

**Philippine Center for Diabetes Education Foundation, Inc.
(Diabetes Center Philippines)**

24th National Assembly of Diabetes Educators (NADE)

NADE 2018 Program

“Proven Strategies to Win Over Diabetes”

Saturday, November 10, 2018

Makati Diamond Residences, Makati City

7:00-8:00 am Registration

Ma. Princess L. Kanapi
Masters of Ceremonies

8:00-8:30 am Opening Ceremonies

National Anthem

AVP

Invocation

AVP

Opening Remarks

Joy Arabelle C. Fontanilla, MD

Plenary lectures:

8:30-9:00 am **Safe and Effective Diabetes Management During Ramadan**

Speaker: Tricia Marie Obrero, MD, FPCP, FPSEDM

9:00-9:30 **Exercise Guidelines for Women with Gestational Diabetes**

Speaker: Stephanie Fay Samadan- Cagayan, MD, FPOGS

9:30-9:45 Open forum

9:45-10:15 **Snack symposium – BD (Becton Dickinson)**

Why does insulin injection technique matter?

Speaker: Joy Arabelle C. Fontanilla, MD, FACE, FPCP, FPCDE, FPSEDM, CCD

10:15-11:00 **Opening and Visiting of Exhibits**

11:00-11:30 **Hypertension Guidelines – Why the Change in Cutoffs AGAIN?**

Speaker: Deborah Ignacia D. Ona, MD, FPCP

11:30 am-12:00 pm **Be Careful What You Say – The Use of Language in Diabetes Care and Education**

Speaker: Nemuel S. Fajutagana, MD

12:00-12:15 pm **Induction of New Associate Diabetes Educators**

Dr. Augusto D. Litonjua; Dr. Tommy Ty Willing, Dr. Cynthia Halili-Manabat

12:30-1:15 pm **Lunch**

- 1:15-1:45 **High-Intensity Interval Training – The Hows and Whys**
Speaker: Hercules P. Callanta, MS
- 1:45-2:15 **Mindful Eating and Living for Weight Loss and Diabetes Control**
Speaker: Edgardo Juan L. Tolentino, MD, FPPA
- 2:15-2:45 **Evidence-based Diabetes Care in Older Adults**
Speaker: Mark Henry Y.C. Joven, MD, FPCP, DPSEDM
- 2:45-3:00 Open Forum
- 3:00-3:30 **Snack**
- 3:30-3:50 **Visit booths/exhibits**
- 3:50-4:50 **Debate: The Ketogenic and Other Low-Carb Diets for Diabetes– Harm or Help?**
- 3:50-4:20 **The Ketogenic and Other Low-carb Diets Are Helpful**
Speaker: Ivy D. Ramallosa, RND
- 4:20-4:50 **The Ketogenic and Other Low-carb Diets Are Harmful**
Speaker: Reginna Emilliene C. Lat, RND
- 4:50-5:00 Open Forum
- 5:00 pm Closing Remarks Augusto D. Litonjua , MD

Organizing Committee

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| Joy Arabelle Castillo-Fontanilla, MD | Chairperson, 2018 National Assembly of Diabetes Educators (NADE)
Co-Chair, Training Programs, PCDEF, Inc. |
| Cynthia H. Manabat, MD | Chair, Training Programs, PCDEF, Inc. |
| Erlinda B. Inocencio | Executive Director, PCDEF, Inc. |
| Augusto D. Litonjua, MD | Overall Adviser |