

FACULTY					
Alan Parsa, MD, FACE		Medical Director, Diabetes Program, Queen's West; Assistant Clinical Professor, JABSOM			
Anne Leake, PhD, FNP		Diabetes Nurse Practitioner, retired, Diabetes Management and Education Center, Queen's West			
Bryce Fukunaga, PharmD		Assistant Professor of Pharmacy, UH Hilo, DKI College of Pharmacy			
Camlyn Masuda, PharmD		Assistant Professor of Pharmacy, UH Hilo, DKI College of Pharmacy			
Monica Esquivel, PhD, RDN		Assistant Professor and Dietetics Program Director, University of Hawai'i			
Naomi Fukuda, APRN, CDE		Program Coordinator, Diabetes Management and Education Center, Queen's West			
Robin G. Arndt, MSW, LSW		Coordinator, Field Education & CEPD; President, NASW Hawai'i Chapter			
GUEST FACULTY					
Greg Morris, DPM		Podiatrist, private practice			
Jared Sugihara, MD		Nephrologist, private practice			
Kenny Esquivel, MS, CSCS, CEP		Strength and Conditioning Coach, Naval Warfare Group Three			
Rachel Lindsey, PhD		Asst. Professor, Dept. of Kinesiology and Rehab, U.Hawaii; Certified Athletic Trainer			
		Wednesdays, 12p-1p HST			
Date	Topic	Hub Anchor	Venue		
Block 1					
1	November 1, 2017	What is ECHO? What is diabetes?	Anne	QCC	
2	November 8, 2017	What food satisfies? Flavor pairings	Monica	Kinau Hale	
3	November 15, 2017	Measurement: estimates and trends	Dan	QCC	
November 22, 2017 THANKSGIVING BREAK					
4	November 29, 2017	How to get stronger	Kenny	QCC	
5	December 6, 2017	What should I drink?	Monica	QCC	
6	December 13, 2017	How do medicines work?	Camlyn	QCC	
7	December 20, 2017	Group choice	All	QCC	
CHRISTMAS BREAK					
Block 2					
8	January 10, 2018	Cheap food; COOKING DEMO	Dan	Nuuanu YMCA	
9	January 17, 2018	What do you look like healthy?	Robin	QCC	
10	January 24, 2018	Portion sizes	Monica	QCC	
January 31, 2018 NEW YEARS BREAK					
11	February 7, 2018	How much water should I drink?	Jared	QCC	
12	February 14, 2018	Roasting and grilling: COOKING DEMO	Monica & Dan	QCC	
13	February 21, 2018	Sleep and diabetes	Dan	QCC	
14	February 28, 2018	What is the core? What is core strength? Reduce CV Risk of Abdominal Fat	Rachel	QCC	
15	March 7, 2018	One minute of aerobics?! Minimum exercise with CV benefits	Rachel	QCC	
16	March 14, 2018	What to do if your feet hurt Options for diabetic foot protection	Greg	QCC	
SPRING BREAK					
Block 3					
1	17	March 28, 2018	Low sugar Hypoglycemia recognition, treatment and prevention	Anne	QCC
2	18	April 4, 2018	High sugar ADA standards for the management of hyperglycemia	Anne	QCC
3	19	April 11, 2018	SMBG patterns Interpreting patterns in SMBG results	Anne	QCC
4	20	April 18, 2018	How do insulins work? Pharmacology of insulins	Camlyn	QCC
5	21	April 25, 2018	Side effects of DPP4, GLP-1 agonists and SGLT-2 treatments	Camlyn	QCC
6	22	May 2, 2018	Group choice	All	QCC
Block 4					
7	23	May 9, 2018	Change talk, change tools	Robin	QCC
8	24	May 16, 2018	Diabetes distress	Robin	QCC
9	25	May 23, 2018	How to assess capacity for self management	Robin	QCC
10	26	May 30, 2018	Non-pharmacologic treatments for DM2	TBA	QCC
11	27	June 6, 2018	Group choice	All	QCC