

# DIABETES UPDATE 2021

WEDNESDAY, NOVEMBER 10, 2020

8:00a.m.-12:50p.m.  
Platform: Chime Live  
Login Time: 8:00a.m.

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- Program Objectives**
- >Describe the innovations and evaluation of diabetes management and hypoglycemia over the last 100 years.
  - >Acquire a greater understanding of the impacts of COVID-19 and diabetes care.
  - >Apply strategies in weight loss for patients with diabetes.
  - >Describe the relationship between diabetes and dementia.

## AGENDA

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- 8:00-8:15a.m. **Welcome & Introduction**  
Dr. Stewart Harris **CM, MD, MPH, FCFP, FACPM**
- 8:15 a.m.-9:00a.m. **100 Years of Insulin-Where we've Benn and Where We're Going?**  
Dr. Melanie Davies **CBE MBChB MD FRCP FRCGP FMedSci**  
**Objectives**
  - > Review the events regarding the discovery of insulin and the progress made in terms of insulin formulations and how they have evolved over the last 100 years
  - >Explain the impact that Type 1 Diabetes had on people 100 years ago but also continuing challenges which face people living with diabetes now.
  - >Discuss some of the global challenges related to availability of insulin for example in low- and middle-income countries.
- 9:00a.m.-9:40a.m. **Diabetes & Dementia**  
Dr. Tamara Spaic **MD, FRCPC, Cert. Endo**  
**Objectives**
  - >Discuss the link between diabetes and dementia
  - >Review risk factors for cognitive dysfunction in diabetes (role of glycemic control)
  - >Review strategies and treatment options to reduce the risk of dementia in diabetes.
- 9:40a.m.-9:50a.m. **Break**
- 9:50a.m.-10:30a.m. **Weight Loss and Obesity in Diabetes**  
Dr. Julia Creider **MD, FRCPC, Cert Endo**  
**Objectives**
  - > Describe implications of weight on diabetes
  - >Review of lifestyle impact on weight and diabetes
  - >Review how to optimize glycemic medication for weight loss.

- 10:30a.m.-11:10a.m. **100 Years of Hypoglycemia**  
Alexandria Ratzki-Leewing **PhD(c), MSc &**  
Dr. Stewart Harris **CM, MD, MPH, FCFP, FACPM**  
**Objectives**  
> Review the history, definitions, and methods of detection of hypoglycemia.  
>Describe the real-world epidemiology of hypoglycemia and patients lived experience  
>Identify strategies to reduce hypoglycemia.
- 11:10a.m.-11:20a.m. **Break**
- 11:20a.m.-12:00p.m. **Insulin-100: Legacy and the Importance of Place**  
Dr. Robert Hegele **MD, FRCPC &**  
Grant Maltman **Curator, Banting House National Historic Site Canada**  
**Objectives**  
>To review the history of diabetes treatment before Banting  
>Recognize London as the birthplace of the idea  
>Evaluate the legacy of the discovery of insulin.
- 12:00p.m.-12:40p.m. **COVID-19 & Diabetes**  
Dr. Daniel Drucker **MD**  
**Objectives**  
> Define the epidemiology of COVID-19 with emphasis of diabetes and obesity  
>Discuss how COVID-19 might exacerbate Diabetes  
>Identify optimal management strategies for diabetes in the COVID-19 pandemic
- 12:40p.m.-12:50p.m. **Summary & Adjournment**  
Dr. Tamara Spaic **MD, FRCPC, Cert.**

To register for this event please visit <https://www.sjhc.london.on.ca/diabetes-update>