women's College Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

### Maria Wolfs MD, MHSc, FRCPC

St Michael's Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

### Rene Wong MD, MEd, FRCPC

University Health Network  
Assistant Professor, Department of Medicine,  
University of Toronto

### Catherine Yu MD, MHSc, FRCPC

St Michael's Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

### Afshan Zahedi MD, FRCPC

Women's College Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

## Planning Committee

### Rene Wong MD, MEd, FRCPC (Course Director)

University Health Network  
Assistant Professor, Department of Medicine,  
University of Toronto

### Rosario Briones-Urbina, MD, PhD, FRCPC

Women's College Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

### Ivy Fettes, MD, PhD, FRCPC

Sunnybrook Health Sciences Centre  
Professor, Department of Medicine, University  
of Toronto

### Jeremy Gilbert MD, FRCPC

Sunnybrook Health Sciences Centre  
Assistant Professor, Department of Medicine,  
University of Toronto

### Jacqueline James MD, MEd, FRCPC

Mount Sinai Hospital  
Associate Professor, Department of Medicine,  
University of Toronto

### Jordana Sacks, MD, CCFP

Lecturer, Department of Family and Community  
Medicine, University of Toronto

### Rebecca Stoller, MD, CCFP

Lecturer, Department of Family and Community  
Medicine, University of Toronto

### Maria Wolfs MD, MHSc, FRCPC

St Michael's Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

### Catherine Yu MD, MHSc, FRCPC

St Michael's Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto

### Afshan Zahedi MD, FRCPC

Women's College Hospital  
Assistant Professor, Department of Medicine,  
University of Toronto



## PROGRAM

8:00	Registration & Breakfast	
8:30	Welcome, Opening Remarks & Introduction	Rene Wong
8:45	<b>DIABETES UPDATE</b>	
	Facilitator: Alice Cheng	
	<b>Update on Oral Anti-Hyperglycemic Agents</b>	
	Objectives:	
	<ul style="list-style-type: none"> <li>• Discuss factors to consider when selecting treatment options for a patient</li> <li>• Describe the role of newer therapies in the management of type 2 diabetes</li> </ul>	
	<b>Update on Insulin</b>	
	Objectives:	
	<ul style="list-style-type: none"> <li>• Describe the pros &amp; cons of different insulin regimens</li> <li>• Select appropriate dosing</li> <li>• Describe strategies to titrate insulin in the office setting</li> </ul>	
9:30	<b>DIABETES Q &amp; A WITH THE PANEL</b>	
	Moderator: Rene Wong (moderator)	
	Panel: Alice Cheng, Jeremy Gilbert, Afshan Zahedi	
	To encourage participation, participants will be invited to submit questions which will then be collected and asked by a moderator to the panel.	
10:00	Health Break & Networking	
10:30	<b>WORKSHOP SESSION 1</b>	
	(Participants to attend one of three choices)	
	<i>The entire workshop will be devoted to case discussion in small groups</i>	
	<b>Case Studies in Diabetes</b>	Jeremy Gilbert, Leigh Caplan
	Objectives:	
	<ul style="list-style-type: none"> <li>• Determine an appropriate plan to start a patient on insulin</li> <li>• Describe how to titrate insulin appropriately</li> <li>• Discuss factors to consider when selecting BP and lipid targets for patients with "pre-diabetes"</li> <li>• Describe when and how to adjust oral antihyperglycemic agents when starting on insulin</li> <li>• Describe the basics of how to use an insulin pen and glucose meter to a patient</li> </ul>	
	<b>Case Studies in Osteoporosis and Mineral Metabolism</b>	Sandra Kim
	Objectives:	
	<ul style="list-style-type: none"> <li>• Recommend appropriate dosing, monitoring and adjustment of vitamin D to a patient (e.g. what to do if vit-D is not going up)</li> <li>• Compare the use of newer therapies (e.g. RANK-ligand inhibitors) to established therapies</li> <li>• Counsel a patient regarding concerns with the use of treatments for osteoporosis (e.g. risk of jaw necrosis, impact of calcium supplements on cardiac risk, intolerance to bisphosphonates)</li> <li>• Evaluate results of BMD in a patient on treatment, including what to do if there is a decrease and when to consider changing treatment</li> </ul>	
	<b>Case Studies in Thyroid Disease</b>	Afshan Zahedi
	Objectives:	
	<ul style="list-style-type: none"> <li>• Describe tests worth ordering in a patient presenting with a low TSH, while awaiting specialist referral</li> <li>• List clinical and ultrasound factors that should make one consider biopsy of a thyroid nodule</li> <li>• Discuss key management issues for the family physician in the pregnant patient with thyroid disease in the first trimester</li> <li>• Distinguish features that would warrant the treatment of the patient with subclinical thyroid disease</li> </ul>	

*\*Program and speakers subject to change*

11:45	<b>LUNCH IN THE 'DOCTOR'S LOUNGE'</b>	
	In certain parts of the dining area, participants will have the option of speaking with Division of Endocrinology faculty members in an informal, casual setting over lunch. Faculty: Rene Wong, Jeremy Gilbert (TBC), Afshan Zahedi (TBC), Catherine Yu, Maria Wolfs (TBC)	
1:00	<b>WORKSHOP SESSION 2</b>	
	(Participants will choose one of 3 choices)	
	<i>Workshop sessions will be a repeat from session 1.</i>	
	The entire workshop will be devoted to case discussion in small groups	
	<b>Case Studies in Diabetes</b>	Catherine Yu, Ana Offenheim
	<b>Case Studies in Osteoporosis and Mineral Metabolism</b>	Sandra Kim
	<b>Case Studies in Thyroid Disease</b>	Maria Wolfs
2:15	Health Break and Networking	
2:30	<b>PANEL DISCUSSION: "WHAT DO I DO IF I FIND....."</b>	
	Panel: Catherine Yu, Jacqueline James, Maria Wolfs	
	Objectives:	
	<ul style="list-style-type: none"> <li>• Describe a management plan (including ordering of relevant tests and determining when to refer to a specialist) for incidental findings including:</li> <li>• Pituitary mass</li> <li>• Adrenal mass</li> <li>• Asymptomatic hypercalcemia</li> <li>• Abnormal androgens in a woman with menstrual irregularities</li> </ul>	
3:00	<b>Q &amp; A WITH THE PANEL AND FINAL REMARKS</b>	
	Panel: Jacqueline James, Maria Wolfs, Rene Wong, Catherine Yu	
3:30	Adjourn	

## Registration Fees

	ONLINE	FAX/MAIL/ONSITE
Physicians .....	\$150 CAD	\$175 CAD
Residents & Fellows (including U of T Residents & Fellows)* .....	\$140 CAD	\$165 CAD

*\*with proof of status*

## Registration

Online: To register online and pay by VISA, MasterCard or American Express, please visit: [www.cepd.utoronto.ca](http://www.cepd.utoronto.ca). Click on "Courses & Conferences" and then "Find a Course". Enter "Diabetes & Endocrinology Update" or event code: MED1121.

Receipts of Payment: Receipts of payment are issued by e-mail only.

## Cancellation

Refunds will not be issued for cancellations received after September 12, 2011. A processing fee of \$40 will be retained on all cancellations. Requests for refunds must be made in writing. Registrations are not transferable.

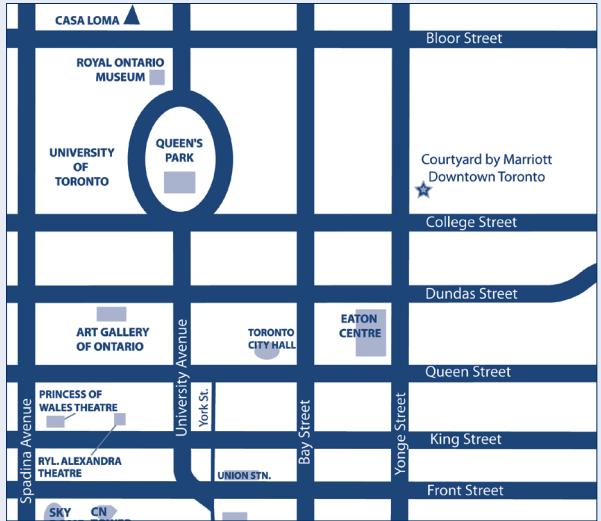
The University of Toronto reserves the right to cancel events. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for events cancelled by the University will be refunded; however the University will not be liable for any loss, damages or other expenses that such cancellations may cause.

## Accommodation

Courtyard by Marriott  
Downtown Toronto  
475 Yonge Street  
Toronto, Ontario

Tel: 416.924.0611

Toll Free: 1.800.847.5075



## For Information

Office of Continuing Education and Professional Development  
Faculty of Medicine, University of Toronto  
500 University Avenue, Suite 650  
Toronto, Ontario M5G 1V7

Tel: 416.978.2719

Toll free: 1.888.512.8173

Email: [info-MED1121@cepdtoronto.ca](mailto:info-MED1121@cepdtoronto.ca)



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