

DEPARTMENT OF MEDICINE ENDOCRINOLOGY & DIABETES CONFERENCE

NOVEMBER 8, 2024



 Erickson Alumni Center

 WVUMedicine



DEPARTMENT OF MEDICINE **ENDOCRINOLOGY & DIABETES CONFERENCE**

**Friday, November 8, 2024
Erickson Alumni Center**

Welcome

WVU Department of Medicine, Division of Endocrinology & Metabolism welcomes you as we engage with cutting-edge research, hands-on workshops, and multidisciplinary lectures on the diagnosis and management of a range of endocrine and metabolic disorders.

This conference is dedicated to helping standardize and streamline care for patients with endocrine and metabolic diseases and help providers become more familiar with many of the complications and new treatment options associated with these disorders.

LEARNING OBJECTIVES

Following this conference, participants should be able to:

- Define indications for, the benefits of, and the decision-making process for choosing the right metabolic surgical procedure for each patient
- Describe diagnostic criteria for PCOS and recognize potential diagnostic pitfalls
- Explain how to counsel patients with PCOS regarding therapeutic options for hyperandrogenism, endometrial protection, contraception, and metabolic health
- Describe the diagnosis and treatment of secondary adrenal insufficiency and recognize the role of internists in minimizing hypothalamic-pituitary-adrenal (HPA) axis suppression
- Define disorders of LDL metabolism and explain new ACC/ESC guidelines for management of lipid disorders
- Differentiate which patients require osteoporosis and osteopenia treatment and determine best osteoporosis treatments amongst available FDA-approved medications
- Discuss up-to-date guidelines for management of type II diabetes mellitus and enumerate medication and treatment options
- Explain screening and stages of type I diabetes mellitus
- Discuss clinical presentations and management of endocrine emergencies including diabetic ketoacidosis, thyroid emergencies, and adrenal crisis
- Explain diagnostic workup of endocrine causes of hypertension including primary hyperaldosteronism, pheochromocytoma/paraganglioma, and Cushing's syndrome
- Describe the spectrum of treatment options along the obesity severity continuum
- Determine appropriate anti-obesity medications, considering patient characteristics and access issues related to coverage and cost
- Determine confounding variables in endocrine labs and testing and construct strategies to effectively explain endocrine lab results to patients
- Demonstrate use of insulin pens, GLP-1 agonists, and various glucagon preparations
- Explain continuous glucose monitor (CGM) use and reports
- Identify thyroid nodule characteristics which require biopsy
- Identify common holiday foods and drinks that may negatively impact blood sugar control and describe how to modify recipes and choices to reduce carbohydrate content and glycemic response while maintaining flavor and enjoyment

TOPICS:

1. Transforming Lives with Metabolic Surgery: Deciding When, Determining How, and Ensuring Care Afterward
2. Polycystic Ovary Syndrome
3. Secondary Adrenal Insufficiency in the Setting of Steroid Use
4. Lipid Disorders
5. Osteoporosis
6. Updates in Diabetes Management
7. Endocrine Emergencies
8. Endocrine Hypertension
9. Medical Management of Obesity
10. Pitfalls in Endocrine Testing

COURSE INFORMATION

REGISTRATION

Attendance for the conference will be both in-person and virtual. The in-person attendance capacity is 126 attendees. Once capacity is reached, all registrations will be for our virtual component. The deadline to register is 7:00 AM on November 8, 2024.
<https://wvumedicine.org/endoconf>

ACCREDITATION AND DESIGNATION

The West Virginia University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The WVU School of Nursing has provided this continuing education activity for 8 contact hours. The WVU School of Nursing is an approved provider of continuing education by the State of West Virginia

Board of Examiners for Registered Professional Nurses, Legislative Rule #19CSR11-4 under provider number 50-26086.

DISCLOSURE

It is the policy of the WVU School of Medicine Office of CME to ensure balance, independence, objectivity, and scientific rigor in all its educational activities. All faculty/authors/planners participating in our programs are expected to disclose any relevant relationships they may have with commercial companies. For this conference, Dr. Davisson has disclosed that she has received research funds from Rhythm and serves as the Principal Investigator for a clinical trial. All others have indicated that they have no relevant interests to disclose.

These relationships, along with the educational content of this program, will be reviewed and any potential conflicts of interest will be resolved to the satisfaction of the WVU School of Medicine Office of CME prior to the activity. If a conflict cannot be resolved, the person involved will be removed from control of content or the content will not be presented as part of the educational program.

COURSE INFORMATION

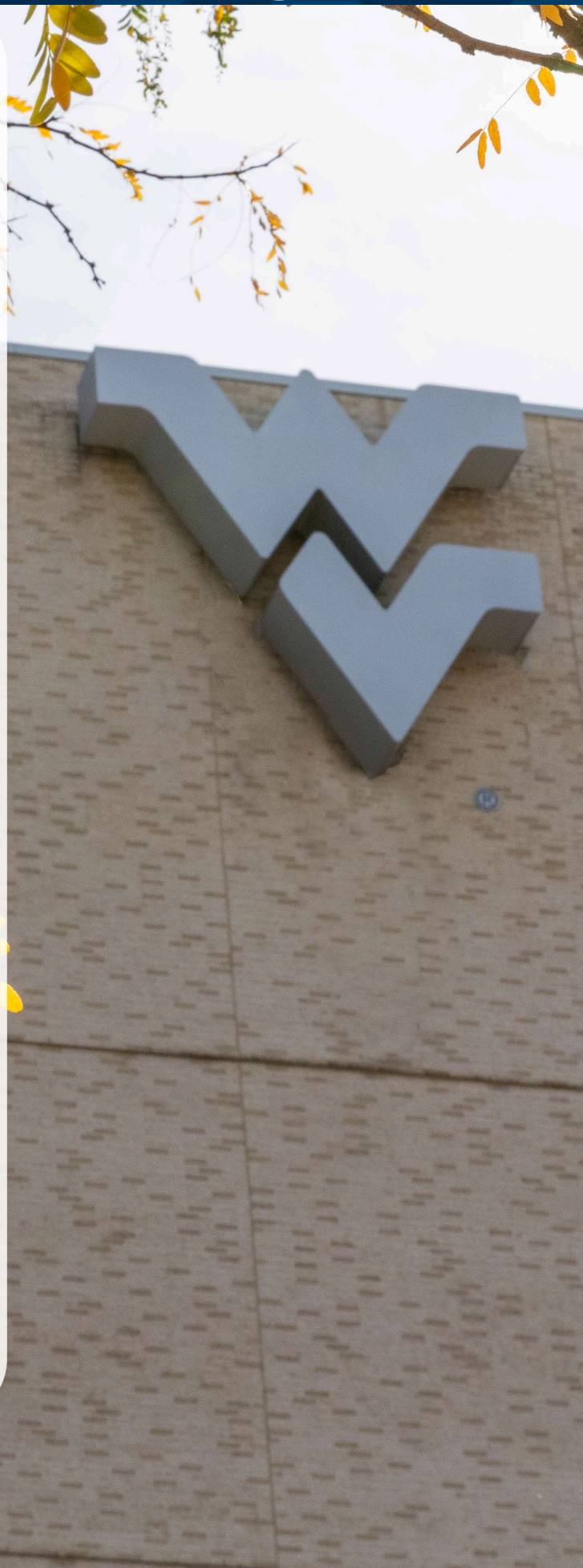
TARGET AUDIENCE

Physicians, advanced practice providers, nurses, and members in the healthcare field interested in up-to-date information in various aspects of inpatient and outpatient adult endocrinology and diabetes management.

CANCELLATIONS

Important: If you are unable to attend the conference after you have registered, you must notify us in writing by October 24, 2024, to receive a refund. No refunds for conference fees will be made after October 26, 2024. A \$25 fee will be charged for all cancelled registrations.

We reserve the right to cancel individual sessions or the entire conference. In the event of a conference cancellation, a full tuition refund will be made.



AGENDA & SPEAKERS

TIME	TOTAL MINS.	TOPIC	PRESENTER
7:30 AM – 8:00 AM	30 min.	Registration / Breakfast	
8:00 AM – 8:10 AM	10 min.	Introduction	Nadia Barghouthi, MD, MPH
8:10 AM – 8:50 AM	40 min.	Transforming Lives with Metabolic Surgery: Deciding When, Determining How, and Ensuring Care Afterward	Salim Abunnaja, MD, FACS, FASMBS
8:50 AM – 9:30 AM	40 min.	Polycystic Ovary Syndrome	Christopher McCartney, MD
9:30 AM - 10:00 AM	30 min.	Break & Vendor / Exhibit Tour	
10:00 AM - 10:40 AM	40 min.	Secondary Adrenal Insufficiency in the Setting of Steroid Use	Adnan Haider, MD
10:40 AM - 11:20 AM	40 min.	Lipid Disorders	Inderpreet Madahar, MD
11:20 AM - 12:20 PM	60 min.	Lunch	
12:20 PM - 1:00 PM	40 min.	Osteoporosis	Maryam Tetlay, MD
1:00 PM - 1:40 PM	40 min.	Updates in Diabetes Management	Smita Kumar, MD
1:40 PM - 2:20 PM	40 min.	Endocrine Emergencies	Tariq Latif, MD
2:20 PM - 2:50 PM	30 min.	Break & Vendor / Exhibit Tour	
2:50 PM - 3:30 PM	40 min.	Endocrine Hypertension	Sanah Sadiq, MD
3:30 PM - 4:10 PM	40 min.	Medical Management of Obesity	Laura Davisson, MD, MPH, FACP
4:10 PM - 4:50 PM	40 min.	Pitfalls in Endocrine Testing	Jessica Perini, MD, MS
4:50 PM - 5:00 PM	10 min.	Conclusion and Gift Basket Raffle	

WORKSHOPS



Conference participants are welcome to choose from a series of engaging and hands-on workshops that will demonstrate a wide range of diabetes medications and management tools in addition to thyroid ultrasound review.

These workshops are a great way to receive small group training that will help participants better serve their patients. Workshops are for participants taking part in the live event only and require pre-registration, as space is limited for each time slot.

Workshop 1: (30 minutes)

Medication Demonstration

8:30 AM
9:00 AM
10:00 AM
10:30 AM
11:00 AM

12:30 PM
1:00 PM
1:30 PM
2:00 PM
3:00 PM
3:30 PM

Presenters:

Jessica Perini, MD, MS
Emily Smaniotto, BSN, RN, CDCES
Sheree Bryan, BSN, RN, CDCES
Ashley Liller, RN, ADN-CDCES
Rachel Mead, RN, CDCES

Workshop 2: (30 minutes)

Continuous Glucose Monitor (CGM)
Demonstration and Report Review

8:30 AM
9:00 AM
10:00 AM
10:30 AM
11:00 AM

12:30 PM
1:00 PM
1:30 PM
2:00 PM
3:00 PM
3:30 PM

Presenters:

Kylene Lovejoy, FNP-BC
Renee Schwertfeger, FNP-BC
Melissa Phillips, FNP-C
Samantha Rubin, FNP-BC

Workshop 3: (30 minutes)

Thyroid Nodule Review

8:30 AM
9:00 AM
10:00 AM
10:30 AM
11:00 AM

12:30 PM
1:00 PM
1:30 PM
2:00 PM
3:00 PM
3:30 PM

Presenters:

Christopher McCartney, MD
Jennifer Giordano, DO
Tariq Latif, MD
Maryam Tetlay, MD

Workshop 4: (30 minutes)

Nutrition and Diabetes Education

8:30 AM
9:00 AM
10:00 AM
10:30 AM
11:00 AM

12:30 PM
1:00 PM
1:30 PM
2:00 PM
3:00 PM
3:30 PM

Presenters:

Cathy Shaw, RD, CSOWM, LD
Rachel Wattick, PhD, RD, LD
Juliana Royse, MPH, RD, LD, CDCES
Judy Siebart, MS, RD, CDCES, NCTTP





COURSE DIRECTOR

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ACPE STATEMENT



The West Virginia University School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This activity has been approved for up to 6.86 contact hours (0.686 CEU's) of continuing pharmacy education (CPE). The lectures (ACPE UANs 0072-9999-24-059-L01-P, 0072-9999-24-060-L01-P, 0072-9999-24-061-L01-P, 0072-9999-24-062-L01-P, 0072-9999-24-063-L01-P, 0072-9999-24-064-L01-P, 0072-9999-24-065-L01-P, and 0072-9999-24-066-L01-P) are approved for up to 5.36 contact hours (0.536 CEU's) of CPE. The workshops (ACPE UANs 0072-9999-24-067-L01-P, 0072-9999-24-068-L01-P, and 0072-9999-24-069-L01-P) are approved for up to 1.50 contact hours (0.150 CEU's) of CPE. There is no CPE credit for the 8:10 to 8:50, 2:50 to 3:30 lectures or Workshop 3 – Thyroid Nodule Review. West Virginia University School of Pharmacy will report your participation in the activity to NABP CPE Monitor within 4-6 weeks for all participants who successfully complete each session. Successful completion includes attending the entire session, signing the attendance sheet, and completing an online evaluation form for each session attended. No partial credit will be awarded. Transcripts of CPE can be printed from your NABP CPE Monitor account. If needed, statements of attendance may be printed at <https://pharmacyce.wvu.edu/user/login>.

ADDITIONAL INFORMATION

For questions or for more information prior to or during the conference, please contact Amanda Ashley at [304-293-4125](tel:304-293-4125).

For information on other upcoming CE conferences, contact the Office of CE at [304-293-3937](tel:304-293-3937), visit our website at <http://ce.wvu.edu>, or e-mail us at ce@wvu.edu.

In case of emergency during the conference, please call Amanda Ashley at [304-293-4125](tel:304-293-4125).

WVU HEALTH SCIENCES OFFICE OF CONTINUING EDUCATION

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SPECIAL THANKS

Special thanks to our exhibitors for their support of this conference.

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medicine.wvu.edu/medicine