The Diabetes Dialogue series is fashioned to bring you the latest scientific data on the important interplay and interaction between diabetes and other co-morbid conditions. I look forward to seeing you at our next Dialogue.

Kwame Osei, MD, FACE, FACP
6:30 p.m.   Registration

7:00 p.m.   Dinner and Presentations

The role of exercise and glucose metabolism and cardiovascular disease
Kwame Osei, MD, FACE, FACP
Ralph W. Kurtz, Chair of Endocrinology
Professor; Director, Division of Endocrinology, Diabetes and Metabolism
The Ohio State University Medical Center

Guidelines and modalities of exercise in the treatment and management of Type 2 diabetes.
Trudy Gaillard, PhD, RN, CDE
Assistant Professor of Medicine
Director, Prevention of Diabetes in African Americans Program
The Ohio State University Medical Center

8:00 p.m.   Case Presentation and Group Dialogue

8:30 p.m.   Adjourn

Upon conclusion of this course, participants will be able to:

1. Review guidelines and recommendations of exercise for persons with Type 2 diabetes.
2. Review epidemiological evidence for lifestyle interventions aimed at preventing Type 2 diabetes and cardiovascular disease in racial/ethnic populations.
3. Describe the effect of aerobic fitness in the prevention of Type 2 diabetes, cardiovascular and mortality.
4. Define the role of physical activity in glucose regulation and insulin sensitivity.
5. Discuss the role of ethnicity and race on energy expenditure.

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