Advances and Controversies in Nutrition and Diabetes

Friday, January 22, 2021 | 12 noon - 4:30 pm EST
Saturday, January 23, 2021 | 11:00 am - 3:30 pm EST

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CNS 2021 THEMATIC CONFERENCE

Exploring advances and controversies in the **nutritional management of diabetes** through exposure to research and practice perspective.

FRI. JAN. 22, 2021

12:00 pm - 4:30 pm EST

SAT. JAN. 23, 2021

11:00 am - 3:30 pm EST

Now accredited!
Early bird deadline: Dec. 11, 2020

FULLY VIRTUAL!

- Online access provided to registered and confirmed attendees
- Participate in a "real time" experience, including live Q and A, a Virtual Poster Expo, exhibits, networking, and much more
- Synchronous remote approach: two 4.5 hours sessions over two days
- Attendees will receive a certificate of participation / letter of accreditation.

LEARNING OBJECTIVES

- Understand the history and evolution of the nutritional management of diabetes, with knowledge and direction on current recommendations and best practices
- Learn about the role of the ketogenic diet in diabetes management and prevention
- Recognize the importance of cultural diversity in delivering appropriate nutritional care for those living with diabetes, and learn about culturally appropriate approaches for diabetes management
- Become aware of the behavioural aspects of dietary adherence to nutrition recommendations for diabetes and effective strategies to address them

ACCREDITATION

This continuing education event was held under the auspices of Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto and the Canadian Nutrition Society.

College of Family Physicians of Canada - Mainpro+: (Cert ID# 193550-001)
This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto for up to 7.5 Mainpro+ credits.

Royal College of Physicians and Surgeons of Canada – Section 1:
This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto. You may claim up to a maximum of 7.5 Section 1 hours (credits are automatically calculated).

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

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HIGHLIGHTS

DAY 1

KEYNOTE

Overview and evolution of the nutritional management of diabetes
Speaker: David Jenkins, MD, PhD - University of Toronto

LOW-CARBOHYDRATE DIETS

Ketogenic Diets – Science or Science Fiction?
Speaker: Catherine Chan, PhD - University of Alberta

Practical Aspects of Incorporating Ketogenic Diets in Diabetes Management
Speaker: Harpreet Bajaj, MD, MPH, Endocrinologist

DAY 2

CULTURAL REFERENCE

Cultural Diversity in Diabetes Etiology, Prevention and Management: Researcher Perspective
Speaker: Anthony Hanley, PhD - University of Toronto

Diabetes Care and Education in Cultural Communities
Speaker: Rasmi Tith, DtP, MPH
CIUSSS Centre-Ouest-de-l'Île-De-Montréal

BEHAVIOURAL ASPECTS OF NUTRITIONAL MANAGEMENT AND ADHERENCE

Overview of Behavioural Theory
Speaker: Anne Sophie Brazeau, RD, PhD - McGill University

A Practitioner's Perspective of Working in Remote Delivery of Nutrition Care
Speaker: Joanne Bak, RD, CDE - Summerville Family Health Team

Mindfulness Based Stress Reduction and Diabetes: The Mind-Body Connection
Speaker: Heidi Smith, RD - Mindfulness Facilitator

Employing smart technology to improve nutrition and diabetes self-management care
Speaker: Piraveena Piremathasan, P.Dt, CDE, CBE - CIUSSS West-Central Montreal

PLUS VIRTUAL POSTER EXPO, EXHIBITS, NETWORKING OPPORTUNITIES

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