

## 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



For website page  
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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.

## CONTINUING MEDICAL EDUCATION

An application has been made to the EACCME® for CME accreditation of 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)”** to be held on **15 May 2025**.

For registration  
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REGISTRATION IS FREE  
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## **CME PROVIDER**

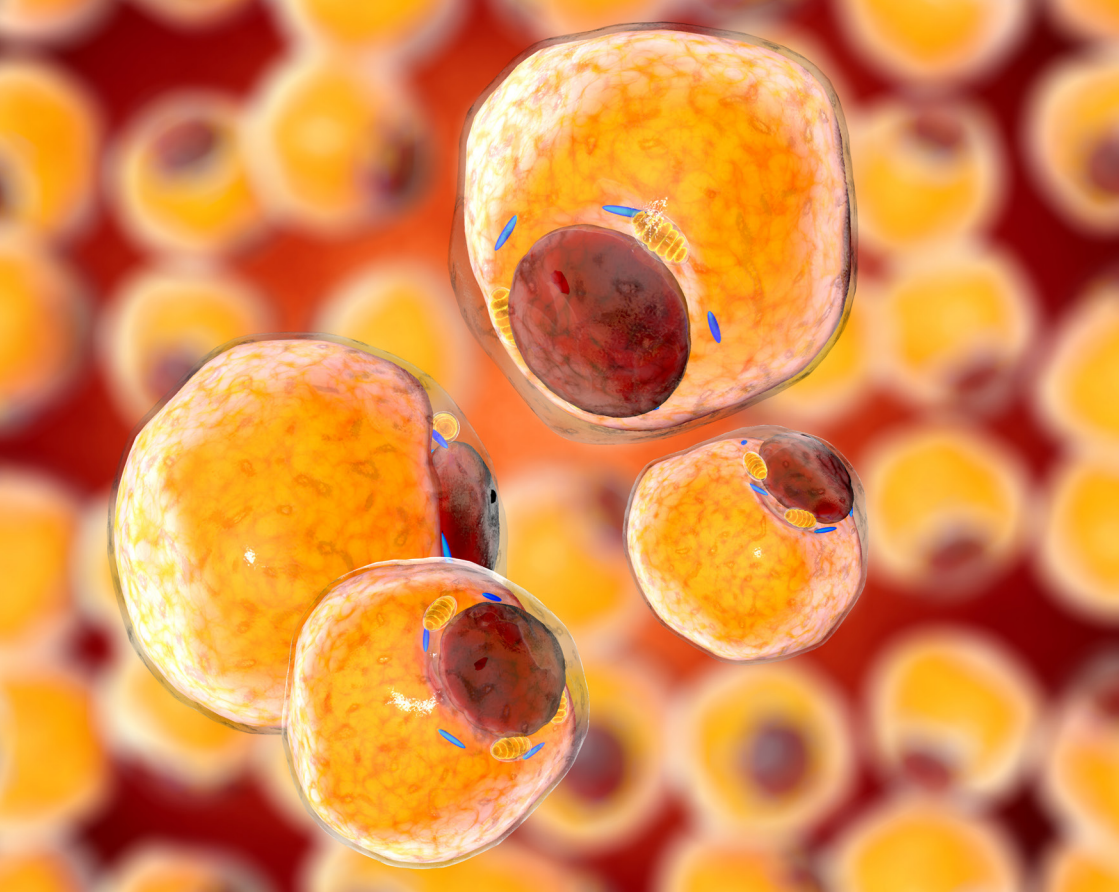
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## **MEDICAL ADVISOR**

### **Ernesto Maddaloni**

La Sapienza University of Rome  
Rome, Italy



## **CHAIRMAN**

### **Ernesto Maddaloni**

La Sapienza University of Rome  
Rome, Italy

### **Osama Hamdy**

Joslin Diabetes Center  
Boston (MA), USA  
Harvard Medical School  
Boston (MA), USA

## **FACULTY**

### **Raffaella Buzzetti**

La Sapienza University of Rome  
Rome, Italy

### **José Patricio Lopez- Jaramillo**

Universidad de Santander (UDES)  
Bucaramanga, Santander, Colombia





### **Asma Deeb**

Sheik Shakhbout Medical City  
Abu Dhabi, United Arab Emirates (UAE)

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

#### LEGEND



Lecture



Q&A General Discussion with participants



Concluding Remarks





## FACULTY DISCLOSURES

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<b>Ernesto Maddaloni</b>	Declared receipt of honoraria or consultation fees from Abbott, AstraZeneca, Aurora BioPharma, Boehringer Ingelheim, Eli-Lilly, MSD, Merck-KGgA, NovoNordisk
<b>Raffaella Buzzetti</b>	Declared receipt of honoraria or consultation fees from Eli Lilly Italia, Sanofi, Abbott, Novo Nordisk, Boehringer Ingelheim, AstraZeneca, Novartis Farma
<b>Asma Deeb</b>	Declared no potential conflict of interest
<b>Osama Hamdy</b>	Declared receipt of honoraria or consultation fees from Abbott Nutrition and receipt of grants/research support from Novo-Nordisk, Eli-Lilly
<b>José Patricio Lopez- Jaramillo</b>	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).



## FACULTY

### 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.





## FACULTY

### 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.



## FACULTY

### 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.



## FACULTY

### 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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