Shasta Regional Medical Center’s Health & Wellness Center covers a variety of preventative healthcare services to help your patients manage their wellness. When you refer your patients to one of our outpatient programs, you’ll receive a detailed medical report of their progress. Our goal is to work collaboratively with practitioners to help patients live a happier and healthier life.

**OUR SERVICES**
- Diabetes Overview
- Nutrition Management
- Carbohydrate Counting
- Blood Glucose Monitoring
- Hypoglycemia/Hyperglycemia
- Treatment and Prevention
- Risk Reduction
- Medication Education
- Insulin Instruction
- One-on-one Consultations

**REFER YOU PATIENTS TODAY. QUESTIONS CALL 530-247-1757**

**OUR SERVICES**
- Counseling on how to understand and manage the disease process
- Beginning an exercise program
- Counseling on nutrition
- Help modify risk factors such as high blood pressure, smoking, high blood cholesterol, physical inactivity, obesity and diabetes
- Supplying information on physical limitations
- Lending emotional support

**REFER YOU PATIENTS TODAY. QUESTIONS CALL 530-244-5105**

**OUR SERVICES**
- Counseling on dyspnea
- Improve psychosocial symptoms such as anxiety and depression
- Increase knowledge about pulmonary disease and its management
- Increase exercise tolerance and performance
- Enhance a person’s ability to perform the activities of daily living and allow the return to work for some patients
- Increase both exercise and strength

**REFER YOU PATIENTS TODAY. QUESTIONS CALL 530-244-6269**

**OUR SERVICES**
- Diabetic wounds
- Venous stasis ulcers
- Pressure ulcers
- Chronic wounds resulting from:
  - Poor circulation
  - Radiation tissue damage
  - Bone infection
  - Arterial

**REFER YOU PATIENTS TODAY. QUESTIONS CALL 530-229-2954**
MEET THE SPEAKERS

Mitchell Akram, MD, FACE, FRCPC, Facilitator, has been practicing in Reeding since 1999 and is the director of Endocrinology at Shasta Regional Medical Center. Born in Montreal, he graduated from McGill University in Montreal, Quebec with his medical degree in 1987 and completed his Internal Medicine training at Queen’s University in Kingston, Ontario. He completed his Endocrinology fellowship at University of Alberta in Edmonton. He is a Fellow of the American Association of Clinical Endocrinologists and the Royal College of Physicians of Canada.

Gnanagurudasan Prakasam, MD, MRCP, MHA, Dr Prakasam holds several positions, including Medical Director for the Pediatric Endocrinology, Diabetes at the Sutter Children’s Center, Sacramento, CA and is the Founder & President of Center of Excellence in Diabetes and Endocrinology, Sacramento, CA. He is a board member and immediate past president of the Leadership Council of the American Diabetes Association (ADA) in Northern California and also served as a national committee member for ADA. He is also in the Board of Directors for Northern California Chapter of JDRF.

Christian W. Mende, MD, Christian W. Mende, MD, is a clinical professor of medicine at the University of California, San Diego. Dr. Mende graduated magna cum laude from the University of Heidelberg, School of Medicine in Heidelberg, Germany. A medical internship was completed at County Hospital in Sandweil, Germany and was followed by an internship and internal medicine residency at Tuason Medical Education Program in Tucson, Arizona. Widely published, Dr. Mende has made contributions to the medical press on experimental renal disease, hypertensive therapy, diabetes and various other medical topics.

Robert Coronado, MD, Cardiologist, Dr. Coronado is recognized as a thought leader in the field of cardiovascular medicine. He has previously directed peripheral interventional programs and is a former chief of cardiology at Shasta Regional Medical Center in Redding, California. His passion resides not only in the evaluation treatment of cardiovascular disorders but also disorders related to venous disease. He is the president and founder of Northern Heart & Vascular Institute in Redding, California as well as the Coronado Vein Center which is currently one of the leading cardiovascular venous centers on the West Coast. It has been designated as a training center of excellence for colleagues in cardiovascular medicine.

W. Craig Lannin D.O. Ophthalmologist/Retinologist Specialist, Dr. Lannin is a board certified ophthalmologist and fellowship-trained retina specialist. His clinical focus is on the diagnosis and treatment of diabetic retinopathy, macular degeneration, diabetic macular edema and retinal vein occlusions. Dr. Lannin has been in private practice in Redding, CA. for the past 25 years. He holds a high priority on patient-centered care and education for all types of vitreoretinal conditions. Dr. Lannin received his medical degree from the Chicago College of Osteopathic Medicine.

Dr. Miller

Eden Miller, DO, Family Practitioner, Dr. Miller graduated magna cum laude from Kirksville College of Osteopathic Medicine in 1997. Dr. Miller has specialized in diabetes, after contracting type-1 diabetes while in medical school. Out of that personal experience, her practice has extended into a subspecialty in diabetes care. An impassioned speaker, Dr. Miller has established and maintains a thriving diabetes practice in Redding, CA. for the past 25 years. He places a high priority on patient-centered care and education for all types of clinical conditions.

GOAL

The goal of the Diabetes Symposium is to update healthcare providers with advances in the prevention, diagnosis and treatment of diabetes. The information and resources provided through this CME/CE program will ultimately be reflected in improvements to patient care.

ACTIVITY OBJECTIVES

1. Discuss innovative strategies for helping patients achieve self-management goals.
3. Review the clinical efficiency of pharmacological and technological treatment options including insulin, incretin mimetics, insulin sensitizers, secretagogues, and use of insulin pumps.
4. Evaluate metabolic risk associated with diabetes and the implications for clinical practice.
5. Explore current insights regarding macrovascular effects on kidneys and blood pressure.
6. Describe macrovascular effects of diabetes and limb salvage.
7. Expand knowledge of Bariatric Surgery as a treatment for Obesity.

DIABETES FACTS

Diabetes affects 25.8 million people in the United States. Pre-Diabetes effects and estimated 79 million American adults aged 20 years or older. Diabetes is one of the most prevalent conditions in the population that physicians face in their daily practices yet remains the leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the US. It is a major cause of heart disease and stroke and the 7th leading cause of death in the US.

Faculty Disclosure

Eden Miller, MD, has disclosed that she is on the Advisory Board and Speakers Bureau for Eli Lilly, Jansen and NovoNordisk. Dr. Miller further discloses that she is on the Speakers Bureau of Astra Zeneca and on the Advisory Board for Abbott, which could be perceived as a potential conflict of interest in her presentation. Dr. Miller has disclosed that based on this potential conflict of interest her presentation has been peer-reviewed for clinical validation balance, and bias.

Robert Coronado, MD, has disclosed that he is on the Speakers Bureau for Eli Lilly, Jansen Pharma and Astra Zeneca, which could be perceived as a potential conflict of interest in his presentation. Dr. Coronado has disclosed that based on this potential conflict of interest, he will refrain from recommending any products or services in his presentation.

Course Director/Planner

Dr. Miller, Dr. Coronado, Dr. Mende, Dr. Lannin, Dr. Edwards, Dr. Mende, Dr. Lannin, and Dr. Miller have disclosed that they have no relevant financial relationships to disclose.

Accreditation Statement

This CME activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint provider agreement of the University of California, Irvine School of Medicine and Shasta Regional Medical Center. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. This CE activity has been approved through the California Board of Registered Nursing for 6 CE units.

Credit Designation Statement

The University of California, Irvine School of Medicine designates this live activity for a maximum of 6 AMA PRA Category 1 Credits™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

ADA Statement

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact Deannie Joseph, RN, 949-820-7719, at least 3 days prior to the meeting date. This activity is in compliance with California Assembly Bill 1995 which requires continuing medical education activities to include content in the curriculum in the subjects of cultural and linguistic competency. For questions regarding Bill 1995 and definitions of cultural and linguistic competency, please visit the CME web site at www.cme.uc.edu.

All presentations from today's Diabetes Symposium will be available online at Shastaregional.com/The-Art-Science-of-Diabetes-Symposium