



The 2026 Digital Learning Journey in Type 2 Diabetes Care: Global Perspectives and Practical Approaches

Friday **15 May 2026**

From 13:00 to 14:00 CEST



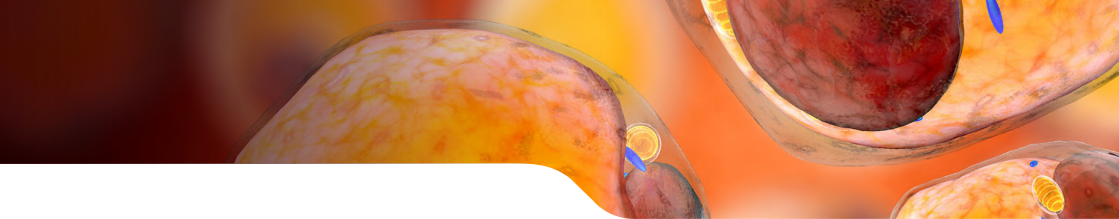
CASE-BASED VIRTUAL ROUNDTABLE

Primordial prevention of vascular damage
in insulin resistance



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REGISTRATION IS FREE OF CHARGE



OVERVIEW

Diabesity is a term coined in the 1970s to describe the strong link between type 2 diabetes and obesity. The accumulation of dysfunctional adipose tissue observed in people with central obesity is indeed a main cause of insulin resistance, which plays a central role for the development of long term metabolic and vascular complications. During this activity the determinants of the ongoing diabesity epidemic and its implications for the pathogenesis of diabetic complications will be discussed.

LEARNING OBJECTIVES

- Understand the epidemic of diabesity
- To highlight the role of insulin resistance in the pathogenesis of vascular complications
- Explore the benefits of early treatment of insulin resistance related conditions in the prevention of long-term complications

TARGET AUDIENCE

Diabetologists, Endocrinologists, Internal Medicine Specialists and General Practitioners

LANGUAGE

English with Chinese and Spanish simultaneous translation



CME ACCREDITATION

The Case-based Virtual Roundtable will be submitted for CME accreditation by the European Accreditation Council of Continuing Medical Education (EACCME).



CME PROVIDER

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PRIMORDIAL PREVENTION OF VASCULAR DAMAGE IN INSULIN RESISTANCE

FRIDAY, 15 MAY 2026

From 13:00 to 14:00 CEST

Chair:		E. Maddaloni (Italy)
13.00		Welcome and introduction Ernesto Maddaloni (Italy)
13.05		L1 Diabesity: what and why? Mikael Ryden (Sweden)
13.20		Panel discussion
13.25		L2 The crucial role of insulin resistance in the pathogenesis of diabetes complications Osama Hamdy (United States)
13.40		Panel discussion
13.45		Final Q&A
13.55		Concluding remarks Ernesto Maddaloni (Italy)
14.00		End of the event

LEGEND



Lecture



Q&A General discussion with participants



Concluding remarks

FACULTY DISCLOSURES



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Osama Hamdy

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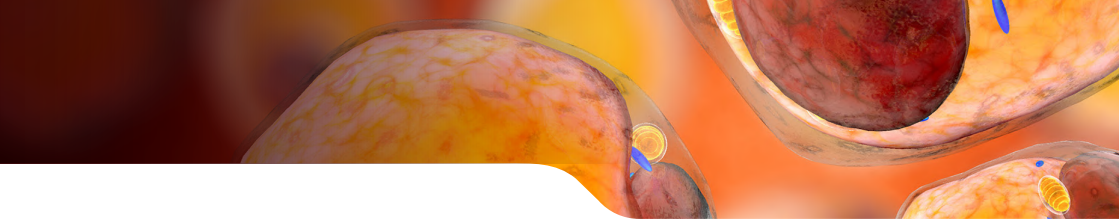
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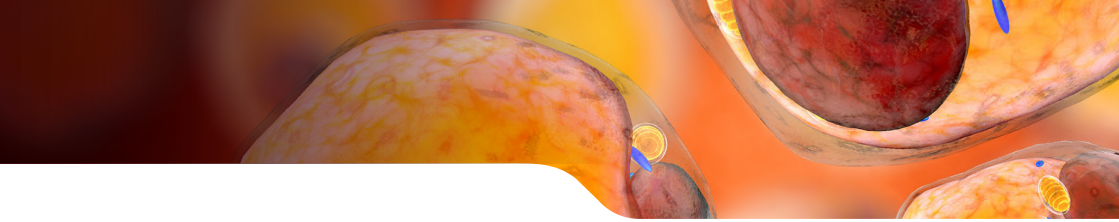
ERNESTO MADDALONI

Ernesto Maddaloni is currently Associate Professor of Endocrinology and Diabetes at Sapienza University of Rome, Italy. He gained his MD, clinical specialty in Endocrinology and Diabetes and PhD in “Integrated Biomedical Sciences and Bioethics” at Campus Bio-Medico University of Rome. He has joined the Vascular Cell Biology Section of the Joslin Diabetes Center (Harvard Medical School) for a Post-Doctoral Research Fellowship in 2014 and the Diabetes Trial Unit of the University of Oxford in 2017 as a mentee of the European Foundation for the Study of Diabetes (EFSD) Future Leaders Mentorship Program, to actively pursuing his studies on clinical diabetes, cardiovascular outcomes and novel diabetes complications. His research interests focus on the study of adults with autoimmune diabetes and the interplay between vascular complications, bone health and autoimmunity. After the Sars-CoV2 infection outbreak, he has contributed also with original articles evaluating the strict relationship between diabetes and related comorbidities with Covid-19. Dr Maddaloni has been a study investigator and coordinator for several national and international clinical trials and has published as lead author in several top-ranked peer-reviewed international medical journals. His scientific achievements have been recognized with several awards, including the 2015 Albert Renold Fellowship from the European Foundation for the Study of Diabetes, the 2017 (under 32) and 2021 (under 35) Young Investigator Awards from the Italian Society of Endocrinology (SIE), the 2017 Early Investigator Award from the Endocrine Society (USA) and the 2020 Young (under 35) Investigator Award from the Italian Society of Diabetes (SID).



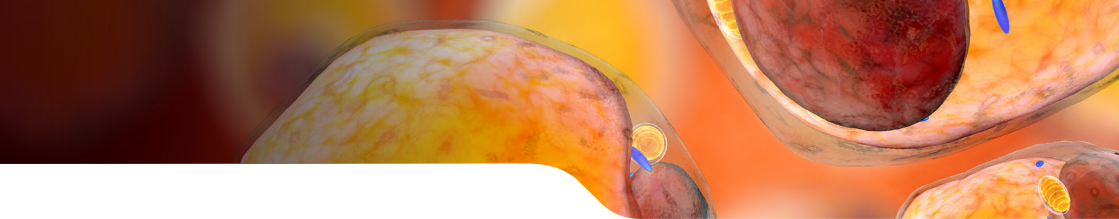
OSAMA HAMDY

Osama Hamdy, MD, PhD, FACE is a world expert and recognized thought leader in the fields of obesity, nutrition, and diabetes technology. Dr. Hamdy is a senior staff physician and Medical Director of the Obesity Clinical Program at Joslin Diabetes Center, and Associate Professor of Medicine at Harvard Medical School. Dr. Hamdy is very active in nutrition and obesity clinical research. His lab led to many innovations and discoveries that changed how we currently manage obesity in patients with either type 2 or type 1 diabetes and were incorporated in several National and International Guidelines. Dr. Hamdy research led to the first landmark discovery that 7% weight loss in obese patients with and without diabetes significantly improve vascular endothelial function, insulin sensitivity and markers of inflammation. Dr. Hamdy was a co-investigator in two US landmark studies: the “Diabetes Prevention Program” and “the Look AHEAD Study”. In 2005, Dr. Hamdy founded the “Weight Achievement and Intensive Treatment (Why WAIT) program, which is currently implemented nationally and internationally. He also found the Diabetes Remission Outcome Program (DROP) that helped newly diagnosed patients with diabetes within 5 years to get remission from the disease and stop medications. Dr. Hamdy co-chaired the task force that developed the global transcultural Diabetes Nutrition Algorithm (tDNA). Dr. Hamdy long-term work on diabetes technology including AID, CGMs, and AI ranked him the world’s 3rd most cited physician on diabetes technology. Dr. Hamdy joined Joslin Diabetes Center in 1998, where he founded the obesity clinical program and restructured the inpatient diabetes program. Dr. Hamdy won the 2015 Michaela Modan Award of the American Diabetes Association for his research on long-term diabetes weight management. He was given the Compassionate Caregiver Award of the Kenneth Schwartz Center. Dr. Hamdy has more than 150 peer-reviewed original articles, reviews, and book chapters. He is also the author of the Harvard Health Publication “The Diabetes Breakthrough” reversing diabetes through weight management. He is on the editorial review board of many medical journals including Lancet, JAMA, British Medical Journal, Diabetes Care and 2 times section editor of Nutrients and Current Diabetes Report and also associate editor of Frontiers in Nutrition.



MIKAEL RYDEN

Mikael Rydén is professor in clinical and experimental adipose tissue research and heads the Center for Clinical Metabolic Research in Diabetes and the Endocrinology Unit at the Karolinska Institute. He is also senior consultant in Endocrinology/Diabetology at the Karolinska University Hospital, Stockholm, Sweden. His research focuses on the role of human adipose tissue in several different conditions and spans from advanced cell- and molecular biology techniques in different cell culture models to clinical studies in man. He served as the Honorary Secretary of the EASD 2018-2022, is currently the chair of the Strategic Research Programme in Diabetes, and is also a member of the Nobel Assembly at the Karolinska Institute.



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