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EDUCATORS DAY

2021

**YOUR AGENDA AND
SPEAKER BIOGRAPHIES**

2021

Chair: Peta Tauchmann

| Day | Start Time | End Time | Duration | Topic | Speaker |
|--------------------------|------------|----------|----------|--|---|
| Wednesday 4th Aug | | | | | |
| Session 1 | | | | | |
| | 9:00 | 9:05 | 5 mins | Welcome and Introduction | Kenny Lean - Roche Diabetes Care |
| | 9:05 | 9:15 | 10 mins | Open | Chair and Tracey Tellam - ADEA President |
| | 9:15 | 10:00 | 45 mins | Insulin Therapy for Diabetes: Past, Present, Future | Prof Hertzel Gerstein |
| | 10:00 | 10:45 | 45 mins | Diabetes and Obesity | A/Prof Sarah Glastras |
| | 10:45 | 11:00 | 15 mins | Morning Tea Break | |
| Session 2 | | | | | |
| | 11:00 | 11:30 | 30 mins | Nutrition and Diabetes Remission | Dr Alan Barclay |
| | 11:30 | 12:00 | 30 mins | Sleep Apnea | Dr Elizabeth Cayanan |
| | 12:00 | 12:30 | 30 mins | Diabetes Distress | Dr Jennifer Halliday |
| | 12:30 | 13:00 | 30 mins | Mental Illness and Diabetes | A/Prof Roger Chen |
| | 13:00 | | | Close | |
| Thursday 5th Aug | | | | | |
| Session 3 | | | | | |
| | 13:00 | 13:05 | 5 mins | Open | Chair |
| | 13:05 | 13:45 | 40 mins | The Digital/Virtual Diabetes Clinic | Prof Steven Boyages |
| | 13:45 | 14:15 | 30 mins | Diabetes in Indigenous Populations | A/Prof Neale Cohen |
| | 14:15 | 14:45 | 30 mins | My Diabetes Journey | Justin Morris |
| | 14:45 | 15:15 | 30 mins | Practical Exercise Prescription for Walking | Dr Mike Climstein |
| | 15:15 | 15:30 | 15 mins | Afternoon Tea | |
| Session 4 | | | | | |
| | 15:30 | 16:00 | 30 mins | Social Media and Peer Support | Ashley Ng |
| | 16:00 | 16:45 | 45 mins | Case Study Presentations | Moderator: Peta Tauchmann |
| | 16:45 | 17:00 | 15 mins | Close | David Williams - Roche Diabetes Care |



Hertzel C. Gerstein

MD MSc FRCPC Biosketch

Dr. Hertzel C. Gerstein is a Professor at McMaster University and Hamilton Health Sciences, where he holds the Population Health Research Institute Chair in Diabetes and is the Director of the Diabetes Care and Research Program and Deputy Director of the Population Health Research Institute.

Dr. Gerstein's research has been published in over 400 papers, spans 50 countries, and has been funded by both peer-reviewed and industry grants. It focuses on: a) prevention and treating diabetes and its consequences; b) dysglycemia (a term he coined in 1995) and cardiovascular outcomes, cognitive impairment, other diabetes-related consequences, and new diabetes; c) type 2 diabetes remission; d) novel biomarkers; and e) the biologic basis of glucose-related health consequences. In 2016 he produced and distributed a music video to mitigate the impact of diabetes on affected people and their families. In 2012 he received the Canadian Diabetes Association's Lifetime Achievement Award.

Notes:



A/Prof Sarah Glastras

A/Prof Sarah Glastras is a clinician researcher who works as a Staff Specialist in Endocrinology at the Royal North Shore Hospital, Sydney and holds a conjoint appointment as an academic Associate Professor at the University of Sydney. She also consults in a busy private endocrinology practice in St Leonards.

She undertakes basic science research in the area of foetal programming of chronic disease, currently holding a NHMRC Early Career Fellowship. She is a principal researcher in a major NHMRC funded population based project in gestational diabetes and pregnancy outcomes. She runs many clinical studies in the areas of diabetes and obesity, with a special interest in pregnancy. She currently chairs the Diabetes Network within the Northern Sydney Local Health District.

Notes:



Dr Alan Barclay

Dr Alan Barclay is an Accredited Practising Dietitian who completed a PhD at the University of Sydney on the association between carbohydrate (glycemic index and load) and the risk of developing lifestyle-related diseases like type 2 diabetes and cardiovascular disease in 2008. He completed a degree in Nutrition and Food Science in 1992, Dietetics in 1993 and completed a Certificate 111 in Commercial Cookery in 2018 and is a qualified chef.

He worked at Diabetes Australia – NSW from 1998 – 2014 as research and Development Manager / Head of Research, and the Glycemic Index Foundation as Chief Executive / Scientific Officer, from 2006 – 2016, and is now a consultant.

He is an Honorary Research Associate at the University of Sydney and is the editor of the University's GI News blog. He has co-authored nearly 40 peer reviewed articles and has presented his research at scientific conferences around the globe.

He is the co/author of 5 books including Reversing Diabetes, The Good Carbs Cookbook, The Ultimate Guide to Sugars and Sweeteners, and Low GI Diet: Managing Type 2 Diabetes.

Finally, Alan has been an official spokesperson for Dietitians Australia since 2004 and has appeared in a large range of print, on-line, radio and TV interviews.

Notes:



A/Prof Roger Chen

Associate Professor Roger Chen is consultant endocrinologist and Senior Staff Specialist at St Vincent's Hospital. His clinical interests are in general endocrinology including diabetes, thyroid, adrenal, pituitary disorders and in andrology. He completed his PhD on the Metabolic Effects of Growth Hormone Excess and Deficiency at the University of Sydney and conducted his laboratory work at the University of Tokyo.

He is co-chair of the diabetes and mental health subcommittee of the Agency of Clinical Innovation. His research interests are in diabetes and general endocrine disorders. He particularly enjoys teaching at undergraduate and postgraduate levels, and at the University of NSW. He coordinates the endocrinology unit of the Masters of Internal Medicine for the University of Sydney.

Notes:



Jennifer Halliday

Jennifer is an Associate Research Fellow at the Australian Centre for Behavioural Research in Diabetes, where she has worked for over ten years. She is involved in several translational research projects related to the psychological aspects of diabetes. One of her key research interests is how to better support health professionals with identifying and addressing diabetes-related emotional problems, such as diabetes distress.

Notes:



Dr Elizabeth Cayanan

BAppSc (Hons I) PhD, ESSAM AEP

Dr Elizabeth Cayanan is an exercise physiologist and nutritionist specialising in the treatment of sleep apnoea through weight loss interventions. Her PhD was awarded by the University of Sydney in 2016 and she completed a Bachelor of Applied Science (Exercise, Sport Science & Nutrition) at the University of Sydney with 1st class Honours in 2011. She is University lecturer and early career researcher in the Faculty of Medicine and Health at the University of Sydney and maintains a clinical load. Her major research focus is on weight loss strategies for sleep apnoea patients and their translation to clinical practice.

Notes:



Prof Steven Boyages

PhD FRACP FAFPHM DDU

Professor Steven Boyages is a consultant physician endocrinologist and public health physician with over 25 years' experience. He was formerly the Director of Diabetes and Endocrinology Department at Westmead Hospital. Steven was previously the Medical Director for eHealth NSW. Previously Steven was the Foundation Chief Executive of the Clinical Education and Training Institute (CETI) of NSW. Steven was formerly the Chief Executive of the Sydney West Area Health Service (SWAHS) and has professorial appointments to the University of Sydney and the University of Western Sydney.

Notes:



A/Prof Neale Cohen

Neale Cohen is currently the Director of Clinical Diabetes at the Baker Heart and Diabetes Institute in Melbourne. He is an endocrinologist in clinical practice for over 20 years at the International Diabetes Institute and now the Baker and has experience in diabetes services in both private and public systems. In his current position he is responsible for the management of one of the largest diabetes outpatient service in Australia, with clinical research interests in the areas of indigenous diabetes, Type 2 diabetes therapeutics, and technology in Type 1 diabetes.

He has currently appointments as Associate Professor at University of Queensland and Monash University. He graduated from Monash University in 1984 doing post graduate training at the Alfred Hospital, the International Diabetes Institute and the Austin Hospital and attained his specialty status in endocrinology in 1992.

Notes:



Justin Morris

After receiving a diagnosis of type1 diabetes at age ten, Justin's dreams and goals in life were threatened. Turning to cycling to help him cope with type1 diabetes quickly proved to not only be beneficial but also the start to a successful pro cycling career. Justin spent five years as a professional in road cycling travelling the world racing his bike. Dealing with the challenges of sport and diabetes across five different continents has given Justin a wealth of stories and knowledge about dealing with challenges on and off the bike.

Having since transitioned from a pro cycling career to completing two university degrees in psychology and education from Macquarie University in 2015 and being awarded with a University Blues Award for excellence in sport and academics. Justin continues to fuel his competitive streak with multi day mountain bike racing for team Subaru-marathonMTB.com, having achieved podium finishes at The Crocodile Trophy, The Simpson Desert Bike Challenge, Mongolia Bike Challenge and recently representing Australia at the 2019 mountain bike marathon world championship in Switzerland.

Since 2011 Justin has complemented his cycling career with sharing a message of hope, empowerment and overcoming adversity to audiences internationally.

Notes:



A/Prof Mike Climstein

Associate Professor Mike Climstein (PhD, FASMF, FACSM, FAAESS, DE) is the Acting Course Coordinator for Southern Cross University's Grad Dip in Diabetes Education and Course Coordinator for the Clinical Exercise Physiology programs. He is an experienced clinician, previously directing chronic disease rehabilitation at a large community clinic and medical practice. Currently has both an academic appointment and clinical where he oversees Clinical Exercise Physiologists in training in the SCU Health Clinic. Mike has 135 publications and \$7.8 million in research funding.

Notes:



Ashley Ng

Ashley is a diabetes advocate, accredited practicing dietitian and lecturer at La Trobe University. Through her own lived experiences with the healthcare system and research, she has developed a passion in digital health, chronic disease management and education, community engagement and co-design research.

Notes:



Peta Tauchmann

Peta commenced her career in Diabetes Education in 1998 and quickly developed a love for teaching people about diabetes and self-management. In 2003 she established Brisbane Diabetes Education Services and in 2015 was endorsed as a Nurse Practitioner specialising in diabetes, chronic disease and primary care. She has contributed to ADEA as Chair of the ADEA Queensland Branch, Private Practice Special Interest Group and Clinical Practice Review Committee and represents ADEA on Diabetes Australia's Medical, Educational and Scientific Committee.

As a CDE and Diabetes Nurse Practitioner Peta aims to work collaboratively between all sectors of the health community as a senior nursing clinician while maintaining her focus on the care of people with diabetes in the primary care sector. She is passionate about private practice and enjoys working in a speciality that is meaningful, constantly changing and intellectually stimulating.

Notes:

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challenged, and increased constantly,
or it vanishes.*

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*Sincerely,
Roche Diabetes Care*

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