

**Conference Topics:**

- A new vision for Diabetes Care and Education Specialists
- Assessment of Cardiovascular Health
- Cardiovascular Risk Reduction Strategies
- Lower Extremity Assessment and Intervention
- Gut and Heart Health, Language update
- See **Course Schedule** for full list of topics.



**Conference Location:**

Safety Harbor Resort & Spa  
Safety Harbor (near Tampa) Florida 34695

**Registration of \$159 includes:**

- ◇ In-person Review w/ Certificate Proof of CE's
- ◇ Syllabus
- ◇ Healthy Breakfast & Lunch
- ◇ A fun, interactive learning environment
- ◇ Free Welcome Gift w/ PocketCard

**Conference Hours:**

April 24 | 8:30 a.m. - 4:00 p.m.

**Who Should Attend?**

This course is designed for health care professionals who are interested in getting the latest information on cardiometabolic conditions and treatment. It is also perfect for those interested in achieving or renewing their CDE® or BC-ADM certification.



**Course Faculty:**

**Beverly Thomassian, RN, MPH, CDE, BC-ADM.** Beverly is an entrepreneur, educator, and diabetes advocate. She believes that Diabetes Care and Education Specialists have a remarkable capacity to improve outcomes with individuals and in communities. She is excited to promote expansion of our roles along with increased recognition of our diabetes expertise.

**Accreditation:**

Provider is approved by the California Board of Registered Nursing, Provider 12640 and Commission on Dietetic Registration, Provider DI002. All hours of instruction can be applied toward CDE®.



# Diabetes 2020 - Getting to the Heart of Diabetes Care Objectives and Schedule

## April 24th, Safety Harbor Florida | Earn 7.5 CEs

### Objectives

1. Describe how Diabetes Care and Education Specialists will play a central role in CV risk reduction in 2020 and beyond.
2. Discuss the updates to the CV Standards of Care.
3. Describe the major complications associated insulin resistance and vascular disease.
4. List management strategies to reduce the risk of cardiovascular disease.
5. Demonstrate how to perform a lower extremity assessment.
6. List 3 actions to prevent lower extremity complications.
7. Discuss meal planning approaches to reduce cardiovascular disease.
8. Describe the link between heart disease and gut bacteria.
9. Demonstrate three ways to incorporate the new language approach into daily communications.

### Schedule - Getting to the Heart of Diabetes Care

#### 8:30 to 10:00am - Assessment of Cardiovascular Health

A new vision for Diabetes Care and Education Specialists  
Metabolic syndrome and insulin resistance  
Standards of Care for Cardiovascular Disease and Diabetes

#### 10:20 to 12:00pm - Cardiovascular Risk Reduction Strategies

Pharmacologic approaches to risk factor reduction  
Keeping active: a love note to the heart and body  
Merging science and the individual

#### 12:00 to 1:00pm – Lunch Provided

#### 1:00 to 2:15pm - Lower Extremity Assessment and Intervention

Peripheral Arterial Disease vs Vascular Disease  
Lower extremity assessment techniques  
Prevention strategies and education

#### 2:15- 3:45pm – Nutrition, Language and a Vision for the Future

Role of gut bacteria in cardiometabolic health  
Heart of the diabetes language movement  
Improving health- From individuals to populations

#### 3:45- 4:00 Q & A with Coach Beverly



[www.DiabetesEd.net](http://www.DiabetesEd.net)

530/ 893-8635 [taryn@diabetesed.net](mailto:taryn@diabetesed.net)