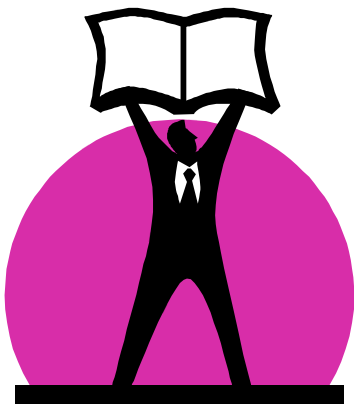


DIABETES
EDUCATION CENTER
OF THE MIDLANDS
A Foundation for Your Healthy Lifestyle

2974 South 84th Street Omaha, NE 68124

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Diabetes Education Center of the Midlands



Presents the
23rd Annual

Diabetes Seminar

Saturday, April 14, 2007

Living Today, Looking Toward Tomorrow

(For Those with Diabetes, Family Members and Friends)

Living Today, Looking Toward Tomorrow

Saturday, April 14, 2007

- 8:10 Registration/Visit Exhibits
- 8:50 Welcome
- 9:00 **Innovative Medications for Diabetes Control- Understanding the Incretin Effect**
Timothy Wahl, MD, FACP, CDE
- 9:50 **Glucose Variability and its Effect on Diabetes Complications**
Mary Leighton, RN, BSN, CDE
- 10:30 Break/Visit Exhibits
- 11:00 **How I Achieved Blood Glucose Control**
Riva Greenberg, Sanofi-Aventis A1C Champion
- 12:00 Lunch/Exhibits Open until 1:00 PM
Optional Break-Out Session During Lunch- Dietary Management of Celiac Disease
Lynn Senecal, RD, CDE
- 1:00 **Dietary Fat – How it Affects Blood Glucose Levels**
Nancy Schwartz, RD, LMNT, CDE
- 1:45 **New Technologies for Monitoring Glucose Levels**
Mary Leighton, RN, BSN, CDE
- 2:15 Stretch Break
- 2:30 **Weight Training – An Essential Part of Your Management**
Kris Berg, EdD
- 3:30 Closing Comments & Door Prize Drawings

Program Overview

At the completion of this program, the participants will be able to:

- List the new oral and injectible medications appropriate in Type 1 and Type 2 diabetes, and explain the Incretin Effect.
- Explain the relationship between blood glucose variability and diabetes complications.
- Identify strategies one can enlist to motivate self-care.
- Describe “high fat” and its impact on blood sugar control.
- List glucose monitoring technologies available now and learn about future glucose testing technologies.
- Verbalize the benefits of weight training in general and particularly in diabetes management.

Living Today, Looking Toward Tomorrow

Saturday, April 14, 2007

9:00 AM – 3:30 PM

Holiday Inn Central, Omaha, Nebraska

Audience:

This program is designed for individuals with diabetes, family members and those interested in learning about management of diabetes.

Program Sponsors:

Special thanks to the companies who have provided additional support for our seminar:



Diabetes Exhibits

- AARP
- Abbott Diabetes Care
- Activate Omaha
- American Diabetes Association
- Amylin Pharmaceuticals, Inc.
- Bayer HealthCare LLC
- Comfort Plus Shoe Center, Inc
- Diabetes Education Center of the Midlands
- Diabetes Supply Center of the Midlands
- Eli Lilly and Company
- Glaxo Smith Kline
- King Pharmaceuticals
- Lifescan, Inc.
- Nebraska Health and Human Services
- Nebraska Talking Book and Braille
- Novo Nordisk Pharmaceuticals
- Pfizer
- Sanofi-Aventis
- Takeda Pharmaceuticals America, Inc.
- Whole Foods

Exhibits open at 8:15 a.m.

Fees:

Pre-Registration (includes lunch) - \$25
Must be postmarked by 04/06/07

Registration after 04/06/07 - \$30

Cancellations:

Written cancellations received by April 6, 2007 will be refunded less a \$5 administration fee.
No refunds after April 6, 2007.

Program will not be canceled due to inclement weather. No weather related refunds.

Location:

Holiday Inn Convention Center
3321 S. 72nd Street, Omaha, NE

Park on the north side and enter through Convention Center.

Block of rooms available for 04/14/07.
Call 402-393-3950 for reservations.

Living Today, Looking Toward Tomorrow

Faculty:

Timothy Wahl, MD, FACP, CDE

Endocrinologist
Diabetes & Endocrine Associates, P.C.
Medical Director
Diabetes Education Center of the Midlands

Nancy Schwartz, RD, LMNT, CDE

Nutrition Specialist
Certified Diabetes Educator
Diabetes Education Center of the Midlands

Mary Leighton, RN, BSN, CDE

Certified Diabetes Educator
Program Coordinator
Diabetes Education Center of the Midlands

Riva Greenberg

Sanofi-Aventis A1C Champion
Brooklyn, NY

Lynn Senecal, RD, CDE

Regional Clinical Manager
Animas Corporation

Kris Berg, EdD

Exercise Physiologist
University of Nebraska at Omaha