

# DIABETES AND CARDIOVASCULAR PREVENTION AND MANAGEMENT FOR THE 21ST CENTURY

Satellite Conference and Live Webcast

Wednesday, November 7, 2012, 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

Over the last decade, the prevalence of diabetes has sky rocketed. Predictions are that by 2050, the prevalence of diabetes could triple. Healthcare providers need to stay informed about the latest in diabetes and cardiovascular prevention, treatment, and management to prevent diabetes and its complications. Program faculty will provide an overview of prevention, management, and critical daily practices to prevent diabetes and cardiovascular complications.

## PROGRAM OBJECTIVES:

1. Provide an overview of the Diabetes Prevention program at the YMCAs in Alabama.
2. List lifestyle changes that are recommended for managing diabetes.
3. Describe education for the individual with diabetes as to "rich eating on a stretched budget."
4. Demonstrate how to prepare a heart healthy meal within 15 minutes.
5. Provide an overview of diabetes drugs currently being used at the clinical level.

## CONFERENCE DETAILS:

Target Audience: Nurses, social workers, registered dietitians, pharmacists, anyone working with diabetes patients

Continuing Education: Nurses 1.6 hours, social workers 1.5 hours, pharmacists 0.33 hours, dietitians 2.0 hours

Registration: [www.adph.org/alphn](http://www.adph.org/alphn)

Technical Information: To receive complete technical information you must register at [www.adph.org/alphn](http://www.adph.org/alphn)

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at [www.adph.org/alphn](http://www.adph.org/alphn)

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: [alphn@adph.state.al.us](mailto:alphn@adph.state.al.us)

Produced by the  
Alabama Department of Public Health  
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\*\*The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation\*\*

