

## BENERD COLLEGE DIABETES ESSENTIALS FOR CLINICIANS: FOUNDATIONS CURRICULUM

TOPIC	LECTURE	
	TIME	SPEAKER
<b>Background &amp; Basics</b>		
Intro	5:44	Larry Chang, PharmD, BCACP, APh
How Did We Get Here? The Story Of The Diabetes Epidemic... And What We Can Do About It	32:00	Flojaune Griffin Cofer, PhD, MPH
The Classification, Terminology & Diagnostic Criteria for Diabetes	30:09	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Different Kinds of Diabetes (Beyond Type 1, Type 2 & Gestational)	25:43	Isabella Niu, MD
The Pathogenesis of Type 2 Diabetes: A Deeper Dive	43:22	Suneil K. Koliwad, MD, PhD
Pathogenesis of Type 2 - Conclusion	8:46	Suneil K. Koliwad, MD, PhD
Type 1 Diabetes Basics: Etiology to Prevalence to Treatment Goals	25:29	Rayhan Lal, MD
Numbers Target Practice: The Trifecta You Want to Reach to Promote Outcomes (Glucose/A1C, BP, Lipids)	26:48	Anne L. Peters, MD
A1C vs CGM: The Epidemiologic Reasons to Keep A1C As Gold Standard	25:31	Elizabeth Selvin, PhD, MPH
<b>Foundations For Clinical Practice</b>		
<b>Part 1: Research That Drives Diabetes Care</b>		
Understanding the Anatomy of Clinical Research in Diabetes- The Multicenter Clinical Trial	37:11	David M. Nathan, MD
Examples Of Major Multicenter Clinical Trials In Diabetes	40:14	David M. Nathan, MD
The Metabolic Memory In Type 1 Diabetes	24:44	John M. Lachin III, ScD
Preventing Diabetes	32:55	David M. Nathan, MD
Sleeping & Circadian Rhythms: A Key to Diabetes Prevention & Management	22:39	Josiane Broussard, PhD
<b>Part 2: Obesity Care In Adults</b>		
Benefits of a Weight-Inclusive Approach in Diabetes Management	29:47	Erin Phillips, MPH, RDN, CDCES
The Patient Journey in Obesity Management in 5 Steps	16:54	Sean Wharton, MD, PharmD, FRCP(C)
Clinical Management of Adult Patients Post Bariatric Surgery	25:48	Maria L. Collazo-Clavell, MD
Clinical Aspects Of Long Term Remission Of Type 2 Diabetes	37:17	Roy Taylor, BSc, Hons MB, ChB, MD, FRCP, FRCPE
<b>Part 3: Primary Care Considerations</b>		
Fostering Excellence In The Primary Care of Type 2 Diabetes	35:07	Kwabena Adubofour, MD, FACP
Addressing Clinical Inertia In Primary Care	33:59	Jay Shubrook, DO, FACOF, FAAF

## Associated Possible Complications

### Part 1: Acute

Hypoglycemia: The Significant Short- and Long-Term Effects	28:44	Anne L. Peters, MD
Hyperglycemia During Hospitalization	11:42	Guillermo Umpierrez, MD, CDE, MACP, FACE

### Part 2: Chronic

Avoiding Future Macrovascular Complications: Heart & Vessel Disease Using a Case Study to Apply the American Diabetes Association's Cardiovascular Risk Standard	27:16	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Sex Differences In The Vascular Dysfunction In Diabetes & Impact of Exercise	32:11	Roshanak Rahimian, PharmD, MSc, PhD
When Should You Order Advanced Lipid Testing?	31:41	Ronald M. Krauss, MD
Identification of Diabetes-related Chronic Kidney Disease (CKD) in Clinical Practice	29:24	Susanne B. Nicholas, MD, MPH, PhD
Type 2 Diabetes And Nonalcoholic Fatty Liver Disease (NAFLD): Risk Factors & Complications	31:46	Kenneth Cusi, MD, FACP, FACE
Within Sight: Knowing Eye-Related Issues Related to Diabetes, Their Prevention & Treatment	30:46	Charles C Wykoff, MD, PhD
Oral Health And Diabetes	43:16	Jerry Brown, DMD, CDCES
Gastroparesis: Principles and Current Trends in Management	25:33	Alison B. Evert, MS, RDN, CDCES
Lower Extremity Assessment & Interventions	29:40	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Surgical Management Of Diabetic Neuropathy	38:41	Ziv M. Peled, MD

## Quality Patient-Centered Care

The Emotional Impact of Diabetes: From Diagnosis and Onward	22:29	Susan Jung Guzman, PhD
The Language of Diabetes: A Standard of Care	22:34	Maureen McGrath, MS, PNP-BC, BC-ADM
What Do Patients and their Caregivers Want From You? A Panelled Interview of People Living with Diabetes	44:33	Eliana Frank w/T1; Tamar Sofer-Geri, parent of a child w/T1: Guy Clark and Bobby Kahller w/T2, Larry Chang w/ prediabetes (All gave permission to use real names) Benjamin B. Morrison, MD
Sometimes It's Not The Diabetes That Gets In The Way Of Treating The Diabetes	9:38	MD
The 8 Skills To Becoming An Extraordinary Diabetes Care Professional	26:42	Beverly Thomassian, RN, MPH, CDCES, BC-ADM

**Plus quizzes and assignments = 20-hour course**

## BENERD COLLEGE DIABETES ESSENTIALS FOR CLINICIANS: INCLUSIVE CARE & SPECIAL POPULATIONS CURRICULUM

TOPIC	LECTURE TIME	SPEAKER
Intro	3:52	Larry Chang, PharmD, BCACP, APH
<b>Background &amp; Basics</b>		
Social Determinants of Health	32:51	Felicia Hill-Briggs, PhD, ABPP
Improving Diabetes Care Given Limited Health Literacy (Part 1)	23:58	Dean Schillinger, MD
Improving Diabetes Care Given Limited Health Literacy (Part 2)	38:41	Dean Schillinger, MD
Biopsychosocial Assessment In Diabetes Care	22:20	Katie Savin, PhD
Diabetes And Disabilities (Part 1): Definitions And Statistics	12:31	Ann Williams, PhD, RN, CDCES
Diabetes And Disabilities (Part 2): What Can You Do?	35:41	Ann Williams, PhD, RN, CDCES
Improving Diabetes Care for Those with Food Insecurity (part 1)	14:13	Hilary Seligman, MD, MAS
Improving Diabetes Care for Those with Food Insecurity (part 2)	33:09	Hilary Seligman, MD, MAS
The "Fresh Food Farmacy" - How To Prescribe Food As A Specialty Drug For Food Insecure People With Diabetes	37:29	Michelle Passaretti, MSN, BSN, RN, CCM
The Financial Burden of Diabetes: Patient Impact & Resources To Improve Access	22:57	Karen Weissmann, LCSW, CDCES
Diabetes in Challenging Populations: Experiencing Homelessness And/Or Misusing Substances	14:55	Benjamin B. Morrison, MD
<b>Racial &amp; Ethnic Considerations</b>		
Native American Food Culture, Traditions and Nutrition Counseling: A Focus On Chippew/Cree and Navajo Traditions	35:31	Dakotah Bronec, RD, and Terrie Stump, BS
Alaska Native People and Diabetes	27:01	Ai-Ling Lin, DO
Care Approaches for Hispanic & Latino Americans with Diabetes (part 1)	21:28	Lorena Drago, MS, RDN, CDN, CDCES
Care Approaches for Hispanic & Latino Americans with Diabetes (part 2)	21:26	Lorena Drago, MS, RDN, CDN, CDCES
Migrant Workers and Diabetes	38:06	Celina Trujillo, MPH, MS, RN, PHN, CPNP
Nutrition for African Americans with Diabetes	44:30	Constance Brown-Riggs, MEd, RD, CDCES, CDN
Chinese Americans and Diabetes	33:14	Kevin M. Chun, PhD
Diabetes In South Asians	31:17	Alka M. Kanaya, MD
Providing Culturally Sensitive Diabetes Care & Education for the LGBT Community	24:59	Larry Chang, PharmD, BCACP, APH
<b>Diabetes &amp; Pregnancy</b>		
Pre-existing Diabetes and Pregnancy	29:37	Donna Jornsay, MS, BSN, CPNP, CDTC, CDCES, BC-ADM

Diabetes That Develops During Pregnancy: Gestational Diabetes Mellitus (GDM)	28:45	Donna Jornsay, MS, BSN, CPNP, CDTC, CDCES, BC-ADM
Nutrition Therapy For Diabetes In Pregnancy	21:40	Carrie Arnold, MS, RD, CDCES

### Children, Adolescents & Emerging Adults

Type 2 In Youth (part 1)	28:53	Shy Srinivasan, MD
Type 2 In Youth (part 2)	22:04	Shy Srinivasan, MD
Newly Diagnosed Type 1 Diabetes: Survival Skills (part 1)	26:50	Jeanne Buchanan, MSN, RN, BC-ADM, CDCES
Newly Diagnosed Type 1 Diabetes: Survival Skills (part 2)	24:02	Jeanne Buchanan, MSN, RN, BC-ADM, CDCES
DKA in Children: Basics to Know (part 1)	21:16	Srinath Sanda, MD
Hospital Guidelines for the Treatment of DKA in Children (part 2)	25:37	Srinath Sanda, MD
Hypoglycemia in Children - Targets, Prevention, and Treatment	27:58	Jeanne Buchanan, MSN, RN, BC-ADM, CDCES
Transition of Care: Young Adults with Diabetes	18:23	Megumi J. Okumura, MD, MAS, FAAP
Cystic Fibrosis-Related Diabetes	15:19	Srinath Sanda, MD

### Older Adults

Older Adults & Diabetes	28:06	Catherine Dorey, RN, MSN, CNS, CDCES
Diabetes Management in a Long-Term Care Facility - Strategies for Providers	33:26	Ruth S. Weinstock, MD, PhD

### Common, Yet Lesser Known Diabetes Comorbidities

The Diabetes – Cancer Connection (part 1)	24:04	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Managing Diabetes During Cancer Treatment – Case Studies	21:45	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Disordered Eating in Type 1 and type 2 Diabetes	35:37	Erin Phillips, MPH, RDN, CDCES
What Are The Immunization Standards for People with Diabetes	27:53	Martha Ndung'u, PharmD
Diagnosis and Management of Bone Fragility in Diabetes	34:27	Viral Shah, MD

**Plus quizzes and assignments = 20-hour course**

## BENERD COLLEGE DIABETES ESSENTIALS FOR CLINICIANS: PHARMACOTHERAPY CURRICULUM

TOPIC	LECTURE	
Intro	TIME	SPEAKER
Intro	3:36	Larry Chang, PharmD, BCACP, APh
<b>Background &amp; Basics</b>		
Pathogenesis of Type 2 Diabetes: The Ominous Octet (part 1)	25:48	Ralph A. DeFronzo, MD
Pathogenesis of Type 2 Diabetes: The Ominous Octet (part 2)	24:28	Ralph A. DeFronzo, MD
Medication Persistence: Assessing For and Removing Obstacles	26:17	Katherine O'Neal, PharmD, MBA, BCACP, BC-ADM, AE-C, CLS, FADCES
Low Cost Options When The Medication You Want Is Not On Formulary	28:53	Martha Ndung'u, PharmD
The Most In Need Are Least Likely To Get Newer Type 2 Diabetes Medications: The Impact of Racial and Socioeconomic Disparities	28:26	Martha Ndung'u, PharmD
Cultural Considerations In Pharmacotherapy	29:08	Martha Ndung'u, PharmD
<b>Pharmacotherapy for Glucose Management</b>		
<b>Part 1: Common Oral &amp; Non-Insulin Injectable Glucose Lowering Medications</b>		
The Basics Of Common Oral Glucose Lowering Medications	29:05	Martha Ndung'u, PharmD
Diabetes Prevention- New Insights Using SGLT2 Inhibitors from DAPA-HF	29:06	Silvio E. Inzucchi, MD
Oral Diabetes Medications & Heart Health	35:14	Samuel Dagogo-Jack, MD, DSc, MBA
Oral Diabetes Medications & Kidney Health	37:07	Samuel Dagogo-Jack, MD, DSc, MBA
All About The Non-Insulin Classification: Glucagon Like Peptide-1 Receptor Agonists (GLP-1 RAs)	27:41	Vista Khosraviani, PharmD, APh
What's More Effective: SGLT2 Inhibitors vs. GLP-1 Agonists?	27:43	Insiya Poonawalla, PhD
The Role of SGLT-2 Inhibitors In People With Type 1 Diabetes	34:57	Chantal Mathieu, MD, PhD
<b>Part 2: Insulin</b>		
<b>Outpatient Management</b>		
Insulin: Understanding the Basics Given a Multitude of Options	24:03	Sarah Kim, MD
Optimizing Basal Insulin in Type 2 Diabetes	19:53	Sarah Kim, MD
Titration Prandial and Correctional Insulin Algorithms	40:28	Sarah Kim, MD
Optimizing Mealtime Insulin Dosing for Patients on Multiple Daily Injections	24:42	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Insulin Titration Options for a Low Health Literacy Individual	31:10	Amy Hess Fischl, MS, RDN, LDN, BC-ADM, CDCES
Clinical Application Of Afrezza (Inhaled Human Insulin) In Type 1 and Type 2 Diabetes - Addressing an Unmet Need	23:33	Martha Ndung'u, PharmD
Management Options For Steroid-Induced Hyperglycemia	30:43	Steven V. Edelman, MD
	30:03	Felicia A. Mendelsohn Curanaj, MD

## Inpatient Management

Managing Patients With Diabetes in the Hospital Setting	23:21	Guillermo Umpierrez, MD, CDE, MACP, FACE
Diabetes Transitions in the Hospital—Strategies To Consider When the Formulary Does Not Match Your Patient’s Home Insulin	30:14	Irl B. Hirsch, MD
Management of Diabetes at Hospital Discharge	12:24	Guillermo Umpierrez, MD, CDE, MACP, FACE

## Part 3: Glucose-Elevating Drugs (Hypoglycemia Rescue)

Glucagon Therapy- A Comparison of Current and Novel Treatments	34:08	Justin J. Sherman, PharmD, MCS
--	-------	--------------------------------

## Pharmacotherapy for ASCVD

Introduction on ASCVD Agents	12:51	Martha Ndung’u, PharmD
ASCVD and Diabetes: To Use Or Not Use Aspirin	9:46	Martha Ndung’u, PharmD

## Pharmacotherapy for Dyslipidemia

Lowering LDL With Statins, Ezetimibe, Fibrates, Niacin and PCSK9 Inhibitors: How Do You Choose? (part 1 - 26 mins)	25:55	Christopher Cannon, MD
Lowering LDL With Statins, Ezetimibe, Fibrates, Niacin and PCSK9 Inhibitors: How Do You Choose? (part 2 - 28 mins)	27:41	Christopher Cannon, MD
Reducing Hypertriglyceridemia With Prescription Vs. OTC Fish Oil	35:03	Sergio Fazio, MD, PhD

## Pharmacotherapy for Hypertension

What Are the HTN Guidelines to Follow?	27:36	Martha Ndung’u, PharmD
What You Should Know About The Basic Antihypertensive Classes (part 1)	18:43	Martha Ndung’u, PharmD
What You Should Know About The Basic Antihypertensive Classes (part 2)	25:27	Martha Ndung’u, PharmD

## Pharmacotherapy for Chronic Kidney Disease

Treatment Therapies for CKD in Diabetes	30:20	Katherine R. Tuttle, MD, FACP, FASN, FNKF
---	-------	---

## Pharmacotherapy for Obesity

Diabesity & Anti-Obesity Pharmacotherapy	40:56	Joy Pape, MSN, RN, FNP-C, CDCES, FADCES
Adding Naltrexone/Bupropion To Incretin Agents In Patients With Obesity And Type 2: Is It Safe And Effective?	11:48	Sean Wharton, MD, PharmD, FRCP(C)

## Pharmacotherapy for NAFLD

Tailoring Treatment for People with Type 2 and Nonalcoholic Fatty Liver Disease (NAFLD)	31:36	Kenneth Cusi, MD, FACP, FACE
---	-------	------------------------------

## Pharmacotherapy for Sexual Dysfunction

Female Sexual Dysfunction: Pharmacological Interventions	29:03	Alice YY Cheng, MD, FRCPC
Sexual Health in Men with Diabetes	28:37	Adam Millar, MD, MScCH, FRCPC

## Dietary Supplements

Get Supplement Savvy (Part 1)	22:02	Stefania Manetti, RD/N, CDCES
Get Supplement Savvy (Part 2)	19	Stefania Manetti, RD/N, CDCES

**Plus quizzes and assignments = 20-hour course**

## BENERD COLLEGE DIABETES ESSENTIALS FOR CLINICIANS: DIABETES TECHNOLOGY CURRICULUM

TOPIC	LECTURE TIME	SPEAKER
Intro	3:28	Larry Chang, PharmD, BCACP, APH
<b>Background &amp; Basics</b>		
The Evolution Of Diabetes & Technology	22:21	Rayhan Lal, MD
Blood Glucose Monitoring Basics	13:46	Vida Reed, FNP, CDCES
Use of Technology in Underserved Populations	31:25	Anne L. Peters, MD
How Diabetes Technology Can Improve Clinical Outcomes When Challenges To Its Use Are Addressed	31:18	Rachel Stahl, MS, RD, CDN, CDCES
Online Peer Support Communities: A Technology Worth Prescribing?	31:12	Michelle Litchman, PhD, FNP-BC, FAANP
Personal Health Data - How Much Is Needed And What To Do With It?	36:10	David Ahn, MD
<b>Continuous Glucose Monitoring (CGM)</b>		
The Evolution of a CGM: A Case Study, FreeStyle Libre Products	24:17	Lynne Lyons, MPH, RDN, CDCES
Continuous Glucose Monitoring (CGM): Understanding the Basics Behind This Technology, Its Benefits & Pitfalls	29:42	Diana Isaacs, PharmD, BCPS, BCACP, BC-ADM, CDCES
Understanding Key CGM Data	29:56	Irl B. Hirsch, MD
Utilizing Time In Range For Glucose Management	28:12	Teresa Pearson, MS, CNS, Exec MBA, CDCES, FADCES
Time-In-Range During Pregnancy	25:27	Viral Shah, MD
Interpreting CGM Data Using Case Studies	31:51	Irl B. Hirsch, MD
CGM- Setting Up Your Practice and Your Patient (part 1)	25:33	Alison B. Evert, MS, RDN, CDCES
CGM- Setting Up Your Practices & Billing for CGM Evaluation (part 2)	17:09	Alison B. Evert, MS, RDN, CDCES
A Virtual Diabetes Clinic For People With Type 2 Diabetes: Real-world Clinical Outcomes	24:25	Ronald F. Dixon, MD
Reducing Inpatient and Outpatient Emergency Events and Hospitalization with Freestyle Libre System	30:14	Richard M. Bergenstal, MD
Continuous Glucose Monitor Use in Hospital Settings	31:03	Gregory P. Forlenza, MD
Eversense CGM: What You Need To Know About This Implantable, 90-day Under-the-Skin Sensor	28:07	Francine Kauffman, MD
<b>Insulin Pumps</b>		
Insulin Pump Essentials To Know	33:09:00	Jenise C. Wong, MD, PhD
Starting An Adult On An Insulin Pump (part 1)	29:17:00	Gary Scheiner, MS, CDCES

Starting An Adult On An Insulin Pump (part 2)	29:48	Gary Scheiner, MS, CDCES
Starting An Adult On An Insulin Pump (part 3)	24:08	Gary Scheiner, MS, CDCES
Starting Children/Adolescents on an Insulin Pump: Part 1	42:26	Jeanne Buchanan, MSN, RN, BC-ADM, CDCES
Starting Children/Adolescents on an Insulin Pump: Part 2	37:06	Jeanne Buchanan, MSN, RN, BC-ADM, CDCES
Common and Not-So-Common Insulin Pump Issues	30:32	Diana Isaacs, PharmD, BCPS, BCACP, BC-ADM, CDCES

### Artificial Pancreas & Looping Systems

Looping & Do-It-Yourself Artificial Pancreas Systems	30:57	Jenny Zabinsky, MD, MEng
Being Physically Active with Artificial Pancreas Systems and CGMs	24:07	Dessi Zaharieva, PhD
Which Devices Improves Nocturnal Hypoglycemia In Children And Adults With T1D	27:15	Michelle Van Name, MD

### Apps, Social Media, Text Messaging & TeleHeath

Recommending Diabetes Apps: Secrets To Success	24:46	Jane Jeffries Seley, DNP, MPH, MSN, GNP, BC-ADM, CDCES, CDTC, FADCES, FAAN
How A Diabetes App is Born	27:16	Miguel Johns, BS, Kinesiology and Exercise Science
Playing Detective: Navigating Diabetes Data (CGMs, Insulin Pens & Pumps, Diabetes Apps and More)	32:09	Rachel Stahl, MS, RD, CDN, CDCES
Physical Activity Tracking & Insights From The Type 2 Diabetes Ecosystem	33:53	David Kerr, MBChB, DM, FRCP, FRCP (Edin)
Diabetes Care Text Messages – Do They Work, and Why?	28:34	David Wagner, PhD
Engaging the Diabetes Community to Problem Solve Via Facebook Automated Messages: A Case Study	25:25	Miguel Johns, BS, Kinesiology and Exercise Science
Moving Diabetes Education Online: A Case Study on MyDiabetes Tutor	19:56	Prem Sahasranam, MD
Steps Needed to Make a Successful Diabetes Telehealth Visit – Part 1: We're Doing It...But How Do We Make It Better & Easier?	17	Aaron Neinstein, MD
Part 2: Telehealth In Diabetes – Pre-COVID, Current State, & Post-COVID	18	Jennifer Raymond, MD, MCR
Part 3: Insights Learned From A Pediatric Diabetes Clinic	11:27	Maureen McGrath, MS, PNP-BC, BC-ADM
All panel discussion	6	

**Plus quizzes and assignments = 20-hour course**

## BENERD COLLEGE DIABETES ESSENTIALS FOR CLINICIANS: DIABETES EDUCATION & WELLNESS CURRICULUM

TOPIC	LECTURE	
	TIME	SPEAKER
Intro:	2:54	Larry Chang, PharmD, BCACP, APh
<b>Background &amp; Basics</b>		
The Diabetes Self-Management Education and Support Process	32:49	Barb Schreiner, PhD, RN, CDCES, BC-ADM
American Diabetes Association - A Critical Connection Point for Advocacy & Ongoing Support	34:26	Tracey Brown, MBA, CEO American Diabetes Association
Diabetes Self-Care: Applying The 7 Behaviors To Achieving & Maintaining Health	28:59	Larry Chang, PharmD, BCACP, APh
Behavior Change: How To Excel In Helping Your Patients Achieve Outcomes	33:44	Danielle Hessler Jones, PhD
How Not to Be A Boring Educator or Provider Which Can Inspire People With Diabetes To Never Return	23:19	William Polonsky, PhD, CDCES
Use of Community Health Workers to Deliver DSMES: Technology, Training, Supervision and Professional Development	37:45	Christina McGeough, RD, CDCES
<b>Inpatient</b>		
Models For Inpatient Diabetes Education & Transitions To Outpatient Care	28:32	Carine M. Nassar, MS, RD, LD, CDCES
The Role of the Inpatient Nurse in Managing Hyperglycemia	29:11	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Preventing Inpatient Hypoglycemia: It Takes a Village	26:34	Jane Jeffries Seley, DNP, MPH, MSN, GNP, BC-ADM, CDCES, CDTC, FADCES, FAAN
A Blitz of Inpatient Case Studies	27:13	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
<b>Outpatient</b>		
<b>Part 1: Healthy Coping</b>		
Changing the Conversation from Discouraged to Encouraged with Diabetes	22:15	Susan Jung Guzman, PhD
The Emotional Side Of Diabetes: Implications For Clinical Care (part 1)	38:06	Larry Fisher, PhD, ABPP
The Emotional Side Of Diabetes: Implications For Clinical Care (part 2)	14:30	Larry Fisher, PhD, ABPP
Helping Those with Complications Have Success	17:39	Susan Jung Guzman, PhD
<b>Part 2: Healthy Eating</b>		
Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report	29:47	Patti Urbanski, MEd, RD, LD, CDCES
What Can I Eat?	47:41	Melinda Maryniuk, MEd, RDN, CDCES, FADA

Using Culinary Medicine to Prevent and Manage Type 2. (Part 1)	19:05	Michelle Hauser, MD, MS, MPA, FACLM, Chef
Using Culinary Medicine to Prevent and Manage Type 2. (Part 2)	25:10	Michelle Hauser, MD, MS, MPA, FACLM, Chef
Using Culinary Medicine to Prevent and Manage Type 2. (Part 3)	31:37	Michelle Hauser, MD, MS, MPA, FACLM, Chef
Nutrition for People with Celiac Disease	24:12	Carol Brunzell, RDN, LD, CDCES, FAND
Effective Strategies for Those with Diabetes Who Fast	24:01	Joy Pape, MSN, RN, FNP-C, CDCES, FADCES
Does Personalized Nutrition Based on Gut Microbiome Work to Prevent Type 2?	33:47	Eran Segal, PhD
<b>Part 3: Being Active</b>		
Diabetes & Exercise: Practical Tips for Prescribing and Monitoring (part 1)	26:02	Sheri R. Colberg-Ochs, PhD, FACSM
Diabetes & Exercise: Practical Tips for Prescribing and Monitoring (part 2)	29:55	Sheri R. Colberg-Ochs, PhD, FACSM
Fueling The Athlete With Diabetes	33:05	Stephanie Bouquet, MS, RD, CSSD, CDCES
Complementary Therapy- Eastern Approaches To Diabetes Management- Tai Chi, Qi Gong & Yoga	19:11	Richard Peng, MS, MBA, ACSM-CEP, RCEP, CDCES
<b>Part 4: Monitoring</b>		
From an Educator Lens Talking With Patients About Monitoring. Part 1: Where to Begin with All the Numbers?	1:42	Susan Jung Guzman, PhD
Part 2: A1C, Blood Pressure & Cholesterol	13:32	Larry Chang, PharmD, BCACP, APh
Ketone Testing	7:04	Vida Reed, FNP, CDCES
<b>Part 5: Taking Medication</b>		
Starting Insulin or Other Injectables: What To Say and Do To Help Your Patient Succeed	26:50	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
<b>Part 6: Problem Solving</b>		
Solving Some Glucose Mysteries - Type 1 Case Studies	28:54	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Solving Some Glucose Mysteries - Type 2 Case Studies	29:56	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Impaired Hypoglycemia Awareness	30:19	Belinda "Lindy" Childs, APRN, MN, CDCES, BC-ADM
Having the Conversation About Sexual Dysfunction	29:46	Janis Roszler, PhD, LMFT, CDCES
<b>Part 7: Reducing Risks</b>		
Sick Days & Surgery: 2 Curve Balls to Warn Your Patients About	19:10	Beverly Thomassian, RN, MPH, CDCES, BC-ADM

Effective Education For Your Patients Who Smoke or Vape Nicotine or Cannabis	26:27	Chesney Hoagland-Fuchs, BSN, MPH, RN, CCM, CDCES
--	-------	--

### Part 8: Diabetes Prevention Program

What is the DPP? (A Sampling of the CDC's Diabetes Prevention Program Content From A Participant's Perspective)

- |                                |       |
|--------------------------------|-------|
| 1. Shop and Cook to Prevent T2 | 12:29 |
| 2. Get Active to Prevent T2    | 19:46 |
| 3. Manage Stress               | 17:12 |

### Part 9: Complementary Health Approaches

Naturopathic Approaches To Type 2 Diabetes	31:10	Ryan Bradley, ND, MPH
--	-------	-----------------------

### Next Steps

Getting Credentialed: What's The Difference Between CDCES And BC-ADM	28:38	Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Closing Comments and Useful References		Larry Chang, PharmD, BCACP, APh

**Plus quizzes and assignments = 20-hour course**