

# 11th Annual Head of the Lakes DIABETES UPDATE 2008

Thursday, October 2, 2008  
Barker's Island Inn & Conference Center  
Superior, WI

This conference is set up to address health care professional and community issues.

**PROFESSIONAL:** Registration 7:30 - 8:00 am  
• Half-day • Full-day

Both options include continental breakfast.

**Continuing Education Units (CEU) & Continuing Medical Education (CME):**

Full-day Professional - 6.5 hours or 0.65 CEU's  
Half-day Professional - 4.0 hours or 0.4 CEU's

**CE Certification** will apply for Nursing, SW, LMFT, Dietitians, Counselors and others

Application for CME credit has been filed with the American Academy of Family Physicians.

**Determination of credit is pending.**

If accepted **CMEs will apply** for: MD, PA, NP, CDE & PharmD

**COMMUNITY:** Registration 8:30 - 9:00 am  
Continental breakfast and exhibits

Full-day program with morning and afternoon breaks and sit down luncheon.

**All Community participants will be automatically registered for a \$100 gas card to be drawn just before lunch.**

Registration is available online at:



[www.uwsuper.edu/health](http://www.uwsuper.edu/health)

Click on "Online Registration" and then "Health & Human Services 2008-2009"

Scroll down to 11th Annual Head of the Lakes Diabetes Update 2008

Diabetes Update 2008 - Thursday, October 2

UW-Extension uses the following anonymous demographic information when developing its programs. Please mark the boxes next to the categories that are appropriate to you. Thank you.

**GENDER**  
 Male  
 Female

**AGE**  
 Under 18  
 18-34  
 35-49  
 50-64  
 65+

**OCCUPATION**  
 Agriculture/Forestry  
 Educational Services  
 Engineering/Architecture/Surveying  
 Finance/Insurance/Real Estate  
 Health Services  
 Manufacturing  
 Protective Services  
 Public Administration/Gov't  
 Retail Trade  
 Social/Recreation/Religious/Serv  
 Transportation/Communication/Utilities

**HERITAGE**  
 Black  
 Asian/Pacific Islander  
 American Indian/Alaskan Native  
 Hispanic  
 White

Are you enrolled in this program for career purposes?  
 Yes  No

Registration Return to UW-Superior, Center for Continuing Ed., Old Main 102, Belknap & Catlin, Superior, WI 54880-4500 **715-394-8469** or **800-370-9882**

Physician, PA, NP, CDE & PharmD AM Only \$90 All Day \$110

Professional Track AM only \$70 All day \$90  Student \$35.00

Community Track: Adults under 55 years of age: \$45.00 Adults 55 and over: \$30.00  
*Full-day registration includes continental breakfast, lunch and afternoon break*

Name \_\_\_\_\_  
 SS# (required if you deduct fees for tax purposes) \_\_\_\_\_

Firm/Organization \_\_\_\_\_

Title/Position \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_

TEL day \_\_\_\_\_ TEL evening \_\_\_\_\_

Check (UW-Superior)  Please bill organization

Purchase order  VISA or MasterCard

No. \_\_\_\_\_ Card # \_\_\_\_\_

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Center for Continuing Education/Extension  
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11th Annual  
Head of the Lakes

# Diabetes Update 2008

A full-day conference with both health care professional and community educational tracks

Thursday, October 2, 2008  
Barker's Island Inn  
300 Marina Drive  
Superior, WI

Presented by \_\_\_\_\_



Center For Continuing Edu/Ext

and the

Department of Health Services,  
Wisconsin Diabetes Prevention  
and Control Program

## PROFESSIONAL TRACK

- 7:30-8:00 Registration, Continental Breakfast/Exhibits
- 8:00-9:30 **Treatment Goals for Diabetes: Blood Glucose and Beyond**  
Robert Sjoberg, MD
- 9:30-10:30 **Diabetes Case Studies: Why is this patient hyperglycemic, and what do we do about it?**  
Robert Sjoberg, MD
- 10:30-10:45 Break/Exhibits
- 10:45-12:15 **Hot Topics: Thinking about OTHER Nutrition Issues in Diabetes**  
Cathy Breedon, PhD, RD, CSP, FADA

## COMMUNITY TRACK

- 8:30-9:00 Registration, Continental Breakfast/Exhibits
- 9:00-10:30 **Hot Topics: Thinking about OTHER Nutrition Issues in Diabetes**  
Cathy Breedon, PhD, RD, CSP, FADA
- 10:30-10:45 Break/Exhibits
- 10:45-12:15 **Diabetes 2008: Where we are now and where we are going**  
Robert Sjoberg, MD

## COMBINED TRACK

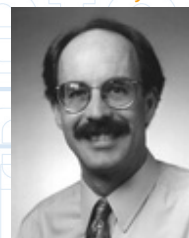
- 12:15-1:00 Sit Down Luncheon
- 1:00-2:30 **Telling His Life Story: Personal and Professional Experiences with Diabetes**  
Arne Vainio, MD
- 2:30-2:45 Break
- 2:45-3:45 **Strategies for Overcoming Diabetes Burnout**  
Susan Guzman, PhD
- 3:45-4:00 Wrap up and Evaluations

## UPCOMING CONFERENCES

- January 29, 2009**  
3rd Annual Healthy Minds & Healthy Bodies Conference  
Barker's Island Inn, Superior
- April 3, 2009** (Professional)  
6th Annual Diabetes Update 2008  
The Waters, Minocqua
- May 14, 2009**  
12th Annual Head of the Lakes Arthritis Symposium  
Barker's Island Inn, Superior

## Professional Presenters

### Robert Sjoberg, MD



received his medical degree with honors from The University of Texas Medical School at Houston in 1979, and did his internal medicine residency and endocrinology fellowship at Fitzsimons Army Medical Center in Aurora, Colorado. After five years on staff at Fitzsimons and Walter Reed Army Medical Centers, he moved to Duluth where he has been practicing for 19 years, currently at Endocrinology Associates of St Luke's Specialty Clinics. He is a Fellow in both the American College of Physicians and the American College of Endocrinologists, and is a member of The Endocrine Society and American Diabetes Association. He has served as a manuscript reviewer for Diabetes Care, and has achieved ongoing recognition for quality diabetes care by the American Diabetes Association/National Committee for Quality Assurance.

### Arne Vainio, MD



was born in Chisholm, MN, to a Finnish father and a full-blood Ojibwe mother. He is a member of the Mille Lacs Band of Ojibwe tribe. He completed his undergraduate studies in 1990 at the University of Minnesota-Duluth and graduated from the University of Minnesota Medical School - Twin Cities campus in 1994. He completed his Family Practice Residency Program at the Seattle Indian Health Board and Providence Hospital in Seattle, Washington in 1997. He has been employed as a Family Practice Physician at the Min-No-Aya-Win Human Services Clinic on the Fond du Lac Ojibwe Reservation in Cloquet, Minnesota since September of 1997. His hospital affiliations include St. Mary's Medical Center, St. Luke's Hospital & Regional Trauma Center, Miller-Dwan Medical Center and Cloquet Memorial Hospital. He is also employed as a Preceptor at the Duluth Family Practice Center and volunteers as a preceptor for the UMD Medical School-Duluth. He is a member of the Association of American Family Physicians and the Association of American Indian Physicians.

### Susan Guzman, PhD



is a licensed clinical psychologist specializing in diabetes, both as a researcher as well as a clinician. As the Director of Behavioral Diabetes Institute Clinical Services, she developed and leads the multi-week depression series, "Feeling Good Again: Breaking the Depression/Diabetes Connection". She was also project coordinator for BDI's Behavioral and Emotional Attitudes towards Diabetes (BEAD) study, which investigated the impact of type 2 diabetes following

diagnosis, and has previously been involved in studies examining family-based interventions in diabetes as well as psychological insulin resistance. Her clinical interests include overcoming barriers to good management, family issues with diabetes, and the art of living well with diabetes. Dr. Guzman has previously served as the psychological liaison to Scripps Health's Diabetes Advisory Committee and team psychologist for the Healing Hearts Program at Scripps Center for Integrative Medicine, a comprehensive lifestyle change program for people with heart disease.

### Cathy Breedon, PhD, RD, CSP, FADA



is the Clinical Nutrition Specialist at MeritCare Medical Center in Fargo, ND. She also teaches at the University of North Dakota School of Medicine and Minnesota State University Moorhead. She annually presents over 30 national and state workshops for health professionals around the United States. Her PhD in Nutrition is from the University of Minnesota and she also holds Master degrees in Nutrition and Psychology. In 1984 she was a Fellow in Perinatal/Pediatric Nutrition at the Indiana University School of Medicine. Dr. Breedon is a Board Certified Pediatric Nutrition Specialist and for three years served on the national ADA committees to develop the test items for the Pediatric Nutrition Specialist Qualifying Exam. Dr. Breedon is a Charter Fellow of the American Dietetic Association, and she has held national offices in two ADA Professional Practice Groups.