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# Diabetes in the 21<sup>st</sup> Century Seminar Schedule

**8:00 – 8:30am** Welcome and Registration

**8:30 – 10:00** **Diabetes Overview**

- + Current State of Diabetes
- + Pathophysiology and Diagnostic Criteria
- + Natural History of Diabetes
- + Types of Diabetes

**10:00 – 10:15** **Break**

**10:15 – 11:30** **Management Goals, Prevention Strategies**

- + Prevention, Exercise and Education
- + Management Goals – Control Matters

**11:30 – 12:30** **Lunch**

**12:30– 2:00** **Hyperglycemia, Feet and Insulin Therapy**

- + Managing Hyperglycemia
- + Lower Extremity Care
- + Basics of insulin therapy

**2:00 – 2:15** **Break**

**2:15 – 4:00** **Pattern Management, Gut Health, Nourishment**

- + Insulin Pattern Management
- + Gut Bacteria and Health
- + Nourishing our Bodies
- + Conclusion

*Accreditation nurses provider approved by the California Board of Registered Nursing, provider #12640 for 7.5 contact hours. Approved for 6.5 CPE II for Registered Dietitians by the Commission on Dietetic Registration.*