



The 2025 Learning Journey in Diabetes: A Case-Based Interactive Educational Experience

PODCAST SERIES

EPISODE 1: 18 SEPTEMBER 2025

EPISODE 2: 5 NOVEMBER 2025

Practical tips to defeat insulin resistance and preventing type 2 diabetes

FACULTY

**Osama Hamdy**Joslin Diabetes Center - Boston (MA), USA
Harvard Medical School - Boston (MA), USA

OVERVIEW

Insulin resistance is a condition characterized by an impaired response of cells to insulin, which causes an initial increase in insulin levels. This hyperinsulinemia can further promote fat storage and inflammation, worsening insulin resistance and resulting in the establishment of a vicious circle which can contribute to the development of conditions like type 2 diabetes and obesity. Breaking this vicious circle is as important as it is difficult. Changes in lifestyle and pharmacotherapy, such as metformin, have been shown effective to improve insulin resistance and prevent its deleterious condition.

LEARNING OBJECTIVES

- Acquire competence about how to implement lifestyle programs to effectively prevent diabetes
- Acquire knowledge about the most important EBM for diabetes prevention

TARGET AUDIENCE

Endocrinologists, diabetologists, nurses and obstetricians

LANGUAGE

The activity will be in English



MEDICAL ADVISOR

Ernesto MaddaloniLa Sapienza University of Rome
Rome, Italy

DISTRIBUTION CHANNELS

Spotify, Amazon Music, Apple Music, SSIF Platform



ENDORSED BY



Program Manager: Sara Bassetti
sara.bassetti@scientificseminars.com

Scientific Seminars International Foundation
education@scientificseminars.com

