Evolving strategies to tackle diabetes and thyroid disorders
20 May, 2017 - Milan, Italy
Overview

Diabetes and thyroid disorders are two of the most prevalent non-communicable chronic diseases worldwide, both having a heavy impact on patients’ quality of life and life expectancy. The number of people affected by diabetes mellitus is close to half a billion and the rising trend in diabetes prevalence worldwide is far from slowing, with catastrophic outcomes in terms of morbidity, mortality and healthcare expenditures. Type 2 diabetes, characterized by a systemic resistance to insulin action, is the most common form of diabetes mellitus. While efforts should be made to prevent overt diabetes, when this is not possible, a deep knowledge of the most up-to-date treatment strategies is crucial to ensuring a longer life expectancy and good quality of life for diabetic patients. Disorders in thyroid function are also very common and can lead to severe consequences if not promptly recognized and treated. Thyroid receptors have been found on several cell types, suggesting that thyroid hormones are involved in the regulation of the homeostasis of several tissues and organs. In particular, several studies have now clarified the relevant action of thyroid hormones on endothelial cells and cardiomyocytes. Indeed, even subclinical thyroid disorders are associated with adverse cardiovascular outcomes. In addition, thyroid nodules affect more than 50 percent of the general population, challenging the clinicians in daily clinical practice.

This live educational programme has been organized by EXCEMED to review the most recent and significant research advances in the fields of pre-diabetes, diabetes and thyroid diseases, with the goal of having immediate clinical impact.

Learning objectives

By attending this conference, participants will be able to:

- Identify and manage insulin-resistance states in diabetic and non-diabetic subjects
- Update their clinical practice with the newest advances in terms of diagnosis and management of diabetes and its complications
- Manage thyroid diseases in difficult clinical settings including cardiovascular patients, pregnancy and advanced thyroid cancer
Target audience
This programme is intended for endocrinologists and specialists involved in the diagnosis and management of patients with diabetes and thyroid disorders.

Chairs
Paolo Pozzilli
Department of Endocrinology and Diabetes
University Campus Bio-Medico
Rome, Italy

Salman Razvi
Institute of Genetic Medicine
Newcastle University
Newcastle upon Tyne, UK
CME Provider

EXCEMED is a non-profit foundation dedicated, since the last four decades, to the development of high-quality medical education programmes all over the world.

EXCEMED adheres to the guidelines and standards of the European Accreditation Council for Continuing Medical Education (EACCME®) which states that continuing medical education must be balanced, independent, objective, and scientifically rigorous.

Continuing Medical Education

EXCEMED (www.excemed.org) is accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) to provide the following CME activity for medical specialists. The EACCME® is an institution of the European Union of Medical Specialists (UEMS), www.uems.net

The CME conference “Evolving strategies to tackle diabetes and thyroid disorders”, to be held on 20 May 2017 in Milan, Italy is designated for a maximum of 3 (three) hours of European CME credits (ECMEC). Each medical specialist should claim only those credits that he/she actually spent in the educational activity. EACCME® credits are recognized by the American Medical Association (AMA) towards the Physician’s Recognition Award (PRA). To convert EACCME® credit to AMA PRA category 1 credit, please contact the AMA.

EXCEMED adheres to the principles of the Good CME Practice group (gCMEp).
Invited Faculty
Invited Faculty

Ralph A. De Fronzo (joining via Skype)
Department of Medicine - Diabetes
University of Texas Health Science Center San Antonio
Texas Diabetes Institute - University Health system
San Antonio, [TX] USA

Tim Korevaar
Erasmus MC, Academic Center for Thyroid Diseases
Rotterdam, the Netherlands

David Leslie
Centre for Diabetes
Blizard Institute
Barts and The London School of Medicine and Dentistry
London, UK

Ernesto Maddaloni
Department of Endocrinology and Diabetes
University Campus Bio-Medico
Rome, Italy

Mario Luca Morieri
Joslin Diabetes Center - Harvard Medical School
Department of Genetic & Epidemiology at Joslin Diabetes Center
Boston, USA
and
University of Ferrara - Department of Medical Sciences
Ferrara, Italy

Paolo Pozzilli
Department of Endocrinology and Diabetes
University Campus Bio-Medico
Rome, Italy

Salman Razvi
Institute of Genetic Medicine
Newcastel University
Newcastle upon Tyne, UK
Programme
Saturday, 20 May 2017

08.20  Welcome & Opening

**Session I**  Focused answers to key questions on insulin resistance states

08.30  L1  Insulin resistance beyond glycaemia
        M.L. Morieri (USA)
        Discussion

09:05  L2  Focus on pre-diabetes
        P. Pozzilli (Italy)
        Discussion

09.40  L3  Cardiovascular effects of antidiabetic drugs
        D. Leslie (UK)
        Discussion

10.15  Roundtable: The insulin resistant pregnant woman:
       what consequences for the off-spring?
       P. Pozzilli (Italy), M.L. Morieri (USA), D. Leslie (UK)
        Question time

10.50  Coffee break

**Session II**  Focused answers to key questions on thyroid disorders

11.05  L4  Thyroid hormones and the cardiovascular system
        S. Razvi (UK)
        Discussion

11.40  L5  Thyroid and pregnancy
        T. Korevaar (The Netherlands)
        Discussion

**Legend**

L : Lecture  : Discussion  : Round table  : Question time
Programme

Session III  Working groups

12.15  Working groups: Clinical case solving

<table>
<thead>
<tr>
<th>Clinical case 1</th>
<th>Clinical case 2</th>
<th>Clinical case 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thyroid nodule</td>
<td>Morbid obesity</td>
<td>Frail patient with type 2 diabetes</td>
</tr>
<tr>
<td>S. Razvi (UK),</td>
<td>D. Leslie (UK)</td>
<td>P. Pozzilli (Italy)</td>
</tr>
<tr>
<td>T. Korevaar (The</td>
<td>M.L. Morieri (USA)</td>
<td>E. Maddaloni (Italy)</td>
</tr>
<tr>
<td>Netherlands)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

13.15  Working groups: Outcome presentation in plenary

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical case 1</td>
<td>Clinical case 2</td>
<td>Clinical case 3</td>
</tr>
</tbody>
</table>

14.00 KNL  The changing face of diabetes

R.A. De Fronzo (USA, joining via skype)

Discussion

14.35  Concluding remarks

End of the conference

Closing lunch

Legend

KNL: Key note lecture
General Information

Venue
This conference will take place at the:
Milan Marriott Hotel
Via Giorgio Washington 66
Milan, Italy

Language
The official language of this live educational conference will be English.

CME Provider
EXCEMED - Excellence in Medical Education
Programme Manager: Michela Fiuzzi
T +39 06 420413 252 - F +39 06 420413 677
michela.fiuzzi@excemed.org
Medical Advisor: Ernesto Maddaloni
e.maddaloni@unicampus.it
Registration

The registration fee is **150€** and includes:
- Scientific sessions
- Coffee breaks and luncheons
- Educational materials
- Certificate of attendance

Dinners are not included.

**For registration, accommodation and any logistic inquiry please contact:**

Meridiano Congress International
Senior Event Manager: Titty Alvino
T +39 06 88 595 310 - F +39 06 88595 234
titty.alvino@meridiano.it
Take a look at the new website

www.excemed.org

- Six specialty areas, including cardiometabolic
- Accessible and accredited e-learning packages
- A world-class repository of CME knowledge and learning materials
- Monthly updates about our events and resources in cardiometabolic
- Register with us online and access it all – free

Better outcomes for patients start here.
With over 40 years in the field, EXCEMED has been delivering CME-accredited programmes longer than any other provider in Europe, and now offers CME worldwide.
All EXCEMED programmes are organized solely to promote the exchange and dissemination of scientific and medical information. No forms of promotional activities are permitted. There may be presentations discussing investigational uses of various products. These views are the responsibility of the named speakers, and do not represent an endorsement or recommendation on the part of EXCEMED. This programme is made possible thanks to an educational grant received from Merck KGaA, Darmstadt, Germany.
Exemed is proud to announce the Forum on cardiovascular examine specific.