

**DEPARTMENT OF MEDICINE** 

ENDOCRINOLOGY AND MOLECULAR MEDICINE



# BIENNIAL UPDATE CLINICAL ENDOCRINOLOGY SYMPOSIUM

Hosted by the Medical College of Wisconsin, Division of Endocrinology and Molecular Medicine

# BIENNIAL UPDATE CLINICAL ENDOCRINOLOGY SYMPOSIUM

#### **AGENDA**

Friday, November 1

Time	Details	
7:00 AM	Registration/Breakfast/Exhibitor Hall	
8:00 AM	Welcome	
8:10 AM	Individualizing Osteoporosis Management  Jad G. Sfeir, MD, MS, CCD, FACE	
8:55 AM	Primary Hyperparathyroidism Joseph L. Shaker, MD	
9:30 AM	Q & A	
9:50 AM	Adrenal Nodules Catherine D. Zhang, MD	
10:25 AM	Q & A	
10:35 AM	Exhibit Hall	
10:55 AM	Primary Aldosteronism- A Prime Suspect in Hypertension Adina Turcu, MD, MS	
11:40 AM	Q & A	
11:50 AM	Endocrinopathies from Immune Checkpoint Inhibitors Tiffany Mork, MD	
12:25 PM	Q & A	
12:35 PM	Lunch/Exhibit Hall	
1:35 PM	Management of Type 2 Diabetes Mellitus in 2024 Steven B. Magill, MD, PhD	
2:20 PM	Continuous Glucose Monitors in Primary Care Mickey Voss, MD	
2:55 PM	Q & A	
3:15 PM	Exhibit Hall	
3:35 PM	Update on Assessment and Management of PCOS Beth M. Lalande, MD	
4:10 PM	Q & A	
4:20 PM	Low T Syndrome/Pseudo-Hypogonadism: What Does the "T" Actually Stand For? James W. Findling, MD	
4:55 PM	Q & A	
5:05 PM	Adjourn	

# BIENNIAL UPDATE CLINICAL ENDOCRINOLOGY SYMPOSIUM

#### **AGENDA**

Saturday, November 2

Time	Details	
7:30 AM	Breakfast	
8:00 AM	Navigating MAFLD/MASH: Evaluation, Management, and Emerging Therapies <i>Srividya Kidambi, MD, MS</i>	
8:45 AM	Q & A	
8:55 AM	Practical Aspects of Medication Therapy for Obesity Bradley R. Javorsky, MD	
9:30 AM	Post Bariatric Surgery Care Lisa L. Morselli, MD, PhD	
10:05 AM	Q & A	
10:25 AM	Break	
10:45 AM	Clinical Management of Lipid Disorders Walter Woznick, MD	
11:30 AM	Q & A	
11:40 AM	Discordant Thyroid Function Tests Ty Carroll, MD	
12:15 PM	Q & A	
12:25 PM	Adjourn	

#### INDIVIDUALIZING OSTEOPOROSIS MANAGEMENT



JAD G. SFEIR, MD, MS, CCD, FACE
Assistant Professor of Medicine, Division of
Endocrinology, Diabetes, Metabolism and Nutrition;
Section of Geriatric Medicine and Gerontology,

Mayo Clinic, Rochester, Minnesota

#### **SPEAKER BIO**

Jad G. Sfeir, MD, MS, CCD, FACE is an Assistant Professor of Medicine at the Mayo Clinic in Rochester, Minnesota where he holds a dual appointment in the Division of Endocrinology, Diabetes, Metabolism and Nutrition and the Section of Geriatric Medicine and Gerontology. Dr. Sfeir was the inaugural Kogod Scholar at the Robert and Arlene Kogod Center on Aging where he continues to study biomarkers of cellular senescence in the musculoskeletal system as well as skeletal senescence in type 2 diabetes. His clinical interests include skeletal health in diabetes, diagnosis and management of osteosarcopenia as well as secondary fracture prevention. Dr. Sfeir earned both his B.S. and M.D. degrees from the American University of Beirut. He completed residency training in internal medicine at the Lankenau Medical Center in Wynnewood, PA, and fellowship training in endocrinology and later in geriatric medicine at Mayo Clinic in Rochester, MN. Dr. Sfeir has received many awards and honors, including the 2022 AIMM-ASBMR John Haddad Young Investigator Award, and the 2022 AACE Rising Star in Endocrinology Award.

- Discuss osteoporosis treatment recommendations
- Review recent updates on pharmacologic therapy in postmenopausal women
- Identify strategies to personalize approach to osteoporosis management

#### PRIMARY HYPERPARATHYROIDISM



JOSEPH L. SHAKER, MD

Professor of Medicine, Division of Endocrinology and

Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Joseph L. Shaker, MD is a Professor of Medicine in the Division of Endocrinology and Molecular Medicine at the Medical College of Wisconsin.

He has authored or co-authored over 50 journal articles and over 35 scientific abstracts. His practice and interest is focused on osteoporosis, metabolic bone diseases, and calcium disorders.

- · Learn diagnostic and management guidelines for PHPT
- · Learn proper evaluation of the patient with eucalcemia and elevated PTH
- . Differentiate PHPT and FHH

#### **ADRENAL NODULES**



CATHERINE D. ZHANG, MD

Assistant Professor of Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Catherine D Zhang, MD, is an Assistant Professor of Medicine at the Medical College of Wisconsin. She received her medical degree at the Ohio State University College of Medicine. She then completed her internal medicine residency followed by an endocrinology fellowship at Mayo Clinic in Rochester, Minnesota. Her clinical and research interests include the evaluation and management of adrenal tumors and adrenal hormone excess.

- Review the differential diagnosis of incidentally discovered adrenal nodules
- · Identify imaging characteristics suggestive of benign versus malignant adrenal nodules
- Select appropriate tests to screen for adrenal hormonal excess
- Discuss considerations in the management of adrenal nodules

#### PRIMARY ALDOSTERONISM-A PRIME SUSPECT IN HYPERTENSION



#### **ADINA TURCU, MD, MS**

Roger Grekin M.D. Collegiate Professor of Metabolism, Endocrinology and Diabetes, Associate Professor of Internal Medicine, University of Michigan Medical School

#### **SPEAKER BIO**

Adina Turcu, MD, MS completed her Internal Medicine residency at Norwalk Hospital/Yale University, CT, where she also served a year as Chief Resident. She completed her Endocrinology fellowship at Mayo Clinic, Rochester, MN, where she was the recipient of the Randall G. Sprague Award for outstanding clinical, investigative, and academic achievement in Endocrinology.

Dr. Turcu pursued a postdoctoral fellowship at the University of Michigan, prior to joining the UoM faculty team in the Division of Metabolism, Endocrinology & Diabetes. Her research work focuses on adrenal disorders, including congenital adrenal hyperplasia, Cushing's syndrome, primary aldosteronism, and pheochromocytoma/paraganglioma

- Recognize the prevalence and clinical implications of primary aldosteronism (PA)
- · Identify candidates for PA screening
- Understand PA screening tests and interpretation

### ENDOCRINOPATHIES FROM IMMUNE CHECKPOINT INHIBITORS



#### TIFFANY MORK, MD

Assistant Professor of Clinical Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Tiffany Mork, MD attended residency and fellowship at MCW Affiliated Hospitals. Dr. Mork worked in Marion Ohio at the Smith Clinic for a year and then returned to Wisconsin. Dr. Mork worked as an endocrinologist at St. Luke's hospital with Aurora and then rejoined the Medical College of Wisconsin in 2008. She currently has clinics in Menomonee Falls and West Bend.

- · Learn how immune checkpoint inhibitors work
- · Identify potential endocrinopathies that could develop with the use of immune checkpoint inhibitors
- Proper monitoring for and treatment of these endocrinopathies

### MANAGEMENT OF TYPE 2 DIABETES MELLITUS IN 2024



#### STEVEN B. MAGILL, MD, PHD

Associate Professor of Clinical Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Steven B. Magill, MD, PhD is an Associate Professor of Clinical Medicine at the Medical College of Wisconsin. He completed a PhD in physiology from the University of North Dakota in 1986 and his MD degree from the same institution in 1990. He completed an internal medicine residency training at the University of Wisconsin Hospital in 1993. He then went on to complete a fellowship in endocrinology and metabolism at the University of Michigan Medical Center in Ann Arbor, MI in 1996. His clinical interests include evaluation and treatment of patients with type 1 and 2 diabetes and diabetes during pregnancy. He also evaluates patients with hypoglycemia. Research interests include primary aldosteronism and adrenal vein sampling. He sees patients in the Endocrinology Center at the North Hills Medical Center in Menomonee Falls and at the SSM Endocrinology Clinic, in Fond du Lac, WI.

- Discuss the mechanism of action of the SGLT-2 inhibitors
- Discuss how tirzepatide differs in its actions compared to GLP-1 analogs
- · What is the definition of Latent Autoimmune Diabetes in adults

#### CONTINUOUS GLUCOSE MONITORS IN PRIMARY CARE



#### MICKEY VOSS, MD

Assistant Professor of Medicine, F&MCW Enterprise Medical Director – Glucose Management, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Mickey Voss, MD is a Medical College of Wisconsin endocrinologist who sees adults for endocrine-related health concerns and management of long-term health conditions. He has special interests in type 1 diabetes, type 2 diabetes, and osteoporosis medicine. He is also is interested and enjoys helping type 1 diabetes patients transition from pediatric to adult endocrinology clinics. He joined the faculty at the Medical College of Wisconsin in 2022.

- . Interpretation of Continuous Glucose Monitor Data
- . Highlight Common Pitfalls in Data Interpretation
- . Review Common Patterns
- Provide Tips/Tricks to Maximize Impact of Therapy Changes

#### **UPDATE ON ASSESSMENT AND MANAGEMENT OF PCOS**



#### BETH M LALANDE, MD

Associate Professor of Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Beth M. Lalande, MD is an Associate Professor of Medicine in the Division of Endocrinology and Molecular Medicine at the Medical College of Wisconsin. She earned her bachelor's degree in biochemistry and cell biology at the University of California, San Diego in 1989. She attended medical school at the Medical College of Wisconsin followed by an internal medicine residency in 1996 and an endocrinology fellowship in 1998. Following training, she spent a decade in private practice before joining the faculty at MCW in 2008. She currently practices general endocrinology at the North Hills Health Center in Menomonee Falls. Dr. Lalande has a particular interest in women's reproductive health and the management of menopause, premature ovarian insufficiency and PCOS.

- Diagnose PCOS based on the 2003 Rotterdam criteria and 2023 International Evidence-based Guidelines
- Recognize current recommendations for metformin use in PCOS
- · Identify metabolic and cardiovascular risk factors associated with PCOS

### LOW T SYNDROME/PSEUDO-HYPOGONADISM: WHAT DOES THE "T" ACTUALLY STAND FOR?



JAMES W. FINDLING, MD

Professor of Medicine and Surgery, Division of
Endocrinology and Molecular Medicine, Medical
College of Wisconsin

#### **SPEAKER BIO**

James W. Findling, MD is a Professor of Medicine and Surgery at the Medical College of Wisconsin. He is a graduate of the University of Notre Dame and Northwestern University Medical School. He completed his internal medicine training at the Medical College of Wisconsin and his post-doctoral fellowship in Endocrinology and Metabolism at the University of California-San Francisco. Dr. Findling joined the full-time faculty of the Medical College of Wisconsin in 2008.

He has over 100 publications and book chapters and he is considered an international expert on clinical disorders of pituitary and adrenal function. He discovered the importance of inferior petrosal sinus sampling for the differential diagnosis of Cushing syndrome in the early 1980s and then introduced late-night salivary cortisol as a simple screening test for Cushing syndrome in the 1990s. He has served as visiting professor at many institutions including the Mayo Clinic, Massachusetts General Hospital, Johns Hopkins, New York University, University of Chicago, and the Cleveland Clinic. He received a Laureate Award from the Endocrine Society as the Outstanding Clinical Practitioner in 2019. Dr. Findling is one the oldest practicing endocrinologists in the country. Although he continues to learn new tricks.

- Contrast the difference between men with low testosterone concentration due to organic disorders of the pituitary-gonadal axis from those who have only a biochemical abnormality
- Describe the reduction in total testosterone related to obesity
- Analyze the results of the 2 major testosterone trials

### NAVIGATING MAFLD/MASH: EVALUATION, MANAGEMENT, AND EMERGING THERAPIES



#### SRIVIDYA KIDAMBI, MD, MS,

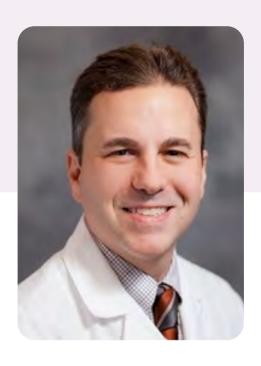
Professor of Medicine, Chief, Division of Endocrinology and Molecular Medicine; Director, TOPS Center for Metabolic Research; Senior Medical Director, Procedural Specialties, Medical College of Wisconsin

#### **SPEAKER BIO**

Srividya Kidambi, MD, MS is a Professor of Medicine at the Medical College of Wisconsin, where she also serves as the Chief of the Division of Endocrinology and Molecular Medicine and the Senior Medical Director for Procedural Specialties. With a medical degree from Gandhi Medical College, Hyderabad, India and a MS in Epidemiology at the Medical College of Wisconsin, she has built a robust career in endocrinology, including a fellowship and postdoctoral training in endocrinology, metabolism, and clinical nutrition. Dr. Kidambi has held key leadership roles, such as Medical Director of the TOPS Center for Metabolic Research and Director of the Comprehensive Weight Loss Clinic. Her professional contributions extend to multiple publications in the arena of hypertension, diabetes and metabolic syndrome, serving on various committees, including the Annual Meeting Steering Committee for The Endocrine Society and the Clinical Committee of The Obesity Society. She has been an active peer reviewer for several prestigious journals and a grant reviewer for the American Heart Association. Dr. Kidambi's work is marked by a commitment to advancing clinical practice and research in endocrinology, with a particular focus on metabolic disorders.

- Understand the Pathophysiology and Diagnosis of MAFLD/MASH
- Learn How to Evaluate Patients with MAFLD/MASH using the Latest Diagnostic Tools
- Learn about Various Therapeutic Options

### PRACTICAL ASPECTS OF MEDICATION THERAPY FOR OBESITY



### BRADLEY R. JAVORSKY, MD Associate Professor of Medicine, VA Section Chief, Division of Endocrinology and Molecular Medicine;

Director, Medical College of Wisconsin

#### **SPEAKER BIO**

Bradley R. Javorsky, MD is a Medical College of Wisconsin endocrinologist who sees adults for endocrine-related health concerns and management of long-term health conditions. He has a special interest in diseases of the pituitary and adipocytes. Dr. Javorsky received his medical degree from the University of Wisconsin School of Medicine and Public Health in Madison, Wisconsin. He completed his residency in internal medicine at the University of Virginia in Charlottesville, Virginia. He stayed there for a clinical and research fellowship in endocrinology and metabolism where his research focus was on the hormonal control of appetite. He joined the faculty of the Medical College of Wisconsin in 2008. Dr. Javorsky currently serves as Section Chief in Endocrinology at the Clement J Zablocki VA Medical Center in Milwaukee.

- Become familiar with the current list of FDA-approved medications used to treat obesity
- Understand the benefits and risks of medications used to treat obesity
- Appreciate the limitations and controversies surrounding long-term use of medications

#### **POST BARIATRIC SURGERY CARE**



LISA L. MORSELLI, MD, PHD
Assistant Professor of Medicine, Division of
Endocrinology and Molecular Medicine, Medical
College of Wisconsin

#### **SPEAKER BIO**

Lisa L. Morselli, MD, PhD received her MD, endocrinology specialty diploma and PhD from the University of Pisa, Italy. After moving to the US, she worked as a researcher in the sleep research laboratory at the University of Chicago. She then went on to complete an internal medicine residency and endocrinology fellowship at the University of Iowa. She joined MCW in 2020 and takes care of patients in the MCW Medical Weight Loss and Bariatric Surgery Program. Her research interests include the control of energy expenditure during and after weight loss, and how food insecurity impacts the physiology of energy balance.

- Understand principles of nutrition, vitamin and micronutrient supplementation after bariatric surgery
- Explain diabetes management after bariatric surgery
- Describe physiology and management of dumping syndrome

#### **CLINICAL MANAGEMENT OF LIPID DISORDERS**



WALTER WOZNICK, MD

Assistant Professor of Medicine, Endocrine Clinic Medical Director, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Walter Woznick, MD is an assistant professor at the Medical College of Wisconsin, in the Division of Endocrinology and Molecular Medicine. He completed his undergraduate training at the Ohio State University in biochemistry and then went on to complete a Master's degree in biochemistry at the Ohio State University as well. He completed medical school at the Boonshoft School of Medicine at Wright State University in Dayton Ohio. It was in medical school that he was initially exposed to the world of endocrinology and specifically to lipid disorders that ignited his passion. He went on to residency training in the Internal Medicine program at Wright State University and ultimately specialty training in endocrinology at the Medical College of Wisconsin.

- Use appropriate screening tools to identify and diagnose lipid disorders
- Know when to appropriately use testing beyond the standard lipid panel
- Use an evidenced based approach to treatment of lipid disorders
- Manage side effects and expectations of lipid treatments

#### **DISCORDANT THYROID FUNCTION TESTS**



TY CARROLL, MD

Associate Professor of Medicine, Director, Endocrine Fellowship Program, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin

#### **SPEAKER BIO**

Ty Carroll, MD is a Medical College of Wisconsin endocrinologist who sees adults for endocrine-related health concerns and management of long-term health conditions including pituitary and adrenal gland disease, Cushing's syndrome, as well as disorders of the thyroid, including thyroid cancer. He strives to ensure that all his patients thoroughly understand their medical conditions, resulting in treatments best suited to each individual patient.

- · Identify discordant thyroid function tests
- · Recognize the potential causes of discordant thyroid function tests
- · Develop an approach to investigation in patients with discordant thyroid function tests

#### **PROGRAM DETAILS**

The Biennial Update Clinical Endocrinology Symposium includes a diverse mix of Endocrine topics over a day and a half program. Topics will include Osteoporosis, Adrenal Nodules, Diabetes Management, Fatty Liver, Hyperlipidemia, and more.

The learner will be educated about:

- Current management of diabetes with a goal of improving diabetes care metrics without producing harm. Use the everexpanding group of medications properly.
- The management of obesity with a goal of decreasing the complications of this difficult problem. Be able to identify when drugs or surgery are used in addition to lifestyle changes.
- The detection and management of androgen abuse with a goal of preventing this from harming their patients. Be able to list the clues to this condition.
- The management and prevention of osteoporosis, other calcium and bone problems with the goal of treating the correct patients and avoiding over-treatment or inappropriate treatment that may lead to harm. Be able to list who should be treated for osteoporosis.
- The management of adrenal nodules which are frequently inappropriately ignored. The goal is to properly evaluate those that needed evaluation to avoid harm related to ignoring the nodule. Be able to list the evaluation of an adrenal nodule.
- Evaluation of low testosterone levels with a goal of identifying true male hypogonadism with appropriate treatment and avoiding the inappropriate and possibly harmful treatment in men who should not be treated. Be able to understand the risks and benefits of testosterone treatment.
- The diagnosis and management of polycystic ovary syndrome. The goal is to optimize management of these patients. List the management options for this condition.

#### **DESIGNATION OF CREDIT**

#### **ACCREDITATION STATEMENT**

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### **DESIGNATION OF CREDIT STATEMENT**

The Medical College of Wisconsin designates this live activity for a maximum of 11.75 AMA PRA Category 1 Credits ™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### HOURS OF PARTICIPATION FOR ALLIED HEALTH PROFESSIONALS

The Medical College of Wisconsin designates this activity for up to 11.75 hours of participation for continuing education for allied health professionals.

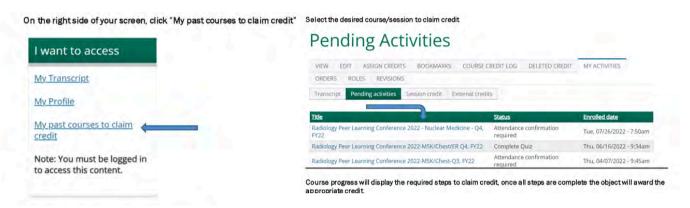


#### **CME CREDIT**



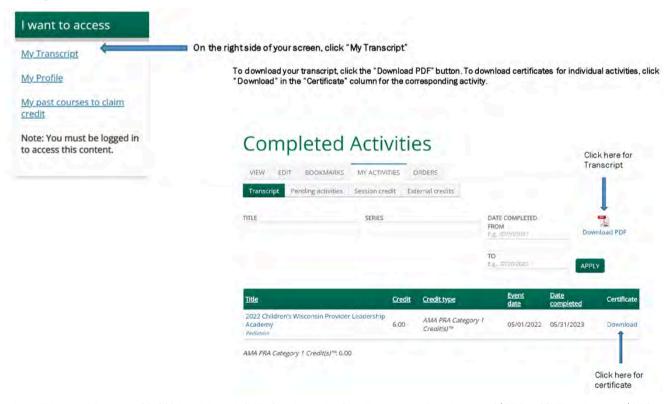
#### To claim credit:

1. Log into Ethos at https://ocpe.mcw.edu/ and then follow steps below



To download your transcript/certificates:

1. Log into Ethos at https://ocpe.mcw.edu/ and then follow steps below



Attendees will have until December 31, 2024 to claim their CME. Claiming credit after will result in additional charge of \$25 for ACCME credit and/or \$15 for MOC Pt II charge from The Medical College of Wisconsin. To claim credit you will complete the steps above to access the course. Please follow the instructions via Ethos on how to complete the evaluation, credit claim and certificate download. If you have issues logging into your Ethos account, trouble downloading your transcript or other troubleshoot problems please contact our CME office directly at CME@mcw.edu. If you are having any direct problems related to this course please email EndoCE@mcw.edu.

#### **SUPPORTING ORGANIZATIONS**

The Medical College of Wisconsin, Division of Endocrinology and Molecular Medicine would like to thank the following organizations for their support, which helped make this education symposium possible.

#### **EXHIBITORS:**

Abbott
Alexion
Amgen
Ascendis Pharma
Boehringer Ingelheim
Corcept Therapeutics
Eli Lilly
Kyowa Kirin
Novo Nordisk
Recordati
Sanofi
Tandem Diabetes Care
Xeris Pharmaceuticals

#### **LUNCH SPONSOR**



**AM BREAK SPONSOR** 





**PM Break Sponsor** 





















#### **EXHIBIT HALL**

Don't forget to visit our supporting organizations during the exhibit hall. Use the interactive Exhibitor Passport while you explore the hall. Visit all the locations and complete your passport for a chance to win registration to a future Division of Endocrinology and Molecular Medicine CME program of your choice. The hall will only be open on Friday please see below for designated times.

#### **LUNCH SPONSOR**



#### **AM BREAK SPONSOR**

























	AGENDA	Room
Friday		
7:00 AM	Breakfast & Registration/ Exhibit Hall	Pre-Function/ Revel Hall C
8:00 AM	Conference	Revel Hall A/B
10:35 AM	Exhibit Hall	Revel Hall C
10:55 AM	Conference	Revel Hall A/B
12:35 PM	Lunch/Exhibit Hall	Pre-Function/Revel Hall C
1:35 PM	Conference	Revel Hall A/B
3:15 PM	Exhibit Hall	Revel Hall C
3:35 PM	Conference	Revel Hall A/B
5:05 PM	Adjourn	Revel Hall A/B