

## Wednesday, November 17, 2004

3:00pm – 9:00pm Early Registration at lobby level Hilton Universal City

## Thursday, November 18, 2004

**7:00 am Registration – Continental Breakfast - Exhibit Hall  
The Syndrome**

8:00 am Welcome & Introduction

8:15 am Molecular basics of Insulin Resistance  
8:55 am Insulin Resistance or Compensatory Hyperinsulinemia: Which is the Culprit?  
9:35 am Adipocyte-derived factors and their impact on glucose / lipid metabolism and inflammation

**10:15 am Refreshment Break at Exhibit Hall**

**Liver Symposia Section I**  
*Co-sponsored by: American Association for Study of Liver Disease*

10:35 am Introduction  
10:45 am NAFLD: Definitions, epidemiology & public health impact  
11:15 am Insulin resistance and hepatic steatosis: chicken or egg  
11:45 pm Mechanisms of development of steatohepatitis  
12:15 pm Role of genetic factors in progression of NAFLD  
**12:45 pm Lunch Break (Lunch box Pick-up)**  
**“Meet the Professor”**  
 Gerald M. Reaven, MD  Jerrold M. Olefsky, MD  
 Philipp E. Scherer, MD, PhD.  Richard Hellman, MD,FACE,FACP  
 Arun Sanyal, MD & Steven Caldwell, MD

**Liver Symposia Section II**

2:00 pm NAFLD: Diagnostic and Management strategies  
2:30 pm Non-alcoholic fatty liver disease in children  
3:00 pm NAFLD: interactions with other liver diseases  
3:30 pm **Panel Discussion Q +A**  
**3:45 pm Refreshment Break at Exhibit Hall**

**Pediatric Symposia**  
*Co-sponsored by: American Academy of Pediatrics*

4:05 pm Introduction to the Insulin Resistance Syndrome in Childhood  
4:40 pm Obesity and the metabolic syndrome in children and adolescents  
5:10 pm Childhood obesity: epidemiology and consequences  
5:40 pm Youth Black/White Contrast in Insulin Sensitivity & Secretion: Who is more at risk and for What?  
6:10 pm **Panel Discussion Q +A**  
6:30 pm **Reception and Poster presentation at Exhibit Hall**

## Friday, November 19, 2004

**7:00 am Registration – Continental Breakfast at Exhibit Hall**  
**8:00 am Summery of 1<sup>st</sup> day - Hall C,D**

**Insulin Resistance, inflammation & atherosclerosis**

8:10 am ADMA - a link between metabolism and atherosclerosis  
8:50 am IRS and inflammation  
9:30 am Free Fatty Acids, a Link between Obesity, Insulin Resistance/Type 2 Diabetes and Atherosclerosis

**10:10 am Refreshment Break at Exhibit Hall**

**Insulin Resistance, HTN, and CVD Symposia**  
*Co-sponsored by European Group for the Research of Obesity Hypertension & Insulin Resistance*

10:30 am Relation of insulin resistance to obesity hypertension  
11:05 am Insulin resistance and hypertension: causal or non-causal association?

11:40 am Insulin resistance, hypertension and CVD  
12:20 pm **Panel Discussion Q +A**  
**12:35 pm Lunch Break**

**Chair: Yehuda Handelsman, MD,FACP,FACE**

**Hall C,D**  
**Gerald M.Reaven, MD, Chair**  
**Paul Jellinger, MD, FACE**  
**Yehuda Handelsman, MD,FACP,FACE**  
**Jerrold M. Olefsky, MD**

**Gerald M. Reaven, MD, CHAIR**

**Philipp E. Scherer, PhD**

**Chair: Arun Sanyal, MD**

**Arun Sanyal, MD**  
**Arthur McCullough, MD**  
**Nathan M. Bass, MD, PhD**  
**Arun Sanyal, MD**  
**Chris Day, MD**

**Chair: Arun Sanyal, MD**

**Stephen H Caldwell, MD**  
**Joel Lavine, MD, Ph.D.**  
**Arun Sanyal, MD**

**Chair: Alan Sinaiko, MD**

**Alan Sinaiko, MD**

**Sonia Caprio, MD**  
**Dennis M. Styne, MD**

**Silva Arslanian, MD**

**Chair: Gerald M. Reaven, MD,CHAIR**

**Patrick J. Thompson Vallance, MD**  
**Peter Reaven, MD**

**Guenther Boden, MD**

**Chair: Ele Ferrannini, MD**

**Albert Rocchini, MD**

**Arya M. Sharma, MD, FRCPC**  
**Ele Ferrannini, MD**

**PCOS Symposia**

*Co-sponsored by: Androgen Excess Society*

1:30 pm Introduction  
1:40 pm The Ups and Downs of Searching for PCOS Susceptibility Genes.  
2:15 pm PCOS and Insulin Resistance in Girls: How early in life?  
2:45 pm Emerging Data: The Link between CVD and PCOS  
3:15 pm Polycystic ovary syndrome: A precursor to type 2 diabetes  
**3:45 pm Refreshment Break Exhibit Hall**  
4:00 pm Diet, exercise and lifestyle modification in women with Polycystic Ovary Syndrome.  
4:30 pm Use of Insulin -Sensitizing drug in PCOS  
5:00 pm **Panel Discussion Q +A**  
5:30 pm **Concurrent Workshops choose 2 out of 4**  
**The Clinical Approach to the Insulin Resistance Syndrome OR**

**Practical approach – the many faces of the insulin resistance syndrome in the clinic**

**A.** obesity - **Arya M. Sharma, MD, FRCPC**  
**B.** Diabetes - **Helena W. Rodbard, MD MACE**  
**C.** Lipid - **Paul S. Jellinger, MD** - **Sander Robins, MD**  
- **Richard C. Pasternak, MD, FACC**  
**D.** HTN - **Zachary Bloomgarden, MD**  
- **Rhoda H. Cobin, MD FACE**

**Concurrent Workshops Repeat**  
**Dinner Dance**

## Saturday, November 20, 2004

**Registration – Continental Breakfast - Exhibit Hall**  
**Summary of 2<sup>nd</sup> day - Hall C,D**

**Title:**

8:10am Sleep apnea and Insulin resistance  
8:50 am Insulin resistance and thrombosis: mechanism for increased cardiovascular risk

**Insulin Resistance, Dyslipidemia and the Heart**

9:30 am The Insulin Resistance Metabolic Syndrome Today  
9:45 am Fibrates and Cardiovascular Event Reduction with Diabetes or Insulin Resistance”.

**10:20 am Refreshment Break - Exhibit Hall**  
10:40 am Postprandial lipid metabolism and the insulin resistance syndrome  
**Panel Discussion Q +A**

**Insulin Resistance Abstracts**

11:40 pm Abstracts – Oral Presentation  
**12:40 pm Lunch Break (Lunch box Pick-up)**  
1:00 pm **“Meet the Professor”**  
 **Patrick J. Vallance, MD, FACP**  **Ele Ferrannini, MD**  
 **John Nestler, MD,FACP**  **Peter J. Grant, MD,FRCP**  
 **Daniel Einhorn, MD, FACE**

**Cancer Symposia**

*Co-sponsored by:*  
2:00 pm Modifiers of insulin and breast cancer risk  
2:30 pm Obesity, the metabolic syndrome and cancer  
3:00 pm Insulin, IGF, and cancer Confirmed  
3:30 pm **Panel Discussion Q +A**

**Management Symposia**

*Co-sponsored by:*  
0:00 pm Pharmaceutical management of the IRS  
0:00 pm Effects of life style modification on vascular reactivity and endothelial function in the Insulin Resistance Syndrome.

**The practical role of the IRS in Clinical Medicine and future directions Symposia (FDA)**

4:00 pm The Challenge of developing drugs to treat insulin resistance  
0:00 pm Research  
0:00 pm Epidemiology  
0:00 pm Early Treatment  
0:00 pm ACE & ICD 9  
**6:00 pm Town Hall Meeting and Farewell celebration**

**Chair: John Nestler, MD,FACP**

**John Nestler, MD, FACP**  
**Andrea Dunaif, MD**  
**Silva Arslanian, MD**  
**Richard S. Legro, MD**  
**David Ehrmann, MD**

**Robert Norman,MD**  
**Maria J. Iuorno**

**Alexandros N. Vgontzas, M.D**

**Peter J. Grant, MD,FRCP**

**Chair: Richard Pasternak, MD**

**Richard C.Pasternak,MD,FACC**

**Sander Robins, MD**

**Fredrik Karpe, MD,PhD,FRCP**

**Chair: Richard Hellman, MD,FACE,FACP**

**Chair: Rowan Chlebowski, MD**

**Rowan Chlebowski, MD**  
**George Blackburn, MD,PhD**  
**Douglas Yee, MD**

**Chair: Paul Jellinger or Dan Einhorn**

**Vivian Fonseca, MD**

**Edward Horton, MD**

**Robert Misbin, MD**  
**Gerald Reaven, MD**  
**J. Dekker, MD**  
**Willa Hsueh, MD**  
**Paul Jellinger**

| The Scientific Organizing Committee<br>The International Committee for Insulin Resistance (ICIR) |                                       |  |  |
|--|---------------------------------------|--|--|
| Gerald M. Reaven, MD - Chair<br>Stanford, CA   | Jaime A. Davidson, MD<br>Dallas, TX   | Peter Grant, MD<br>Leeds, UK             | John Nestler, MD<br>Richmond, VA       |
| Yehuda Handelsman, MD -Co-chair<br>Tarzana, CA   | Daniel Einhorn, MD<br>La Jolla, CA    | Richard Hellman, MD<br>N.Kansas City, MO | Richard C. Pasternak, MD<br>Boston, MA |
| Sir George Alberti, MD<br>England  | Ele Ferrannini, MD<br>Pisa, Italy     | Paul S. Jellinger, MD<br>Hollywood, FL   | Helena W. Rodbard, MD<br>Rockville, ND |
| Zachary Bloomgarden, MD<br>New York, NY  | Pamela Goodwin, MD<br>Ontario, Canada | Ron Krauss, MD<br>Berkely, CA            | Arun J. Sanyal, MD<br>Richmond, VA     |
| Rhoda Cobin, MD<br>Midland Park, NJ  |                                       |  | Alan R. Sinaiko, MD<br>Minneapolis, MI |

THE INTERNATIONAL COMMITTEE FOR INSULIN RESISTANCE (ICIR) GRATEFULLY ACKNOWLEDGE THE UNRESTRICTED EDUCATIONAL GRANTS PROVIDED FOR THE SUPPORT OF THIS CONGRESS BY THE FOLLOWING COMPANIES



**PROGRAM DESCRIPTION**

Since the initial description of Syndrome X, now the Insulin Resistance Syndrome, by Dr. Gerald Reaven in 1988 - followed by the definition of the Metabolic Syndrome by the NCEP in 2001 and further advanced by the American College of Endocrinologists' International Consensus Conference in August of 2002 - the syndrome has gained worldwide focus, progressive interest and appreciation from clinicians. Due to the global epidemic of the Insulin Resistance Syndrome and its contribution to the development of CVD, diabetes, PCOS, liver disease, cancer and sleep disorders in both young and old, the syndrome has attracted further attention from the medical world. The World Congress on Insulin Resistance Syndrome has become the main stage where globally recognized scientists and clinicians present and share their knowledge of the syndrome. This unique and exciting program allows the participants to personally interact with the world's important leaders in insulin resistance and further develops the understanding of this complex, yet very important, syndrome.

**PROGRAM OBJECTIVES**

The goal of the 2nd Annual World Congress on the Insulin Resistance Syndrome is to bring together national and international thought leaders in both clinical and research settings. This conference will be devoted primarily to the clinical aspects of the syndrome and potential treatments. The conference will focus on the world wide epidemic of the Insulin Resistance Syndrome and its prevalence in special population groups, women, and children. The program will cover the various fields which are part of the Insulin Resistance Syndrome including cardiovascular disease, PCOS, sleep apnea, hypertension, dyslipidemia, glucose intolerance, and endothelial dysfunction. It will also focus on the emerging field of insulin resistance in liver disease and the development of certain cancers. Upon completion of this meeting, participants should be able to:

- Interpret insulin resistance according to the definition of the ACE/AACE consensus conference and position paper.
- Explain the role of the IRS in liver disease and the development of certain cancers and discuss potential treatment options.
- Describe the world wide epidemic, particularly the epidemic in children and special populations.
- Describe the relationship of IRS to obesity, including pharmaceutical treatments and life style issues.
- Describe the unique role of the IRS to hypertension and cardiovascular disease.
- Assess the consequences of the syndrome, primarily in cardiovascular disease, diabetes, and cancer.
- Understand the difference between the definition of Metabolic Syndrome X by the NCEP and the IRS by the WHO according to the AACE criteria.
- Define further research areas and clinical approaches for the treatment of IRS.

**TARGET AUDIENCE:**

This course is designed for Endocrinologists, Cardiologists, Gastroenterologists, Oncologists, Internists, Diabetologists, OBGYNs, Pediatricians, and any other health care provider who is interested in the Insulin Resistance Syndrome and its effects on health and society, as well as its treatment and potential prevention.

## Registration

**2nd ANNUAL WORLD CONGRESS ON THE INSULIN RESISTANCE SYNDROME**  
NOVEMBER 18-20, 2004 HILTON UNIVERSAL CITY, LOS ANGELES CALIFORNIA

**REGISTRANT CONTACT INFORMATION**

This information is for your badge, please print clearly

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Degree: \_\_\_\_\_ Specialty: \_\_\_\_\_ Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

**Complete and send to:**

MEEF - 18372 Clark Street #212 Tarzana, CA 91356

For Additional registration form kindly print this form or phone (818)342 1889

**BY MAIL** **BY PHONE** **BY FAX** **BY E-Mail**  
818-342-1889 818-342-1538 insulinresistance@pacbell.net

**\*MEET THE PROFESSOR LUNCH SESSION**

**11/18/04 (Please circle one)**

- Gerald M. Reaven,MD Tissue Selectivity  
 Jerrold M. Olefsky, MD Molecular basics of IR  
 Philipp E. Scherer, MD Hormons & the Fat Cell  
 Arun Sanyal, MD & Steven Caldwell, MD (Clinical Management of NAFLD)  
 Richard Hellman, MD Diabetes

**\*CONCURRENT WORKSHOP**

11/19/04 (Please Circle two)

- Obesity  Diabetes  Lipid  HTN

\* These sessions have limited capacity and will be assigned on first come basis. Should your chosen session be unavailable, the congress will assign an open session

**11/20/04 (Please circle one)**

- Patrick J. Vallance, MD Endothelial Dysfunction  
 Ele Ferrannini, MD HTN & CVD  
 John Nestler, MD PCOS  
 Peter J. Grant, MD Clotting factors  
 Daniel Einhorn, MD IRS

**Registration fee**

|                              | By 9/12 | By 10/31 |       |
|------------------------------|---------|----------|-------|
| Attendee                     | \$175   | \$225    | \$275 |
| Member of Participating Org. | \$120   | \$160    | \$190 |
| Fellow/Resident              | \$90    | \$115    | \$140 |
| Org. Fellow/Resident         | \$75    | \$100    | \$115 |

Registration fee includes: CME Credit, Course materials, Breakfast, Refreshment Breaks and all social events

**Total Fees:**

Registration  
11/18/04 MTP Lunch Session \$20  
Fellow/Resident MTP Lunch Session \$10  
11/20/04 MTP Lunch Session \$20  
Fellow/Resident MTP Lunch Session \$10  
11/19/04 Dinner Dance \$85  
Fellow/Resident Dinner Dance \$45  
Free 11/18/04 Reception  
Free 11/20/04 Concurrent Workshops  
Total

\* In order to participate in MTP lunch session you will be required to pay the requested fee

**Please mark method of payment**

Credit card will be charged immediately Wire transfer is not accepted

- Check Make check payable to: MEEF

"Metabolic Endocrine Education Foundation"

- Charge  Visa  MasterCard  AmEx

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

**CANCELLATION POLICY**

A full refund will be given if written notice of cancellation is received by Friday November 5, 2004. A \$50 administration fee will be charged on cancellation after 11/5/04. After 11/12/04 there will be no refund. We encourage participation by all individuals. If you have disability please notify us in writing of any special requirements to help us serve you better.

## World Congress Faculty

Gerald M. Reaven, MD, CHAIR  
Professor of Medicine  
Division of Cardiovascular Medicine  
Stanford University School of Medicine  
Stanford, California

Yehuda Handelsman, MD, FACP, FACE  
Salo, Private Practice  
Senior Scientific Consultant  
The Metabolic Endocrine Education Foundation  
Medical Director  
Metabolic Institute of America  
Torzana, California

Silva A. Arslanian, MD  
Professor of Pediatrics  
University of Pittsburgh School of Medicine  
Director, General Clinical Research Center  
Children's Hospital of Pittsburgh  
Pittsburgh, Pennsylvania

Nathan M. Bass, MD, PhD  
Professor of Medicine  
Medical Director, UCSF  
Liver Transplantation Service  
Division of Gastroenterology  
UCSF Medical Center and School of Medicine  
San Francisco, California

George L. Blackburn, MD, PhD  
Associate Professor of Nutrition  
Associate Director of Nutrition, Division of Nutrition  
Harvard Medical School  
President, American Society for Clinical Nutrition (ASCN)  
Director, Center for the Study of Nutrition Medicine  
Chief, Nutrition Metabolism Laboratory  
Beth Israel Deaconess Medical Center  
Boston, Massachusetts

Zachary T. Bloomgarden, MD  
Associate Clinical Professor of Medicine  
Mount Sinai School of Medicine  
Mount Sinai Hospital, Assistant Attending in Medicine  
Lawrence Hospital-Consultant in Endocrinology  
New York, New York

Guenther Boden, MD  
Research Professor of Biochemistry  
Chief, Division of Endocrinology/Metabolism  
Program Director, General Clinical Research Center  
Temple University, Health Sciences Center  
Philadelphia, Pennsylvania

Stephen H. Caldwell, MD  
Associate Professor Medicine with Tenure  
Associate Director Clinical and  
Transplant Hepatology  
University of Virginia  
Charlottesville, Virginia

Sonia Caprio, MD  
Associate Professor Pediatric Endocrinology  
Associate Professor in Pediatric Nurse  
Practitioner Specialty  
Yale University School of Medicine  
New Haven, Connecticut

Rowan T. Chlebowski, MD, PhD  
Professor of Medicine  
Chief Division of Medical Oncology and Hematology  
David Geffen School of Medicine at UCLA  
Harbor-UCLA Research  
And Education Institute  
Los Angeles, California

Rhoda H. Cobin, MD, FACE  
Clinical Professor of Medicine  
Mount Sinai School of Medicine  
Past President American Association of Clinical  
Endocrinologist (AAACE)  
New York, New York

Christopher Paul Day, MD  
Professor of Liver Medicine and Honorary Consultant Physician  
Department of Medicine  
University of Newcastle and Freeman Hospital  
Newcastle, United Kingdom

Jaime A. Davidson, MD, FACP, FACE  
Endocrinologist in Private Practice  
Medical City Dallas Hospital  
Clinical Associate Professor of Medicine  
University of Texas Southeastern  
Medical School  
Dallas, Texas

Jacqueline M. Dekker, Ph.D.  
Associate professor  
EMGO Institute  
VU University Medical Center  
Amsterdam, The Netherlands

Andrea Elizabeth Dunaf, MD  
Charles F. Kettering Professor of Medicine  
Chief, Division of Endocrinology, Metabolism and  
Molecular Medicine  
The Fainberg School of Medicine  
Northwestern University  
Chicago, Illinois

David A. Ehrmann, M.D.  
Associate Professor of Medicine  
Associate Director  
General Clinical Research Center  
University of Chicago  
Chicago, Illinois

Daniel Einhorn, MD, FACE  
Diabetes and Endocrine Associates  
Medical Director, Scripps Whittier  
Institute for Diabetes  
Associate Clinical Professor of Medicine  
San Diego, California

Peter J. Grant, MD, FRCP  
Professor of Medicine, Head of Unit  
Academic Unit of Molecular Vascular Medicine  
School of Medicine  
University of Leeds  
The Martin Wing  
Leeds, United Kingdom

Ele Ferrannini, MD  
Professor of Internal Medicine  
University of Pisa School of Medicine  
Chief, Metabolism Unit of the CNR  
Institute of Clinical Physiology  
Clinical Professor of Medicine  
Diabetes Division  
University of Texas Health Science  
Head of the European Group for the  
Study of insulin resistance (EGIR)  
Pisa, Italy

Vivian, A. Fonseca, MD, MRCP  
Professor of Medicine and Pharmacology  
Tullis Tulane Alumni Chair in Diabetes  
Tulane University Health Sciences Center  
New Orleans, Louisiana

Richard Hellman, MD, FACE, FACP  
Professor of Medicine  
Medical Director of the  
Heart of America Diabetes  
Research Foundation Missouri  
Kansas City, Missouri

Edward S. Horton, MD  
Vice President & Director of Clinical Research  
Joslin Diabetes Center  
Professor of Medicine  
Harvard Medical School  
Boston, Massachusetts

Maria J. Luomo, MD  
Assistant Professor of Medicine  
Division of Endocrinology and Metabolism  
Virginia Commonwealth University  
Medical College of Virginia,  
Richmond, Virginia

Paul Jellinger, MD., FACE  
Clinical Professor of Medicine, University of Miami  
Past president, American Association  
of Clinical Endocrinologists (AAACE)  
Hollywood, Florida

Fredrik Karpe, MD PhD, FRCP  
Reader in Metabolic Medicine, Hon  
Consultant physician welcome Trust Senior  
Clinical Research  
Fellow Oxford Center for Diabetes,  
Endocrinology and Metabolism (OCDEM)  
Nuffield Department of Clinical Medicine University of Oxford  
Oxford Center for Diabetes, Endocrinology and Metabolism  
Churchill Hospital  
Oxford, United Kingdom

Joel E. Lavine, Ph.D., MD  
Professor of Clinical Pediatrics  
Vice-Chairman, Department of Pediatrics  
University of California  
San Diego, California

Richard S. Legro, M.D  
Professor of Medicine  
Department of Obstetrics and Gynecology  
Penn State University College of Medicine  
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Arthur J. McCullough, Jr., MD  
Professor of Medicine  
Case Western Reserve University  
School of Medicine  
Director of Gastroenterology  
Metro Health Medical Center  
Cleveland, Ohio

Robert I Nisbink, MD  
Medical Officer, FDA

John Nestler, MD, FACP  
William G. Blackard Professor of Medicine  
Chair, Division of Endocrinology and Metabolism  
Vice Chair, Department of Internal Medicine  
Virginia Commonwealth University  
Richmond, Virginia

Robert Norman, MD  
Director, Research Centre for Reproductive Health  
Research Centre for Reproductive Health  
Department of Obstetrics and Gynecology  
The University of Adelaide  
The Queen Elizabeth Hospital  
Woodville, Australia

Jerrold M. Olefsky, MD  
Professor of Medicine  
Research Scientist  
Veterans Medical Research Foundation  
Associate Dean for Scientific Affairs  
University of California, San Diego  
San Diego, California

Richard C. Pasternak, MD, FACC  
Director of Preventive Cardiology  
Massachusetts General Hospital  
Associate Professor of Medicine  
Harvard Medical School  
Boston, Massachusetts

Peter Reaven, MD,  
Director, Diabetes Program  
Associate Professor of Medicine,  
University of Arizona  
Phoenix, Arizona

Sander Robins, MD  
Professor of Medicine  
Boston University School of Medicine  
Laboratory Director,  
Framingham Heart Study  
Framingham, Massachusetts

Albert P. Rocchini, MD  
Professor of Pediatrics  
and Communicable Diseases  
University of Michigan School of Medicine  
Division Director of Pediatric Cardiology  
C.S. Mott Children's Hospital  
University of Michigan Health Systems  
Ann Arbor, Michigan

Helena W. Rodbard, MD, MACE, FACP  
Clinical Assistant Professor  
Georgetown University  
Past President AAACE & ACE  
Rockville, Maryland

Arun J Sanyal, MD  
Professor of Internal Medicine  
Gastroenterology and Hepatology Chairman  
Virginia Commonwealth University  
Richmond, Virginia

Philipp E. Scherer, PhD  
Associate Professor  
Department of Cell Biology and Medicine  
Division of Endocrinology  
Diabetes Research and Training Center  
Albert Einstein College of Medicine  
Bronx, New York

Arya M. Sharma, MD, FRCP  
Professor of Medicine Canada Research  
Chair for Cardiovascular Obesity  
Research & Management  
McMaster University  
Hamilton General Hospital  
Hamilton, ON Canada

Alan R. Sinaiko, MD  
Professor of Pediatrics  
University of Minnesota Medical School  
Minneapolis, Minnesota

Dennis M. Styne, MD  
Professor of Pediatrics  
University of California Davis  
Davis, California

Patrick John Thompson Vallance, MD  
Head of Division of Medicine  
University College London  
Clinical Director, Pharmacy  
& Medicines Management,  
UCLH Trust  
Honorary Consultant Physician  
Department of Medicine  
University College London  
London, United Kingdom

Alexandros N. Vgontzas, MD  
Director, Center for Sleep Disorder Medicine  
Professor of Psychiatry & Endowed  
Chair in Sleep Disorders Medicine  
Department of Psychiatry  
Penn State College of Medicine  
Hershey, Pennsylvania

Douglas Yee, MD  
Professor of Medicine  
Department-Hematology, Oncology,  
and Transplant  
University of Minnesota  
School of Medicine  
Department of Medicine  
Minneapolis, Minnesota

## Accommodation

The Congress will be held at the Hilton Hotel Universal City Los Angeles, California, 555 Universal Terrace Parkway, Universal City, 91608. MEEF has reserved rooms for conference participants and their guests at the Hilton Hotel Universal City at a special rate. Prices are subject to current state, local and occupancy tax. Rooms will be available on first come basis and will be available until all are filled or until the cut-off date of November 7, 2004. Group room rate will be available three (3) days prior and three (3) days after event date. To take advantage of these rates call: 818-506-2500 or 1 800-445-8667 and ask for reservations. You must inform the hotel that you are participating in the "2nd Annual World Congress on the IRS".

If you need special accommodations or have questions about access to any of our activities, please contact the Hilton Universal City by phone at 1-818-506-2500. All requests must be received at least 14 days in advance of the intended program start date.

### About the Hilton Hotel:

The majestic Hilton Universal City and Towers is situated on six and a half acres high on a hill above the Los Angeles entertainment district at the very entrance to Universal Studios, Hollywood and City walk. Every room of the hotel offers commanding views of the Hollywood Hills, San Fernando Valley and Universal Studios Hollywood.

Located off the 101 and 134 freeways, the hotel is six miles from The Burbank-Glendale-Pasadena Airports and 30 minutes from Los Angeles International Airport. Providing the spacious feel of a resort but equipped to accommodate the person on business, the Hilton Universal City and Towers is sure to please both business and leisure travelers. Special features include luxurious oversized guest rooms and suites, heated outdoor pool and whirlpool, health club, spa, indoor parking, non-smoking floors and accessible rooms for the disabled. Limo service and Enterprise Auto Rental are on the premises. Adjacent to the exquisite lobby, with its vaulted glass ceiling, is Cafe Sierra, offering Continental, Chinese, and California style specialties. The lobby lounge is an ideal spot to sip cappuccino or listen to live piano music.

### Local Attractions:

The Universal City Metro station is located 2 blocks from the hotel, affording fast and easy subway access to Hollywood, Downtown L.A., and other areas and attractions. Although it's possible to walk there, the path is steep, so guests often opt for the hotel's free tram to the Universal Studios entrance, where another free shuttle provides transportation to the Metro station center. There is also historic Hollywood just five miles south. The Los Angeles Zoo can be found three miles to the north. The excitement of Six Flags Magic Mountain amusement park is only 20 minutes away. Additionally, one can find these other exciting activities: golfing, driving range, putting green, bowling, beach, hiking trail, horseback riding, and tennis.

picture

**ACCREDITATION**  
This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of PESI HealthCare and the Metabolic Endocrine Education Foundation. PESI HealthCare is accredited by the ACCME to provide continuing medical education for physicians. PESI HealthCare designates this educational activity for a maximum of 23 category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.  
INTERNATIONAL CME The American Medical Association has determined that physicians not licensed in the US who participate in this CME activity are eligible for AMA PRA category 1 credit.  
NURSES This conference is co-sponsored by Amedeo, LLC and the Metabolic Endocrine Education Foundation. Amedeo, St. Paul, MN is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approved for 27.6 contact hours.  
PHARMACISTS PESI HealthCare, LLC is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmaceutical education. Successful completion of this conference qualifies for a maximum of 27.6 contact hours. ACEP Universal Program Number: 289-999-04-009-L01  
PHYSICIANS ASSISTANCE Approval has been applied for  
Satisfactory Completion Participants must have paid tuition fee, signed in, attended entire sessions, completed an evaluation, and signed out, in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Certificates will be sent within 4 weeks after the seminar.

**Metabolic Endocrine Education Foundation**  
18372 Clark Street #212  
Tarzana, California 91356

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2nd ANNUAL WORLD CONGRESS ON THE INSULIN RESISTANCE SYNDROME  
NOVEMBER 18-20, 2004 HILTON UNIVERSAL CITY, LOS ANGELES CALIFORNIA

**2ND ANNUAL WORLD CONGRESS ON THE INSULIN RESISTANCE SYNDROME**  
Clinical Manifestations of the Insulin Resistance - Metabolic Syndrome X

**NOVEMBER 18-20, 2004**  
Hilton, Universal City  
California, USA

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