

2025 Updates in Diabetes Management

Presented by Scripps Whittier Diabetes Institute

September 27, 2025

San Diego Marriott · La Jolla, California

Visit www.scripps.org/diabetescme for conference updates.

Course Introduction

Conference Overview

Scripps Whittier Diabetes Institute's 2025 Updates in Diabetes Management program will showcase the latest advancements in the diagnosis and treatment of both type 1 and type 2 diabetes. The program will cover recent developments in medications, nutrition, surgical interventions, and diabetes technology. Renowned experts actively involved in patient care and clinical trials related to diabetes management will lead the course. Attendees will receive essential context to incorporate relevant information into their practice, ultimately aiming to enhance the quality of life for patients living with diabetes.

Educational Objectives

After attending this live activity, participants should be able to:

- Outline the considerations and precautions required when managing diabetes in patients with coexisting renal and/or cardiac disease.
- Illustrate the use of glucose monitoring technologies to accurately track patient blood glucose levels.
- Examine evidence-based strategies for weight loss, including dietary interventions, medications, and surgical options.
- Incorporate updated practice recommendations for treating patients with diabetes from both primary care and specialist perspectives.
- Recognize and address health disparities that may adversely affect patient care during clinical encounters.

Target Audience

- Primary Care Physicians
- Physician Assistants
- Nurse Practitioners
- Pharmacists
- Certified Diabetes Educators
- Dietitians
- Other Allied Health Professionals

Accreditation, Maintenance of Certification and Disclosure

Physicians

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses and Nurse Practitioners

For the purpose of recertification, the American Nurses Credentialing Center, American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credit(s)*[™] issued by organizations accredited by the ACCME.

Physician Assistants

PAs may claim a maximum of 6.75 Category 1 credits for completing this activity. NCCPA accepts *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by the ACCME.

Pharmacists

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit(s)*[™].

Commission on Dietetic Registration

Registered Dietitians (RD) and Registered Dietitian Nutritionists (RDN) may claim a maximum of 6.75 Category 1 credits for completing this activity. The Commission on Dietetic Registration (CDR) accepts *AMA PRA Category 1 Credit(s)*[™] issued by organizations accredited by the ACCME.

ABIM Maintenance of Certification

Successful completion of this CME activity, **which includes participation in the evaluation component**, enables the participant to earn up to 6.75 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Commercial Support

This course is supported, in part, by educational grants from industry. In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, a complete list of commercial support received will be provided to all learners who participate in the continuing education activity. For more information: www.accme.org/standards.



Conference Agenda: September 27, 2025

6:45 a.m. Registration, Breakfast & View Exhibits

7 a.m. **Non-CME Breakfast Symposium Hosted by Eli Lilly**

7:50 a.m. **Welcome & Educational Overview**

BACK TO BASICS

ADA STANDARD OF CARE UPDATES

8 a.m. **Emphasis on Obesity/Prevention Strategies**
Samantha Harris, MD

8:15 a.m. **Geriatric Diabetes Targets & Management**
Athena Philis-Tsimikas, MD

8:30 a.m. **Options for Treatment of Adolescents with Diabetes**
Singh Puja, MD

8:45 a.m. **The Power of Psych**
William Polonsky, PhD

9 a.m. **Plant-Based Protein: What's the Evidence?**
Caitlin Dahl, RDN

9:15 a.m. **Panel Discussion/Q&A**

9:45 a.m. **Is There an Optimal Approach to Medical Management for Type 2 Diabetes?**
Alice Cheng, MD

10:25 a.m. Break & View Exhibits

DIABETES & COMORBID CONDITIONS

APPROACHES TO TREATING HEART FAILURE IN DIABETES AND OBESITY

10:50 a.m. **GLP-1 Agonists: Preventing CV Disease & Treating Heart Failure**
Pam Taub, MD

11:10 a.m. **SGLT Inhibitors: Preventing CV Disease & Treating Heart Failure**
Jia Shen, MD

INNOVATIVE TREATMENTS FOR OBSTRUCTIVE SLEEP APNEA AND LIVER DISEASE IN DIABETES AND OBESITY

11:30 a.m. **Obstructive Sleep Apnea**
Nancy Hsu, MD

11:50 a.m. **Metabolic Associated Fatty Liver Disease/Metabolic Associated Steatohepatitis**
Paul Pockros, MD

12:10 p.m. **Panel Discussion/Q&A**

12:30 p.m. Lunch

ADVANCED DIABETES CARE FOR SPECIAL POPULATIONS

1:30 p.m. **Are We Missing a Diagnosis in Hard-to-Treat Diabetes? Results from CATALYST**
Athena Philis-Tsimikas, MD

1:45 p.m. **Diabetes & Sexual Dysfunction: What Do We Tell Our Patients?**
Alyssa Yee, MD

2:05 p.m. **GLP-1 Agonists and SGLT2i in Type 1 Diabetes: What is the Evidence?**
Robert Thomas, MD, PhD

2:25 p.m. **Real Patients Get Real: Panel Discussion/Q&A**

2:45 p.m. Break & View Exhibits

DIGITAL INTERVENTIONS FOR DIABETES—SUPERPOWERS OR TECH OVERLOAD

3 p.m. **Latest Scoop on CGM and Smart Insulin Pumps**
Athena Philis-Tsimikas, MD

3:15 p.m. **Hospital to Home Transitions of Care with & without a Medical Home**
Laura Talavera, MSN, MPH, RN, & Lauren Vincent, MD

3:45 p.m. **Enhancing Care with Remote Patient Monitoring**
Shane Thielman

4:15 p.m. **Panel Discussion/Q&A**

4:30 p.m. Adjourn

Topics, times and speakers are subject to change

Conference Location & Hotel Information

San Diego Marriott La Jolla

4240 La Jolla Village Drive, La Jolla, California 92037

Reservations: 800-228-9290

Rates and Reservations

Please make your own hotel reservations and request the Scripps conference reduced rate of \$289 per night (plus tax).

This low rate also includes:

- Discounted daily and overnight self-parking
- Complimentary guestroom internet service
- Complimentary use of the fitness center

Make your reservations early! A block of rooms is being held for us at the special rate of \$289 per night **until September 5, 2025 or until the room block fills, whichever comes first.** After this date, reservations will be accepted on a space and rate availability basis only. Be sure to mention that you are attending the 2025 Updates in Diabetes Management conference when making your reservations to receive the reduced rate.

Please note: Attendees who book their room through an online third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.

Register Online: www.scripps.org/diabetescme

In-Person Included: Course tuition, breakfast, breaks, lunch, internet access, electronic course materials, and course recordings

Not Included: Travel costs, lodging, parking, and dinners

	Thru Aug 11	Aug 12–Sept 24	After Sept 24
Physicians (MD, DO, MBBS)	\$300	\$350	\$400
Scripps Physician**	\$250	\$300	\$350
RN, NP, PA, Other	\$225	\$275	\$325
Scripps RN, NP, PA, Other**	\$175	\$225	\$275
Students, Residents, Fellows*	\$125	\$175	\$225

**To receive the student, resident, fellow registration discount, please email or call Scripps CME and provide proof of your status.*

***Must use a valid Scripps email address at registration.*

Attendance Policies

Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee (MD, DO, RN, PA, NP) or a \$50 processing fee (Students, Residents, Fellows), if your cancellation is received in writing no later than **Friday, September 12, 2025**. Attendee substitutions are allowed, but notification must be made in writing by **Friday, September 12, 2025**. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.” No refunds shall be made for cancellations due to inclement weather.

Scripps Conference Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. Attendees who purchase non-refundable airline tickets do so at their own risk. Scripps encourages the purchase of travel insurance as we are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Family and Guest Attendance Policy

All conference activities and meals are exclusively reserved for paid conference attendees. Children and family members are not allowed to attend meal functions or permitted in the meeting space.

Health and Safety Waiver and Assumption of Risk

By completion and submission of the online registration form, participants certify they have read and fully understand the Health and Safety Waiver and Assumption of Risk Agreement.

Recording and Photography Clause

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.

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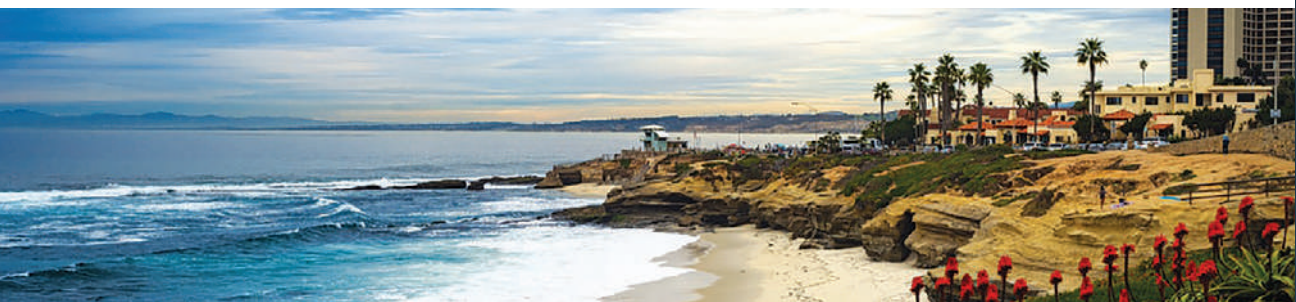
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Faculty Disclosure

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, course directors, planners, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disqualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All relevant financial relationships with ineligible companies listed for individuals in control of content have been mitigated.

A complete listing of faculty disclosures associated with this program can be found on the conference website: www.scripps.org/diabetescme.





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