The Mary & Dick Allen Diabetes Center Presents



Diabetes & Obesity:

What's New? What's Next? 2027

hoag.
Mary & Dick Allen
Diabetes Center

hoag.
Metabolism & Weight
Management Center

MAGNET
with Distinction

ACCREDITED
CALIFORNIA MEDICAL ASSOCIATION
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. **Identify and interpret** clinical tests and assessment tools used to evaluate the risk and severity of metabolic dysfunction-associated steatohepatitis (MASH).
2. **Describe** the stages of type 1 diabetes and explain the current understanding of disease progression across the lifespan.
3. **Evaluate** the clinical benefits and practical applications of continuous glucose monitoring (CGM) therapy in diabetes management.
4. **Apply** evidence-based strategies to implement incretin-based therapies effectively within clinical practice workflows.
5. **Summarize** emerging advancements and anticipated changes in insulin pump therapy and their potential impact on patient care.
6. **Assess** nutrition priorities and develop individualized nutrition strategies for patients with MASH who are receiving incretin-based therapies.
7. **Demonstrate** approaches to optimizing diabetes technologies, including CGM and insulin pump systems, during pregnancy.
8. **Explain** the role and use of CGM systems, insulin pumps, and ketone monitoring devices in the inpatient hospital setting.
9. **Differentiate** the diagnostic criteria for prediabetes and type 2 diabetes and apply these criteria in clinical practice.



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 for both insulin and non-insulin users across inpatient and outpatient settings, and evaluate the benefits of insulin pumps, & hybrid closed-loop.

Continuing Education Accreditation

This educational activity is jointly provider partnership between Hoag Memorial Hospital Presbyterian and the Association of Diabetes Care & Education Specialists (ADCES), the jointly accredited provider.

In support of improving patient care, this activity has been planned and implemented by Hoag Memorial Hospital Presbyterian and the Association of Diabetes Care & Education Specialists (ADCES). The Association of Diabetes Care & Education Specialists (ADCES) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity is under review for **5.5 CE** credits for physicians, phsyician associates, registered nurses, dietitians, and pharmacists.

This activity offers *AMA PRA Category 1 Credit*™ and AAPA Category 1 CME. Nurse Practitioners and Certified Diabetes Care & Education Specialists may claim these credits toward continuing education requirements, as permitted by their licensing or certification body. Certified Diabetes Care and Education Specialists To satisfy the requirements for renewal of certification for the Certification Board for Diabetes Care and Education (CBDCE), continuing education activities must be diabetes related and approved by a provider on the CBDCE list of approved providers (www.ncbde.org). CBDCE does not approve continuing education. The Association of Diabetes Care & Education Specialists (ADCES) is on the CBDCE list of approved providers.

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*™. 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

In accordance with Joint Accreditation criteria and the ACCME's Standards for Integrity and Independence in Accredited Continuing Education, the Association of Diabetes Care & Education Specialists (ADCES) must ensure that anyone in a position to control the content of the educational activity (planners and speakers/authors/discussants/moderators) has disclosed all relevant financial relationships with any ineligible companies for the past 24 months.

Joint Accreditation/ACCME requires ADCES to identify and mitigate all relevant financial relationships with ineligible companies to ensure educational content is balanced, evidence-based, and free from bias. Disclosure information is provided to help learners recognize any relevant financial relationships and make their own informed judgments about the content. If you perceive any bias during the activity, please report it through the evaluation form.

Relevant disclosures (or lack thereof) among education activity planners and faculty are as follows:

Speakers

Brian Lee, MD
Has no financial relationships to disclose.

David Ahn, MD
Abbott Diabetes Care, Insulet, Lilly, Mannkind, NovoNordisk, Senseonics, Sequel Med Tech, Tandem Diabetes Care, Xeris Biopharma (Speakers Bureau) / Lilly, Dexcom, Tandem Diabetes Care (Consultant)

David Mina, MPH, CDCES
TypeOneTogether (Speakers Bureau) / Tandem Diabetes Care, Dexcom (Other - Social Media Promotion)

Diana Zhao, MD
Has no financial relationships to disclose.

Julia Murphy, PA-C
Has no financial relationships to disclose.

Kirsten Bohrnell, RD, CDCES
Has no financial relationships to disclose.

Kristin Castorino, DO, BC-ADM
Dexcom, Insulet (Speakers Bureau) / Mannkind (Consultant)

Molly Sylwanowicz, RN, CDCES
Has no financial relationships to disclose.

Viral Shah, MD
American Diabetes Association (Royalty) / Lilly, NovoNordisk, Roche, T1D Scout, Dexcom, Insulet, Tandem Diabetes Care, Abbott, MiniMed (Consultant)

Financial relationships have been mitigated.

Financial Relationship Disclosures

Moderators

Mai Nguyen, RD, CDCES
Has no financial relationships to disclose.

Meghan Gonzalez, RD, CDCES
Has no financial relationships to disclose.

Michelle Speetzen, BSBA, BSN, RN, CDCES
Has no financial relationships to disclose.

Planners

David Ahn, MD
Abbott Diabetes Care, Insulet, Lilly, Mannkind, NovoNordisk, Senseonics, Sequel Med Tech, Tandem Diabetes Care, Xeris Biopharma (Speakers Bureau) / Lilly, Dexcom, Tandem Diabetes Care (Consultant)

David Mina, MPH, CDCES
TypeOneTogether (Speakers Bureau) / Tandem Diabetes Care, Dexcom (Other - Social Media Promotion)

Karen Engelman
Has no financial relationships to disclose.

Meghan Gonzalez, RD, CDCES
Has no financial relationships to disclose.



Financial relationships have been mitigated.

Program Faculty

Moderators



Mai Nguyen, RD, CDCES
Hoag Hospital
Registered Dietitian
Certified Diabetes Care & Education Specialist



Meghan Gonzalez, RD, CDCES
Hoag Hospital
Registered Dietitian
Certified Diabetes Care & Education Specialist



Michelle Speetzen, BSBA, BSN, RN, CDCES
Hoag Hospital
Registered Nurse
Certified Diabetes Care & Education Specialist Inpatient Diabetes Educator

Presenters



Brian Lee, MD
Hoag Hospital
Hepatologist



David Ahn, MD
Hoag Hospital
Dr. Kris V. Iyer Endowed Chair in Diabetes Care
Chief of Diabetes Services at Hoag Endocrinologist



David Mina, MPH, CDCES
Hoag Hospital
Health & Wellness Program Coordinator
Certified Diabetes Care & Education Specialist



Diana Zhao, MD
Hoag Hospital
Endocrinologist/Obesity Medicine



Julia Murphy, PA-C
Hoag Hospital
Physician Assistant Endocrinology



Kirsten Bohrnell, RD, CDCES
Hoag Hospital
Registered Dietitian
Certified Diabetes Care & Education Specialist



Kristin Castorino, DO, BC-ADM
Sansum Diabetes Research Institute
Senior Research Physician



Molly Sylwanowicz, RN, CDCES
Hoag Hospital
Registered Nurse
Certified Diabetes Care & Education Specialist Inpatient Diabetes Educator



Viral Shah, MD
Indiana University
Professor of Medicine, Division of Endocrinology & Metabolism

Agenda

Saturday, March 20th, 2027

7:15AM – 8:00AM	**Registration, Breakfast, & Exhibits**
8:00AM	**Welcome & Program Objectives** David Ahn, MD

Session 1 – Obesity and Metabolic Health

8:00AM – 8:30AM	**The Evolving Landscape of Incretins** Diana Zhao, MD
8:30AM – 9:00AM	**A Practical Guide to MASH/MASLD** Brian Lee, MD
9:00AM – 9:30AM	**Nutrition Science for MASH and Incretins** Kirsten Bohrnell, RD, CDCES
9:30AM – 9:45AM	**Panel Discussion** Diana Zhao, MD, Brian Lee, MD, & Kirsten Bohrnell, RD, CDCES *Moderated by Meghan Gonzalez, RD, CDCES*
9:45AM – 10:15AM	**Morning Break & Exhibits**

Session 2 — Fully Closing the Loop

10:15AM – 10:45AM	**Updates in Continuous Glucose Monitoring** David Mina, MPH, CDCES
10:45AM – 11:15AM	**Updates in Automated Insulin Delivery** Julia Murphy, PA-C
11:15AM – 11:45AM	**Antibody Screening and Functional Cures for Type 1 Diabetes** David Ahn, MD
11:45AM – 12:00PM	**Panel Discussion** David Mina, MPH, CDCES, Julia Murphy, PA-C, & David Ahn, MD *Moderated by Mai Nguyen, RD, CDCES*
12:00PM – 1:00PM	**Lunch & Exhibits**

Session 3 — Newer Frontiers in Diabetes Devices

1:00PM – 1:30PM	**Insulin and Diabetes Devices in the Hospital** Molly Sylwanowicz, RN, CDCES
1:30PM – 2:00PM	**Optimizing Diabetes Devices in Pregnancy** Kristin Castorino, DO, BC-ADM
2:00PM – 2:15PM	**Panel Discussion** Molly Sylwanowicz, RN, CDCES & Kristin Castorino, DO *Moderated by Michelle Speetzen, BSBA, BSN, RN, CDCES*
2:15PM – 2:30 PM	**Afternoon Break & Exhibits**
2:30PM – 3:15PM	**Challenging Paradigms in Diabetes** Viral Shah, MD

Closing

3:15PM	**Closing Comments** David Ahn, MD

Registration Fees

Hoag Employees & Physicians

RN, NP, RD, CDCES, PharmD

Complimentary $50 refundable good faith deposit

Physicians, PA-C

$125

Non-Hoag Employed Attendees

RN, NP, RD, CDCES

$100

Non-licensed RN, NP, PharmD Students

$40

Continuing Education Credit is not offered for student registration

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Cancellations

Cancellations must be received no later than **March 5th, 2027**. All cancellations are subject to a 3% administrative fee.

Cancellations must be received via email to ***CME@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.

Registration Information

Diabetes & Obesity:
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Saturday, March 20th, 2027

Arnold & Mabel Beckman Center of the National Academies of Sciences & Engineering



100 Academy Way, Irvine, CA 92617

Register online at
hoag.org/DiabetesConference2027

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