Wednesday August 5th
7:30 am – General Session. Get there early. AADE always does a great job welcoming us and I love seeing Joe Popp! I will be sitting stage right with my Michigan friends.

9:45 am – W2 (Current State of DSMT and Health Care Reform). As a RD and CDE providing DSMT and MNT, I’m interested in this session to see the changes in 2015 from the Affordable Care Act.

11:00 am – W07 (Lipid Guidelines: What is Best for My Patient?). Given the new guidelines from the American College of Cardiology and American Heart Association, I’m interested to see the specific recommendations for persons with diabetes. I also enjoy the presentation style of Evan Sisson.

12:15 – Will check out the Exhibit Hall. May check out a Product Theater.

2:00 pm – W14 (Adequate Nutrition Label Literacy May Be Less Common than You Think).

3:45 pm – W19 (The Role and Management of Statins in Dyslipidemia and Addressing Patient Barriers to Use). Hopefully, this will be an adjunct to the lipid guidelines talk I will be attending at 11 am. I hope to learn more about adjusting statins for myopathy and alternatives to statin therapy. If this talk is repetitive to my 11 am session, I will attend W18B (Use of SMBG in T2 DM Self-Management: Knowing Where I Am At) at 4:15 pm.

5:00 pm – W28 (Diabetic Kidney Disease). I’m seeing more clients with impaired kidney function, so am interested in this topic.

Evening: I will attend the AADE sponsored events. Great networking!

Thursday, August 6th
7:30 – GS02 (Engaging patients in their care using Connected Health). Again, I will be sitting stage right with my Michigan friends.


10:30 – T09 (Going, Going, Not Gone! Gastroparesis and How it Impacts Diabetes). The lesser known autonomic neuropathy that I am seeing more of in my practice.
11:30 am – Exhibit Hall and lunch. I usually volunteer to work at the DCE booth

1:00 – T13 (Optimizing CGM: Best Practices for the Diabetes Educator). I’m doing a talk on new diabetes technologies this fall, so this topic is timely.

2:30 – Back to Exhibit Hall

3:45 pm – T14 (Artificial Pancreas). Looking forward to learning about this technology.

5:00 pm – T20 (The Link Between PCOS, Prediabetes and Diabetes: Nutrition Strategies for Prevention). Looking forward to this one as a Dietitian, especially the PCOS and Pre-diabetes.

Evening: Again, will be attending the AADE event. Looking forward to seeing old friends!

**Friday, August 7th**

7:30 am – GS03: I love listening to Ann Albright.

9:15 am – F04 (Culinary Medicine). I’m intrigued by this session. Looking forward to the information that will be presented.

11:00 am –

12:00 pm – Lunch and Exhibit Hall.

1:00 pm – Check out the Poster Session and authors.

2:00 pm – It’s a toss up between F11 (Type 1 Diabetes Guidelines) and F13 (Diabetes and Eating Disorders). Both look great.

3:15 pm - F21 (Type 1 Diabetes Management for Exercise and Sport). The youth that I have been following for years are now at the age of school athletics, so this session is perfect for me.

4:30 – F22 (Weight Loss and Lifestyle Modification: Predictors of Success in the Look AHEAD and DASH Intervention Studies). A must see for the dietitian.

Evening: Hoping to attend the ADE Foundation “Celebration of Giving”

**Saturday, August 8th**

7:30 am – GS04. The final general session is always great. Besides, they announce the winners of the Passport contest!

11:00 am – S07 (National Diabetes Prevention Program in the Medically Underserved Community: If We Build It, Will They Come?). I would like to see if this is something I can do back in my rural setting. Or maybe S04 (To Eat or Not to Eat Gluten: This is Just One of the Questions), a really hot topic.

12:30 - S10 (Dairy’s Role in Diabetes and Lactose Intolerance). I love milk, so why not go to a session to hear about its benefits.