Helping Your Patients Thrive with Diabetes

Saturday, April 13, 2013
8:00 AM – 3:30 PM
Ramada Plaza Omaha Hotel Convention Center, Omaha, NE

Overall Purpose of Program:
To update healthcare providers with the specific treatment options to achieve targets in diabetes care.

Target Audience:
The sessions are designed for RNs, LPNs, dietitians, pharmacists, and other health care professionals who care for patients with diabetes.

Exhibits:
Representatives of Diabetes Care Products and Health and Wellness Services will have displays available.
Exhibits will be open during registration, morning break and lunch break.

Continuing Education Credit:
This activity has been submitted to the Georgia Nurses Association for approval to award contact hours. The Georgia Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Anticipated hours: 6-6.5.

Application for RD and DTR CE hours has been submitted to the Commission on Dietetic Registration (CDR). 6-6.5 hours of continuing education units pending approval. LMNT application has been submitted to the State of Nebraska.

Participants must arrive on time, attend the entire program and complete the evaluation to receive credits. No partial credit will be awarded.

Information on contact hours will be posted on the DECM website:
www.diabetes-education.com

Program Support:
Nebraska Department of Health and Human Services, Diabetes Prevention and Control Program

Supported by an educational grant from:
Novo Nordisk, Inc.

This CNE is supported by educational grants and exhibits. Approval of this educational offering does not imply endorsement of specific therapies, treatment, or products discussed in the presentations.

Fees:
General registration (includes lunch) - $80
Walk-in registration (includes lunch) - $95
Breakfast will not be served.

Walk-in registrations will be accepted based on space available.

Pre-registration deadline: must be postmarked by April 8, 2013.

Cancellation Policy:
Written cancellations received on or before April 8, 2013 will be refunded less a $20 administration fee. No refunds after April 8th.

Program will not be canceled due to inclement weather. No weather related refunds.

Location:
Ramada Plaza Hotel and Convention Center, 3321 South 72nd Street, is located just north of Interstate 80 on 72nd St.

Ramada Plaza – 402-393-3950

Parking:
Turn off of 72nd Street onto Grover Street and enter the hotel via the main entrance. Turn right inside the main entrance, circling around to the rear of the hotel. This area is convention center parking and entrance.

Hotel Accommodations:
Make reservations directly with Ramada Plaza: 402-393-3950

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Saturday, April 13, 2013

7:15-7:45 am	**Registration & Visit Exhibits**
7:50	**Welcome**
8:00	**Insulin or Incretin? Which is Best for My Patient and When? -** Timothy Wahl, MD
9:00	**When Diabetes Isn't Easy: Helping Your Patients Cope with Problem Schedules and Situations** Susan Ridder, RN, Diabetes Specialist and Patient Panel
9:45	**Break/Visits Exhibits**
10:15	**SMART Activity for Living with Diabetes** Margaret Sweigart, MA, CTRS
11:00	**Eat What You Love, Love What You Eat** Michelle May, MD
12:00	**Lunch/Mindful Eating in Action/Exhibits** Michelle May, MD
1:15 pm	**Mindful Eating Concepts in Your Practice** Michelle May, MD
2:15	**What's in Their Mouths: Understanding the Effects of Diabetes on Oral Health** - Melissa Lang, DDS
3:15	**Evaluations** – You Must Turn in Evaluations to Receive CE Certificate

Symposium Objectives

At the end of this program, the participant should be able to:

- Explain the role of incretin hormones versus insulin and when each is appropriate for diabetes management.
- Identify strategies for helping patients with diabetes balance difficult schedules.
- Explain the role of exercise on blood glucose control and management.
- Describe Mindful Eating Concepts and how utilizing these concepts in your practice can help patients learn when, what, and how much to eat without following rigid rules.
- Describe the effects of untreated or poorly treated diabetes on oral health and the periodontium.

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Faculty

Timothy Wahl, MD, Endocrinologist

- Diabetes and Endocrine Associates, Omaha
- Medical Director and Founder: Diabetes Education Center of the Midlands, Omaha

Michelle May, MD, Board Certified Family Physician

- Award winning author of Eat What You Love, Love What You Eat : How to Break Your Eat – Repent – Repeat Cycle
- Newest Book : Eat What You Love, Love What You Eat With Diabetes
- Founder and CEO
  Am I Hungry® Mindful Eating Workshops

Faculty

Melissa Lang, DDS

- Assistant Professor of Periodontology at Creighton University School of Dentistry
- Associate: Gum Disease Specialists, Omaha

Susan Ridder, RN

- Diabetes Educator, Alegent-Creighton Health
- Person with Type 1 diabetes

Margaret Sweigart, MA, CTRS

- Exercise Physiologist
- Heart and Vascular Institute, Alegent-Creighton Health

Planning Committee

Julie Kamphaus, RN, MSN, CDE; Mary Leighton, RN, BSN, CDE;
and Nancy Schwartz, RD, LMNT, CDE;
Diabetes Education Center of the Midlands, Omaha, NE

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PRE-REGISTRATION MUST BE POSTMARKED BY APRIL 8, 2013
(On site registration available for increased fee – if space is available.)

By phone: (402) 399-0777, ex. 217
By fax: (402) 614-8672

By mail: Diabetes Education Center of the Midlands
2910 South 84th Street
Omaha, NE 68124

Name _____ Credentials/License #: _____

Home Address _____

City _____ State _____ Zip _____

Daytime phone # _____ Email address _____

Pre-Registration - $80 **Walk-In Registration - $95**
Tuition includes handouts, lunch and break refreshments (no breakfast).

Method of payment:

☐ Check (payable to DECM)
☐ Visa ☐ Master Card Name as it appears on the card _____

Card Number _____ Expiration Date _____

Cardholder's Signature _____ Amount Charged _____

diabetes education
CENTER OF THE MIDLANDS

2910 South 84th Street
Omaha, NE 68124

Helping Your Patients Thrive with Diabetes (for Health Care Professionals)

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3321 S 72nd St, Omaha, NE

Co-Providers: Diabetes Education Center of the Midlands & Nebraska Department of Health & Human Services