

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

DIGITAL INTERACTIVE MULTIDISCIPLINARY TALK SHOW
**Insulin resistance in young adults: addressing the risk
of early onset type 2 diabetes, and other related conditions
(PCOS and GDM)**

15 May 2025
From 13:00 to 14:30 CEST

Endorsed by



Società Italiana
di Diabetologia (SID)

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OVERVIEW

Insulin resistance is a core feature of a number of conditions, potentially affecting several organs and systems. When insulin resistance occurs in young people, it brings health problems related to growth, fertility and cardiometabolic risk. In particular, young women with insulin resistance frequently develop polycystic ovarian syndrome (PCOS), and are at increased risk of gestational diabetes (GDM). There is a need for increasing the awareness of HCP about the relevance of insulin resistance and its associated conditions (such as PCOS and GDM) in young people in terms of prevalence, metabolic and clinical consequences, as well as about potential preventive and treatment strategies.

LEARNING OBJECTIVES:

- Recognize people at high risk of insulin resistance
- Improving ability to prevent and treat PCOS: improving the confidence in preventing GDM

TARGET AUDIENCE:

Endocrinologists, diabetologists, gynaecologists, nurses, and obstetricians

LANGUAGE

The activity will be in English with Chinese and Spanish simultaneous translation

**For registration
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REGISTRATION IS FREE
OF CHARGE

CONTINUING MEDICAL EDUCATION

The Digital Interactive Multidisciplinary Talk Show **“Insulin resistance in young adults: addressing the risk of early onset type 2 diabetes, and other related conditions (PCOS and GDM)”** has been submitted for accreditation by the European Accreditation Council for Continuing Medical Education (EACCME), with **1 European CME credit** (ECMEC®). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME® credit to AMA credit can be found at www.ama-assn.org/education/earn-credit-participation-international-activities.

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.



CME PROVIDER

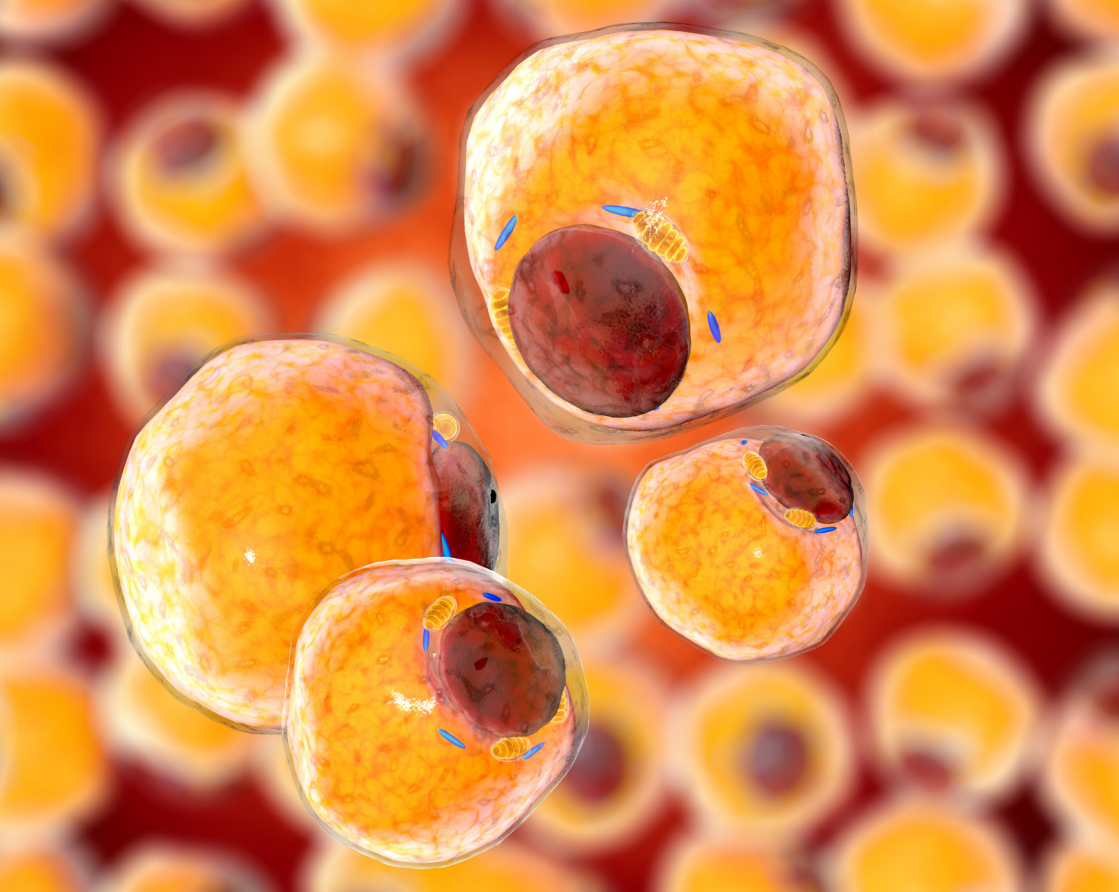
Scientific Seminars International Foundation

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SCIENTIFIC PROGRAM

INSULIN RESISTANCE IN YOUNG ADULTS: ADDRESSING THE RISK OF EARLY ONSET TYPE 2 DIABETES, AND OTHER RELATED CONDITIONS (PCOS AND GDM)

THURSDAY, 15 MAY 2025
From 13:00 to 14:30 CEST

13.00		Welcome and Introduction Ernesto Maddaloni (Italy)
		Session 1 Insulin resistance in the youth
13.05		L1 Causes of the epidemic of IR in the young adults Asma Deeb (United Arab Emirates)
13.20		L2 Consequences of IR with onset during early adulthood Osama Hamdy (United States)
13.30		P Panel discussion
		Session 2 Gestational diabetes
13.45		L3 Fertility (PCOS) and cardiometabolic risk Patricio Lopez-Jaramillo (Colombia)
14.00		L4 Obesity and risk of gestational diabetes Raffaella Buzzetti (Italy)
14.15		P Panel discussion and Q&A
14.25		Concluding remarks Ernesto Maddaloni (Italy)
14.30		End of the live talk show

LEGEND



Lecture



Q&A General Discussion with participants



Concluding Remarks



FACULTY DISCLOSURES

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Ernesto Maddaloni

Declared receipt of honoraria or consultation fees from Abbott, AstraZeneca, Aurora BioPharma, Boehringer Ingelheim, Eli-Lilly, MSD, Merck-KGgA, NovoNordisk

Raffaella Buzzetti

Declared receipt of honoraria or consultation fees from Eli Lilly Italia, Sanofi, Abbott, Novo Nordisk, Boehringer Ingelheim, AstraZeneca, Novartis Farma

Asma Deeb

Declared no potential conflict of interest

Osama Hamdy

Declared receipt of honoraria or consultation fees from Abbott Nutrition and receipt of grants/research support from Novo-Nordisk, Eli-Lilly

José Patricio Lopez- Jaramillo

Declared Participation in a company sponsored speaker's bureau: Menarini, Abbott



CHAIRMAN

ERNESTO MADDALONI



Ernesto Maddaloni is currently Associate Professor of Endocrinology and Diabetes at Sapienza University of Rome, Italy. He gained his MD, clinical specialty in Endocrinology and Diabetes and PhD in "Integrated Biomedical Sciences and Bioethics" at Campus Bio-Medico University of Rome. He has joined the Vascular Cell Biology Section of the Joslin Diabetes Center (Harvard Medical School) for a Post-Doctoral Research Fellowship in 2014 and the Diabetes Trial Unit of the University of Oxford in 2017 as a mentee of the European Foundation for the Study of Diabetes (EFSD) Future Leaders Mentorship Program, to actively pursuing his studies on clinical diabetes, cardiovascular outcomes and novel diabetes complications. His research interests focus on the study of adults with autoimmune diabetes and the interplay between vascular complications, bone health and autoimmunity. After the Sars-CoV2 infection outbreak, he has contributed also with original articles evaluating the strict relationship between diabetes and related comorbidities with Covid-19.

Dr Maddaloni has been a study investigator and coordinator for several national and international clinical trials and has published as lead author in several top-ranked peer-reviewed international medical journals.

His scientific achievements have been recognized with several awards, including the 2015 Albert Renold Fellowship from the European Foundation for the Study of Diabetes, the 2017 (under 32) and 2021 (under 35) Young Investigator Awards from the Italian Society of Endocrinology (SIE), the 2017 Early Investigator Award from the Endocrine Society (USA) and the 2020 Young (under 35) Investigator Award from the Italian Society of Diabetes (SID).



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RAFFAELLA BUZZETTI



Professor Buzzetti is Professor of Endocrinology at the Department of Experimental Medicine, Sapienza University of Rome. Since 2017, she has been leading the Diabetes Unit at Policlinico Umberto I Hospital.

She also serves as Vice Coordinator of the School of Specialization in Endocrinology and is a member of the Teaching Committee for the PhD program in Molecular Medicine.

Professor Buzzetti is the Elected Director of SID (Italian Diabetes Society). She previously served as Vice-President of the National Committee of Medical Research Guarantors and was recently appointed as a board member of the National Committee of Medical Research Evaluators for a four-year term.



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ASMA DEEB



Professor Asma Deeb is currently the chair of the research ethics committee and the chair of Paediatric Endocrinology at the SSMC. She is a clinical professor of paediatrics at Khalifa and the Gulf Universities. She is the president of the Arab Society of Pediatric Endocrinology and Diabetes (ASPED).

She is Executive Board Member of the Global Pediatric Endocrinology and Diabetes (GPED) and the International Consortium of the Pediatric Endocrinology (ICPE).

She served as an Advisory Board Member of the International Society of Pediatric and Adolescent Diabetes (ISPAD) and a communication committee chair for the European Society for Paediatric Endocrinology.



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OSAMA HAMDY



Professor Hamdy is senior staff physician and Medical Director of the Obesity Clinical Program at Joslin Diabetes Center, and Associate Professor of Medicine at Harvard Medical School.

Professor Hamdy founded the "Weight Achievement and Intensive Treatment program, which is currently implemented nationally and internationally.

He also found the Diabetes Remission Outcome Program and co-chaired the task force that developed the global transcultural Diabetes Nutrition Algorithm.



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JOSÉ PATRICIO LOPEZ-JARAMILLO



Professor Lopez-Jaramillo is Professor and General Rector of the Universidad de Santander and Scientific Director of the Masira Research Institute.

He is a Member of the Lancet Commission on Hypertension and the National Leader in Colombia of the PURE and others clinical and epidemiologic studies.

Professor Lopez-Jaramillo has been member of the Editorial Committee of Hypertension, Journal of Hypertension, European Journal of Preventive Cardiology has participated as author or reviewer of the Latin American, World Health Organization, European Society of Hypertension and International Society of Hypertension guidelines on hypertension.



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