

Reversing Type 2 Diabetes and Insulin Resistance with Lifestyle Medicine Course



Description

The Reversing Type 2 Diabetes and Insulin Resistance with Lifestyle Medicine course, offered by the American College of Lifestyle Medicine (ACLM) and led by founding President John Kelly, MD, MPH, ABLM-certified LM Specialist, reviews the epidemiology, risk factors, and current medical approach to preventing and treating all forms of diabetes. Expert faculty in the fields of diabetes and Lifestyle Medicine address the scientific literature that supports the treatment, reversal, and prevention of type 2 diabetes and insulin resistance. Most importantly, the application of Lifestyle Medicine methods, guidelines, tools, and monitoring standards will be explained in order to enable health care practitioners to successfully apply Lifestyle Medicine techniques in their practices for the purpose of treating, reversing and preventing type 2 diabetes and insulin resistance.

Learning Objectives

- Discuss the role of nutrition and particularly whole food plant-based nutrition in the prevention, treatment and reversal of type 2 diabetes and insulin resistance.
- Discuss the role of physical activity, sleep and other essential characteristics in the prevention, treatment and reversal of type 2 diabetes and insulin resistance.
- Review the key metabolic disturbances and pathophysiology of type 2 diabetes, insulin resistance, type 1 diabetes and type 1.5 diabetes.
- Review the current literature and considerations around medication de-prescribing for type 2 diabetes and insulin resistance reversal.
- Review the definitions and success rates of the reversal of type 2 diabetes insulin resistance.

Target Audience

Physicians, physician assistants, nurse practitioners, registered nurses, pharmacists, registered dietitians, certified diabetes educators, physical therapists, occupational therapists, psychologists, social workers, and more!

Format

The Reversing Type 2 Diabetes & Insulin Resistance with Lifestyle Medicine course is comprised of 20 lectures within 17 modules viewed in a digital format. Users are able to click through the voice-over module slides at their own pace and complete a corresponding quiz. Interactive scenarios, images, and case studies have been added to enhance the experience.

Course Length is 18 hours.

Pricing

	Non-Member	Member
Physician/ Doctoral	\$720	\$720 \$540
Non-Doctoral Health Professional	\$540	\$540 \$405
Student	\$360	\$360 \$270

lifestylemedicine.org/education

Outline

There are 20 lectures within 17 modules included in this course:

Module 1: Defining Diabetes Reversal: The Evolving Paradigm of Diabetes Reversal

| [Wes Youngberg, DrPH, MPH, CNS, FACLM](#)

Module 2: Key Metabolic Disturbances in the Pathophysiology of Type 2 Diabetes and Insulin Resistance |

[George Guthrie, MD, MPH, CDE, FFAFP, FACLM, DipABLM](#)

Module 3: Insulin Resistance in Type 1 Diabetes and Latent Autoimmune Diabetes in Adults (LADA) |

[Cyrus Khambatta, PhD, Nutritional Biochemistry](#)

Module 4: Treatment and Reversal of Insulin Resistance in Type 1 Diabetes and Latent Autoimmune Diabetes in Adults (LADA)

| [Cyrus Khambatta, PhD, Nutritional Biochemistry](#)

Module 5: Insulin Resistance and Cognitive Impairment | [Dean Sherzai, MD, MAS, MPH, PhD\(c\) and](#)

[Ayesha Sherzai, MD, MAS](#)

Module 6: Effective Modalities for Reversal of Type 2 Diabetes and Insulin Resistance | [Scott Stoll, MD, FABPMR](#)

Module 7: Essential Characteristics of Lifestyle Medicine Treatment for Reversal of Type 2 Diabetes and Insulin Resistance

| [Scott Stoll, MD, FABPMR](#)

Module 8: (Parts 1 - 3) Essential Characteristics of Dietary Plans for Reversal of Type 2 Diabetes and Insulin Resistance

| [Brenda Davis, RD](#)

Module 9: The Role of Plant-Based Diets in Type 2 Diabetes Management | [Neal Barnard, MD, FACC](#)

Module 10: The Impact of Fasting on Reversal of Type 2 Diabetes and Insulin Resistance

| [George Guthrie, MD, MPH, CDE, FFAFP, FACLM, DipABLM](#)

Module 11: The Role of Physical Activity in Reversal of Type 2 Diabetes and Insulin Resistance

| [Jonathan Bonnet MD, CAQSM, FFAFP, DipABLM](#)

Module 12: The Role of Sleep in Reversal of Type 2 Diabetes and Insulin Resistance | [Scott Stoll, MD, FABPMR](#)

Module 13: (Parts 1 - 2) Medication De-Prescribing for Reversal of Type 2 Diabetes and Insulin Resistance

| [Jeni Shull, MD, MPH, DipABLM](#) and [Denise C. Fields, PharmD, BC-ADM, FASHP, DipACLM](#)

Module 14: Helping Patients Change Their Diets | [Neal Barnard, MD, FACC](#)

Module 15: Expected Success Rates for Reversal of Type 2 Diabetes and Insulin Resistance

| [John Kelly, MD, MPH, LM Specialist](#)

Module 16: How to Achieve Maximal Long - Term Success for Patients | [Cyrus Khambatta, PhD, Nutritional Biochemistry](#)

Module 17: Key Steps and Processes in Establishing an Effective Lifestyle Medicine Reversal Program for Type 2 Diabetes and Insulin Resistance | [John Kelly, MD, MPH, LM Specialist](#)



Accreditation

In support of improving patient care, Rush University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

For Medicine: Rush University Medical Center designates enduring material for a maximum of 18.00 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

For Nursing: Rush University Medical Center designates this enduring material for a maximum of 18.00 nursing contact hour(s).

For Pharmacy: Rush University Medical Center designates this knowledge-based enduring material for a maximum of 18.00 contact hour(s) for pharmacists.

For Psychologists: Rush University Medical Center designates this enduring material for 18.00 CE credits in psychology.

For Dietitians: This enduring material has been approved by the Commission on Dietetic Registration for 18.00 CPEUs.

For Social Work: As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 18.00 general continuing education credits.

For physical therapy or occupational therapy: Rush University is an approved provider for physical therapy/occupational therapy by the Illinois Department of Professional Regulation. Rush University designates this enduring material for a maximum of 18.00 continuing education credits for physical therapists/ occupational therapists.

ABIM MOC: Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 18.00 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

AAFP Prescribed Credits: The AAFP has reviewed Remission of Type 2 Diabetes and Reversal of Insulin Resistance with Lifestyle Medicine and deemed it acceptable for up to 18.00 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 11/10/2022 to 11/10/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABLM MOC: The American Board of Lifestyle Medicine has approved 18.0 maintenance of certification credits for this learning activity.

For NBC-HWCs: The National Board for Health and Wellness Coaching (NBHWC) has approved 18 continuing education credits for this learning activity: CEA-000127-2.

