

20th Annual Diabetes University



November 2, 2013

Loudermilk Conference Center

**40 Courtland Street NE,
Atlanta, Georgia 30303**

Registration & Exhibitors: 7:15 a.m.— 8:15 a.m.

Education Sessions: 8:30 a.m.— 3:15 p.m.

Registration is just \$15 (lunch is included)

**Enjoy a full day of innovative diabetes
workshops, exhibitors and products!**

Register online (September 16th):

www.diabetesatlanta.org

Questions?

Call 404-527-7150 ext. 111

Email du@diabetesatlanta.org



University Goals

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

According to the American Association of Diabetes Educators, measurable behavior change is the desired outcome of diabetes education.

Diabetes University will highlight the **AADE 7 Self-Care Behaviors**:

- Healthy Eating
- Taking Medication
- Reducing Risks
- Healthy Coping
- Problem Solving
- Being Active
- Monitoring

Registration

A registration fee of \$15.00 is required before October 31st. 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 and lunch. Please complete your registration form and mail it back in today.** You may also register quick and easy online at www.diabetesatlanta.org. Onsite registration will be available for the same price; however pre-registering is preferred. Lunch will be provided; however snacks will not.

Persons with special snack or dietary requirements should bring necessary food with them.

The Loudermilk Center is conveniently located next to The Woodruff Volunteer Center (United Way Building) and is in the Georgia State University area. **Parking is FREE in the United Way parking deck.**

Location & Directions

ON MARTA (NORTHBOUND OR SOUTHBOUND LINE):

Get off at the Peachtree Center Station and take the set of escalators to Ellis Street. Once you get to the street level, you will see the Georgia Pacific Building on your left. Cross in front of the Georgia Pacific Building and take a left onto John Wesley Dobbs Avenue. At the first traffic light, go right onto Peachtree Center Avenue. Walk on Peachtree Center Avenue and make a left between The Woodruff Volunteer Center parking deck and The Woodruff Volunteer Center (United Way Building). The Loudermilk Center for the Regional Community will be on the left past the parking structure facing The Woodruff Volunteer Center (United Way Building).

FROM I-75/85 NORTHBOUND:

Take exit #248-B and turn left at the first traffic light onto Edgewood Avenue. Go Approximately 4 blocks and cross over Courtland Street. At the next traffic light, turn right onto Peachtree Center Avenue and make an immediate right at the first entrance on your right (Lynch's Ally). The entrance to the parking garage will be past the median on the left. The Loudermilk Center is located next to the parking garage.

FROM I-75/85 SOUTHBOUND:

Take exit #249A and continue on Courtland Street (a southbound one-way street). Go about 0.5 miles and the Loudermilk Center for the Regional Community will be on the right after crossing over Auburn Avenue. Turn right onto Lynch's Alley (the driveway located after Auburn Ave. and immediately before Edgewood Ave.) and park in the United Way parking deck ahead on your right. The Loudermilk Center is located next to the parking garage.

You may also find driving directions and/or map your route to the Loudermilk on Mapquest or Google Maps.

Program Schedule

Registration and Exhibitors: 7:15 a.m. – 8:15 a.m.

Morning Keynote Speaker: 8:30 a.m. – 9:30 a.m.

Session 1: 9:45 a.m. – 10:30 a.m.

Session 2: 10:45 a.m. – 11:30 a.m.

Lunch and Vendors: 11:30 p.m. – 12:15 p.m.

Session 3: 12:30 p.m. – 1:15 p.m.

Session 4: 1:30 p.m. – 2:15 p.m.

Closing Session: 2:15 p.m. – 3:15 p.m.

** Exhibitors will be available from 7:15 a.m. - 2:00 p.m.

Keynote Speaker

Dr. Dawn Smiley, M.D.



Dr. Dawn Smiley received her Doctorate of Medicine from the University of Alabama in Birmingham (UAB) in 1999 and she completed a combined Internal Medicine/Pediatrics residency program at the University of Cincinnati and later completed an Endocrinology fellowship at Emory University in 2005. Dr. Smiley is currently an Associate Professor of Medicine in the Division of Endocrinology at the Emory University and she has a Masters in Clinical Research from the Emory Graduate School. In addition, Dr. Smiley currently serves as the site director for the Endocrinology Fellowship Program at Grady Memorial Hospital.

Dr. Smiley has been productive publishing manuscripts and text chapters, including the Washington Manual Type 2 Diabetes chapter, presenting scientific abstracts, obtaining grants to fund her clinical research studies, and teaching the housestaff and ancillary staff. Dr. Smiley has a NIH-KO8 award that funds her research focus in the area of ketosis-prone diabetes mellitus and obesity. In conjunction with Dr. Guillermo Umpierrez, she also serves as a co-investigator in several research studies that concentrate on the management of inpatient hyperglycemia and the pharmacoeconomic impact of inpatient diabetes management.

She is active in her community as a member of the American Diabetes Association, VBC Health and Wellness Ministry, Project M-Pact and Alpha Kappa Alpha Sorority, Inc. In her spare time, she loves spending time with her family, bargain shopping and traveling.

First Attendee

Registration Form deadline is **October 31, 2013**

PLEASE PRINT NEATLY and mail with payment to: Diabetes University, 100 Edgewood Avenue, Suite 1004, Atlanta, GA 30303.

Questions? Call: 404.527.7150 ext. 111 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 2013 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:

___ Alaskan Native

___ Hispanic

Age Range:

___ American Indian

___ Pacific Islander

___ 0 – 5

___ 26 – 36

___ Asian

___ White

___ 6 – 11

___ 37 – 46

___ African American

___ Other

___ 12 – 17

___ 47 – 59

Gender: ___ Male ___ Female

___ 18 – 25

___ 60+

Salary Range:

___ \$0 - \$11,170

___ \$11,171 - \$15,130

___ \$15,131 - \$19,090

___ \$19,091 - \$23,050

___ \$23,051-\$27,010

___ \$27,011 - \$30,970

___ \$30,971 - \$34,930

___ \$34,931-\$38,890

___ \$38,891-\$42,850

___ \$42,851 -\$46,810

___ \$46,811 or more

Please write the letter of your class choice in each session

Session 1 – 9:45 a.m.

Session 2 – 10:45a.m.

Session 3 – 12:30 p.m.

Session 4 – 1:30 p.m.

Session 5 – 2:15p.m.

Choose one (A-F)

Choose one (G-L)

Choose one (M-R)

Choose one (S-X)

Closing Session

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 2013 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 2013, 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 2013. 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

Second Attendee

Registration Form deadline is **October 31, 2013**

PLEASE PRINT NEATLY and mail with payment to: Diabetes University, 100 Edgewood Avenue, Suite 1004, Atlanta, GA 30303.

Questions? Call: 404.527.7150 ext. 111 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 2013 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:

___ Alaskan Native

___ Hispanic

___ American Indian

___ Pacific Islander

___ Asian

___ White

___ African American

___ Other

Age Range:

___ 0 – 5

___ 26 – 36

___ 6 – 11

___ 37 – 46

___ 12 – 17

___ 47 – 59

___ 18 – 25

___ 60+

Gender: ___ Male ___ Female

Salary Range:

___ \$0 - \$11,170 ___ \$11,171 - \$15,130 ___ \$15,131 - \$19,090 ___ \$19,091 - \$23,050 ___ \$23,051-\$27,010

___ \$27,011 - \$30,970 ___ \$30,971 - \$34,930 ___ \$34,931-\$38,890 ___ \$38,891-\$42,850 ___ \$42,851 -\$46,810

___ \$46,811 or more

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Diabetes University 2013 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 2013, 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 2013. 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

9:45 a.m. – 10:30 a.m.

Please select one class from this session and record it on the registration form, or register online at www.diabetesatlanta.org.

A. Avoid Hospital Nightmares: Being your own advocate is very important when being admitted into the hospital. Being knowledgeable about your medications and updating hospital staff can be a life saving measure. Come learn key ways to staying safe while you're in the care of others.

Presenter: Joe Ward, RN, MSN, BC-ADM, CDE, Emory University Hospital Midtown

B. Spotting Patterns and Adjusting Insulin: Although increasing or decreasing medications should ultimately be left up to your doctor, being able to spot patterns and make quick adjustments can be extremely helpful for someone living with diabetes. This takes advanced learning, so if you want even tighter control of your blood sugar through insulin delivery, this class is for you. Take control of your diabetes, don't let diabetes control you!

Presenter: Beth Collins, MS, RD, LD, Diabetes and Endocrinology Associates, P.C.

C. Revamping Breakfast!: Tired of the same old breakfast? This cooking demonstration will give you creative ways to revamp your breakfast meals while still staying healthy and within appropriate carbohydrate ranges.

Presenter: Ashley Ritchie, RD, LD, Open Hand Atlanta

D. Basic Carb Counting: Why are carbohydrates (carbs) so important? In this session, you will learn how they affect blood sugar, basic carb counting techniques, and how you can still enjoy carbohydrates as a healthy part of your meal plan!

Presenter: Callie O'Steen, MPH, RDN, LD, CHES, Open Hand Atlanta

E. Recently Diagnosed... What Now?!? A new diagnosis can be overwhelming, especially with so many different aspects of diabetes care. This class will take you through the initial steps you should take once you're diagnosed with diabetes. Are there other appointments to make, blood sugars to check, specific things to eat?

We can help! *Presenter: Dr. Zenobia Day*

F. Medication Awareness: This class will teach you about the different over the counter medicines to watch out for when you have diabetes – which ones to choose and which ones to avoid. Sometimes different medications can impact your blood sugars... learn the ropes and watch out!

Presenter: Mark Carmon, Pharm.D., CDE, ADA Clinic Coordinator, Adjunct Professor of Endocrine Pharmacology, Emory School of Medicine, and Rite Aid Pharmacy Diabetes Clinic

SESSION 2

10:45 a.m. – 11:30 a.m.

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

- G. Heart Healthy You:** Come learn how to improve your blood pressure and cholesterol levels through a variety of ways. It's not just about watching the salt shaker... there are so many other things that affect the heart. It's time to protect the heart! *Presenter: Heather Hansen, Dietetic Intern and Master's Student, GSU Coordinated Program in Nutrition*
- H. Just Dance:** Want to learn an easy and fun way to exercise? Back by popular demand, Ken Hicks is bringing his energy and fun dance moves to Diabetes University! Come dance away some calories and put a smile on your face with Ballroom Dancing Urban-Style. No partner required! *Presenters: Ken and Karen Hicks, Khicks Dancing Company*
- I. Are You Ready if Disaster Strikes?** Diabetes doesn't get put on hold in stressful times – blood sugar can actually increase when you are stressed! This class will help you plan ahead for an emergency or an unplanned change in schedule that could limit your access to diabetes supplies or care. When the unexpected comes, you'll have a plan in place after attending this class to effectively manage your diabetes.
Presenter: Patricia Addie Gentle, RN, BSN, CDE, Successful Kids Learning Center, Inc.
- J. Basic Carb Counting:** Why are carbohydrates (carbs) so important? In this session, you will learn how they affect blood sugar, basic carb counting techniques, and how you can still enjoy carbohydrates as a healthy part of your meal plan!
Presenter: Callie O'Steen, MPH, RDN, LD, CHES, Open Hand Atlanta
- K. Glass Half Full:** Do you think of life situations as glass half-empty, or glass half-full? Learning how to focus on wellness and putting aside the negative can be extremely helpful in managing diabetes. Come learn how to retrain your mind to think about the positive! *Presenter: Charles Willis, Project Director, Georgia Peer Support Resiliency Program, Georgia Mental Health Consumer Network.*
- L. Insulin Pumps and CGMs:** Thinking about switching to an insulin pump? Or perhaps you're already on a pump but want to know what other kinds of technologies are out there? This advanced class will give you hands-on understanding of the different pumps available and their pros and cons. It will also explain what "Continuous Glucose Monitoring" (CGM) systems are, the benefits, and the new technologies available.
Presenter: Beth Collins, MS, RD, LD, Diabetes and Endocrinology Associates, P.C.

LUNCH: 11:30 a.m.— 12:15 p.m.

SESSION 3

12:30 p.m. – 1:15 p.m.

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

M. How to Stop Overeating: Sometimes feel like we can't stop overeating no matter how much we try. This session will identify the different thought processes behind overeating and give simple steps to overcome barriers. It's not just about will power – there could be other attachments to food that you may not realize you have!

Presenter: Virginia Porcello, PhD, LPC, LMHC, CEDS, Solutions Program

N. Cancer and Diabetes - Is there a link? This class is for those who already have an understanding of basic diabetes complications and want to learn about other possible diabetes connections. Join us for a discussion on the latest research about possible cancer and diabetes links and get some great nutrition tips for cancer fighting foods! *Presenter:*

Jennifer Rushing, MS, RD, LD, Diabetes Education Coordinator, Cartersville Medical Center

O. Understanding Georgia's new Health Insurance Marketplace: The Affordable Care Act of 2010 (Health Care Reform) continues to bring changes, one being the new Health Insurance Marketplace that opens on October 1st. Come learn if you qualify for the new tax credit to buy health insurance and other financial assistance that is available for low and middle income families. *Presenter: Vicki Karnes, RN, Diabetes Educator, Co-Chair, Diabetes Community Action Coalition of Fulton County*

P. Advanced Carb Counting: It's more than just carbs! Have you mastered basic carb counting and want a deeper knowledge of how to control blood sugar? Other components of your food can affect blood sugar such as fat, protein, fiber, and sugar alcohols. Come learn how to make sense of it all! *Presenter: Diane Hood, RD, CDE, ACSM Clinical Exercise Specialist, Diabetes Education Program, Novo Nordisk Inc.*

Q. Do I Need a Supplement?: Changing media advice on different *must have* supplements can be confusing. Some supplements may be helpful in managing blood sugar, neuropathy, and keeping the heart healthy, where as some may be harmful. Come learn the facts to keep you healthy! *Presenter: Scott Lancaster, PharmD, BCACP, South University, Assistant Professor, Department of Pharmacy Practice, School of Pharmacy*

R. Stress Management: Everyone gets stressed at one point or another, but did you know stress can actually raise blood sugar and blood pressure? This class will teach you how to offload stress in a healthy way, give tips for preventing stress, and show you some simple stress relieving exercises

Presenter: Kelsey Spinks, Dietetic Intern and Master's Student, GSU Coordinated Program in Nutrition

SESSION 4

1:30 p.m. – 2:15 p.m.

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

- S. Exercising your Insulin Delivery Skills:** Exercise is great medicine, but you need to be aware of possible side effects as well as the benefits. This advanced class will discuss insulin adjustment guidelines depending on the type, intensity, and duration of exercise, potential blood sugar effects, and exercise benefits and precautions.
Presenter: Diane Hood, RD, CDE, ACSM Clinical Exercise Specialist, Diabetes Education Program, Novo Nordisk Inc.
- T. How to Make Low Sodium Taste Good:** Are you supposed to cut down on your salt intake and having a hard time making your food flavorful? In this cooking demonstration, Chef Shane will give you some simple and easy recipes to make your food taste GOOD while still staying low sodium! *Presenter: Shane Clements, Chef and Owner of Café 33, Marietta, GA*
- U. Cancer and Diabetes - Is there a link?** This class is for those who already have an understanding of basic diabetes complications and want to learn about other possible diabetes connections. Join us for a discussion on the latest research about possible cancer and diabetes links and get some great nutrition tips for cancer fighting foods!
Presenter: Jennifer Rushing, MS, RD, LD, Diabetes Education Coordinator, Cartersville Medical Center
- V. Total Body Fitness:** Would you like some ideas of simple, fun, and effective exercises that you can do anywhere? In this class, you can discover how to get a total body workout WITHOUT any special equipment! If you want to become more physically fit without all the gimmicks, this class is for you. *Presenter: Reginald Bohannon, Certified Personal Trainer and Fitness Instructor, Train Faithfully, LLC*
- W. Technology & Diabetes:** Bring your smart phone, smart pad or laptop to this discussion on the latest in Diabetes Technology. You will learn about apps that can help you with meals, exercise, and making diabetes management easier. You won't want to miss a byte of this informative program! ***You must have a working knowledge of your smart phone, smart pad or laptop to benefit from this program.*
Presenter: Lisa Kiblinger, RN, MS, CDE, Diabetes & Osteoporosis Specialist
- X. Mindful Eating:** Ever looked at the popcorn box and wondered how it disappeared so quickly? Many things can distract us from the body's natural signals for hunger, fullness, and satisfaction! This class will teach you ways to become more intuitive and mindful when eating to promote good health!
Presenter: David Orozco, MS, RDN, LD, Health Fitness Instructor, ACSM

Closing Session

2:15 p.m. – 3:15 p.m.

Location: Ballroom

Speaker to be determined

See program insert for more details

****Raffle prizes and grand prize will be given. Must be present to win.**

Exhibitors

Diabetes University will have several pharmaceutical exhibitors and diabetes related products and programs.

Acknowledgments

The Diabetes Association of Atlanta, Inc. and Diabetes University would like to thank all of our presenters, moderators and volunteers. We also would like to acknowledge our planning committee.

Karla Daniels, *Director of Development, Diabetes Association of Atlanta, Inc.*

Heather Hansen, *GSU Coordinated Program in Nutrition, GSU Liaison*

Diane Hood, *RD, CDE, ACSM Clinical Exercise Specialist, Diabetes Education Program, Novo Nordisk Inc.*

Carol Johnson Davis, *Executive Director, Diabetes Association of Atlanta, Inc.*

Lisa Kiblinger, *RN, MS, CDE, Diabetes & Osteoporosis Specialist*

Bethany Kinsey, *RN, BSN, CDE, Medical Director, Camp Kudzu*

Katie Mick, *MS, RD, LD, Diabetes Education Coordinator, Diabetes Association of Atlanta, Inc.*

Jasmine Mosley, *Administrative Assistant, Diabetes Association of Atlanta, Inc.*

Sarah Piper, *MPH, CDE, Diabetes Training and Technical Assistance Center, Emory University*

James W. Reed, *MD, MACP, FACE, FASH, DAA Board Member, Professor of Medicine,*

Assoc. Chair of Medicine, Chief of Endocrinology and Metabolism,

Chief Medical Services at Grady Memorial Hosp. for Morehouse School of Medicine

Britt Rotberg, *MS, RD, LD, Emory Diabetes Education Training Academy & Latino Diabetes Education Program*

Joe Ward, *RN, MSN, BC-ADM, CDE, Emory University Hospital Midtown*

Kedrick Williams, *DAA Board Member, School of Public Health, Morehouse School of Medicine*

Can't Make it to Diabetes University?

Try one of our affordable diabetes education classes!

The Diabetes Association of Atlanta offers Diabetes Self-Management Education Classes every month in three different locations: Downtown, Cobb, and North Fulton. Our education topics cover:

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

If you are interested in taking one of our Diabetes Self-Management Education Classes, please contact our Diabetes Education department at 404.527.7150 ext. 114.



Saturday, November 2, 2013
Loudermilk Conference Center
8:30 a.m.

20th Annual Diabetes University



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Atlanta, GA 30303