

**New England Sinai Hospital**  
**THE DIABETES EPIDEMIC: Current Treatment Goals and Management Methods**  
**April 17, 2009**

**REGISTRATION:** Please return completed Registration form along with a check made out to New England Sinai Hospital.  
**Mail to:** Sandra Kilgallen, Diabetes Center, New England Sinai Hospital, 150 York Street, Stoughton, MA 02072. Please call 781-297-1389 with any questions.

NAME: \_\_\_\_\_

TITLE: \_\_\_\_\_

FACILITY: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

FACILITY ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

**REGISTRATION  
INFORMATION**

Registration fee of \$125 per person includes presentations, conference materials, continental breakfast and lunch. Registration is due by April 10, 2009.

Early Bird Registration: \$100  
deadline: March 31, 2009

Cancellation Policy: \$100 refund will be granted with cancellation before April 5, 2009.

**DIRECTIONS**

From Framingham area:

Take Interstate 90 (Massachusetts Turnpike) East to Route 128 South. Route 128 South becomes Route 93 North. Take Route 93 North to Exit 2A (Route 138 South, Stoughton). Watch for blue "New England Sinai Hospital" sign 4 miles ahead on Route 138. Turn left on York Street. The hospital is 2/10 mile ahead on left.

From Boston and the North Shore:

Take Route 93 South to Exit 2A (Route 138 South, Stoughton). Watch for blue "New England Sinai Hospital" sign 4 miles ahead on Route 138. Turn left on York Street. The hospital is 2/10 mile ahead on left.

From Southeastern Massachusetts and Cape Cod:

Take Route 24 North to Exit 19B (Central Street, Stoughton). Stay on Central Street for 1-½ miles. Turn right at Route 139 (Pleasant Street). Watch for blue "New England Sinai" sign on right approximately 6/10 mile down on Route 139. Turn left at Pine Street. Pine Street becomes York Street. The hospital is approximately 1 mile ahead on right.

From Western Boston suburbs:

Take Route 128 South. Route 128 South becomes Route 93 North. Take Route 93 North to Exit 2A (Route 138 South, Stoughton). Watch for blue "New England Sinai Hospital" sign 4 miles ahead on Route 138. Turn left on York Street. The hospital is 2/10 mile ahead on left.  
\*At various points, Route 128 is also marked Route 95 or Route 93.

**Parking is free.**

**NEW ENGLAND SINAI HOSPITAL**  
**150 York Street**  
**Stoughton, MA 02072**

**THE DIABETES  
EPIDEMIC**

*Current Treatment Goals  
and  
Management Methods*

an update for healthcare professionals

**April 17, 2009**

presented by the  
Richard A. Field Diabetes Center  
at  
New England Sinai Hospital  
150 York Street - Stoughton, MA

**6 ceu's awarded**



## Purpose

With the prevalence of diabetes reaching epidemic proportions, it is even more necessary for all healthcare providers to understand the disease, the goal of management, and the benefits and risks associated with control. The purpose of this day-long program is to update you on the most important aspects you, the healthcare provider, need to know.

## Goals & Objectives

1. List factors contributing to the diabetes epidemic
2. State the action of insulin(s) and common insulin regimens used to treat diabetes
3. Identify current medical nutrition recommendations for individuals with diabetes
4. Describe the advantages and most common side effects of medications used to treat Type 2 diabetes
5. List the new technology used to assist in the management of diabetes
6. Discuss the benefits of hyperbaric oxygen for the diabetic neuropathic ulcer
7. State the prevalence of depression in patients with diabetes and resources for patients.

## PROGRAM

- 8:00 - 8:30 am Registration
- 8:30 - 9:15 am **The Diabetes Epidemic**  
*Sandra Kilgallen, RN, MEd, CDE*
- 9:15 - 10:15 am **Current Medical Nutrition Therapy Recommendations and Meal Planning Approaches**  
*Patricia LoPresti, RD, LDN, CDE*
- 10:15 - 10:30 am **BREAK**
- 10:30 - 11:15 am **Hyperbaric Oxygen Therapy: A Useful Tool for Healing the Diabetic Neuropathic Ulcer**  
*Vivian Sternweiler, RN, MS, CWCN*
- 11:15 - 12:15 pm **Pharmacologic Management of Type 2 Diabetes**  
*Howard Fogel MD*
- 12:15 - 1:15 pm **LUNCH AND EXHIBITS**
- 1:15 - 2:15 pm **Insulin Therapy**  
*Lawrence S. Hotes, MD*
- 2:15 - 3:00 pm **Technology for Diabetes Management**  
*Sandra Kilgallen, RN, MEd, CDE*
- 3:00 - 3:15 pm **BREAK**
- 3:15 - 4:00 pm **Healthy Coping: The Challenges of a Chronic Illness**  
*Gail Murphy, LICSW*
- 4:00 - 4:15pm **Program Evaluation; CEU Awards**

New England Sinai is an approved provider of continuing education for nursing by the Massachusetts Board of Registration in Nursing.

## FACULTY



Howard Fogel, MD  
Medical Director  
Sinai Diabetes Center



Sandra Kilgallen, RN, MEd,  
CDE Administrative Director  
Sinai Diabetes Center



Gail Murphy, LICSW  
Supervisor  
Sinai Social Work Services



Lawrence S. Hotes, MD  
Chief Medical Officer  
New England Sinai Hospital



Patricia LoPresti, RD, LDN,  
CDE Outpatient Dietitian  
Sinai Diabetes Center



Vivian Sternweiler, RN, MS,  
CWCN Coordinator, Wound  
Program New England Sinai  
Hospital Sinai Social Work  
Services

## THE DIABETES EPIDEMIC

- In 2005, an estimated 20.8 million persons in the United States, or about 7 percent of the population, had diabetes, although the illness had been diagnosed in only about two thirds of these people, according to the Centers for Disease Control and Prevention.
- Diabetes now affects nearly 24 million people in the United States, an increase of more than 3 million in approximately two years, according to 2007 prevalence data estimates released by the Centers for Disease Control and Prevention (CDC). This means that nearly 8 percent of the U.S. population has diabetes.
- In addition to the 24 million with diabetes, another 57 million people are estimated to have pre-diabetes, a condition that puts people at increased risk for diabetes.