COLUMBIA UNIVERSITY

College of Physicians and Surgeons

COLUMBIA SEMINAR in SALZBURG

"Diabetes"

February 25 – March 3, 2018
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COLUMBIA SEMINAR in SALZBURG

“DIABETES”

February 25 – March 3, 2018

FACULTY
Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children’s Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckerkandlpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg.

As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as an urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.

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Robin S. Goland, MD (Course Director) (Harvard '76 and Columbia '80) began eighteen years ago one of the nation's most successful efforts to advance patient care, research, and education in the field of diabetes. The Naomi Berrie Diabetes Center at Columbia University Medical Center, combining premier family-centered patient care and education with world-class diabetes research programs, opened in October 1998 under the direction of Dr. Goland and co-director, Dr. Rudolph Leibel. More than 1500 patients with diabetes are seen monthly. The Berrie Center's pediatric and adult patient population, now numbering more than 10,000 people, is extraordinarily diverse, including patients of diverse ages, ethnic backgrounds, and socioeconomic status.

The mission of the Naomi Berrie Diabetes Center is to provide "the care until the cure." The clinical space is directly adjacent to research laboratories working on prevention, treatment and ultimately cure of diabetes. Because of close collaboration between clinicians and investigators at the Berrie Center, advances made at the research bench are made available to the patients as rapidly as possible. The Berrie Center is a leader in the recruitment minority research subjects and in reducing health care disparities, particularly in children with diabetes. A major focus of Dr. Goland's work is on translational research and clinical trials in adult and pediatric patients with type 1 diabetes and type 2 diabetes.

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Julia Szendroedi, MD, PhD (Co-Course Director) is specialist in internal medicine, endocrinology and diabetology at the Heinrich-Heine University Hospital and the German Diabetes-Center, headed by Prof. Michael Roden, MD in Duesseldorf. Dr. Szendroedi was born in Vienna and graduated at the Medical University of Vienna, Austria. The main topic of Dr. Szendroedi’s studies are the development of lipid-induced insulin resistance and the role of mitochondrial function in skeletal muscle, liver and the heart. The results of her studies have been published for example in Nature Reviews Endocrinology, Diabetes Care, Diabetes, Cell metab and PNAS. As head of the Clinical Research Center of the German Diabetes-Center, she is the coordinator of the multicenter, prospective, longitudinal German Diabetes-Study comprising deep metabolic phenotyping of patients with diabetes. Currently, she is exploring cellular mechanisms underlying diabetic cardiomyopathy and ischemia intolerance in mouse models and in humans with diabetes. Dr. Szendroedi is peer reviewer for a number of Diabetes Journals and Member of the Editorial Board of Diabetes/Metabolism: Research & Reviews. Dr. Szendroedi’s research has been acknowledged by several national and international awards and funding by the German Research Foundation, the European Foundation for the Study of Diabetes and grants from the German Center of Diabetes Research. Dr. Szendroedi is Assistant Professor at the Heinrich-Heine University of Duesseldorf, and lives in Duesseldorf with her husband Ralf and their children Adam and Anna.

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Matthew Freeby, MD is an endocrinologist who specializes in the care of patients with diabetes. Dr. Freeby grew up in the United States in the state of California and completed his undergraduate studies at California Polytechnic State University, San Luis Obispo. He graduated from Virginia Commonwealth University School of Medicine and completed his internal medicine residency at the University of California in San Diego. He completed his fellowship training in Endocrinology, Diabetes and Metabolism at Columbia University Medical Centre in New York where he was on faculty until 2014. Dr. Freeby has conducted a number of NIH- and private foundation funded clinical trials. While on faculty at Columbia University he evaluated the efficacy of PET imaging as a tool to measuring pancreatic beta cell mass in living humans with and without diabetes. Under the mentorship of Dr. Robin Goland, these studies were published in the Journal Nuclear Medicine, Islets and Molecular Imaging Biology. He was also involved in the clinical arm of the development of insulin producing induced pluripotent stem (IPS) cells from human skin. Together with a large clinical and basic research group, he published in Nature, Diabetes and the Journal of Clinical Investigation. His current work at UCLA evaluates the efficacy of population health management tools to improve the care of over 20,000 patients with diabetes in the health system. His efforts aim to increase access to diabetes education for all patients as well as focused Endocrinology referrals and evaluating the use of remote monitoring platforms.

Dr. Freeby is currently on faculty at the David Geffen UCLA School of Medicine as an Assistant Clinical Professor of Medicine. He lives in Los Angeles with his wife Catherine and children William and Andrew.

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Lauren Golden, MD is an endocrinologist who specializes in management of patients with diabetes, particularly young adults in type 1 diabetes. Dr. Golden grew up in New York and completed her undergraduate studies at Williams College, where she studied English literature and Russian language, in addition to her pre-medical studies. She received her M.D. from Mount Sinai School of Medicine and completed her residency in internal medicine at Mount Sinai Medical Center. Dr. Golden then pursued a fellowship in Endocrinology, Diabetes and Metabolism at Yale University, followed by a fellowship in clinical investigation at Rockefeller University. Dr. Golden’s research interests include metabolic phenotyping of transplant patients after kidney-pancreas transplant; improving metabolic follow-up of women with gestational diabetes; and understanding the genetic basis for type 2 diabetes.

Dr. Golden is currently on the faculty of Columbia University Medical Center as an Assistant Professor of Medicine. She lives with her husband, Stanley Boskoff, in Manhattan, where they enjoy theater, classic movies, jazz and long walks in the park.

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Nebojsa M. Lalic, MD, PhD, FRCP is an internist and endocrinologist-diabetologist who has been focused in his activities to clinical care, education and research of diabetes. Dr Lalic completed his undergraduate studies, PhD thesis, and specialization courses in internal medicine and endocrinology-diabetology at the Faculty of Medicine, University of Belgrade. He was a visiting scientist at Joslin Diabetes Center, Boston, USA.

In diabetes research, his main interest are the investigations of insulin resistance, insulin secretion and the related metabolic factors involved in the pathogenesis of diabetes and its complications. In addition, he is leading the group involved in the studies of new and advanced approaches in diabetes treatment, especially insulin pumps. In the field of pump treatment he is in charge of the center of the network of covering the treatment of more than 500 patients and relevant education and research in Serbia. Based on his research, he had 94 original papers and 700 publications, in his academic career he is professor of internal medicine and endocrinology at the Faculty of Medicine, University of Belgrade and from 2006 he has become member of the Serbian Academy of Sciences and Arts.

Dr Lalic is currently head of diabetes department and director at the university hospital in Belgrade being the reference center for diabetes in Serbia and chairman of the national expert committee for diabetes. Also, he is the Dean of the Faculty of Medicine, University of Belgrade.

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Natasha Leibel, MD is a pediatric endocrinologist who specializes in the treatment of diabetes in children and adolescents. Dr. Leibel grew up in New York City. She attended Cornell University in Ithaca, NY, and graduated with a BA in History in 1992. She graduated from Weill Cornell Medical College in 1998, and did her pediatric residency, chief residency, and pediatric endocrinology fellowship training at Columbia University Medical Center in New York City.

Dr. Leibel is currently Assistant Professor of Pediatrics at Columbia University College of Physicians & Surgeons, and is the Director of Pediatric Diabetes at the Naomi Berrie Diabetes Center. Her clinical responsibilities include caring for pediatric patients with both type 1 and type 2 diabetes in the outpatient setting, as well as overseeing the pediatric endocrine fellows in the hospital and consulting on all patients with diabetes or hyperglycemia in the hospital. Dr. Leibel, along with the pediatric diabetes team, oversees all teaching material and classes offered to pediatric patients at the Diabetes Center.

Dr. Leibel has been involved since 2004 in the landmark TODAY Trial which studies teens diagnosed with type 2 diabetes, and the Welchol Trial, investigating the use of Welchol in teens with type 2 diabetes to help improve hemoglobin A1c.

She lives in New Jersey with her husband, an orthopedic surgeon, their 2 boys and 2 dogs.

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COLUMBIA SEMINAR in SALZBURG

“DIABETES”

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25 February, Getting to know each other. This was the first time we met faculty* and fellows. There was joy and excitement in getting to know people from different countries, in listening to their diabetes jobs, cultures, points of views and even physical features. My room was cozy, private, beautiful, and had everything I needed. Jackie, the girl at the reception was kind and hard working. Out in Salzburg, my Mexican colleague and I were able to attend the Salzburg’s International Christian Church. People were so warm and we had a great time! After that, I was captivated by the exquisite cold that I had never felt before, by the beautiful fortress, churches, lovely streets, flavors, natural views, people, physical challenge. It’s by no means, a typical day. We are at Salzburg’s Open Medical Institute! The adventure has just begun!

*Robin Goland, MD; Matthew Freeby, MD; Natasha Leibel, MD; Lauren Golden, MD; Julia Szendroedi, MD, PhD and Nebojsa Lalic, MD, PhD

26 February, Academic day. We jumped into T1D. We had the opportunity to learn about the different pumps and about the available ways to measure glucose. I know I have some patients that have been diagnosed as T2D but I was encouraged to study them thoroughly and to remember some important cures. We also got information about Open Medical Institute/AFF and its learning opportunities. Spending time with fellows and new friends from different cultures has spiced this experience. Food was great. We enjoyed feeling the snow in our faces.

27 February, Fellows’ Case Presentation Time. With white views, we reviewed a topic I was really interested about: unusual diabetes and related syndromes. I can bring to mind cases that are neither T1 nor T2. Diabetes and pregnancy was also useful. The cases presented by fellows were of all sorts. Behind cases are doctors caring for people. We went to the center, tried typical food, played in the snow, built a snow man and laughed and had lots of fun.

28 February, Type 2 Diabetes Time! I was so excited about today’s lectures since I care for type 2 diabetes patients every day in Mexico City. Faculty were really good at reviewing the topics in a practical way. I had questions which were answered. I’m sharing a lecture at a diabetes congress next month and I got ingenious keys to make it better. Afterwards, we visited 2 beautiful churches and had some great views from the modern art museum.
1st March, A dream come true. Faculty are brilliant and modest. Lectures are really good. We presented our medical cases today. There were many interesting cases. It’s fascinating to be able to learn about fellows’ approaches to care. After the seminar, we had a great walk with friends and ate at a very interesting place. There, we met and talked to an extraordinary man, who sang a bit of an opera song for us. We were invited to a chamber concert. The chello was baroque and unusual since it had 5 gut strings which are able to provide a richer sound and a wider range of sounds. Musicians were awesome people. Afterwards, we enjoyed faculty and fellow’s company. The combination of today’s experiences makes me say this is a dream come true!

2nd March, Closing time! We are enjoying our last lectures. We’ll have the post-seminar test and the graduation dinner. Thank you for this unique experience. Thanks to Faculty and Administration of Schloss Arenberg for this wonderful week.

Beatriz Eugenia Juarez Mora, MD (Mexiko)
25 February, Sunday morning. I arrived at Munich airport and was really impressed by the weather, had a whitish topographic view on landing and I could not wait to see the real thing. Waoh! It was extremely cold in Munich. I took a shuttle to Salzburg (on transit). I was not tired of looking outside, the view was different compared to the last time when I was here. Snowy...very beautiful. I arrived at Salzburg at around 12.00PM, got welcomed at reception, I got to my room and slept a bit, waiting for the welcome reception. At welcome reception we had drinks, were introduced to each other and we were also introduced to the faculty and the program... then we went for a delicious dinner! I actually missed this, the food here is always so tasty. We called it a day, went to sleep, ready for the beginning of the seminar tomorrow.

26 February, Monday. Wake up at 6 am, full of energy and ready for the seminar. We had breakfast and then the seminar started. Professor Robin S. Goland gave us an introductory lecture with aim and goals of the seminar. We then had a multiple choice pre-seminar test. Dr. Robin gave us a lecture on history of diabetes. It was wonderful to know people, who worked hard and actually the founders of what we know today about diabetes, diagnosis and treatment.

coffee break, group photo with the faculty

Then, Professor Robin talked on pathophysiology of T1D and Professor Matthew Freeby talked about Insulin therapy, which is the basis of T1D treatment, this is very applicable in our setting and they added a lot to my knowledge.

After Lunch Professor Natasha Leibel talked about insulin pumps and we had a Workshop on the pumps and glucose sensors after. It was so educating and I learned very new things. We don’t have access at our country but I felt it was good to know the better ways of blood glucose monitoring.

27 February, Tuesday. Wake up at 6 am, as usual, then breakfast, and lectures began. Prof Natasha Leibel talked about other types of Diabetes, including neonatal, gestational, maturity onset Diabetes of the young etc. I learnt not to just get confined to T1D and T2D. Even if we don’t have diagnostic tools, such as genetic tests, proper medical history and family history it will improve our modes of management. Early screening for gestational diabetes will improve maternal and fetal being, reducing morbidity and mortality.
Diabetic education should be promptly given before conception for the good sugar control for those with risk.

After coffee break, there were amazing and challenging case presentations from the faculty, widened our scope of diagnosis of different types of Diabetes

After lunch we listened to interesting case presentations from the first group of fellows. I also presented the challenges of diabetes complications in Tanzania as we lack investigation and standard treatment tools

It was snowy day. After lectures we had time to walk around in the beautiful city. I was actually freezing, never experienced this before.

28 February, Wednesday. Half day today, excited about going out. It is sunny. Woke up at 6 am as usual, after breakfast we had lectures on T2D. Dr. Julia Szendroedi talked about the pathophysiology of T2 and Dr. Lauren Golden discussed on the oral agents used in DM. Prof. Matthew talked on DM in hospitalized patients and Dr. Natasha Leibel talked on DKA and HHS. This topic was of great importance to me as there are many newly diagnosed patients with T2D. This is mainly due to the changes in lifestyle and food. It is not the high fiber diet, that we used before. With the limitation of standard management - prevention therapy is a priority in my country.

We were taught on different management methods including the complex one such as bariatric surgery. I learnt to clinically differentiate DKA from HHS.

After lunch we had a beautiful trip to the Castle. Salzburg is a really amazing place to be!! After dinner I joined some fellows at Armenia Lounge. They were playing table-soccer, drinking wine and having fun. It was fantastic making new friends.

1st March, Thursday. as usual, after breakfast we had lecture. A new Professor came today, talked to us about insulin and incretins, it was an interesting topic, as we use insulin for most of our patients.

Dr. Julia Szendroedi talked about diabetic foot complications. I loved this ‘cause it’s the big problem in our country and a leading cause of non-traumatic amputations.

After coffee break Professor Nebojsa Lalic talked about Cardiovascular disease and microvascular complications of Diabetes. These are not uncommon in our country. I loved the way this Professor taught us, as he was asking questions after every subtopic, it made us awake and so active. I will apply this to my students too. After lunch we had case presentations from the second group of fellows with inputs from the faculty. All cases were interesting! After dinner we have attended a very nice music concert, we took photos together and afterwards we had drinks together at ground floor!

2nd March, Friday. The last lecture day..ooh sad day!! We had a very beautiful week with an amazing group of fellows and faculty and we are going to say goodbye to one another.

We are expecting a graduation and farewell dinner.... I wish to stay here longer but anything with a start must have an end. Thanks to God for this beautiful opportunity. Thanks to The AAF Coordinators, faculty and administration of Schloss Arenberg for your hospitality and for making this week successful! Thanks to my Friend Dr Sarah Matuja for sharing this opportunity with me. This seminar has a big impact to my career and I will surely make and bring changes in the management of patients in my country.
I really wish to come again in future. Thanks to everyone for being so good to me.

ASANTE KARIBU TANZANIA!!!!

Evangelista Kenan Malindisa, MD (Tanzania)