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



**7:00 – 8:00am** Welcome and Registration

**8:00 – 9:45** **Diabetes Overview**

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




**9:45 – 10:00** **Break**

**10:00 – 11:30** **Management Goals, Prevention Strategies**

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





**11:30 – 12:30** **Lunch**

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

-  Preventing Hypo and 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.*