



# 16<sup>th</sup> Annual Diabetes University A Seminar for All People Affected by Diabetes

Presented by



Saturday, November 14, 2009

8:30 a.m. – 3:30 p.m.

Vendors / Screenings start at 7:30 a.m.

AmericasMart (Apparel Mart), Building 2 West

230 Spring Street, Atlanta, GA 30303

\*Enjoy a full day of over 30 informative diabetes workshops, vendors and products

\* Free health screenings and cooking demonstrations

\*Registration fee is only \$15 – lunch included

\*Quick and easy registration online at [www.diabetesatlanta.org](http://www.diabetesatlanta.org)



## Program Goals

Diabetes University is designed to provide an annual affordable and accessible day of up-to-date diabetes education. It is also designed to improve the quality of life for people affected by diabetes, including their family, friends and healthcare professionals.

According to the American Association of Diabetes Educators, measurable behavior change is the desired outcome of diabetes education. This year's Diabetes University will highlight the 7 self-care behaviors.



## Registration Information

Registration of \$15.00 is required on or before November 12th. You have the option to select five classes to attend during the day. Please select one class from each session. The registration fee includes workshops, lunch and free screenings. Please choose the number of workshops you wish to attend, then complete and mail your registration form today. **You may also register online quick and easy at [www.diabetesatlanta.org](http://www.diabetesatlanta.org).**

## Program Location & Directions

AmericasMart (Apparel Mart) is centrally located in the heart of downtown Atlanta. Getting to and from AmericasMart is a snap with several major interstates and highways within very close proximity. **PARKING IN LOT #2 DECK IS COMPLIMENTARY.** Once you park, you will enter into the building from level 2 in the parking deck, and then follow the signs to Diabetes University.

### **ON MARTA (ATLANTA'S RAPID RAIL SYSTEM) NORTHBOUND OR SOUTHBOUND LINE:**

Get off at the Peachtree Center Station (N1).

When exiting the train, head towards the "Harris Street" Elevator/Escalator. Follow the AmericasMarts signs to the second set of Elevators/Escalators that will take you to Peachtree Street. Once you are street level, you should be on the East side of Peachtree Street next to Durango's Restaurant. You will see an AmericasMart sign to enter the building to your right. Go through the hall and across Spring Street to Building 2 West.

You may also find driving directions and/or map your route to AmericasMart® on Mapquest or google maps.

### **DRIVING NORTH ON INTERSTATE 75/85**

Take Exit 248C, which is Andrew Young International/Freedom Parkway. Stay to the left on Andrew Young International Boulevard. Go to the seventh traffic light and turn right on to Spring Street. AmericasMart 2 will be on the left.

### **DRIVING SOUTH ON INTERSTATE 75/85**

Take Exit 249C Williams Street; go to the fourth traffic light, and turn left on Harris Street. AmericasMart 2 will be on the right.

**Lunch will be provided; however, snacks will not. Persons with snack requirements should bring the necessary food with them.**

# Program Schedule

7:30 a.m. – 8:30 a.m. – Registration, vendors and screenings

8:30 a.m. – 9:00 a.m. – Key Note Speaker

9:00 a.m. – 9:10 a.m. – Announcements

9:10 a.m. – 9:30 a.m. – Vendors and Screening time

9:30 a.m. – 10:15 a.m. – Session 1

10:30 a.m. – 11:15 a.m. – Session 2

11:30 a.m. – 12:15 p.m. – Session 3

12:15 p.m. – 1:30 p.m. – Lunch, vendors and screenings

1:45 p.m. – 2:15 p.m. – Session 4

2:15 p.m. – 3:30 p.m. – Session 5

## Guest Keynote Speaker



**8:30 a.m. – 9:00 a.m.**  
**Bruce Bode, MD, FACE**

**Bruce Bode, MD, FACE**, is a diabetes specialist with Atlanta Diabetes Associates with special expertise and interest in insulin delivery and glucose sensing. **He is past president of the Georgia Affiliate of the American Diabetes Association (ADA)** and has served on the board of directors of the Atlanta chapters of the Juvenile Diabetes Foundation, the ADA, and Georgia Diabetes camps.

Dr. Bode received his doctorate of medicine from **Emory University School of Medicine** and his bachelor's degree in biology from the **College of Wooster** in Wooster, Ohio. He completed a fellowship in diabetes with Paul C. Davidson, MD, and an internship and residency at Emory University Affiliated Hospitals.

**Dr. Bode has co-written or contributed to several books**, including *ADA's Management of Type 1 Diabetes, 4th edition*, *Diabetes DEK-How to Control and Manage Diabetes Mellitus* and *The Insulin Pump Therapy Book: Insights from the Experts*. He is a member of the medical advisory boards of Diabetes Interview, Medtronic Diabetes, Novo Nordisk Pharmaceuticals, Sanofi Aventis Pharmaceuticals, Johnson and Johnson, and DexCom. In addition, Dr. Bode has written or co-written over 100 articles and abstracts for professional journals such as *New England Journal of Medicine*, *Diabetes*, *Diabetes Care*, *The Journal of New Developments in Clinical Medicine*, *Diabetes Metabolism Research and Reviews*, *Diabetes Spectrum*, and *Postgraduate Medicine*.

**Dr. Bode's goal in life is to help people with diabetes better manage their disease** with prevention of not only the complications of this disease but an attainment of a normal quality of life.

For 1<sup>st</sup> Attendee

**Registration Form – DEADLINE NOVEMBER 12, 2009**

PLEASE PRINT NEATLY and mail with payment to: Diabetes University, 100 Edgewood Avenue, Suite 1004, Atlanta, GA 30303. Questions? Call: 404.527.7150, ext. 100 or email: DU@diabetesatlanta.org

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Main Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ County: \_\_\_\_\_

Please check this box if you do not want us to share your contact information with the 2009 Diabetes University exhibitors and sponsors

**This information is collected for funding Purposes only and will be kept confidential**

Number in household (including yourself): \_\_\_\_\_ Do you currently have health insurance? \_\_\_\_\_

Ethnicity:

Age Range:

___ Alaskan Native	___ Hispanic	___ 0 – 5	___ 26 – 36
___ American Indian	___ Pacific Islander	___ 6 – 11	___ 37 – 46
___ Asian	___ White	___ 12 – 17	___ 47 – 59
___ African American	___ Other	___ 18 – 25	___ 60+

Gender: \_\_\_ Male \_\_\_ Female

Salary Range:

\_\_\_ 0 - \$9,800    \_\_\_ \$9,801 - \$13,200    \_\_\_ \$13,201 - \$16,600    \_\_\_ \$16,601 - \$20,000

\_\_\_ \$20,001 - \$30,200    \_\_\_ \$30,201 - \$33,600    \_\_\_ \$33,601+

**Please write the letter of your class choice in each session**

**Session 1 – 9:30 a.m.**  
Choose one (A-G)

**Session 2 – 10:30 a.m.**  
Choose one (H-N)

**Session 3 – 11:30 a.m.**  
Choose one (O-U)

**Session 4 – 1:30 p.m.**  
Choose one (V-BB)

**Session 5 – 2:45 p.m.**  
Choose one (CC-II)

Payment Information (\$15 per attendee):

\_\_\_ Check enclosed payable to Diabetes Association of Atlanta, Inc.  
 Diabetes Association of Atlanta, Inc.  
 100 Edgewood Avenue, Suite 1004  
 Atlanta, GA 30303

Charge to:

\_\_\_ Mastercard \_\_\_ Visa \_\_\_ Discover \_\_\_ Amex

Account No. \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Diabetes University 2009 Liability Waiver: I, individually and on behalf of my heirs, successors, and/or assigns, hereby release any and all sponsors, speakers, screening personnel, and/or volunteers of Diabetes University 2009, their heirs, successors, and/or assigns, and Diabetes Association of Atlanta, Inc., its successors and/or assigns from any and all claims, injury, or illness resulting in or arising from my participation in Diabetes University 2009. I hereby grant full permission to the organization to use my name and any photographs for any publicity and promotional purposes without any obligation of payment or liability to me.

\_\_\_\_\_  
Signature (Parent / Guardian's signature if less than 18 years of age)

\_\_\_\_\_  
Date

For 2<sup>nd</sup> Attendee

**Registration Form – DEADLINE NOVEMBER 12, 2009**

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Main Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ County: \_\_\_\_\_

Please check this box if you do not want us to share your contact information with the 2009 Diabetes University exhibitors and sponsors.

**This information is collected for funding Purposes only and will be kept confidential**

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Ethnicity:

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___ American Indian	___ Pacific Islander	___ 6 – 11	___ 37 – 46
___ Asian	___ White	___ 12 – 17	___ 47 – 59
___ African American	___ Other	___ 18 – 25	___ 60+

Gender: \_\_\_ Male \_\_\_ Female

Salary Range:

\_\_\_ 0 - \$9,800    \_\_\_ \$9,801 - \$13,200    \_\_\_ \$13,201 - \$16,600    \_\_\_ \$16,601 - \$20,000

\_\_\_ \$20,001 - \$30,200    \_\_\_ \$30,201 - \$33,600    \_\_\_ \$33,601+

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Diabetes University 2009 Liability Waiver: I, individually and on behalf of my heirs, successors, and/or assigns, hereby release any and all sponsors, speakers, screening personnel, and/or volunteers of Diabetes University 2009, their heirs, successors, and/or assigns, and Diabetes Association of Atlanta, Inc., its successors and/or assigns from any and all claims, injury, or illness resulting in or arising from my participation in Diabetes University 2009. I hereby grant full permission to the organization to use my name and any photographs for any publicity and/ promotional purposes without any obligation of payment or liability to me.

\_\_\_\_\_  
Signature (Parent / Guardian's signature if less than 18 years of age)

\_\_\_\_\_  
Date

## SESSION 1

9:30 a.m. – 10:15 a.m.

Please select 1 class from this session and record it on the registration form  
Or register online at [www.diabetesatlanta.org](http://www.diabetesatlanta.org).

- A. What's up Doc? Diabetes Research Update** - Participants will hear from one of Atlanta's top endocrinologists and update of research around diabetes treatments for Type 1 and Type 2 diabetes. Presenter: Bruce Bode, MD, Atlanta Diabetes Associates.
- B. Oh my aching back: Being physically active in spite of other limitations** - Learn to exercise even with physical limitations. Presenter: Tim Charleston, PT, Piedmont Hospital.
- C. Cooking demonstration: Making budget friendly, tummy pleasing recipe!** - Learn a new recipe that is friendly to your budget, body and taste buds. Presenter: Chef Justin Wills, Monica Fink, RD, Open Hand. *(This class is also offered in session 2)*
- D. For Men Only: Common intimate concerns for men with diabetes** - Participants will learn about common intimate problems that men with diabetes face. Dr. Black will explain why these problems occur and what can be done about them. Presenter: Judson G. Black, MD, Endocrinologist.
- E. Insurance & Diabetes: Understanding your coverage** – Participants will learn about what most insurance plans cover for diabetes testing, treatment and education and how to get the most out of your insurance benefits. Presenter: Jonathan Marquess, PharmD, CDE, The Institute for Wellness and Education.
- F. Keep your attitude up and your blood sugar down: Staying motivated for good diabetes management** –Participants will learn about the important role that attitude plays in good health. Dr. Hibbs will discuss how one's thoughts influence their physical health and how participants can regain motivation to live healthy with diabetes. Presenter: Stanley Hibbs, PhD. *(This class is also offered in session 2)*
- G. Diabetes Goes to School: School issues in Type 1** – Families will learn how they can advocate for their child's diabetes care at school with formal and informal methods. Also learn school and parent responsibilities that can ensure safety and a student being more able to achieve academically will be explored. Presenter: Joyce Allers, RN, Children's Healthcare of Atlanta.

Screenings will be available until 1:30 p.m., in between classes and during lunch.

Snacks are NOT provided; persons with snack requirements should bring the necessary food with them.

## SESSION 2

10:30 a.m. – 11:15 a.m.

Please select 1 class from this session and record it on the registration form  
Or register online at [www.diabetesatlanta.org](http://www.diabetesatlanta.org).

- H. Sugarcise: Being active with diabetes, what you need to know** - Hear the *facts* about diabetes exercise. Learn how to incorporate flexibility, strength, endurance, and balance into an exercise program for all people living with diabetes. Presenter: Jerry Ruff, PT, Director *Spine & Sport Physical Therapy*, Woodstock, GA.
- I. Cooking Demonstration: Making a budget friendly, tummy pleasing recipe** - Learn a new recipe that is friendly to your budget, your body and taste buds! Presenter: Chef Justin Wills, Monica Fink, RD, Open Hand. (*This class is also offered in session 1*)
- J. Eye Disease: Prevention, treatment and management** - Learn how to protect your vision! In this interactive session you will learn about the eye, how high blood sugar affects your eyes and what you can do to prevent or delay diabetic eye problems. Presenter: Indira Menon, MD, *Eye Physicians & Surgeons, P.C.*
- K. Keep your attitude up and your blood sugar down: Staying motivated for good diabetes management** –Participants will learn about the important role that attitude plays in good health. Dr. Hibbs will discuss how one’s thoughts influence their physical health and how participants can regain motivation to live healthy with diabetes. Presenter: Stanley Hibbs, PhD. (*This class is also offered in session 1*)
- L. Type 2 Diabetes for the newly diagnosed** – Finding out you have Type 2 diabetes can be overwhelming! Participants will learn some basics about diabetes management including what diabetes is, common treatments for diabetes and most important what they can do every day to live healthy with diabetes. Presenter: John Clarke, RN, CDE, Diabetes Clinician, Piedmont Hospital Diabetes Resource Center.
- M. Carb Counting Made Easy** – This interactive session will introduce the skills needed for managing diabetes through carbohydrate counting. Presenter: David Orozco, MS, RD, LD, ACSM, Nutrition & Health Fitness Instructor.
- N. Heart health and diabetes** – Learn from a leading cardiologist the link between heart disease and diabetes and how to reduce your risk for heart attack and other cardiovascular problems. Presenter: Joseph I. Miller, III, MD, Piedmont Heart Institute.

Screenings will be available until 1:30 p.m., in between classes and during lunch.  
Snacks are NOT provided; persons with snack requirements should bring the necessary food with them.

### SESSION 3

11:30 a.m. – 12:15 p.m.

Please select 1 class from this session and record it on the registration form  
Or register online at [www.diabetesatlanta.org](http://www.diabetesatlanta.org)

- O. The Highs and Lows of Managing Diabetes** - Be prepared to manage diabetes before the flu season hits! Learn the latest recommendations for treating high and low blood sugars and how to keep your diabetes in check during sick days. Presenter: Kay Jordan, RN, MSN, CDE, Coordinator/Supervisor Diabetes Education, Dekalb Medical.
- P. What do I feed my kidneys? Healthy eating to manage diabetes and kidney problems** – This session will help people who are living with diabetes and kidney disease choose healthy foods to manage blood pressure, blood sugar and kidney disease. Presenter: Shannon Davis, RD, LD, Piedmont Hospital Mason Transplant Clinic.
- Q. The Ins and Outs of Insulin** – There are many different types of insulin available to treat diabetes. This session will provide an overview of these medications and when they are used. Presenter: Maureen McGrath, CPNP, CDE, Emory Children’s Diabetes Center.
- R. Medications for Type 2 diabetes – what’s new?** – There are many new medications available to treat type 2 diabetes. Participants will hear an overview from a pharmacist of these medications. Presenter: Clyde Bennett, RPh, CDM, CDE
- S. I have Pre-diabetes what can I do?** – 57 million Americans have pre-diabetes. If you are one of those people, this session will help you understand what you can do to prevent or delay the development of type 2 diabetes. Presenter: Lisa Mason, RD, Kennestone Hospital Diabetes Program.
- T. Take Care of your Tootsies!** – Learn about common diabetic foot problems and how they can be prevented or treated. Presenter: Dr. William Solomon, Foot and Ankle Specialty Center.
- U. Legislative issues and diabetes** – Participants will learn about current legislation affecting people with diabetes. Presenter: Randi Greene Chapman, JD, Southeast Advocacy Director American Diabetes Association.

LUNCH, VENDORS AND SCREENINGS

12:15 P.M. – 1:30 P.M.

A CARB COUNT FOR LUNCH WILL BE PROVIDED

## SESSION 4

1:30 p.m. – 2:15 p.m.

Please select 1 class from this session and record it on the registration form  
Or register online at [www.diabetesatlanta.org](http://www.diabetesatlanta.org)

- V. Weight loss panel Part 1: Diet plan and meal replacement plans** – The panelist in this session will give an overview of different methods to achieve weight loss. In part one of this two part session, the panelists will describe common diet plans such as weight watchers, Jenny Craig and others as well as meal replacement plans such as Optifast® and Medifast®. *Participants do not have to attend both part one and two.* Panelists: David Orozco, RD, Diane Hood, RD, ACSM.
- W. Exercising CAN be fun! Try Zumba®** – Zumba® comes from a Columbian word that means to move fast and have fun. Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that burns calories and energizes the body. Come learn a few Zumba® moves! Instructor: Christina Bone, CAPP Certified Zumba Instructor
- X. For Women Only: Common intimate concerns for women with diabetes** – This session will discuss intimacy issues that many women with diabetes face and how to deal with them. Presenter: Patricia Addie-Gentle, RN, BSN, CDE, Divabetic Core Team Consultant.
- Y. Pump me up: Using an Insulin pump** – Basic pump therapy, including the advantages and challenges related to pump therapy: learn how to use your pump for better glucose control. Presenter: Joe Ward, APRN, BC-ADM, CDE, Emory Healthcare.
- Z. Healthy Eating... Recession Style: How to eat healthy on a tight budget** – During touch economic times it feels like it is hard to eat healthy and still stay within your budget. This session will discuss ways to save money and still eat healthy. Presenter: Sue Tocher, MS, RD, LD, CDE, Children's Healthcare of Atlanta.
- AA. Intro to Meal Planning** – This session will discuss various ways of planning meals. A great session for the person with pre-diabetes or one newly diagnosed with diabetes. Presenter: Sally Brozek, MD, RD, LD, CDE, Coordinator, Outpatient Education Piedmont Hospital Diabetes Resource Center
- BB. Coping with Chronic Illness: Finding the tools to enhance positive living** – It's not easy living with diabetes. In this session, participants will learn about ways to cope with having a chronic illness. Presenter: Richard Blue, PhD

Screenings will be available until 1:30 p.m., in between classes and during lunch.

Snacks are NOT provided; persons with snack requirements should bring the necessary food with them.

## SESSION 5

2:45 p.m. – 3:30 p.m.

Please select 1 class from this session and record it on the registration form  
Or register online at [www.diabetesatlanta.org](http://www.diabetesatlanta.org)

- CC. Weight loss panel Part 2: Medication and surgical options for weight loss –** The panelist in this session will give an overview of different methods to achieve weight loss. In part two of this workshop, one panelist will describe medications available by prescription to aid in weight loss. A second panelist will describe surgical options for weight loss. *Participants to not have to attend both part one and two.* Panelists: Shawn Christopher Holoway, PharmD, South Fulton Medical Center, Dr. Michael Williams, North Fulton Regional Hospital Bariatric Program.
- DD. Weight Loss the old fashion way: diet and physical activity- is it really that simple? –** There are many diets, medications and even surgeries available to help people lose weight. And yet, eating healthy and getting physically active is important no matter what! Presenter: Rita Panayiotou, RD, CDE, Southeastern Endocrine & Diabetes,
- EE. Laughter Yoga –** Discover what Laughter Yoga is and its potential mental and physical benefits for one's health. An opportunity to experience Laughter Yoga will be provided. Presenter: Jean Moeller, Certified Laughter Yoga Leader.
- FF. Taking your diabetes to dinner: how to eat healthy while eating out –** It can feel overwhelming to stick to a food plan when eating out. This session will discuss tips and tricks for making healthy choices that take into account carbohydrates and fat while still enjoying your favorite restaurants. Presenter: Brooks Kent, MS, RD, LD, CDE, Diabetes Education WellStar System.
- GG. Carb Counting with Insulin –** If you are taking mealtime insulin, this session is for you! Learn more about carb to insulin ratios to make sure you reach your target blood sugars while eating a healthy satisfying diet! Presenter: Meredith Rivers, MS, RD, LD, CDE, Disetronic Medical Systems, Inc.
- HH. What do I do with these numbers? The ins and outs of testing your blood sugar–** Should you test your blood sugar once a day, before and after every meal, at bedtime, only when you don't feel well? What should you do if your blood sugar is not in your target range? This session will discuss all of these issues and more. Presenter: Jean Elliott, RD, LD, CDE, Roche Diagnostics.
- II. Takin' care of foot business –** Learn how to care for your feet, use over the counter foot care products and ways to prevent foot problems. Also learn about the best footwear for people with diabetes. Presenter: Idie Clement, RN, CDE, Diabetes Clinician, Piedmont Hospital Diabetes Resource Center.

Screenings will be available until 1:30 p.m., in between classes and during lunch.

Snacks are NOT provided; persons with snack requirements should bring the necessary food with them.

## Exhibitors

Diabetes University will have several pharmaceutical exhibitors as well as companies with diabetes related products.

Glucose monitoring, Blood Pressure, Foot screening, Vision, Dental, and many more!

## Screenings

The Diabetes Association of Atlanta, Inc. and Diabetes University would like to acknowledge our planning committee:

Patricia Addie-Gentle, RN, BSN, CDE, Divabetic Core Team Consultant  
Kelli Andrews, Diabetes Association of Atlanta, Inc.  
Kathy Berkowitz, APRN, BC, FNP, CDE, Amylin Pharmaceuticals  
Faye Dames, APRN, CD-ADM, CNS, CDE, CWOCN, Grady Healthy Systems  
Karla Daniels, Director of Development, Diabetes Association of Atlanta, Inc.  
Na'Imah Dye, Marketing Account Manager, Amerigroup Community Care  
Carol Johnson Davis, Executive Director, Diabetes Association of Atlanta, Inc.  
Jean Elliott, PN, CDE, Roche Diagnostics  
Charlotte Hayes, MMSC, MS, RD, CDE, Senior Director Program & Policy Development, Open Hand  
Elizabeth Ivie, RD, LD, CDE, APS Health Care  
Andrea Maxwell, Youth Coordinator, Diabetes Association of Atlanta, Inc.  
David Orozco, MS, RD, LD, Dietician and English/Spanish Health Fitness Specialist/ACSM  
Rita Panayiotou, RD, CDE, Southeastern Endocrine and Diabetes  
Jodi Parker, Professional Sales Specialist, LifeScan  
Sarah Piper, Diabetes Education Coordinator, Diabetes Association of Atlanta, Inc.  
Mary Ransbotham, RN, CDE, Piedmont Hospital Program Manager Diabetes Resource Center  
Lorna Reed, Senior Marketing Representative, Amerigroup Community Care  
Joe Ward, APRN, BC-ADM, CDE, Emory Healthcare

## Can't make it to Diabetes University?

Looking for an affordable Diabetes class?

The Diabetes Association of Atlanta offers Diabetes Education Classes three times a month in three different counties. Our education topics cover:

- Living with Diabetes
- Diabetes in the Family
- Exercise
- Nutrition and Meal Planning
- Sick Day Care
- High & Low Blood Sugars
- Testing Blood Sugars
- Medication
- Caring for Yourself
- Long Term Complications
- Changing Habits
- Health Care & Community Resources



Take Control, Eat Healthy,  
Be Active, Ask us How

**16<sup>th</sup> Annual Diabetes University**  
November 14, 2009

Atlanta Apparel Mart (AmericasMart)  
Just \$15 for over 30 workshops

[www.diabetesatlanta.org](http://www.diabetesatlanta.org)



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