

Annual Conference

Washington Association of Diabetes Educators

T.E.A.M

Together Everyone Achieves More



Friday & Saturday
May 19-20, 2006

Redmond Marriott Town Center
7401 164th Avenue NE
Redmond, Washington
www.redmondmarriott.com

Washington Association of Diabetes Educators

www.WADEpage.org

Chapter of the American Association of Diabetes Educators

www.AADEnet.org

Annual Educational Conference Program

Friday, May 19, 2006

7:00-11:30	A. M.	Optional Preconference Sessions*
11:30		Registration, Vendor Exhibits and gourmet boxed lunch
12:30	P. M.	Welcome
12:45		NEW OFFENSIVE PLAYS: Better Living through Chemistry for your Patients with Diabetes: A Case Based Approach Kenneth Gross, MD
1:45		TIME OUT: Depression and Diabetes Management Barbara McCann, PhD
2:45		Vendor Recognition and Break
3:30		THE 12TH MAN: Alternative Treatment use by Patients for CVD and Diabetes Astrid Pujari, MD
7:00		Awards Dinner and Entertainment

Saturday, May 20, 2006

7:00	A. M.	Light Continental Breakfast
7:30		Registration, Vendor Exhibits
7:45		GROUP HUDDLE: Practical Exercise Pedometry Field Course for Health Care Providers Ralph Laforge, MSc
8:30		TRAINING CAMP: Guided Pedometer Walk Practicum
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><i>Comfortable Walking Shoes Advised!</i></p> </div>		
9:45		Full Breakfast, Vendor Break, Educational Sharing
11:00		DEFENSIVE PLAY: Practical Management of the Metabolic Syndrome Ralph Laforge, MSc (continues)
12:45	P. M.	Luncheon and Annual Business Meeting
2:15		WINNING THE BIG GAME: Attacking Diabetes through the Healthiest State in the Nation Campaign Greg Vigdor, JD
3:30		Evaluation and Adjourn

**Optional Preconference sessions require separate registration.*

Members: See flyer insert for the Bayer sponsored AADE Choices and Changes workshop.

Watch your mail for other preconference offerings.

Further information can be found on www.wadepage.org.

Goals

This one and a half day conference will provide a forum to emphasize the benefit of a team approach in caring for the patient with diabetes. Multiple disciplines will share their expertise in clinical management, discuss case studies and update attendees on research in their areas. Our mission is to provide diabetes educators with an opportunity for learning, networking, information sharing and partnership building.

Target Audience & Continuing Education Credits

Diabetes Educators and other health professionals interested in diabetes education. Applications for approximately seven to eight continuing education credits have been submitted for nurses, dietitians and pharmacists. Credits will be available upon completion of the program and receipt of evaluations.

Accommodations

Redmond Marriott Town Center is surrounded by forested hills and spectacular lakes and mountains in a village-like setting offering numerous specialty stores and cafes/restaurants. It is walking distance to the Sammamish River Trail and a stroll to Marymoor Park. Redmond Marriott Town Center is a full service modern hotel featuring deluxe accommodations and offers unique flavors of the Pacific Northwest in the Meritage Restaurant and Wine Bar. Networking with experts in the field and earning continuing education credits has never been so fun. Make a weekend of it!

Rooms are available at a discounted rate for WADE conference attendees at \$99 until **April 20, 2006.**

Note this is an earlier deadline than the conference registration.

Redmond Marriott Town Center
7401 164th Avenue NE. Redmond, WA 98052
1.800.228.9290 (reservations)
425.498.4000 (direct hotel inquiries)
www.redmondmarriott.com

Sharing Session

During the research and educational sharing session, diabetes educators present posters and displays that disseminate information about teaching tools, research projects, educational materials, or innovative programs. Register your display by an email sent to WADEmail@hotmail.com. Please enter "Educational Sharing" in the subject line and give your name, address, phone number, your display needs and the title of your presentation. Register early as space is limited. Participants in the sharing session will receive a \$25 rebate of their fees on the day of the conference. Deadline for display registration is May 1, 2006

Scholarships

Scholarships are available for participants who would not otherwise be able to attend. Scholarships cover the cost of the program only. Lodging and transportation are not included. The scholarship application is available on the website, www.WADEpage.org, or send a request to the meeting registrar. The application deadline is Monday, April 17, 2006. Awards will be made Monday, April 24, 2006.

Planning Committee

Marcelle Thurston MS, RD, CDE
Teresa Volpone PharmD, RPh, CDE, BC-ADM
Mindy Nichols RD, CDE
Susie Wang MS, RD, CDE

Jennifer Newell RN, MHA, CDE
Alison Evert RD, CDE
Cindy Brinn MPH, RD, CDE

Faculty

Kenneth Gross, MD
Endocrinology/Metabolism
Virginia Mason Medical Center
Seattle, WA

Barbara S. McCann, Ph.D.
Professor of Psychiatry and Behavior Sciences
University of Washington School of Medicine
Harborview Medical Center
Seattle, WA

Astrid Pujari, MD
Internal Medicine
Pujari Center
Seattle, WA
Instructor: Virginia Mason Medical Center
Internal Medicine, University of Washington, and
Bastyr University

Ralph LaForge, MSc
Duke University Medical Center, Endocrine
Division; Lipid Disorder Training Program
U.S. Indian Health Service
Metabolic Syndrome Initiative
Santa Fe, NM

Mr. LaForge will guide a Pedometer Walk Practicum Saturday at 8:30am as part of a Field Course. This will be a 1.5 mile walk along the Sammamish River Trail. Please wear comfortable shoes for this event.

Greg Vigdor, JD
CEO and president, Washington Health
Foundation

Speaker Objectives

1. Understand the use of Exenatide and Pramlintide.
2. Review cardiovascular benefits of Metformin and TZDs.
3. Discuss lipid management.
4. Compare ACE inhibitors and Angiotensin Receptor Blockers.
5. Case studies highlighting aspects of medication treatment.

1. Identify patient characteristics which may be clues to underlying depression.
2. Describe the impact of depression on diabetes self-care.
3. Describe ways to help patients with diabetes and depression engage in effective self-care strategies.

1. Identify the most common natural supplements used by diabetic patients with cardiac disease.
2. Understand the scientific evidence around those supplements.
3. Understand potential interactions and side effects in the context of conventional medical care.

Practical Exercise Pedometer Field Course:

1. Apply practical applications of recently published exercise pedometer research.
2. Learn how to prescribe pedometer-based physical activity for obesity, metabolic syndrome and/or diabetes.
3. State the use of a pedometer in primary and secondary prevention settings.

Practical Management of the Metabolic Syndrome:

1. Identify the criteria for the metabolic syndrome and its importance in diabetes and CVD prevention
2. Increase familiarity of recent clinical trials on metabolic syndrome diagnosis and management
3. Understand key tenets of systematic lifestyle management of the metabolic syndrome.

1. Identify the fundamental problems with the American and Washington state health system and how these relate to diabetes and those with diabetes at the community level.
2. Describe major social change theory and how these theories can be successfully applied to the problems identified in #1, including how these relate to health promotion and prevention tactics for diabetes.
3. Identify how audience members can apply these theories and ideas in practice, including ways to get involved in the Healthiest State in the Nation Campaign.

Registration

Registration deadline is May 1, 2006. There is an additional \$25 late fee for registration after May 1, 2006. Registration fee less \$25 for processing will be refunded if notice of cancellation is received by May 10, 2006. If you need a confirmation or receipt, include a self-addressed stamped envelope or email address and check the box below. Payment must accompany registration. Fee includes continental breakfast, lunches, breaks, awards dinner, entertainment and syllabus.

To register online and pay with Pay Pal or credit card, go to www.WADEpage.org
To register by mail, make checks payable to WADE and send with completed registration form to:
Cindy Brinn MPH, RD, CDE, 2811 Pullman Street, Bellingham, WA 98226

Name w/credentials _____ Telephone: _____
Address _____
City, State, Zip Code _____
Organization _____ Email: _____

- | | | | |
|--|-------|---|-------|
| <input type="checkbox"/> WADE Member* | \$150 | <input type="checkbox"/> Attending Friday Conference Only | \$90 |
| <input type="checkbox"/> Mailing list subscriber | \$165 | <input type="checkbox"/> Attending Saturday Conference Only | \$100 |
| <input type="checkbox"/> Non-member | \$175 | <input type="checkbox"/> Late Fee after 05/01/06 | \$25 |
| | | <input type="checkbox"/> Additional guest dinner | \$40 |
- Email confirmation needed

*You must be a member of AADE to be a WADE member. AADE# _____

- Yes, I will be attending the Friday Awards Dinner and entertainment.
 No, I will not be attending the Awards Dinner on Friday.
 I prefer vegetarian meals



Washington Association of Diabetes Educators
Chapter of the American Association of Diabetes Educators
c/o 6619 147th Court N.E.
Redmond, WA 98052