NOVEMBER 30 – DECEMBER 2, 2017
Hilton Universal City Hotel
Los Angeles, CA

www.WCIR.org
Dear Colleagues,

It is my pleasure to invite you to join us for the 15th Annual World Congress on Insulin Resistance, Diabetes, and Cardiometabolic Disease (WCRDC). Since its inception, the Congress has become the premier global meeting dedicated to diabetes, obesity, lipid, cardiometabolic disease (CMD), and metabolism & provides an exclusive opportunity for practicing professionals, clinical and basic scientific researchers, and other clinicians to collaborate on emerging scientific principles and management strategies. The WCRDC is a state-of-the-art program with a faculty of distinguished global experts presenting a unique bench-to-bedside approach linking research to clinical practice. This highlights our theme: Exploring New Frontiers in Metabolism—Tomorrows’ Clinical Science Today.

This year, we celebrate the leadership and incredible scientific contribution of Richard Bergman, PhD, the recipient of the Distinguished Leader in Insulin Resistance Award for his contribution to the development and understanding of the science and research of insulin resistance, obesity, and diabetes. Dr. Bergman is a Professor in the Department of Biomedical Sciences at Cedars-Sinai in Los Angeles, California. His keynote lecture will be “How They Talk: Inter-organ Communication and Diabetes Pathogenesis.”

Highlights of this year’s program include the special symposia Lipotoxicity: Cellular Mechanisms & Clinical Implications; Obesity: Maintaining Cardiometabolic Risk by Reshaping the Cardiometabolic Clock; Lipids & Glucose: Novel Application of Computed Tomography; Global Implications for Prevention of Cardiovascular Disease: Childhood, cities, and countries; Cardiac Deficiency & Arthritis; Sleep; SGLT1 & + I: GLP-1 & GLP-1: The Polytime Concept of Type II Diabetes; What’s New in the Future of Metabolism; and more sessions. There will be workshops, meet-the-experts, clinical sessions, an opportunity to personally interact with global leaders in an intimate setting, and—a unique feature of the Congress—experts’ commentary on the clinical implications of basic and scientific research.

I look forward to having you join us for this exciting program in Los Angeles.

Best regards,

Yehuda Handelsman, MD, FACP, FACE, FIBA
Chair & Program Director

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Scientific Organizing Committee - International Committee for Insulin Resistance - ICIR

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Sonia Caprio, MD
New Haven, CT
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Daniel Einhorn, MD
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Philip Levy, MD
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Program Description
The World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease (WCIRDC), now in its 15th year, is a unique and exciting multidisciplinary program. The Congress is the premier global meeting dedicated to diabetes, obesity, lipids, cardiovascular disease (CVD), and energy balance, linking basic research to clinical practice, and highlighting our theme: Exploring New Frontiers in Metabolism — Tomorrow’s Clinical Science Today.
For more than a dozen years, the WCIRDC has brought researchers, physicians, and healthcare professionals together for a distinctive international program that bridges the latest developments from the bench to bedside. Over the years, “I heard it first at the Congress” has been a frequent remark from Congress participants, many of whom attend year after year. Researchers present their latest data on everything from biomarkers to new physiologic insights to new ideas for therapies. WCIRDC offers attendees a unique experience to interact with the distinguished global faculty for a collaborative experience that explores the latest understanding of metabolic diseases and the development of future therapeutic modalities.
Since Dr. Gerald Reaven’s pioneering work crystallized the relationship between insulin resistance (IR), diabetes, and CVD, the focus of the WCIRDC has expanded to the fat cell, lipids, the kidney, the brain, bone, energy metabolism, inflammation, CVD complications, and cancer. The Congress addresses atherosclerosis, hypertension, and hypercoagulation as well as pharmaceutical interventions such as incretins, SGLT2 inhibitors and PCSK9 inhibitors, to name a few. The goal is to understand state of the art pathophysiologic research and to develop appropriate comprehensive clinical management strategies.
For primary care clinicians, the WCIRDC will feature a series of workshops and “meet the expert” panels addressing the clinical management of kidney disease, diabetes, obesity, lipids, high risk CVD patients, and more. To make basic and clinical research topics relevant to clinical medicine, there will be commentaries on practice implications by recognized experts. The intimate setting promotes a lot of personal contact between participants and the faculty, wherein everyone learns from the free flow of questions and personal observations.
The Congress attracts state-of-the-art abstracts from around the globe. These abstracts will be published in Endocrine Practice (ISSN: 1530-891X), the peer-reviewed official journal of the American Association of Clinical Endocrinologists (AACE), which is published 12 times a year. Typically, articles about the meeting are published in several medical journals, including Endocrine Practice, Metabolism, The Journal of Diabetes, and Diabetes Care.

Overall Program Objectives
The program is designed to evaluate both clinical and basic science aspects of diabetes, obesity, and CVD, focusing on insulin resistance, hyperinsulinemia, fat cell, incretins, the gut, the brain, the kidney, and energy metabolism. The goal is to understand pathophysiology, and to develop appropriate comprehensive clinical management plans.
Upon completion of this meeting, participants should be able to:
• Discuss the role of incretins in the management of obesity, diabetes, and their complications
• Evaluate the evidence supporting the use of SGLT2 inhibitors and GLP1 receptor agonists to reduce cardiovascular mortality in patients with type 2 diabetes
• Discuss the role of obesity in the development of cardiometabolic conditions
• Evaluate the extent of vascular disease in diabetes and the cardiometabolic syndrome
• Describe the relationship between diabetes, obesity, and congestive heart failure
• Explain the roles of diabetes and insulin resistance in the development of kidney disease, retinopathy, and CVD
• Evaluate the extent of macro- and microvascular disease in diabetes and obesity
• Provide comprehensive management of diabetes, addressing obesity, hypertension, and dyslipidemia as well as glucose
• Design appropriate insulin-based therapeutic regimens for patients with type 2 diabetes
• Describe obesity management based on a complications-centric model
• Explain the relationship of the kidney to diabetes and CVD
• Recognize the multi-hormonal pathophysiology of obesity, its relationship to food addiction, and its potential target for management
• Explain the pathophysiology and complications of fatty liver disease and its relationship to diabetes and CVD
• Describe the pathogenesis of liver and muscle insulin resistance and the role of adipose tissue mitochondria in promoting hyperglycemia
• Describe the effect of circadian rhythms on obesity, diabetes, and CVD
• Evaluate bariatric procedures and surgery as well as devices, and their effect on weight loss, hormones, and long-term outcomes
• Discuss the effect of lipotoxicity on glucose, cells, and the pathophysiology of CVD
• Discuss the role of the AACE 2017 Dyslipidemia Management Guidelines
• Evaluate the impact on clinical practice of new cardiovascular outcomes trials, including CANVAS, FOURIER, and REDUCE-IT
• Implement best practices for the management of CHF
• Describe the role of PCSK9 in lipid elevations and its potential contributions to vascular disease
• Explain how the monoclonal antibody PCSK9 inhibitors modulate LDL-C and their impact on CVD

Target Audience
This educational initiative is designed for cardiologists, endocrinologists, gastroenterologists, oncologists, internists, diabetologists, OB-GYNs, pediatricians, dietitians, nurse practitioners, pharmacists, and any other health care professionals who are interested in insulin resistance, diabetes, obesity, cardiovascular disease, and the effects of multiple metabolic mechanisms on health and society, as well as on potential treatments and prevention.
6:00am-8:00am Registration & Coffee at Exhibit Hall

6:00am-7:45am MORNING SYMPOSIUM - CME
ADVANCES AND CONTROVERSIES IN LDL-C REDUCTION: THE EXTREME RISK PATIENT - WILL CONTEMPORARY MANAGEMENT RECOMMENDATIONS IMPROVE OUTCOMES?

6:20am  Introduction and Historical Review: Lipid Targets in the 21st Century
6:30am  ‘Extreme Risk’ a Valid and Viable Cardiovascular Risk Category?
6:50am  Is ‘Extreme Risk’ a Valid and Viable Cardiovascular Risk Category?
7:10am  Debating Medications vs Target-Based Lipid Management: Recommendations for Individual Patients
7:30am-7:45am  Panel Discussion and Q&A

8:00am Welcome & Introduction

SESSION 1
ATHEROSCLEROSIS, DIABETES AND THE CARDIORENAI AXIS
Chair: Peter J. Grant, MD • Christian W. Mende, MD

8:15am  The Evolving Approach to Atherosclerosis and CVD - Implication for Intervention
8:40am  The Role of Glucose Variations, Atherosclerosis and CVD Outcome Data
9:05am  The Cardiorenal Axis in Diabetes: Insights from Recent Clinical Trials
9:30am-9:45am  Q&A Panel Discussion & Clinical Implications
9:45am-10:15am  Refreshment Break at Exhibit Hall

SESSION 2
LIPOTOXICITY: CELLULAR MECHANISMS & CLINICAL IMPLICATIONS
Chair: Ralph A. DeFronzo, MD • Robert R. Henry, MD

10:15am  Ectopic Lipid Accumulation and Insulin Resistance in Skeletal and Cardiac Muscle
10:40am  Natural History of Beta Cell Dysfunction in Type 2 Diabetes
11:05am  Lipotoxicity and Nonalcoholic Fatty Liver Disease (NAFLD): The Overlooked Complication of T2DM
11:30am-11:45am  Q&A Panel Discussion & Clinical Implications

12:00pm-12:45pm LUNCH SESSION Non CME Lunch will be provided

JARDIANE® (emegiliflozin) Tablets: Evolving Clinical Development
Supported by: Boehringer Ingelheim

SESSION 3
INSULIN RESISTANCE, DIABETES & THE BRAIN
Chair: George Grunberger, MD • Jorge Plutzky, MD

1:00pm  Insulin Resistance and Cognitive Dysfunction: Novel Mechanisms and Therapies
1:25pm  The Metabolomics of Insulin Resistance and Diabetes: The Question Remains - What if Minkowski Were Aguesic?
1:50pm  Fructose, Uric Acid and Diabetes: What is the Connection?
2:15pm-2:30pm  Q&A Panel Discussion & Clinical Implications

MEET THE EXPERT

2:40pm-3:30pm • Ralph A. DeFronzo, MD Diabetes & Insulin Resistance • Sergio Fazio, MD, PhD Lipid Disorder
• Daniel Einhorn, MD Diabetes-Designing the Future • Christos Mantzoros, MD, DSc Lipodystrophy & Obesity

3:30pm-4:00pm Refreshment Break at Exhibit Hall

SESSION 4
EURHYTHDIA: MODULATING CARDIO-METABOLIC RISK BY RESETTING THE CIRCADIAN CLOCK
Chair: Peter J. Grant, MD • Nikolaus Marx, MD

4:00pm  Dysregulation of the Circadian Clock and Cardiometabolic Risk: The EURHYTHDIA Study
4:20pm  Shift Work and Cardiometabolic Risk: Effects of Light and Melatonin
4:40pm  Pharmacological Modulation of Cardiometabolic Disease by Targeting Molecular Clock Genes
5:00pm  Effects of Melatonin Supplementation on Cardiometabolic Risk in First Degree Relatives of Type 2 DM Patients
5:20pm-5:30pm  Q&A Panel Discussion & Clinical Implications

SESSION 5
FAT CELLS: DISTRIBUTION & CONSEQUENCES
Chair: Alan Sinaiko, MD • Samuel Klein, MD

5:30pm  Prediabetes in Obese Youth: The Role of Ectopic Fat Accumulation
5:55pm  Adipose Cells and Fat Distribution: Effect of Race, Sex and Menopause
6:20pm-6:30pm  Q&A Panel Discussion & Clinical Implications

6:30pm-7:30pm Posters Reception at Exhibit Hall
7:30pm-9:30pm
DINNER SYMPOSIUM
CVOTS, BIG DATA, AND CLINICAL PRACTICE: TRANSLATING CARDIOVASCULAR OUTCOMES DATA INTO BEST PRACTICES IN TYPE 2 DIABETES MANAGEMENT

7:30pm
Introduction and Historical Review: How Has the Diabetes Management Paradigm Changed?
Yehuda Handelsman, MD

7:40pm
What Are the Strengths and Limitations of RCTs and Big Data Studies?
Zachary T. Bloomgarden, MD

8:05pm
What Do We Need to Know About RCTs Evaluating Cardiovascular Outcomes in Type 2 Diabetes?
Ralph A. DeFronzo, MD

8:30pm
What Can We Learn from Big Data Studies?
Mikhail N. Kosiborod, MD

8:50pm-9:20pm
Panel Discussion and Q&A: RCTS vs Real Life Data — How Should We Use Them Together?
Faculty: Zachary T. Bloomgarden, MD • Robert J. Chilton, DO • Ralph A. DeFronzo, MD • Peter J. Grant, MD • Mikhail N. Kosiborod, MD

9:20pm
Moderator: Yehuda Handelsman, MD

FRIDAY, DECEMBER 1, 2017

6:30am-8:00am
Registration & Coffee at Exhibit Hall

6:45am - 7:45am
BREAKFAST SESSION
Non CME
Advancements in the Management of Patients with Type 2 Diabetes: Results from a LARGE Cardiovascular Outcomes Trial
Supported By: Novo Nordisk

8:00am
Summary of first day

SESSION 6
DIABETES MANAGEMENT IN THE CVOT ERA
Chair: Yehuda Handelsman, MD • Daniel Einhorn, MD

8:10am
Clinical & Scientific Value of Diabetes CV Outcomes Trials
Hertzel C. Geinisty, MD, MSc

8:35am
Mitigating Cardiovascular Risk in Type 2 Diabetes with Antidiabetic Drugs: Evaluating the Strength of Evidence
Sonal Koul, MD

9:00am
The Role of SGLT2 Inhibition in the Contemporary Management of Diabetes
Robert R. Henry, MD

9:25am
Insulin Resistance, T2DM, & Cardiovascular Disease: The Missing Link
Ralph A. DeFronzo, MD

9:55am-10:25am
Refreshment Break at Exhibit Hall

10:25am
Injectable Therapy in the Management of T2DM: A Focus on Cardiovascular Risk
Richard E. Pratley, MD

10:50am
The Heart of the Matter — A Cardiologist View on Managing Diabetes
Mikhail N. Kosiborod, MD

11:15am-11:35am
Q&A Panel Discussion: Implications of CVOT on Diabetes Guidelines
Panel: Faculty and Matthew J. Budoff, MD • Stefano Del Prato, MD

SESSION 7
DIABETES, LIVER & THE HEART
Chair: W. Timothy Garvey, MD • Robert J. Chilton, DO

11:35am
What is Diabetes? Contemporary Controversies in Diabetes Criteria, Classification and Care
Paul Zimmet, MD, PhD

12:00pm
Hyperglycemia and Cardiac Arrhythmia in Type 2 Diabetes
Nikolaos Mura, MD

12:25pm
Novel insights on the NASH-Heart Connection
Arun J. Sanyal, MD, MS, PhD

12:50pm-1:00pm
Q&A Panel Discussion & Clinical Implications

1:15pm-2:00pm
LUNCH SESSION
Non CME
Awaken a Transformation in Type 2 Diabetes Management
Supported by: Janssen

Matthew J. Budoff, MD

SESSION 8
A GLIMPSE TO THE FUTURE – WHAT’S IN THE PIPELINE? Non CME
Chair: Ralph A. DeFronzo, MD • Christos Mantzoros, MD, DSc

2:15pm
Landscape of the New Agent - Metabolic Targets (CME)
Barst Stroes, PhD

2:35pm
Medimmune AstraZeneca
Benz Hirshberg, MD

2:55pm
Janssen
Gary Melninger, MD

3:15pm
Sanofi Aventis
Jay Edelberg, MD, PhD

3:35pm
Intarcia
Andrew A. Young, MD, PhD

3:55pm-4:05pm
Q&A Panel Discussion & Future Implications
4:05pm-4:30pm
Refreshment Break at Exhibit Hall

SESSION 9
EMERGING CONCEPTS & TECHNOLOGIES IN METABOLISM
Chair: Zachary T. Bloomgarden, MD • Arun J. Sanyal, MBBS, MD

4:30pm
Use of Integrated Technologies for Personalized Medicine to Prevent Diabetes
Mike Snyder, PhD

4:55pm
Role of Technology in Managing Patients with Diabetes and Insulin Resistance
George Grunberger, MD

5:20pm
Contemporary Understanding of Incretin’s Mode of Action- Impact on Glucose Control and Role in Combination Therapy
Jars J. Meier, MD

5:45pm
Alternative Therapies: Targeting Homocysteine, Inflammation and Heavy Metals
Vivian A. Fonseca, MD

6:15pm-6:30pm
Q&A Panel Discussion & Clinical Implications

6:30pm-8:00pm
ABSTRACT – ORAL PRESENTATION

Zachary T. Bloomgarden, MD Chair • Daniel Einhorn, MD • George Grunberger, MD • Philip Levy, MD
Abstracts are published in “Endocrine Practice”, the official journal of the AACE | Editor in Chief: Derek LeRoith, MD, PhD
7:00am - 7:45am  Registration • Continental Breakfast at Exhibit Hall
7:45am - 7:50am  Oral Abstract Winners Presentation
7:50am - 8:00am  Summary of Second Day  Zachary T. Bloomgarden, MD

SESSION 10  CHF, DIABETES & THROMBOSIS
Chair: Paul S. Jellinger, MD • Vivian A. Fonseca, MD
8:00am  Interactions Between Diabetes and Thrombotic Mechanisms that Promote Cardiovascular Damage: The Role of Reticulated Platelets  Peter J. Grant, MD
8:25am  Contemporary Approach to the Management of Heart Failure with Preserved Function (HFrEF)  Robert J. Chilton, DO
8:50am  Heart Failure in Diabetics, The Last Battle: Are We Ready?  Mark Kearney, MBChB, MRCP, MD
9:15am - 9:25am  Q&A Panel Discussion & Clinical Implications

AWARD PRESENTATION
By: Ronald M. Krauss, MD • Bart Staels, PhD
9:25 am  “Distinguished Leader in Insulin Resistance”
How They Talk! Inter-organ Communication and Diabetes Pathogenesis  Richard N. Bergman, PhD

10:00am-10:30am  Refreshment Break at Exhibit Hall

SESSION 11  CANCER OF OBESITY & DIABETES
Chair: Tracey L. McLoughlin, MD, MS • Philip Levy, MD
10:30am  The Pathophysiology Connection Between Obesity, Diabetes and Cancer  Derek Leroith, MD, PhD
10:55am  Diabetes in Oncology Patients – Novel Cancer Therapies and New Challenges in Diabetes  Emily J. Gallagher, MD, PhD
11:20am-11:30am  Q&A Panel Discussion & Clinical Implications

SESSION 12  ENERGY BALANCE & TASTE PERCEPTION
Chair: Samuel Klein, MD • Christos Mantzoros, MD, DSc
11:30am  Quantifying the Physiological Adaptations that Resist Weight Loss and Promote Regain  Kevin D. Hall, PhD
11:55am  The Importance of Taste Perception on Excessive Energy Intake and Obesity  Josephine M. Egan, MD
12:20pm-12:35pm  Q&A Panel Discussion & Clinical Implications

CONCURRENT SESSIONS  CLINICAL WORKSHOPS
Lunch will be provided
12:40pm-1:25pm
• Diabetes  Philip Levy, MD • George Grunberger, MD
• Lipids  Paul Rosenblit, MD, PhD • Paul S. Jellinger, MD
• Cardiovascular  Mikhail N. Kosiborod, MD
• The Kidney and CVOTs  Zachary T. Bloomgarden, MD

SESSION 13  LIPID DISORDERS & CV OUTCOME BASED MANAGEMENT
Chair: Bart Staels, PhD • Ronald M. Krauss, MD
1:30pm  AACE/ACE Guidelines for Management of Dyslipidemia and Prevention of Cardiovascular Disease  Paul S. Jellinger, MD
1:50pm  CV Outcome Trials Impact on Clinical Management of Dyslipidemia in CVD Prevention  Christie M. Ballardanye, MD
2:15pm  Menopause, Lipoproteins, and Cardiometabolic Risk  Ronald M. Krauss, MD
2:40pm-2:55pm  Q&A Panel Discussion & Clinical Implications
2:55pm-3:10pm  Refreshment Break

SESSION 14  DIET, SURGERY, HORMONES & ORGANS FUNCTION
Chair: Samuel Klein, MD • Sonia Caprio, MD
3:10pm  The Effect of Bariatric Surgery on the Heart  Walter J. Proies, MD
3:35pm  Beta-cell Function After Bariatric Surgery: Where does the Miracle Occur?  David A. D’Alessio, MD
4:00pm  Childhood Nutrition and CV Risk: People in Training for a Plant Centered Diet  David R. Jacobs Jr., PhD
4:25pm  Effect of Diet and Exercise on Multi-organ System Function in T2D  Samuel Klein, MD
4:40pm-5:00pm  Q&A Panel Discussion & Clinical Implications
5:00pm  Adjourn
Yehuda Handelsman, MD, FACP, FNLA, MACE
Chair & Program Director, 55th Annual WORC
Medical Director & Principal Investigator, Metabolic Institute of America
Chair & Founder, International Committee for Insulin Resistance
Torrance, California

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<th>Title</th>
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<td>British Heart Foundation Professor</td>
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