

FUELING A HEALTHIER FUTURE

A Wyoming focus on Diabetes & Heart Health

Best Western Downtown Casper

April 4-5, 2025



This Live Activity is designed for all levels of health care professionals including physicians, nursing, dietitians, pharmacist and allied health partners that relates to clients living with pre-diabetes, diabetes, hypertension and associated chronic conditions.

Facing the Challenges of Healthcare: *You come first!*

Join Betsy Spomer, MD, PCC, CPCC, of Soul Honey Coaching as she discusses how working in healthcare today is demanding, and addressing these challenges may necessitate a shift in priorities. While it is common to prioritize patients first in healthcare, this approach can be flawed. Achieving true satisfaction and making a significant impact in the current healthcare environment begins with a commitment to oneself. By prioritizing personal safety, fostering connections, and showing compassion for oneself and others, we position ourselves for success. This enables us to bring our best selves to the table, leverage our unique strengths, make a meaningful impact, and find joy in the process.

Objectives: Identify the key elements for positioning yourself for personal success in challenging circumstances. Explore and learn how to create personal safety, to be more self-compassionate, to leverage connection, and to embrace your personal brilliance.

Dr. Betsy Spomer is a Family Medicine physician and a certified professional life coach. She believes that being true to oneself is essential in finding joy and creating impact. With over 20 years of clinical practice, Betsy provides coaching support to professionals inside and outside of healthcare who are seeking fulfillment, balance, and joy in their lives. Dr. Spomer takes a holistic approach, combining expertise in health & well-being with personal development strategies, supporting clients as they find creative solutions for experiencing joy even in challenging environments. She also advocates for systemic changes promoting healthier work-life balance.



This educational and networking opportunity is brought to you by:



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7:00-8:00am

Conference Check In

8:00-8:30am

Conference Welcome - Grand Ballroom A/B

8:30-9:30am
Grand Ballroom A/B

Facing the Challenges of Healthcare: You Come First - Betsy Spomer, MD, PCC, CPCC, Soul Honey Coaching

9:30-10:00am

Break with Exhibitors - Grand Ballroom C/D

10:00-11:00am
Grand Ballroom A/B

Diabetes and Obstructive Sleep Apnea: Birds of a Feather Renae Dorrity, MD Sleep Specialist Hoskinson Health and Wellness

This presentation will explore the intricate bidirectional relationship between diabetes and obstructive sleep apnea (OSA). We will discuss how OSA can negatively impact glucose levels in individuals with diabetes and how, conversely, diabetes can increase the risk of developing OSA. The presentation will also delve into the impact of treating each condition on the other, emphasizing the importance of a comprehensive treatment approach to improve overall health outcomes for patients with both conditions. Objectives: Discuss the bidirectional relationship between diabetes and obstructive sleep. Discuss the impact that treating each has on the other.

11:00-12:00pm
Grand Ballroom A/B

Clinical Review of Nutrition Guidelines for Persons with Renal Disease Marcella Wright DNP, MS, RN, HealthTech

This review examines current nutrition guidelines for individuals with renal disease, including those on dialysis and diabetes. Key areas explored include protein intake, fluid restriction, potassium and phosphorus management, and the role of specific diets like plant-based or low-protein diets. The aim is to provide a comprehensive overview of evidence-based recommendations to optimize nutritional care and improve patient outcomes. Objectives: Provide a clinical review of Hypertension and its effects on Renal Disease. Identify and discuss proper blood pressure measurement techniques and review current management guidelines.



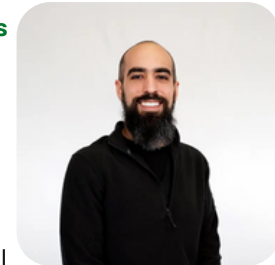
12:00-1:30pm

Lunch with Exhibitors - Grand Ballroom C/D

1:30-2:30pm
Grand Ballroom A/B

Newest Clinical Guidelines for People with Cardiovascular Disease and Diabetes Daniel Davidovich, MD, Cardiologist Hoskinson Health and Wellness

The newest clinical guidelines for people with both diabetes and cardiovascular disease emphasize a multi-faceted approach to risk reduction. Key updates include a more comprehensive evaluation of cardiovascular risk factors, including *assessment of kidney function, sleep apnea, and social determinants of health. The expanded role of medications such as Sodium-glucose cotransporter 2 (SGLT2) inhibitors and Glucagon-like peptide-1 (GLP-1) receptor agonists. Focus on Patient-Centered Care emphasizing individual patient needs, preferences, and goals in developing personalized treatment plans with lifestyle modifications such as weight management, dietary changes, and regular physical activity. These guidelines aim to improve cardiovascular outcomes and overall quality of life for individuals living with both diabetes and cardiovascular disease. Objectives: Identify and explore the cardiovascular risks of people living with hypertension and diabetes. Identify and review treatment options.



2:30-2:45pm

Break with Exhibitors - Grand Ballroom C/D

2:45-3:45 pm
Grand Ballroom A/B

Bariatric Surgery and Type 2 Diabetes Robert Shawhan, MD General Surgery, Bariatrics Mem. Hosp. Converse County

This presentation provides a concise overview of bariatric surgery's role in managing type 2 diabetes (T2D). We will explore the historical context and various surgical procedures, detailing their impact on glucose control. The mechanisms by which bariatric surgery improves T2D, including hormonal changes and gut physiology, will be discussed. We will also address patient selection criteria and compare the efficacy of bariatric surgery to GLP-1 receptor agonists in achieving diabetes remission. Objectives: Identify and Review Effectiveness of Bariatric Surgery for Diabetes Control. Identify and discuss mechanisms by which bariatric surgery controls diabetes.

3:45-4:45pm
Grand Ballroom A/B

Gastroparesis: Mastering and Management Raoul Joubran, MD, MBA, Gastroenterologist GI Associates, P.C.

This review provides an overview of the diagnosis and management of gastroparesis, particularly in individuals with diabetes. Key topics include symptom management, dietary modifications, medications, and advanced therapies. The goal is to improve quality of life and optimize glycemic control for patients with this complex condition. Objectives: Describe the key diagnostic criteria and treatment options for gastroparesis in individuals with diabetes. Explain the role of dietary modifications, medications, and advanced therapies in managing gastroparesis symptoms and optimizing glycemic control.



4:45-5:00pm

Day One Wrap-up /Evaluations & Announcements - Grand Ballroom A/B

5:00-6:30pm
Grand Ballroom C/D

NETWORKING RECEPTION - Join us for an evening of connection and professional growth at our networking reception. This event offers an opportunity to meet like-minded individuals, share experiences, and build lasting relationships. Enjoy delicious hors d'oeuvres, refreshing beverages, and engaging conversation in a relaxed and welcoming atmosphere.

SATURDAY, APRIL 5, 2025 Agenda Day Two - Conference Sessions - Downtown Best Western

7:30-8:15am

Conference Registration - Day Two Sign In

8:15-8:30am

Conference Welcome - Grand Ballroom A/B

**8:30-9:30am
Grand Ballroom A/B**

**Investing in Prevention: Fueling Patient Education
Amber Nolte, MPH, CPM, Kacie Hutton, MPH and the Team from WyCOA**

This presentation will explore the importance of investing in patient education for chronic disease prevention. We will discuss key programs such as the Diabetes Prevention Program (DPP), Health Heart Ambassador Programs, and Diabetes Self-Management Program (DSMP). We will also explore available funding sources and discuss upcoming education opportunities in 2025. Objectives: Identify and briefly describe at least three key evidence-based prevention programs, such as the Diabetes Prevention Program (DPP), and the American Heart Association's Heart Health Ambassador Program (HHA) and the Diabetes Self-Management Program (DSMP). Identify at least two potential funding sources for patient education programs related to health prevention and patient education in 2025. Identify and briefly describe the Healthy U programs for chronic disease in Wyoming. Identify and describe the Healthy U Diabetes Program in Wyoming. Review and discuss telehealth options and services in Wyoming.



9:30-9:45am

Break with Exhibitors - Grand Ballroom C/D

**9:45-11:15am
Grand Ballroom A/B**

Dementia Friendly Management of Chronic Disease - Tina Stanco, MD, Cynthia Works, MD, Tabitha Thrasher, DO, Larissa Gray, PA UW Family Practice Geriatric Team

Dementia-friendly management of chronic diseases involves a patient-centered approach that considers the unique needs of individuals with cognitive impairment. By incorporating the 4Ms framework (What Matters, Medication, Mentation, and Mobility), healthcare providers can optimize care, improve quality of life, and reduce the risk of adverse outcomes for patients with dementia and chronic conditions. Objectives: Identify common challenges in managing chronic diseases for individuals living with dementia. Introduce and discuss the "5Ms" framework as a practical tool for dementia-friendly care in the management of chronic diseases.



11:15-12:15pm

Lunch with Exhibitors - Grand Ballroom C/D

**12:15-1:15pm
Grand Ballroom A/B**

**Gestational Diabetes: Understanding, Managing and Preventing Risks
Sandhya Maradana, MD Endocrinologist Cheyenne Regional Medical Center**

This presentation will focus on optimizing gestational diabetes (GDM) management through early identification and evidence-based interventions. We will explore effective screening and diagnostic strategies, discuss risk factors, and review current guidelines for managing GDM, including dietary modifications, exercise, and medication. Objectives: Identify and discuss effective screening and diagnostics for the early identification of Gestational Diabetes (GDM) to ensure timely interventions and care. Discuss evidence-based guidelines in managing Gestational Diabetes (GDM).



**1:15-1:45pm
Grand Ballroom A/B**

Round Table Open Forum - Ashley Littleton, RD, LD, CDCES, Troy Bailey, MS, RDN, CDCES, and Heidi Gillette, RD, CDCES

This roundtable discussion will bring together healthcare professionals to foster networking and share innovative practices. Participants will engage in open dialogue, exchanging ideas and experiences to enhance patient care and improve healthcare delivery. By connecting with peers and exploring new approaches, attendees will gain valuable insights and inspire collaborative solutions to common challenges. Objectives: Discuss options for bridging gaps between diabetes centers, medical centers and providers. Identify barriers to increasing referrals and options for improving sustainability. Identify options for improving membership, collaboration and leadership in Wyoming. Discuss options for bridging gaps between diabetes centers, medical centers and providers.



1:45-2:00pm

Day One Wrap-up /Evaluations & Announcements - Grand Ballroom A/B



Evaluation

CONFERENCE SPONSORS & EXHIBITORS

A BIG THANK YOU to our generous conference exhibitors from the conference committee. Without your help, this event could not take place!



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CONFERENCE COMMITTEE

Thank you to this year's conference committee for all their hard work and dedication to ensure this conference was a success!

Ashley M. Littleton, RD, LD, CDCES
Troy Bailey, MS, RDN, CDCES
Dian True RN, CDCES, FADCES
Kevin Franke, BSN
Heidi Gillette, RD, CDCES
Andrea Shipley, MPA
Kara Beech, BSBA, SHRM-CP, CTA

empowering people to
take control of health



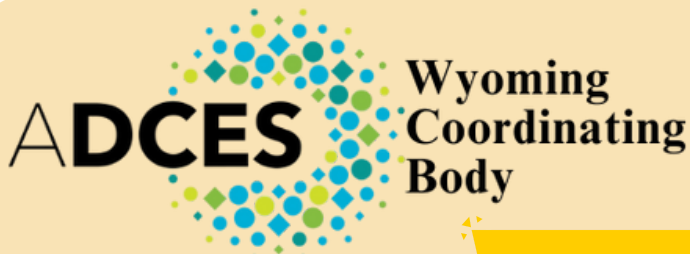
Terra Thompson, RN, CDCES

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Terra Thompson, RN, CDCES, is your Dexcom representative and partner for Northern Colorado and Southern Wyoming. With over 8 years of experience at Dexcom, Terra combines her clinical knowledge, sales expertise, and passion for patient care to support your office.

Early in her career, Terra served as an outpatient nurse and diabetes educator at the Barbara Davis Center. She also worked on several Type 1 and Type 2 diabetes research projects with the University of Colorado, including the pivotal trial for the Dexcom G6. These experiences provided Terra with a patient centered foundation that informs her work daily.

Terra is eager to collaborate with you to help integrate this life-changing technology into your practice. She is available to provide additional information, resources, and educational trials to ensure that both providers and patients can fully benefit from the Dexcom G7 system.



- Toolkit to help you articulate the value of your services
- Continuing education, product and event discounts
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- Subscriptions to The Science of Diabetes Self-Management and Care and ADCES in Practice
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BENEFITS



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- Much, much more!



HEALTHIER WYOMING



FOUR CRITICAL TIMES TO SEEK CARE FOR DIABETES:

- 1) When someone is diagnosed.
- 2) At a yearly check in.
- 3) When a new challenge is presented, such as financial or emotional distress, medication change or complications.
- 4) When there are changes in a persons health or healthcare: physicians, insurance, moving to a new location, or experiencing age-related issues.

Wyoming's reliable information source to help you improve your health!

Visit our website for resources including a map of Diabetes Self-Management Education and Support Programs

Contact us today!
Wyoming Center on Aging
 307-766-2829
 healthierwyo@uwyo.edu
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