



OPEN MEDICAL INSTITUTE

SEMINAR REPORT

DIABETES
OMI MEX COLUMBIA
UNIVERSITY SEMINAR

September 6-8, 2022

Medical Education Beyond Borders



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OMI MEX COLUMBIA UNIVERSITY SEMINAR IN DIABETES

September 6-8, 2022

24 fellows from Mexico
4 faculty members from the USA and Mexico
11 lectures given by faculty
10 interesting case presentations by fellows
2 excellent case presentations by fellows

Group Photo of Faculty and Fellows



OMI MEX Columbia University Seminar in Diabetes

Tuesday, September 6 – Thursday, September 8, 2022

	Tuesday September 6	Wednesday September 7	Thursday September 8
08:00 – 09:00	REGISTRATION & BREAKFAST	REGISTRATION & BREAKFAST	REGISTRATION & BREAKFAST
09:00 – 10:00	Introductions Pre-Seminar Test Opening Ceremony	Pathophysiology of Type 1 Diabetes Robin S. Goland, MD	Continuous Glucose Monitoring Jacqueline Salas-Spiegel, MD
10:00 – 11:00	History of Diabetes Robin S. Goland, MD	Insulin Therapy Jacqueline Lonier, MD	Microvascular Complications Sergio Hernández-Jiménez, MD
11:00 – 11:30	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK
11:30 – 12:30	Epidemiology of Diabetes in Mexico and Globally Sergio Hernández-Jiménez, MD	Gestational Diabetes & Diabetes in Pregnancy Jacqueline Salas-Spiegel, MD	Macrovascular Complications Sergio Hernández-Jiménez, MD
12:30 – 13:30	Diabetes Prevention & Prediabetes Jacqueline Salas-Spiegel, MD	Berrie Center Cases	Inpatient Management of Diabetes Jacqueline Lonier, MD
13:30 – 14:30	LUNCH	LUNCH	Post-Seminar Test Evaluation & Discussion
14:30 – 15:30	Non-Insulin Therapies for Type 2 Diabetes Jacqueline Lonier, MD	Workshop Fellows' Case Presentations	LUNCH CLOSING CEREMONY & AWARDS
15:30 – 17:00	Workshop Fellows' Case Presentations		



OPEN MEDICAL INSTITUTE

FACULTY BOOKLET

DIABETES
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UNIVERSITY SEMINAR

September 6-8, 2022

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Wolfgang Aulitzky, MD

Director, Open Medical Institute
American Austrian Foundation

Associate Dean and Gerhard Andlinger Professor
for International Medicine & Distance Learning
Adjunct Professor of Clinical Urology
Adjunct Professor of Clinical Reproductive Medicine
Weill Medical College of Cornell University

Adjunct Professor of Pediatrics
**Perelman School of Medicine at the Children's Hospital
of Philadelphia**

Associate Professor of Urology
Medical University of Innsbruck, Austria

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 Zuckermandlpreis 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.



**Robin S. Goland, MD
(Course Director)**

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Robin S. Goland, MD (Harvard '76 and Columbia '80) began more than 20 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 worldclass diabetes research programs, opened in October 1998 under the direction of Dr. Goland and co-director, Dr. Rudolph Leibel. More than 1,500 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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Sergio Hernández-Jiménez, MD grew up in Mexico City and completed his undergraduate studies at the Faculty of Medicine of National Autonomous University of Mexico. He completed his Internal Medicine and Endocrinology residencies at the National Institute of Medical Sciences and Nutrition Salvador Zubirán (INCMNSZ). He also had a fellowship training in diabetes at the same Institute. He is certified by the Mexican Council of Endocrinology, A.C. He worked in the INCMNSZ as a physician in the Department of Endocrinology and Metabolism since 2001. His actual position, since 2013, is Coordinator of the Comprehensive Center for Patients with Diabetes of the INCMNSZ. He was President of the Mexican Council of Endocrinology, A.C. from 2011 to 2013, Secretary of the INCMNSZ Ethics Committee since 2013, and Professor of Endocrinology at the Panamerican University (undergraduate course in Medicine). His main interest is the study of models of comprehensive care and prevention of complications in chronic diseases.



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Jacqueline Lonier, MD is an adult endocrinologist at the Naomi Berrie Diabetes Center and an Assistant Professor of Medicine at Columbia University Irving Medical Center. Dr. Lonier grew up in New Jersey and completed her undergraduate studies at Yale University in New Haven, Connecticut. She earned her MD from the Columbia College of Physicians and Surgeons and completed internal medicine residency and endocrinology fellowship training at the NYU School of Medicine. Her clinical practice at the Naomi Berrie Diabetes Center focuses on the management of type 1, type 2, and less common forms of diabetes. Her research interests include diabetes in pregnancy and type 1 diabetes prevention. She has been named a Department of Medicine Ewig Clinical Scholar in recognition of her contributions to medical student, resident, and fellow education. She currently lives in New York City with her husband Andrew and her sons Shiloh and Isaiah.



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Jacqueline Salas-Spiegel, MD is an endocrinologist with a special interest in diabetes. Dr. Salas was born in New York City and grew up in Caracas, Venezuela. She received her medical degree from the Universidad Central de Venezuela, Escuela de Medicina Jose Maria Vargas in Caracas, and completed her internship and residency in Internal Medicine at St. John's Episcopal Hospital in New York. Her fellowship training in Endocrinology, Diabetes, and Metabolism was at the Beth Israel Medical Center in New York City. Dr. Salas' research interests include diabetes clinical outcomes in minorities and underserved populations, as well as the diagnosis and management of cystic fibrosis related diabetes (CFRD). She has participated as co-investigator in several NIH diabetes clinical trials such as GRADE-Glycemia Reduction Approaches in Diabetes and ACCORD – Action to Control Cardiovascular Risk in Diabetes. Dr. Salas-Spiegel has been on the faculty of Columbia University Vagelos College of Physicians & Surgeons and New York Presbyterian Hospital/Columbia University Irving Medical Center for the past 20 years as Assistant Professor of Medicine. Her clinical practice is based at the Naomi Berrie Diabetes Center at CUIMC. She lives in New Jersey with her husband Mark and daughter Sophia.



Becky Aguilar-Álvarez de Sáenz

Executive Director | AMSA

- Bachelors degree in economics, Instituto Tecnológico Autónomo de México (ITAM)
- Banking and financial career for 15 years
- Member of the Board Civic Committee, Ford Motor Company Mexico
- Treasurer of the Board of Trustees UNETE (Unión de Empresarios por la Tecnología en la Educación)
- Member of the International Women's Forum
- Member of the Mexican Council for International Affairs
- AMSA's Executive Director since 2010








Gerardo Legorreta Creel

President of the Board | AMSA

- Chairman of the Board of Trustees, Alianza Médica para la Salud, A. C. (AMSA)
- Studied at the London Business School and Instituto Tecnológico Autónomo de México (ITAM)
- CEO of UBS (Union Bank of Switzerland)
- Member of the Board of Directors of Bepensa, SA de CV
- Founder and Managing Director of LG & A

Fellow Booklet

OMI MEX Diabetes

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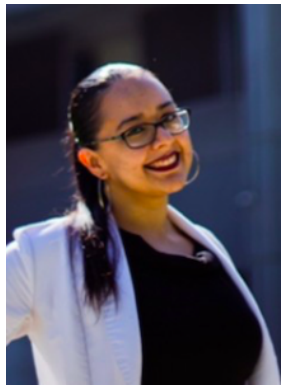
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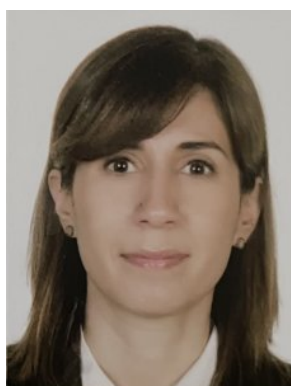
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Mercedes Aguilar Soto, MD
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Tuesday, September 6, 2022

I was a little nervous on the first day because I would be presenting my case. However, the first lecture on the History of Diabetes was moving and interesting, and Dr. Goland made the seminar feel more personal. The next lecture was very interesting, and I was glad to be aware of the epidemiology of diabetes in Mexico. I was happy to see some friends during the coffee break and chat about our expectations of the course and about our future in general. The next talks about diabetes prevention and non insulin therapies were very interesting and there were several pieces of information that I will include in my daily practice. My case presentation went better than I expected since I was a little nervous but I received interesting input from other fellows and the professors. During lunch we sat at the same table as Dr. Jacqueline Salas, so we had the opportunity to ask her how patients are enrolled in their clinic and how they care for underserved populations.

Wednesday, September 7, 2022

This morning I arrived for breakfast with the experts. It was an interesting experience and I felt like the talk was cozy and relaxed. Some fellows shared their experiences with different barriers for the care of patients with diabetes and the professors shared some insights of their own. After that we had the lecture on T1D Pathophysiology which I found very interesting as I was not aware about the monoclonal antibody that has been approved to prevent T1D. Then we talked about insulin therapy which was exciting and revealed several hands-on issues

with patients that I haven't thought about. The final lecture of the day on Gestational Diabetes was amazing and very useful. I usually do not see pregnant patients, but I believe that if I go into endocrinology I will and this is a life-changing disease for both the mother and the baby. During the workshop I was happy to learn about other diabetes specialized practices in Mexico City and about the care of patients that I do not routinely see in my daily practice like children, HIV positive patients and patients with autism spectrum disorders.

Thursday, September 8, 2022

Today I was very excited because I was very interested in the lecture on CGM. I really liked that Dr. Salas spoke about different sensors and how to check their efficacy. The controversy of corroborating hypoglycemia was also discussed. We practiced putting a Dexcom sensor, which unfortunately is not available in Mexico at the moment, but hopefully soon will be. Afterwards we had the talk on microvascular complications, and I really liked the tools for screening retinopathy that Dr Hernandez gave us. We then had the lecture on macrovascular complications which was also very interesting. The final lecture was on inpatient glucose management, and I was very happy to see that even in NYC they deal with other doctors who do not usually know how to treat these patients and who refuse using basal insulin (even if it is in fact the standard of care). I learned a few very interesting things that will be very useful for my practice like the use of regular insulin for patients with TEN and TPN. Afterwards we had lunch and awards were given; to be honest I did not expect to win for the best exam, but I was very honored and flattered. Pictures were taken and goodbyes were said. I left with a feeling of continuity, like even if the seminar had ended a door had been opened and a community was created. Thank you so much for everything.



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Tuesday, September 6, 2022

I got to the event early, at around 8 o'clock in the morning. The organizers were already prepared for the reception. I checked in and was invited to have breakfast. The conference session started as planned. Previously, a document with all the readings and space for annotations was delivered. The first lecture given by Dr. Goland was the most beautiful lecture I have ever listened to in my life. The pedagogical mastery and the dynamism of the historical aspects related to diabetes made an excellent incentive to understand why we were there. Two master conferences followed, including the director of CAIpADI, a reference centre for the care of patients with Diabetes Mellitus in Mexico. After having a snack two hours ago, a delicious lunch was served. The afternoon culminated with excellent lectures by two other professionals from Columbia University.

Wednesday, September 7, 2022

Relevant in terms of pathophysiology and diagnostics are therapeutic strategies in Diabetes Mellitus.

Since the beginning of the event, the solid evidence that supports each conference has been surprising, where knowledge is generated in the form of evidence for decision-making in health based on the most relevant studies on each topic. On this occasion, Dr. Goland's presentation regarding the pathophysiological mechanisms in Type 1 Diabetes was again brilliant. Despite her youth, Dr. Lonier masterfully expressed aspects of therapeutic principles. She successfully concluded the session on time and, just like the first day, the debate generated by the presentation of cases was very productive.

Thursday, September 8, 2022

The third day passed in correspondence with the organization of the program. Each of the course activities has been punctually maintained and fulfilled. Relevant elements regarding complications of Diabetes Mellitus were treated by a Mexican expert. The session concluded with a presentation in the form of clinical cases by Dr. Lonier regarding the in-hospital management of patients. After the completion of the post-test, we had lunch and then the best exponents of the seminar were recognized.



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Tuesday, September 6, 2022

On the first day of the seminar, I travelled by plane and I wasn't familiarized with the setting of the seminar, fortunately, staff members (Mariana) were available almost 24/7 to help us. I was a little bit nervous because I didn't know any of the other fellows, but I started to get along with other colleagues; at the same time, Becky Alvarez, the president of AMSA was sorting the tables to get in touch with all the fellows while she continued organizing the seminar. After a nice breakfast, Becky made a briefing about the lectures and presented us to the faculty members. Being honest, I was completely unaware of the magnitude of the Naomi Berrie Diabetes Center and the importance of the members that assisted the seminar. The lectures were so valuable, and the three doctors were so kind and answered every single question. At lunch we shared the table with one member of the faculty which allowed us to find out more about their job, the way they treat diabetes and a lot of tips that were not possible to share during the lectures. Before the day ended, five fellows presented clinical cases for discussion. We concluded the day and looked forward to the next lectures.

Wednesday, September 7, 2022

This day, breakfast was a little different because we experienced a sort of "meet and greet" sharing the table with all the fellows and the members of the faculty. Now we are aware that Dr. Robin Goland was the cofounder of the Naomi Berrie Diabetes Centre and that she formed part of the history in the treatment of patients with diabetes. Also, Dr. Jacqueline Salas-Spiegel is a native Spanish speaker so the conversation with some fellows was easier and felt very comfortable. After this enriching experience we started with the lectures; each new talk was as important as the previous one and left relevant foundations for the next ones. Dr. Jacqueline Lonier presented us with some clinical cases; it felt like we were at med school again because we tried to analyze and solve the cases. Good times. Finally, it was my turn to present my

clinical case; I felt anxious but everything flowed the proper way. We concluded the day but even after that, we continued to interact with the faculty members while we left the room. They were so accessible. We started to get along with more fellows and make some comments about the clinical cases trying to give our best opinion to help our patients. We finished the 2nd day and looking forward for the last day.

Thursday, September 8, 2022

The last day was as good as the other ones. A nice coffee break with more comments and recommendations from other fellows. The participation of Dr. Hernandez was outstanding and the final clinical cases from Dr. Lonier were so enlightening. This OMI MEX seminar was like a breath of fresh air for my daily clinical practice, and I can assure that the knowledge acquired will be of great value to me as well as to the colleagues with whom I will share it. My first experience with OMI/AMSA and associates was in 2018 at an Internal Medicine seminar in Salzburg, I kept trying to assist again and the opportunity is closer every day, hopefully I'll be able to form part again of the chain of sharing knowledge that OMI and AMSA have been perpetuating for so long. Thank you AMSA and all of the staff that helped us every day.