

*The Mary & Dick Allen Diabetes Center Presents*

# Diabetes & Obesity: What's New? What's Next?

**Saturday, March 21, 2026**  
**8 AM – 3 PM**

Arnold & Mabel Beckman Center  
of the National Academies of  
Sciences & Engineering  
100 Academy Way  
Irvine, CA 92617

Register at  
[hoag.org/DiabetesConference](http://hoag.org/DiabetesConference)



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Mary & Dick Allen  
Diabetes Center

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Metabolism & Weight  
Management Center



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INTERPROFESSIONAL CONTINUING EDUCATION



# Program *Overview*

Hoag's one-day, knowledge-based conference delivers the latest clinical and technological approaches to managing prediabetes and diabetes. Designed for diabetes educators and healthcare professionals, the program covers nutrition, weight management, medication, CGM and insulin-delivery advances, to support improved patient outcomes.



## Program Objectives

1. Compare and contrast the nuanced differences in the Automated Insulin Delivery systems and the ideal patient populations for each.
2. Summarize clinical trials and molecules in development of future obesity medications.
3. Discuss use of Continuous Glucose Monitoring (CGM) for non-insulin users.
4. Discuss current FDA approved agents for chronic weight management.
5. Discuss what are incretins mimetics and how do they work.
6. Explore demographics of obesity and how the GI tract plays a role in obesity management.
7. Compare the changes of care in type 1 and type 2 diabetes.
8. Explore the benefits of CGM, insulin pump, hybrid closed-loop insulin pump system, point-of-care testing and information technology in the inpatient setting.
9. Choosing medication therapy for diabetes and obesity based on underlying risk factors.

## Desired Learning Outcomes

Upon completion of this educational activity, participants will be able to compare and contrast the nuanced differences in Automated Insulin Delivery (AID) systems and identify ideal patient populations for each technology. Learners will demonstrate the ability to summarize clinical trials and emerging molecules in obesity pharmacotherapy, including incretin mimetics, their mechanisms of action, and current FDA-approved agents for chronic weight management. Participants will discuss evidence-based applications of Continuous Glucose Monitoring (CGM) for both insulin and non-insulin users across inpatient and outpatient settings, and evaluate the benefits of insulin pumps, hybrid closed-loop systems, and point-of-care testing technologies. Attendees will explore the demographics of obesity and the gastrointestinal tract's role in weight management, while gaining proficiency in selecting appropriate medication therapies for diabetes and obesity based on individual patient risk factors and comorbidities. Additionally, learners will compare evolving standards of care for type 1 and type 2 diabetes, including procedural treatments and next-generation

therapies. By the conclusion of this conference, participants will be equipped to match patients to optimal therapies using practical, evidence-based approaches that integrate the latest advances in diabetes technology, pharmacological interventions, and nutrition counseling strategies.

## Accreditation

### Registered Nurses, Pharmacists, and Certified Diabetes Care and Education Specialists



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In support of improving patient care, this activity has been planned by Hoag Memorial Hospital Presbyterian and the Association of Diabetes Care & Education Specialists, jointly accredited by ACCME, ACPE, and ANCC to provide continuing education. The program is under review for 5.5 CE credits for nurses, dietitians, and pharmacists, and 5.5 AMA PRA Category 1 Credits for physicians.

This activity is under review for 5.5 CE credits for physicians, physician assistants, registered nurses, dietitians, and pharmacists.

This activity offers AMA PRA Category 1 Credit<sup>TM</sup> and AAPA Category 1 CME. Nurse practitioners may claim these credits toward continuing education requirements, as permitted by their licensing or certification body.

## CME Designation



Accreditation: Hoag Memorial Hospital Presbyterian is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians. Credit Designation: Hoag Memorial Hospital Presbyterian designate this educational activity for the maximum of 5.5 AMA PRA Category 1 Credit<sup>TM</sup>. Physicians should claim credit commensurate with the extent of their participation in the activity. This credit can apply to the CMA Certification of Continuing Medical Education.

## Financial Relationship Disclosures

### David Ahn, MD

Has disclosed financial relationships as a speaker and consultant with Lilly Diabetes, MannKind, Novo Nordisk, Ascensia, Abbott, Insulet, Xeris, Dexcom, and Sequel.

### Cristi Bristol, BSN, RN, CDCES

Moderator has no financial disclosures

### Karen Engelman

Has no financial relationships to disclose.

### Meghan Gonzalez, RD, CDCES

Has no financial relationships to disclose.

### Samantha R. Harris, MD

Has disclosed financial relationships with Eli Lilly (salary/employment and speakers bureau).

### Jonathan Huang, MD

Has no financial relationships to disclose.

### David Kerr, MBChB, DM

Has disclosed a financial relationship through stock ownership in Glooko.

Financial relationships have been mitigated.

### David Mina, MPH, CDCES

Has disclosed financial relationships with Dexcom (Dexcom Warrior) and Tandem Diabetes Care (Tandem Ambassador).

### Julia Murphy, PA-C

Has no financial relationships to disclose.

### Mai Nguyen, RDN, CDCES

Has disclosed financial relationships with Omnipod and Medtronic.

### Jennifer Phan, MD

Has disclosed financial relationships with Boston Scientific, Fujifilm, Cook Medical, and Olympus.

### Elizabeth Vitale, MS, RDN, CDCES

Has disclosed employment with Hoag Hospital.

### Diana Zhao, MD

Has no financial relationships to disclose.

## Program Moderators

**Cristi Bristol, BSN, RN, CDCES**  
Moderator  
Hoag

**Julia Murphy, PA-C**  
Moderator  
Mary & Dick Allen Diabetes Center, Hoag

**Meghan Gonzalez, RD, CDCES**  
Moderator  
Mary & Dick Allen Diabetes Center, Hoag

## Program Presenters

**David Ahn, MD**  
Endocrinologist  
Chief of Diabetes Services  
Mary & Dick Allen Diabetes Center, Hoag

**Jennifer Phan, MD**  
Medical Director, Advanced Endoscopy  
Hoag Digestive Health Institute

**Diana Zhao, MD**  
Physician  
Mary & Dick Allen Diabetes Center, Hoag

**Samantha Harris, MD**  
Endocrinologist  
Scripps Clinic

**Elizabeth Vitale, MS, RDN, CDCES**  
Diabetes Dietitian Educator  
Mary & Dick Allen Diabetes Center, Hoag

**David Kerr, MbChB, DM**  
Senior Investigator, Diabetes Research  
and Digital Health  
Sutter Center for Health System Research

**Jonathan Huang, MD**  
Endocrinologist  
Mary & Dick Allen Diabetes Center, Hoag

**Mai Nguyen, RDN, CDCES**  
Diabetes Dietician Educator  
Mary & Dick Allen Diabetes Center, Hoag



## Agenda

Saturday, March 21

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7:15 – 8 AM	Registration, Breakfast, and Exhibits
8 AM	Welcome and Program Objectives David Ahn, MD

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### Session 1 – Diabesity

8 – 8:30 AM	Updates in Anti-Obesity Medications Diana Zhao, MD
8:30 – 9 AM	Nutrition Counseling in the Incretin Era Elizabeth Vitale, MS, RDN, CDCES
9 – 9:30 AM	Blending the Borders of Diabetes Management Jonathan Huang, MD
9:30 – 9:45 AM	Panel Discussion Diana Zhao, MD; Elizabeth Vitale, MS, RDN, CDCES; Jonathan Huang, MD Moderated by Julia Murphy, PA-C
9:45 – 10:15 AM	Morning Break and Exhibits

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### Session 2 – Next-Generation Therapies for Diabetes and Obesity

10:15 – 10:45 AM	Procedural Treatments for Diabetes and Obesity Jenifer Phan, MD
10:45 – 11:15 AM	Practical Approaches: Matching Patients to Therapies Samantha Harris, MD
11:15 – 11:45 AM	Next-Generation Therapies for Diabetes and Obesity (Weekly Insulins, Future Molecules) David Ahn, MD
11:45 AM – 12 PM	Panel Discussion Jennifer Phan, MD; Samantha Harris, MD; David Ahn, MD Moderated by Meghan Gonzalez, RD, CDCES
12 – 1 PM	Lunch and Exhibits

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### Session 3 – Technology Workshop

1 – 1:30 PM	Updates and Future Directions in CGM and Sensors Mai Nguyen, RDN, CDCES
1:30 – 2 PM	Updates and Future Directions in Automated Insulin Delivery David Ahn, MD
2 – 2:15 PM	Panel Discussion Mai Nguyen, RDN, CDCES and David Ahn, MD Moderated by Cristi Bristol, BSN, RN, CDCES
2:15 – 3 PM	Keynote Presentation: Beyond Insulin - CGM is Having Its Day in the Sun David Kerr, MbChB, DM

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### Closing

3 PM	Closing Comments David Ahn, MD
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## Registration Information

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Register online at [hoag.org/DiabetesConference](http://hoag.org/DiabetesConference)

Hoag staff should use their Hoag credential sign-in information  
to register

## Registration Fees

### Hoag Employees & Physicians

RN, NP, RD, CDCES, PharmD  
Complimentary \$50 refundable  
good faith deposit

Physicians, PA  
\$125

### Non-Hoag Employed Attendees

RN, NP, RD, CDCES  
\$100

Non-licensed RN, NP, PharmD Students  
\$40  
CEUs not offered for student registrations

### Cancellations

Cancellations must be received no later than March 6, 2026. All cancellations are subject to a 3% administrative fee. Cancellations must be received via email to [hoagevents@hoag.org](mailto:hoagevents@hoag.org).

### Family/Guest Attendance Policy

All conference activities are exclusively reserved for paid conference attendees. Children and family members are not allowed to attend meal functions or permitted in the general session room.