



# ANCILLARY SESSIONS

FMF will feature breakfast and lunchtime ancillary sessions, each certified for an additional Mainpro+ Group Learning Credit.

Thursday, November 9

**T887**      **At the Heart of It: A new look at clinical CVD in diabetics**  
**06:45–07:45**      Ting-Yu Wang, MD

**Learning objectives:**

1. Review and interpret the CDA recommendations, including the November 2016 updates, for vascular protection and diabetes management in patients with type 2 diabetes, with and without cardiovascular disease
2. Summarize available cardiovascular outcome data and discuss their relevance in the primary care setting
3. Compare and contrast among individual agents within the DPP-4 inhibitor, GLP-L receptor agonist, and SGLT2 inhibitor classes

**Description:**

Since 2013, the CDA has recommended that healthcare providers individualize the choice of pharmacologic treatments according to patient and agent characteristics. In light of the availability of new cardiovascular outcome trial data, and their corresponding inclusion into the two 2016 CDA Guidelines Interim Updates (March and November), this program aims to help healthcare providers navigate the wealth of treatment choices available to manage type 2 diabetes. Through case-directed learning, participants will address multiple considerations-in particular cardiovascular disease-associated with treating patients with diabetes today.

**T882**      **Understand, Empower, Treat: Revolutionizing obesity care**  
**12:30–13:30**      Tina Kader, MD

**Learning objectives:**

1. Explore the multifactorial pathophysiology of obesity as a chronic disease and describe the rationale for its management
2. Compare currently available Canadian pharmacotherapy options for the management of obesity
3. Discuss practical approaches to the initiation and maintenance of obesity management in clinical practice

**Description:**

As knowledge and research in the area of obesity have advanced, so have the approaches to the management of patients living with obesity. Revolutionizing obesity care not only means incorporating a fundamental understanding of the complex pathophysiology of obesity, but also assessing and building a patient's motivation for change and tailoring a management plan to the patient's needs.

Join us for an engaging session, where you will explore the key concepts of obesity, and review practical approaches to its assessment and management in clinical practice.

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**T881 MDD: At work but not really working**

**12:30–13:30** Valérie Tourjman, MD, FRCPC

**La séance sera présentée en anglais mais des animateurs francophones seront présents.**

**Learning objectives:**

1. Describe the prevalence of MDD in working individuals and the burden of the disorder in the workplace
2. Explain current management approaches to MDD to help improve workplace functioning and productivity
3. Apply data to the clinical context to help individuals living with MDD return to better functioning

**Description:**

One in five Canadians will experience a mental health issue in his or her life. This is of particular concern for working individuals – the largest proportion of people living with depression – and employers, as mental and behavioural health issues are the leading cause of short- and long-term disability in Canada. The impact depression can have on all areas of an individual's life is significant, and the related decline in work productivity is increasingly the subject of study. Like the other aspects of an individual's life, the effects of MDD on work functioning can be mediated by any of the broad spectrum of MDD symptoms – emotional, physical, and cognitive. This is an important consideration in that the 2016 CANMAT guidelines for the treatment of MDD state that a return to full functioning is the treatment goal in both the acute and maintenance phases of the disease, implying that a holistic view of symptoms and functional impairment is necessary for optimal disease management. In the context of real-life patient cases and recent study data, participants in this session will consider how the current management of depression affects the function of a patient with MDD, particularly in the workplace, and evaluate the potential correlation between improving some or all symptoms dimensions of MDD and improved workplace productivity.

**Friday November 10**

**F889 Dietary Fats and Cardiovascular Disease (Ancillary Session)**

**06:45-07:45** Andrew Samis, BSc(Hon), MSc, MD, PhD, FCCP, FRCSC, FACS

**ROOM / SALLE : 710A**

**Learning objectives:**

1. Understand the history of dietary guidelines advising lowering total dietary fat and saturated fat
2. Review some of the evidence relating to specific dietary components and cardiovascular disease
3. Discuss what we should tell our patients about a healthy diet and cardiovascular risk from an evidence-based perspective

**Description:**

In today's world, one can find studies, guidelines, and popular press articles both espousing the benefits of reduced saturated fat as a means of reducing cardiovascular disease, as well as advocating that saturated fat is unrelated to heart attack and stroke or in some cases even beneficial in preventing these diseases.

It comes as no surprise that these strongly expressed opposing viewpoints create a sense of confusion. But what is the evidence? This presentation takes a step-by-step historical approach to review how the concept of reducing dietary fat became world-wide public policy, starting in the early 1900's until today.

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With an evidence-based approach, the consumption of dietary fat and its relationship to cardiovascular disease is being reevaluated, as will specific dietary elements such as cholesterol, dairy saturated fat, butter, and eggs. Current food guidelines are reviewed, including the recent Heart and Stroke Foundation position statement on saturated fat which shifts away from an isolated macronutrient-restrictive approach towards a food-based paradigm.

**F883      Advancements in Basal Insulin: Tailoring treatment to patient needs**

**12:30–13:30**      Jean-François Yale, MD

**Learning objectives:**

1. Recognize the role of basal insulin therapy in the T2DM treatment continuum
2. Identify and overcome barriers to insulin initiation and optimization from the patient and physician perspective, including hypoglycemia
3. Differentiate basal insulin options, with a focus on the newer basal insulins, and individualize basal insulin treatment based on patient characteristics and insulin profiles

**Description:**

Basal insulin remains one of the most effective treatments for type 2 diabetes, resulting from its high potency and lack of a dose ceiling. But, as patients and healthcare providers will affirm, it has long been a balancing act between the highs and lows.

Over the course of this session, participants will explore the key barriers to insulin therapy, the latest basal to insulin therapy, the latest basal insulin options, and strategies to individualize insulin therapy in type 2 diabetes. Furthermore, participants will use case-based discussion alongside a workbook to apply new knowledge, and reflect on how the latest insulin options can be integrated into clinical practice to improve patient care.

**👉 Pre-registration is required for ancillary sessions, however there is no additional fee to attend.**

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