

SPRING  
2020

# DiabetesPro Quarterly

AMERICAN DIABETES ASSOCIATION NEWS FOR PROFESSIONAL MEMBERS



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## IN THIS TOGETHER

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Healthy snacking tips for patients, p. 6

## Association Responds to the Needs of Diabetes Care Professionals and Their Patients During the Coronavirus Pandemic

Many American Diabetes Association (ADA) members have spent the past few months on the front lines of COVID-19, the novel coronavirus disease that quickly became a global pandemic. To support its members and the diabetes health care community at large, the ADA has created several resources under the guidance of its COVID-19 Leadership Team, which includes:

- Robert Eckel, MD, ADA President, Science & Medicine
- Mary de Groot, PhD, ADA President, Health Care & Education
- Irl B. Hirsch, MD, University of Washington
- Anne L. Peters, MD, University of Southern California
- Louis Philipson, MD, ADA Immediate Past President, Science & Medicine
- Neil Skolnik, MD, Thomas Jefferson University

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## Webcasts and Podcasts

Experts have created a series of COVID-19 webcasts covering a wide variety of topics, including inpatient care, mental health issues, medication considerations, and vulnerable populations. Webcasts and webinars recorded to date include:

### **The Role of Community Health Workers as First Responders in the COVID-19 Outbreak**

Betsy Rodriguez, BSN, MSN, CDCES; Colleen Barbero, PhD; Denise Octavia Smith, MBA, CHW, PN, SFC

### **COVID-19: Impact on Youth with Diabetes & Families in Quarantine**

Barry Conrad, MPH, RD, CDE; Cynthia Muñoz, PhD, MPH; Tamara S. Hannon, MD, MS; Jennifer Raymond, MD, MCR; Marisa Hilliard, PhD

### **COVID-19 and the Diabetes Care Team: Challenges and Opportunities to Help Vulnerable Populations**

Enrique Caballero, MD; Ashby Walker, PhD; Anne Harper, MS, RDN, CDE; Lisa Taylor, DNP, MSN, BSN; Arshiya A. Baig, MD, MPH, FACP

### **COVID-19 and Cardiovascular Concerns**

Neil Skolnik, MD; John J. Russell, MD

### **Managing Older Adults with Diabetes and COVID-19**

Irl Hirsch, MD; Elbert Huang, MD, MPH, FACP; Stacie Levine, MD

### **Inpatient Care Questions April 15 Update**

Robert Eckel, MD; Irl Hirsch, MD; Mary Korytkowski, MD

### **Deeper Dive into Meds and COVID-19**

Neil Skolnik, MD; Joshua J. Neumiller, PharmD, CDCES, FADCES, FASCP

### **Empowering Patients with Diabetes During COVID-19**

Mary de Groot, PhD; Jane Jeffrie-Seley, DNP, MPH; Jean M. Lawrence, ScD, MPH, MSSA, FACE

### **Inpatient Care and COVID-19**

Irl Hirsch, MD; Guillermo E. Umpierrez, MD, CDE

### **Planning Sick Days for Your Patients During COVID-19**

Louis Philipson, MD, PhD; Anne Peters, MD

### **COVID-19 and Diabetes – Considerations for Health Care Professionals**

Robert Eckel, MD; Mary de Groot, PhD; Irl Hirsch, MD; Anne Peters, MD; Louis Philipson, MD, PhD; Neil Skolnik, MD

“  
**This is a time of unprecedented change,  
not only for our patients but also for ourselves.**  
”

### **Telehealth and COVID-19**

Neil Skolnik, MD; Eric Johnson, MD

### **Clinician Self-Care and COVID-19**

Neil Skolnik, MD; Aaron Sutton, LCSW

### **COVID-19 and Diabetes: Examining the Impact of Health Disparities in a Time of Crisis**

Daniel E. Dawes, JD

### **Town Hall: COVID-19 and Inpatient Care for People with Diabetes**

Shivani Argawal, MD, MPH; Jennifer Clements, PharmD, FCCP, BCPS, BCACP; Robert Eckel, MD; Irl Hirsch, MD; Melanie Mabrey, DNP; Jane Jeffrie-Seley, DNP, BC-ADM, CDCES

### **Town Hall: Physical Activity for People with Diabetes During the COVID-19 Pandemic**

Lisa Chow, MD; Jeffrey Horowitz, PhD; Ian Lanza, PhD; Jane Reusch, MD; LaurieAnn Scher, MS, RD, CDCES

“The playing field is changing daily,” Dr. Eckel said. “These webinars need to be strategic as far as the new information that is provided.”

The webcasts also are available as a special series through the Diabetes Core Update podcast.

“This is a time of unprecedented change, not only for our patients but also for ourselves,” said Dr. de Groot. “Many practices have pivoted to telehealth within days; providers have transitioned to other types of care. We have a tremendous amount of information that we are absorbing at lightning speed.”

An Expert Advisory Panel has provided guidance and expertise on key topics. This panel includes:

- A. Enrique Caballero, MD, Harvard University
- Elbert Huang, MD, University of Chicago
- Eric L. Johnson, MD, University of North Dakota
- Jean M. Lawrence, ScD, MPH, MSSA, Kaiser Permanente Southern California
- Joshua J. Neumiller, PharmD, CDE, Washington State University
- Jane Jeffrie Seley, DNP BC-ADM CDCES, New York-Presbyterian Hospital/Weill Cornell Medicine
- Guillermo E. Umpierrez, MD, CDE, Emory University
- Jessica Yeh, PhD, Johns Hopkins University

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## Interactive Forum

ADA members can now share updates and ask questions related to COVID-19 with other diabetes professionals around the world through a new Diabetes and COVID-19 online community within the DiabetesPro Member Forum. This forum has been active with conversations on topics such as telehealth, diabetes technology, and inpatient care. All current ADA members have access to this forum. Non-members who wish to participate in these discussions can join a special COVID-19 membership category allowing access to post in the community for only \$15. The Diabetes and COVID-19 community sends a daily email digest that includes a listing of the latest posts. Email preferences can be set to a real-time or weekly digest option. Log in to the DiabetesPro Member Forum to participate today at [professional.diabetes.org/forum](https://professional.diabetes.org/forum).

## Meta Research Briefs

The ADA has partnered with the Chan Zuckerberg Initiatives' Meta to deliver weekly email digests to all professional members highlighting the latest research developments at the intersection of COVID-19 and diabetes. Meta is a free tool that categorizes and maps more than 30 million biomedical articles and preprints, identifying pertinent connections and trends across tens of millions of concepts, researchers, genes, proteins, procedures, and more. Meta has deployed a combination of machine learning and credentialed biomedical curators to identify the most pertinent articles and preprints related to COVID-19 and diabetes.

## Stay in Touch

We encourage all ADA members to keep up with our latest webinars, podcasts, and information updates as they become available. Because of the COVID-19 pandemic, many ADA events have been canceled, postponed, or, like the 80th Scientific Sessions (see p. 12) switched to a virtual setting.

To access all resources related to COVID-19 and diabetes care, please visit the COVID-19 webpage on DiabetesPro at [professional.diabetes.org/COVID](https://professional.diabetes.org/COVID). Information for patients and their loved ones can be found at [diabetes.org/coronavirus](https://diabetes.org/coronavirus). Information about the virtual Scientific Sessions is available at [professional.diabetes.org/scientific-sessions](https://professional.diabetes.org/scientific-sessions).

*The ADA's COVID-19 and Diabetes Resource webpages are supported by SunLife, Abbott, AstraZeneca, Dexcom, Lilly, Medtronic, Novo Nordisk, Inc., and Pfizer-Merck Alliance.*



WIN ADA Advisory Group members Maureen Monaghan, PhD, CDE, and Brenda Montgomery, RN, MSHS, CDE, at the 2019 WIN ADA Networking Reception.

## Virtual WIN ADA Reception to be Held on June 12

Join the Women's Interprofessional Network of the American Diabetes Association (WIN ADA) for a virtual reception, to be held via Zoom on June 12 from 6:30 to 8:30 p.m. ET.

This virtual reception is being held in place of the in-person event which usually takes place at the ADA's Scientific Sessions each year. During the virtual event, you will hear from members of the WIN ADA Advisory Group, meet the 2020 Lois Jovanovic Transformative Woman in Diabetes Award winner Judith Fradkin, MD, and mingle with other women leaders in diabetes research and care. Attendees of the virtual reception will be divided into virtual breakout rooms to provide opportunities for small-group discussions on various career development topics.

This event is only open to members who have registered for this year's Virtual Scientific Sessions. Members who have signed up for the conference will receive an email communication with a link to register for the WIN ADA reception.

For more information about this event and WIN ADA, visit [professional.diabetes.org/WINADA](https://professional.diabetes.org/WINADA).

# Association Welcomes New Interest Group Leadership Team Members

The American Diabetes Association (ADA) is pleased to announce and welcome the new members of 15 Interest Group Leadership Teams. These Leadership Teams consist of interdisciplinary members who have demonstrated notable achievements in and dedication to specific areas of diabetes research and clinical practice. Established in 2018, these teams provide overall direction to Interest Group members, plan Scientific Sessions discussion sessions and activities, drive engagement on the DiabetesPro Member Forum, and develop and review relevant content and resources.

This year, 15 of ADA's 16 Interest Groups welcomed new Leadership Team members, whose terms will begin in July. New members are denoted with an asterisk.

## Behavioral Medicine and Psychology

**Chair:** Korey Hood, PhD—Stanford University

**Chair-Elect:** Carla Miller, PhD, RD—Ohio State University\*

**Communications Director:** Marisa Hilliard, PhD—Baylor University\*

**Advisor:** Kathryn Kreider, DNP, APRN, FNP-BC, BC-ADM—Duke University\*

**Advisor:** Jessica Pierce, PhD—Nemours Children's Hospital

**Immediate Past Chair:** Michael Harris, PhD—Oregon Health & Science University

## Clinical Centers and Programs

**Chair:** Edward Chao, DO—University of California, San Diego

**Chair-Elect:** Ali Rizvi, MD—Emory Clinic\*

**Communications Director:** Nuzhat Chalisa, MD, FACE—Morris Health Care System\*

**Advisor:** Amy Rothberg, MD, PhD—University of Michigan\*

**Advisor:** Nay Linn Aung, MD—St. Elizabeth Medical Center\*

**Immediate Past Chair:** Mary Korytkowski, MD—University of Pittsburgh

## Diabetes and Cardiovascular Disease

**Chair:** Neda Rasouli, MD—University of Colorado

**Chair-Elect:** Tracey Taveira, PharmD, CDOE—University of Rhode Island\*

**Communications Director:** Mariya Krisenko, PhD, MSL-BC—Novo Nordisk\*

**Advisor:** Haiming Cao, PhD—National Heart, Lung, and Blood Institute\*

**Advisor:** John Stafford, MD, PhD—Vanderbilt University\*

**Immediate Past Chair:** Rodica Pop-Busui, MD, PhD—University of Michigan

## Diabetes In Primary Care

**Chair:** Piek Tan, RD, CDE—Central New York Family Care, LLP

**Chair-Elect:** Rozalina McCoy, MD, MS—Mayo Clinic

**Communications Director:** Christopher Jones, MD—Intermountain Health\*

**Advisor:** John Richard Duke, MD, PhD—Duke University\*

**Advisor:** John Sink II, MPA-C, CDCES—Zealand Pharma\*

**Immediate Past Chair:** Eugene Wright, Jr., MD—Duke Southern Regional AHEC

## Diabetes In Youth

**Chair:** Jean Lawrence, ScD, MPH, MSSA—Kaiser Permanente Southern California

**Chair-Elect:** Stuart Weinzimer, MD—Yale University\*

**Communications Director:** Rhonda Pfenning, BSN, RN, CDE—Coal Country Community Health Center\*

**Advisor:** Heba Ismail, MD—Indiana University\*

**Advisor:** Naomi Fogel, MD—Ann & Robert H. Laurie Children's Hospital\*

**Immediate Past Chair:** Henry Rodriguez, MD—University of South Florida

## Diabetes Self-Management Education and Support

**Chair:** Clipper Young, PharmD, MPH, CDE, BC-ADM—Touro University

**Chair-Elect:** Muna Siddiqi, MBA, MS, RD, CDE—Swedish Covenant Health

**Communications Director:** Cindy Johnston, RN, MSN, CDE, CPT—Tanner Clinic\*

**Advisor:** Dacia Bryant, RPh, MS, CDCES—New York City Health and Hospitals\*

**Advisor:** Leah Dolph, RN, BSN, CDCES—Kern Health Systems\*

**Immediate Past Chair:** Curtis Triplitt, PharmD, CDE—University of Texas

## Diabetes Technology

**Chair:** Joseph Aloï, MD—Wake Forest Baptist School of Medicine

**Chair-Elect:** Steven Russell, MD, PhD—Harvard University\*

**Communications Director:** Halis Kaan Akturk, MD—University of Colorado\*

**Advisor:** Jane Jeffrie-Seley, DNP, MSN, MPH—New York Presbyterian Hospital\*

**Advisor:** Jamie Hyatt, RN, BSN, CDCES—International Diabetes Center\*

**Immediate Past Chair:** Anne Peters, MD—University of Southern California

## Exercise Physiology

**Chair:** Jane Reusch, MD—University of Colorado

**Chair-Elect:** Ian Lanza, PhD—Mayo Clinic

**Communications Director:** LaurieAnn Scher, MS, RD, CDCES—Fitscript

**Advisor:** Joon Young Kim, PhD—Syracuse University\*

**Advisor:** Othmar Moser, PhD, MSc, PD—Medical University of Graz\*

**Immediate Past Chair:** Jeffrey Horowitz, PhD—University of Michigan

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**Foot Care**

**Chair:** Dane Wukich, MD—University of Texas

**Chair-Elect:** Shelley Gath, DPM—Altamed Health Clinic El Monte

**Communications Director:** Paul Michael, MD, FSCAI—JFK Medical Center\*

**Advisor:** Meghan Brennan, MD, MS—University of Wisconsin\*

**Advisor:** Kristen Patterson, DPM—Private Practice\*

**Immediate Past Chair:** George Liu, DPM, FACFAS—University of Texas

**Health Care Delivery and Quality Improvement**

**Chair:** Alexander Turchin, MD, MS, FACMI—Brigham & Women’s Hospital

**Chair-Elect:** Mary Rhee, MD, MSc—Emory University

**Communications Director:** Stephen Clement, MD, CDE—INOVA Fairfax Hospital\*

**Advisor:** Afomia Feleke, PharmD, BCPS—Beaumont Hospital\*

**Advisor:** Rajesh Garg, MD—University of Miami\*

**Immunology, Immunogenetics, and Transplantation**

**Chair:** Jonathan Katz, PhD—University of Cincinnati

**Chair-Elect:** Todd Brusko, PhD—University of Florida

**Communications Director:** Mark

Rigby, MD, PhD—Janssen Pharmaceuticals\*

**Advisor:** Brian Fife, PhD—University of Minnesota\*

**Advisor:** Xavier Revelo, PhD—University of Minnesota\*

**Immediate Past Chair:** Massimo Pietropaolo, MD—Baylor University

**Islet Biology, Development, and Function**

**Chair:** Hubert Tse, PhD—University of Alabama at Birmingham

**Chair-Elect:** Brian Layden, MD, PhD—University of Illinois at Chicago\*

**Communications Director:** Jeffrey Tessem, PhD—Brigham Young University

**Advisor:** Mehboob Hussain, MD—University of Michigan\*

**Advisor:** Yumi Imai, MD—University of Iowa\*

**Nutritional Science and Metabolism**

**Chair:** Guoxun Chen, PhD—University of Tennessee

**Chair-Elect:** Carrie Swift, MS, RDN, BC-ADM, CDCES—Kadlec Medical Center\*

**Communications Director:** Roberto Alvidrez, MD, MS—University of Texas\*

**Advisor:** Ranee Chatterjee, MD, MPH—Duke University\*

**Advisor:** Meg Moreta, MS, RDN,

CDE—Private Practice\*

**Immediate Past Chair:** Judy Wylie Rosett, EdD, RDN, FAHA—Albert Einstein College of Medicine

**Pregnancy and Reproductive Health**

**Chair:** Jennifer Wyckoff, MD—University of Michigan

**Chair-Elect:** Camille Powe, MD—Harvard Medical School

**Communications Director:** Diana Isaacs, PharmD, BCPS, BC-ADM, CDE—Cleveland Clinic

**Advisor:** Aoife Egan, MD, BCh, BAO, PhD—Mayo Clinic\*

**Advisor:** Jami Josefson, MD, MS—Northwestern University\*

**Immediate Past Chair:** Mary Loeken, PhD, MS—Joslin Diabetes Center

**Public Health and Epidemiology**

**Chair:** Elisabetta Patorno, MD, DrPH—Harvard Medical School

**Chair-Elect:** Noel Barengo, MD, PhD, MPH—Florida International University\*

**Communications Director:** Cristy Miles, MPH, MBA—University of Chicago\*

**Advisor:** J. Sonya Hall, MD—Emory University\*

**Advisor:** Jordi Merino, PhD—Massachusetts General Hospital\*

**Immediate Past Chair:** Jessica Yeh, PhD—Johns Hopkins University

All members were encouraged to apply for these positions, and the ADA received an overwhelming number of exceptional applications from qualified individuals representing institutions across the United States and around the world. The ADA thanks everyone who applied for these positions or nominated others.

Members who were not selected this year are strongly encouraged to apply again in the future, as limited spots are available. Members are also encouraged to participate in all Interest Group activities, such as online discussions via the Member Forum and virtual activities as part of the 80th Scientific Sessions (see p. 12).

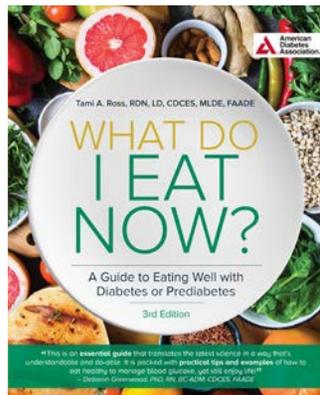
For more information about the Interest Groups, visit [professional.diabetes.org/interestgroups](http://professional.diabetes.org/interestgroups).

**Virtual Interest Group Networking Events**

Several Professional Interest Groups will host virtual networking events during the 80th Scientific Sessions. During these events which will be held via Zoom, you will meet the Interest Group Leadership Teams, mingle with other professionals in your specialty area(s), and discuss ideas for future Interest Group activities. More information will be communicated via email and posted online at [professional.diabetes.org/interestgroups](http://professional.diabetes.org/interestgroups).

## Healthy Snacking with Diabetes: Tips and Recipes for Your Patients from the New Edition of *What Do I Eat Now?*

The third edition of *What Do I Eat Now? A Guide to Eating Well with Diabetes or Prediabetes* is an excellent nutrition resource offering straightforward advice and strategies to help patients manage diabetes and prediabetes through healthy eating. Written by diabetes nutrition expert Tami A. Ross, RDN, LD, CDCES, MLDE, FADE, and just published by the American Diabetes Association, it is available for purchase at [shopdiabetes.org](http://shopdiabetes.org). Below, we offer some hints for healthy eating gleaned from its pages.



### To Snack, or Not to Snack?

In the past, typical meal plans for people with type 2 diabetes often called for two or three between-meal snacks each day. It was believed that snacks were necessary to help stabilize blood glucose levels. Now, we know that many people with type 2 diabetes don't need regular between-meal snacks, especially if they eat three regular meals daily. Extra calories and carbohydrate from unplanned or unnecessary snacks can translate into extra pounds and higher blood glucose levels. Choosing foods that are high in protein, fiber, and healthy fats can help to maintain healthy blood sugar levels.

### Smart Snacks

Encourage patients to keep three things in mind when hunger hits and they want a snack:

- First, select snacks that help keep blood glucose in range.
- Second, look at snacks as a great opportunity to fit in a nonstarchy vegetable or fruit.
- Third, develop a list of go-to snacks that are easy to prepare, satisfying, and tasty.

Here are 10 tips for healthy snacking to share with your patients as a starting point. The carbohydrate content of these snack ideas varies, so patients may need to adjust the amounts to what works best for them.

1. **Air-popped or light microwave popcorn.** Pop plain popcorn kernels in a small brown paper bag. Pump up the flavor with sprinkles of black pepper and parmesan cheese. Three cups will provide about 15 g carbohydrate. This is a simple, tasty whole-grain snack.
2. **Fruit + protein.** Pairing apple or pear slices with reduced-fat cheddar cheese or a nut butter is a good way to fit in some fruit with a little protein to make it more filling.

3. **Bean dip + veggies.** Hummus or another bean-based dip with fresh veggies is a great high-fiber snack. Some especially nutritious dippers include broccoli florets, colorful bell pepper strips, and grape tomatoes.
4. **Hardboiled eggs.** Keep a bowl of cooked eggs (with shells still on) in the fridge for a quick protein boost. It's a snack that's easy, inexpensive, and portion-controlled, and it's fun for kids to peel and eat.
5. **Olives.** Olives make a great low-carbohydrate, Mediterranean-style snack that will satisfy cravings for something salty. They're packed with healthy fats, but the calories can add up quickly, so watch your portion sizes.
6. **Avocados.** Another favorite Mediterranean-style snack is a sliced avocado drizzled with olive oil and balsamic vinegar, a dash of garlic powder, or even a splash of hot sauce. Add chopped tomatoes for a mini salad.
7. **Tuna.** Foil packs or mini cans of water-packed tuna or salmon are smart pantry staples. Packed fish is high in protein, low in carbohydrate, and rich in heart-healthy omega-3 fats.
8. **Fruit and yogurt parfait.** Layer plain yogurt with your favorite fresh, frozen, or canned fruit for a sweet treat with no added sugar. Greek and Icelandic yogurts are lower in carbohydrate and richer in protein than other varieties. Select canned fruits that are packed in juice or water instead of syrup.
9. **Vegetable juice.** It doesn't get any easier to fit in a vegetable serving than with a can of low-sodium tomato or mixed-vegetable juice.
10. **Toast + nut butter.** Top a slice of whole-wheat or sprouted-grain bread or a whole-grain toaster waffle with almond or peanut butter. You get a high-quality carbohydrate serving coupled with a little protein and healthy fat from the nut butter.

### Watch Your Portions

Remember, snacks are meant to be snack-sized. Here are a few tried and true strategies for keeping portions under control.

- Purchase snacks in single servings, if possible. Think individual cups of yogurt or cottage cheese, mozzarella cheese sticks, or cups of natural applesauce or fruit packed in juice or water. Many fresh fruits are perfectly portioned. Choose a small apple, pear, tangerine, or plum.
- Portion snacks at home in zip-top bags or single-serving containers for snacking on the road.
- Portion out one serving of a snack before eating. Munching straight out of the container can lead to mindless overeating.



# Special Podcast Series: **Disrupting Therapeutic Inertia in Diabetes Management**

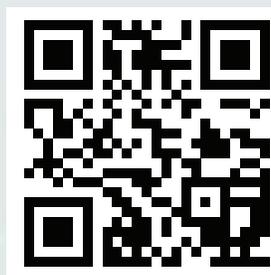


The American Diabetes Association is excited to announce a special series of **Diabetes Core UPDATE**—ADA's podcast for primary care and point-of-care providers—devoted to the topic of **Therapeutic Inertia**.

Supported by an independent educational grant from **Sanofi**, this special three-episode series will explore the causes and consequences of **therapeutic inertia in diabetes management**, as well as the roles that clinicians and point-of-care providers can play in addressing and reducing therapeutic inertia.

Co-hosts Neil Skolnik, MD, and John Russell, MD, of Abington Jefferson Health will present and discuss the latest clinically relevant articles and information related to the impact of therapeutic inertia, and strategies to overcome it.

Go to <https://diabetesjournals.org/content/therapeutic-inertia-podcasts> or **scan the QR code** with your smartphone camera to listen to each episode.



*This special series of **Diabetes Core UPDATE** is supported by an independent educational grant from Sanofi.*



# Arizona Diabetes Is Primary Program Draws Enthusiastic Audience



Diabetes Is Primary

The Diabetes Is Primary care-focused professional education program was presented to a packed house on February 25 in Phoenix, AZ. Presented by the American Diabetes Association, the program was held in conjunction with an Overcoming Therapeutic Inertia clinical workshop offered the night before.

The audience, which included primary care providers representing many health systems in the area, was fully engaged throughout the program, which was moderated by Edward Perrin, MD, a practitioner at Iora Primary Care in Phoenix and medical director of Camp AZDA, Arizona's largest overnight camp for children with diabetes. Attendees gave positive feedback after spending the day learning about topics such as providing nutrition counseling, promoting physical activity, and caring for special populations with diabetes.

The previous night's interactive clinical workshop on Overcoming Therapeutic Inertia was also well received. This workshop was a pilot program offered as part of ADA's broader Overcoming Therapeutic Inertia initiative and campaign. Therapeutic inertia is defined as the lack of timely adjustment to the treatment regimen when a patient's therapeutic goals are not met. As part of this initiative, the Association is currently conducting a systematic review and meta-analysis to identify the most effective approaches for addressing diabetes therapeutic inertia in clinical practice. The results of this effort will be published later this year and will provide the foundation for an education and awareness campaign aimed at providing practical, evidence-based recommendations for accelerating adjustments in diabetes treatment to achieve early and sustained glycemic control in the primary care setting.

## Coming Attractions

Keep an eye out this fall for additional educational opportunities aimed at overcoming therapeutic inertia.



Our Diabetes Is Primary (#ADADIP) webcasts offer the latest diabetes treatment guidelines from experts & CE credits.

## Learn More Online

Diabetes is Primary webcasts are also still available online through June. The webcasts include:

- **Patient-Centered Care: What This Means for PCPs (0.75 credit)**
- **Talking Nutrition in Primary Care (0.5 credit)**
- **Exercise in Primary Care (0.5 credit)**
- **Caring for Asian Americans, Pacific Islanders, and Native Hawaiian Populations (0.5 credit)**
- **PCP Survival Guide to Diabetes Technology (0.75 credit)**

Earn credits now by visiting:

<https://bit.ly/2YVHzCR>

## Save the Date, and Don't Miss Important Advances in Diabetes Treatment!

Mark your calendar now for the American Diabetes Association's 68th Advanced Postgraduate Course, to be held in New York City on February 5–7, 2021. Join your colleagues and diabetes experts for presentations and discussions on cutting-edge clinical research in diabetes. The course will cover the latest clinical research translated into evidence-based treatment strategies to improve outcomes in your patients with diabetes. General sessions and small-group workshops will provide stimulating conversation and networking opportunities.

**Registration will open in October 2020.**

# Primary Care Conference Goes Virtual

The American Diabetes Association's (ADA's) Diabetes Is Primary program will be presented as a livestream meeting on Friday, June 12, 2020. This virtual and interactive educational initiative, developed specifically for the primary care community, will offer information needed to improve patient outcomes and enhance patient engagement.

"We want to ensure that we deliver the most up-to-date diabetes care information to primary care providers, even if we can't all be in the same room," said Eric Johnson, MD, chair of ADA's Primary Care Advisory Group (PCAG).

One focus will be on managing patients with diabetes during the COVID-19 pandemic. Other presentations will include updates to the ADA's *Standards of Medical Care in Diabetes—2020*, diabetes technology in primary care, diabetic kidney disease, psychosocial care, and diabetes self-management education and support. Diabetes Is Primary will offer up to 6.75 continuing education credits or ABIM MOC points.

All presentations will be delivered virtually and in real time. Attendees will be able ask questions, weigh in on case studies, and access additional resources online.

"There have been several updates to diabetes care in the past year," Johnson said. "We hope primary care providers will leave this program with the confidence to implement these updates into their practice the following Monday."

The \$100 registration fee includes continuing education credits, course materials, and a 1-year ADA Associate Membership. Register at [professional.diabetes.org/primary](http://professional.diabetes.org/primary).

## Are You a Mental Health Professional Working with Patients with Diabetes? Join the Mental Health Provider Directory!

The American Diabetes Association recommends that diabetes care providers routinely screen patients for psychosocial challenges and make referrals to mental health professionals who have experience with diabetes management and effective treatment strategies. The Mental Health Provider Directory can help connect diabetes medical care providers with local mental health professionals who have demonstrated expertise in diabetes. Learn more at [professional.diabetes.org/mhdirectory](http://professional.diabetes.org/mhdirectory). Please join or encourage your colleagues in mental health to join.

*This activity was made possible through the generous support of the Leona M. and Harry B. Helmsley Charitable Trust.*

## Free 67th Advanced Postgraduate Course Webcasts Available with CME/CE Credits

View webcasts from the American Diabetes Association's 67th Advanced Postgraduate Course to obtain the latest information on the management of diabetes and its complications, gain practical tips and proven strategies for improving patient care, and learn how to translate the latest diabetes research into clinical practice.

Webcasts from the 2020 course can be accessed and viewed at [professional.diabetes.org/ce](http://professional.diabetes.org/ce).

## Free Self-Assessment Programs Offered Online

The American Diabetes Association offers several free self-assessment continuing education programs consisting of clinical problem-solving questions and educational critiques. These programs are designed to objectively assess and strengthen your knowledge of diabetes, enabling you to provide the highest quality care for your patients with diabetes. Credit is available for all health care professionals. Visit <http://professional.diabetes.org/ce> to participate.

Programs include:

### Glycemic Management in Type 2 Diabetes

Earn up to 3.5 CME/CE credits

### Cardiovascular Disease Risk Reduction in Type 2 Diabetes

Earn up to 3.5 CME/CE credits

### Intensification of Basal Insulin Therapy in People with Diabetes

Earn up to 3.0 CME/CE credits

### Initiation and Titration of Insulin Therapy in People with Diabetes

Earn up to 3.0 CME/CE credits

### What Every Primary Care Provider Needs to Know About Continuous Glucose Monitoring

Earn up to 1.75 CME/CE credits

### Obesity Management in Type 2 Diabetes

Earn up to 3.5 CME/CE credits

### Diabetes and Hypertension

Earn up to 3.25 CME/CE credits

### Management of Diabetes in Children

Earn up to 4.25 CME/CE credits



# 80<sup>TH</sup> SCIENTIFIC SESSIONS

A VIRTUAL EXPERIENCE

June 12-16, 2020



## The 80th Scientific Sessions is Going Virtual!

The health and safety of our attendees and exhibitors is of the utmost importance to the American Diabetes Association (ADA), which is why we have made the decision to transition the 2020 Scientific Sessions from a live, in-person meeting to a virtual meeting on June 12–16.

We are committed to transforming this year's gathering into a virtual experience designed to bring forth the latest, groundbreaking science that you have come to expect, while also reflecting on 80 incredible years of advances.

- You will have the opportunity to chat live with the speakers during their presentations (during the original scheduled times) to get all of your questions answered.
- Don't let time zones or your schedule hinder you from registering. All sessions will be pre-recorded and then released during the original scheduled times, and all will be available after that to view at any time you wish. In addition, all registered attendees will receive unlimited access to all virtual content for 90 days after the meeting. Learn on your own time and terms—from the comfort of your home, office, while traveling, or wherever you choose.

We look forward to seeing you, virtually, in June!

### Registration—Now Open

Visit our Registration Information page at [scientificsessions.diabetes.org](https://scientificsessions.diabetes.org) to register today! Registration is available in the following categories:

- Member Rate: \$399
- Non-Member: \$599
- Student/Resident/Fellow Rate: \$99 (proof of status required)

Registration fees and membership fees are nonrefundable once purchased for the virtual meeting.

### Previously Registered Attendees

With your existing registration for the live meeting in Chicago, you have the following options:

- **Option 1: Transfer Registration Fee and Make a Partial Donation to ADA.** Transfer the amount you paid for the live meeting in Chicago to a virtual meeting registration and donate part of the difference to the ADA as a tax-deductible, charitable contribution. You will receive the difference as a refund.
- **Option 2: Transfer Registration Fee and Receive a Partial Refund.** Transfer the amount paid for the live meeting in Chicago to a virtual meeting registration and receive a refund of the difference.
- **Option 3: Donate Full Registration Fee or Receive a Full Refund.** Donate the amount paid to the ADA as a tax-deductible, charitable contribution or receive a full refund.

Once registered for the virtual meeting, you will receive information prior to the meeting dates on how to log in to the virtual site. Log-in information is not available for sharing, as each attendee must be registered to access the virtual meeting.



**Warning:** There are companies operating on the Internet that are claiming to offer registration services

for ADA's Scientific Sessions. These companies are not affiliated with ADA and do not offer any services on our behalf. You may receive e-mails or phone calls from these companies urging you to register. Registration should only be accessed from the ADA website, [scientificsessions.diabetes.org](https://scientificsessions.diabetes.org), and reserved through ADA's official registration provider, Convention Management Resources, (CMR). If you do not see this logo on the website, then they are not our official provider!

If you are contacted by any agency other than CMR, please immediately notify CMR at <https://ada.cmrushelp.com/s/contactsupport>.

### Program

Gain unprecedented access to more than **800 presentations** featuring the latest, cutting-edge advances in diabetes research, prevention, and care from the most highly regarded leaders of the diabetes community in more than 190 virtual sessions and award lectures.

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## Get Excited!

Here are some meeting highlights to look forward to.

The first reported findings and new data will be presented from the following trials and studies:

- eValuation of ERTugliflozin Efficacy and Safety CardioVascular Outcomes Trial (VERTIS-CV)
- Dapagliflozin in Patients with Heart Failure and Reduced Ejection Fraction (DAPA-HF) trial
- Diabetes Prevention Program Outcomes Study (DPPOS)
- The Next Generation of Automated Insulin Delivery Systems for Persons with Type 1 Diabetes—Four New Clinical Trials
- The Environmental Determinants of Diabetes in the Young (TEDDY) study
- SEARCH for Diabetes in Youth Study

You also won't want to skip our virtual **Poster Hall**, where you will be able to view more than 1,800 regular and late-breaking posters.

Visit the virtual **Exhibit Hall** to see the latest ground-breaking technology and resources.

Virtually connect with colleagues from around the world during **virtual receptions** (see pages 3 and 5). Form relationships that last, despite the distance.

Visit [scientificsessions.diabetes.org](http://scientificsessions.diabetes.org) to view the Virtual Scientific Sessions Program.

## Continuing Education Credit



Continuing Education Credit is available for physicians, international physicians, physician assistants, nurses, pharmacists, dietitians, and certified diabetes care and education specialists (previously known as certified diabetes educators).

## ADA Events Mobile App—Now Available

Get the Scientific Sessions in the palm of your hand! Use the ADA Events mobile app for on-the-go access to meeting information on your smartphone or handheld device. Features include a customizable calendar and itinerary builder, interactive meeting program and session schedules, exhibitor listing, social media interface, and special meeting alerts.

Full text of more than 2,400 abstracts will be made available on Tuesday, June 9.

*Note: The abstract embargo still applies; however, abstracts are made available to attendees to assist in creating their itineraries for the meeting.*

Visit [scientificsessions.diabetes.org](http://scientificsessions.diabetes.org) for download details.

## Virtual 5K@ADA—June 12–14

The 5K@ADA is transitioning to the 5K@ADA Virtual Challenge. Join us for the 5K@ADA Virtual Challenge anytime during June 12–14.

The 5K@ADA Virtual Challenge brings together Scientific Sessions attendees and people around the globe to emphasize the need for increased physical activity to help prevent diabetes and its complications. This disease awareness activity provides participants with the opportunity to raise public awareness about the importance of a healthy lifestyle in preventing and managing diabetes.

Online registration is open at [ada5k.com](http://ada5k.com).

## Corporate Symposia

Corporate Symposia are satellite programs that are planned and conducted by the corporate community in conjunction with Scientific Sessions. They provide attendees with additional educational opportunities. We know that many of you have questions about this year's offerings. Stay tuned—more information will be shared soon on [scientificsessions.diabetes.org](http://scientificsessions.diabetes.org).

*Note: Corporate Symposia are not part of the official ADA Scientific Sessions program and that program content and continuing education credit (if applicable) are the sole responsibility of the corporate supporters.*

## Product Theaters

Product Theaters offer informative sessions focusing on particular products or a single facet of diabetes. Additional information will be posted on [scientificsessions.diabetes.org](http://scientificsessions.diabetes.org) as it becomes available.

Product Theater sessions do not provide continuing education credit. These sessions are intended only for health care professionals with practices relevant to the presented information.

*Note: Program content is the sole responsibility of the supporting company and is not part of the ADA's official education program at the Scientific Sessions.*

## Social Media

The ADA encourages the use of social media, when following the social media policy and within embargo restrictions, to update followers on the latest news coming from Scientific Sessions. To view our Social Media Usage Policy, visit [scientificsessions.diabetes.org](http://scientificsessions.diabetes.org). To engage on social media, be sure to use the official meeting hashtags, #ADA2020 and #ADAGoesVirtual, in all of your posts. You can also follow these channels for meeting updates:

- **Twitter:** @ADA\_DiabetesPro and @AmDiabetesAssn
- **Facebook:** @DiabetesPro and @AmericanDiabetesAssociation
- **Instagram:** @AmDiabetesAssn
- **LinkedIn:** American-Diabetes-Association

## 2020 Scientific Sessions Major Lectures and Addresses Announced

The American Diabetes Association (ADA) cordially invites all members to attend presentations by its presidents at the 80th Scientific Sessions, Virtual Meetings, June 12–16, 2020.

**Mary de Groot, PhD**, will give the President, Health Care & Education address, “50 Years of Behavioral Science in Diabetes: A 2020 Vision of the Future,” on Saturday, June 13.

**Robert H. Eckel, MD**, will deliver the President, Medicine & Science Address, “Living Lifelong with Diabetes: So Much Accomplished, Yet So Much Still to Be Done,” on Sunday, June 14.

The recipients of the ADA’s highest scientific achievement awards will also present lectures at this year’s meeting:

**Ele Ferrannini, MD**, will present the Banting Lecture, “A Journey in Diabetes,” on Sunday, June 14.

**Jiandie Lin, PhD**, will deliver the Outstanding Scientific Achievement Award Lecture, “Emerging Endocrine and Paracrine Hormones in Health and Metabolic Disease” on Monday, June 15.

**William H. Polonsky, PhD, CDCES**, will give the Outstanding Educator in Diabetes Award Lecture, “Tedious, Tiresome and Dull: An Unrecognized Problem That We Can Solve,” on Saturday, June 13.

**Elizabeth Selvin, PhD, MPH**, will present the Kelly West Award Lecture, “The Epidemiology of Hemoglobin A1c: Informing Medical Practice,” on Sunday, June 14.

The following Professional Interest Group award lectures are also scheduled:

**Rama Natarajan, PhD, FAHA, FASN**, will present the Edwin Bierman Award Lecture, “Role of Epigenetics in Diabetic Vascular Complications and Metabolic Memory,” on Saturday, June 13.

**David Simmons, MA, MB, BS, FRACP, FRCP, MD (Cantab)**, will deliver the Norbert Freinkel Award Lecture, “Paradigm Shift in the Management of Diabetes in Pregnancy,” on Saturday, June 13.

**Randi Streisand, PhD**, will present the Richard R. Rubin Award Lecture, “Call the Coach: Opportunities and Challenges for Parent Coaching in Pediatric Type 1 Diabetes,” on Saturday, June 13.

**Lee J. Sanders, DPM**, will present the Roger Pecoraro Award Lecture, “Collaboration for the Advancement of Diabetic Foot Research and Education,” on Sunday, June 14.

## Research News

### Association Grant Reporting Deadlines

CORE PROGRAM	
Grants starting on July 1	Scientific reports due May 1, 2020
Grants starting on July 1	Financial reports due August 1, 2020
Grants ending on June 30, 2019	Final reports due September 1, 2020
TARGETED PROGRAM	
Grants starting on September 1	Scientific reports due August 1, 2020

# Living with Diabetes: Ask the Experts Q&A Series

Encourage your patients to join the free educational Ask the Experts Q&A series created by the American Diabetes Association to help tackle issues commonly faced by people living with diabetes and wondering about the relationship between diabetes, heart disease, and stroke. Participants can ask their questions—online or on the phone—in a live Q&A session with American Diabetes Association experts. All events will be held at 2:00 p.m. ET unless noted. Register free at [diabetes.org/experts](https://diabetes.org/experts) or call 855-565-0595 to learn more.



## JUNE 9, 2020

### Build Healthy Meals While Eating at Home

Following a healthy eating pattern doesn't need to be overcomplicated. Learn how to follow the Diabetes Plate Method with the foods you have on hand in your home.

## JULY 14, 2020

### Make the Most of Your Doctor's Visit

Visits with your health care provider can feel overwhelming at times. Learn tips on how to prepare for visits with your doctor and questions to ask to get the support you need.

## AUGUST 11, 2020

### Diabetes by the Numbers

There are many numbers your health care provider discusses with you. Learn what numbers you should keep track of and what they all mean.

## SEPTEMBER 8, 2020

### Best Foot Forward: Type 2 Foot Care

Diabetes can affect your feet by reducing blood flow and causing nerve damage. We'll discuss what you can do to keep your feet healthy.

## OCTOBER 13, 2020

### Navigating Insurance to Get the Diabetes Care You Need

Insurance coverage shouldn't be a barrier to getting the care you need to manage your diabetes. We'll address the questions you have and help you navigate your health insurance options.

## NOVEMBER 10, 2020

### Healthy Food Swaps for the Holiday Season

The holiday season often means bringing family and friends together to share meals. Learn about healthy swaps and portion control and ask your questions of our nutrition expert.

## DECEMBER 8, 2020

### The Gift of Group Support

Managing diabetes can be overwhelming at times, but you are not alone. Get support from family, friends, health care providers and others who are also managing diabetes.



Missed a call-in? Listen in to Ask the Experts: It's Personal, a Q&A podcast series featuring real questions from people with type 2 diabetes and answers from diabetes experts. Join us to hear practical tips on topics such as nutrition, medication management, and physical activity.

Find the podcast on iTunes, Spotify, or on our podcast host site (<https://ateip.libsyn.com>).

## Disrupting Therapeutic Inertia in Diabetes Management



The American Diabetes Association has released the first of three episodes in a special series of **Diabetes Core Update**—ADA's podcast for primary care and point-of-care providers—devoted to the topic of therapeutic inertia. Co-hosts Neil Skolnik, MD, and

John Russell, MD, of Abington Jefferson Health explore the causes and consequences of therapeutic inertia in diabetes management, as well as the roles that clinicians and point-of-care providers can play in addressing and reducing therapeutic inertia. Episode 1 is available now. Listen at <https://diabetesjournals.org/content/therapeutic-inertia-podcasts>. This series is supported by an independent educational grant from Sanofi.

## Cost-Effectiveness of Interventions to Prevent and Manage Diabetes

The American Diabetes Association (ADA) and the Centers for Disease Control and Prevention have collaborated on two systemic reviews of the economic value of interventions to prevent and manage diabetes. The first is a review of clinical interventions targeting people at high risk of developing type 2 diabetes and then treating them with either lifestyle changes or metformin. The second reviews studies from high-income countries evaluating the cost-effectiveness of diabetes management interventions recommended by the ADA. The reviews include the latest evidence available and are intended to guide clinicians and policymakers toward the best use of their prescriptions and health care dollars. Both reviews will appear in the July issue of *Diabetes Care*, available online on June 19, 2020, at <https://care.diabetesjournals.org>.

## Precision Medicine in Diabetes: A Consensus Report

The American Diabetes Association and the European Association for the Study of Diabetes have entered into a partnership to further our understanding of the application of precision medicine to diabetes. The two associations have jointly authored a consensus report on the current state of the field and its prospects for the future. The report includes expert opinion on precision diagnostics and therapeutics (including prevention and treatment) and identifies key barriers and opportunities to implementation of precision medicine. The report will be jointly published online ahead of print in *Diabetes Care* and *Diabetologia* in mid-June and will appear in the July issue of *Diabetes Care*, online on June 19, 2020, at <https://care.diabetesjournals.org>.

## Diabetes Self-Management Education and Support in Adults with Type 2 Diabetes: A Consensus Report

The American Diabetes Association, in partnership with the Association of Diabetes Care and Education Specialists, the Academy of Nutrition and Dietetics, the American Academy of Family Physicians, the American Academy of Physician Assistants, the American Association of Nurse Practitioners, and the American Pharmacists Association, has authored a consensus report on diabetes self-management education and support (DSMES) aimed at improving clinical care and education services, improving the health of individuals and populations, and reducing diabetes-associated health care costs. The report outlines the benefits of DSMES, defines four critical times to provide and modify DSMES, offers resources, and discusses potential solutions to access and utilization barriers. The report is scheduled to appear online ahead of print in early June in *Diabetes Care*, the *Journal of the American Academy of Physician Assistants*, the *Journal of the American Association of Nurse Practitioners*, the *Journal of the American Pharmacists Association*, *Family Practice Management*, the *Journal of the Academy of Nutrition and Dietetics*, and *The Diabetes Educator* and will appear in the July issue of *Diabetes Care*, online on June 19, 2020, at <https://care.diabetesjournals.org>.

### Now Available: Clinical Review on CVD and Diabetes

An online interactive self-assessment program focusing on the management of cardiovascular risk in patients with type 2 diabetes is available online. Explore case-based activities to test your knowledge of the latest evidence and current guidelines on this important topic while earning up to 3.5 CME/CE credits.

Upon completion of this program, participants should be able to:

- Estimate the risk of atherosclerotic cardiovascular disease (ASCVD) for a person with diabetes based on current guidelines
- Discuss the clinical importance of diabetes-specific risk enhancers for CVD
- Identify appropriate blood pressure and cholesterol management goals for a person with diabetes
- Design an appropriate drug therapy plan to reduce ASCVD risk for a person with diabetes

Participate today at <https://bit.ly/2Apvlbn>.

# Know Diabetes by Heart Program Offers New Podcast, Case-Based Webinar

## Podcast: At the Intersection of Two Pandemics

COVID-19: Implications for the Management of Patients with Type 2 Diabetes and Cardiovascular Disease is the topic of the latest podcast from the American Diabetes Association's Know Diabetes by Heart initiative.

Studies on COVID-19, the novel coronavirus that spawned the current global pandemic, are revealing that people with type 2 diabetes and cardiovascular disease (CVD) who contract the illness are more likely than those without diabetes and CVD to experience complications from the virus. Listen to endocrinology, diabetes, and metabolism specialist Dr. Anne

Peters and endocrine clinical pharmacy specialist Dr. Diana Issacs discuss tackling COVID-19 in their practices. This informative podcast focuses on treatment plan considerations and how to help patients prepare for the possibility of contracting COVID-19. It also offers tips on carrying out telehealth appointments in this era of social distancing.

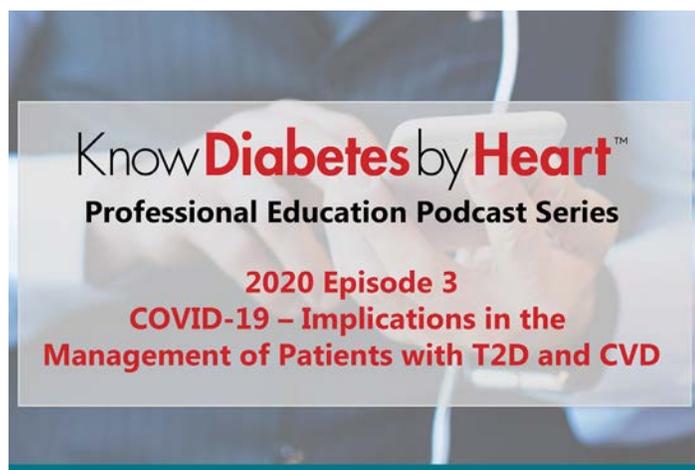
The podcast can be accessed at <https://bit.ly/2zCer8R>.

## Live Case-Based Webinar Scheduled

The management of patients with type 2 diabetes has evolved in the past year, partly because of favorable results of several important cardiovascular outcomes trials of diabetes medications. A new webinar titled "Know Diabetes by Heart: Complex Cases in the Management and Treatment of Patients with T2D and High CVD Risk" will review the latest treatment recommendations based on up-to-the-minute evidence.

Join leading experts, Christopher Cannon, MD, of Brigham and Women's Hospital and Harvard Medical School, and Nathaniel G. Clark, MD, MS, RD, of Beth Israel Deaconess Hospital – Plymouth, Endocrinology, on Thursday, June 25, from noon to 1:00 PM ET as they review complex cases and provide key clinical highlights from the American Diabetes Association's Virtual Scientific Sessions.

To sign up, visit <https://bit.ly/2LK5BJ5>. To ask a question during the live event, dial 855-859-7303.



**A1CVD**  
**Pro**

American Heart Association  
Know Diabetes by Heart™

American Diabetes Association  
Connected for Life



## New App Supports Guidelines-Based Treatment

The Know Diabetes by Heart™ A1CVD Pro professional education app is a competency-based medical education program, tailored to the needs of busy health care professionals. Aimed at clinicians who treat patients with type 2 diabetes, this free tool is designed to improve clinical decision-making and understanding of current American Heart Association and American Diabetes Association treatment guidelines for diabetes and cardiovascular disease.

Treatment standards are rapidly evolving, and staying up to date can be difficult. This app takes users through a simulation experience through which they are presented with real-life case studies, given a series of treatment decisions, and guided through current practice guidelines.

The new app is available for download from the App Store and Google Play. Learn more at <https://knowdiabetesbyheart.org/professional/a1cvd-pro-app/>.

# DiabetesPro QUARTERLY

AMERICAN DIABETES ASSOCIATION NEWS  
FOR PROFESSIONAL MEMBERS

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The DiabetesPro Quarterly is published by the American Diabetes Association for the members of the Association's Professional Section. For additional copies or information, contact the American Diabetes Association by email ([askADA@diabetes.org](mailto:askADA@diabetes.org)) or phone (1-800-232-3472).

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