

This is a one-day event for diabetes educators, physicians and health professionals involved in the treatment and management of diabetes.

Upon completion of this conference, the participant will be able to:

1. Discuss current and up-coming developments in diabetes.
2. Inspire and support optimal self-management care in patients.
3. Apply practical tips to promote positive self-care behaviour.
4. Identify and prioritize co-morbidity management.
5. Identify and avoid burnout as a health care professional.

## Planning Committee

Noreen Antonishyn RN, MN, NP, CDE

Ellery Irvin, BEcon

Shemina Karmali, RN, BA, MSN, MBA

Sharon Kelly, RN, BN, CDE

Diana Mitchell, RN, BN, CDE, CCRC

Ana Maria Trotter, HCC, Co-Chair

Carol Wei, RPh, BSc, Phm, CDE, Co-Chair

Dayna Zarn BSc, RD, BSc, CDE

## Sponsors

We extend our appreciation to:

### Platinum Sponsor



## 0700 Registration and Breakfast

**0745 Welcome**  
Carol Wei

## 0800 Moving Mountains: The Role of Behaviour Change in Clinical Outcomes

Dr. Michael Vallis  
Chair: Carol Wei

**0900 Emerging Trends in Diabetes Care**  
Dr. Stewart Harris  
Chair: Shemina Karmali

## 1000 Refreshment Break

## 1030 Workshop 1

## 1130 Workshop 2

## 1215 Lunch

## 1330 Priority One in CVD Risk: Blood Pressure, Blood Glucose, Lipids?

Dr. David Lau  
Dr. Doreen Rabi  
Facilitator: Dr. Stewart Harris  
Chair: Noreen Antonishyn

## 1430 Caring for the Care Giver: Promoting Wellness and Avoiding Burnout

Dr. Michael Vallis  
Chair: Diana Mitchell

**1530 Evaluation, Adjourment and Door Prizes**  
Ana Maria Trotter

## Workshop Sessions

### Session A Acknowledging the Complexities of Diabetes Foot Care

Dr. L. Parsons

### Session B “Continuous Glucose Monitoring: What’s it All About Anyway?”

María Ilnyckvj

### Session C “Motivation and Exercise: How to be More Effective and What to Prescribe”

Mami Armstrong

Registrants will have the opportunity to attend **two** concurrent sessions.

Session enrollment is limited.

Please indicate order of preference on registration form.

## Registration

Name \_\_\_\_\_ Title \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Office Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email: \_\_\_\_\_

Please mark your Professional Affiliation:  
 RN: \_\_\_ RD: \_\_\_ Pharmacist: \_\_\_  
 MD: \_\_\_ Other: \_\_\_\_\_

**Concurrent Session: Please choose 1st and 2nd choice for each session**

- 1) A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_
- 2) A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_

### Fees:

	Mar 31	Apr 23	After Apr 23
Fee	<b>Early Bird</b>	<b>Regular</b>	<b>Late</b>
DES Member	50.00	75.00	100.00
Non-Member	75.00	100.00	125.00

DES Registration # \_\_\_\_\_  
 (fees includes meals and nutrition break)  
 Inquires at: [simplifyingthecomplexity@gmail.com](mailto:simplifyingthecomplexity@gmail.com)

## Registration/Accommodation

Payable by cheque **only** to :  
**DES Calgary Chapter.**

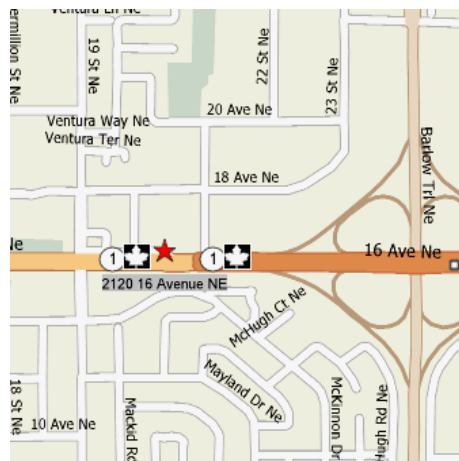
Registrations forms with payment must be postmarked on or before deadline dates.

Fees will be refunded 50% for cancellation prior to March 31.  
 Fees are non-refundable after March 31.

Please forward form and payment to:  
 Dayna Zam  
 c/o 161 Millrise Square SW  
 Calgary, AB T2Y 4B8

Conference attendees may obtain single/double accommodation. Please direct your reservation requirements to: Radisson Hotel 403-291-4666.

Please inform the reservation clerk that you are attending the Diabetes Conference. There is no cost for parking.



## Third Annual Diabetes: Simplifying the Complexity

**Saturday, May 1, 2010**  
**0800-1600**  
 (Registration begins at 0700)

**Radisson Hotel**  
**2120 16 Avenue NE**  
**Calgary AB**

**Presented By:**



Diabetes Education Sector, Calgary Chapter

## Speakers

Dr. Michael Vallis, Ph.D., R. Psych  
 Registered Clinical Psychologist, Queen Elizabeth II Health Sciences Centre  
 Associate Professor in Psychiatry and Adjunct Professor in Psychology at Dalhousie University  
 Halifax, Nova Scotia

Dr. David Lau, MD. Ph.D., FRCPC  
 Professor of Medicine, Biochemistry and Molecular Biology  
 Chair of the Diabetes and Endocrine Research Group  
 Calgary, Alberta

Dr. Stewart Harris, MD. MPH, FCFP, FAPCM  
 Department of Family Medicine/Department of Epidemiology and Biostatistics and Division of Endocrinology  
 University of Western Ontario  
 London, Ontario

Dr. Doreen Rabi, MD, MSc., FRCPC  
 Division of Endocrinology/Faculty of Medicine  
 University of Calgary  
 Calgary, Alberta

Dr. Laurie Parsons, MD, FRCP(C)  
 Medical Director of the S. Alberta Wound Clinic  
 Medical Director of the Calgary Contact Dermatitis Clinic  
 Calgary, Alberta

Maria Ilnyckvj, RN, MN, CDE  
 Calgary Diabetes, Hypertension and Cholesterol Center  
 Calgary, Alberta

Mami Armstrong, BSc, MSc Candidate (Kinesiology)  
 ACSM Certified Clinical Exercise Specialist  
 Certified Clinical Exercise Physiologist  
 Calgary, Alberta