



# UW MEDICINE

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UNIVERSITY *of* WASHINGTON  
School of Medicine

## Endocrinology and Diabetes Update for Primary Care

### 2025

Thursday - Friday  
March 13-14, 2025

Live In-Person

University of Washington | Tower Auditorium  
4333 Brooklyn Ave NE  
Seattle, WA 98195

Sponsored by:  
UW School of Medicine  
Department of Medicine | Division of Metabolism, Endocrinology and Nutrition  
Continuing Medical Education

Medicine

# Endocrinology and Diabetes Update for Primary Care • March 13-14, 2025

## WHO SHOULD ATTEND

This course is directed toward primary care providers including family practice physicians, internists, physician associates, advanced nurse practitioners, naturopathic physicians, nurses, and anyone with interest in endocrinology and diabetes care.

## COURSE DESCRIPTION

Join us for an immersive experience tailored for primary care providers. Stay at the forefront of medical advancements in endocrinology and diabetes management.

This comprehensive course will empower you to:

- Master management of common thyroid problems
- Treat osteoporosis with confidence
- Treat gonadal disorders with ease
- Delve into diabetes-focused issues with new clinical trial data and therapeutic strategies
- Stay updated on the latest glucose monitoring technology

Don't miss this opportunity to enhance your expertise and deliver exceptional care to your patients.

## COURSE OBJECTIVES

- Identify and manage common thyroid disorders effectively
- Diagnose and treat osteoporosis
- Assess and manage cardiovascular risk factors, including lipid profiles, weight, and metabolic dysfunction associated steatotic liver disease (MASLD)
- Analyze and apply new therapeutics, technologies, and cost considerations in diabetes treatment

Continuing Medical Education at the University of Washington is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. The course fees are estimated to include transcript of *AMA PRA Category 1 Credits™*, access to the online instructional materials, catering, venue, logistics, taxes, faculty planning and salaries.

## ATTENDANCE POLICY

Course activities are exclusively reserved for registered course attendees.

## FEES AND REGISTRATION

All Learners	\$425.00
University of Washington Allied Health Professional	\$350.00
Resident/Fellow/Student*	\$200.00
Industry Professional (Non-exhibiting)	\$550.00

*\*Resident/Fellow/Student rates require written confirmation of current Resident/Fellow/Student status. Failure to provide current documentation will result in a higher rate applied to your registration.*

Beginning February 27, 2025, the registration rate will increase by \$25.00

## CANCELLATION POLICY

The Office of Continuing Medical Education must receive email notification of your cancellation by February 26, 2025. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after February 26, 2025. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrolment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by email and will receive a full refund. The University of Washington is not responsible for any costs incurred, such as non-refundable airline tickets or hotel penalties. Contact the CME Office with questions call 206.543.1050, fax 206.221.4525 or email [cme@uw.edu](mailto:cme@uw.edu).

## ACCREDITATION

### Accreditation with Commendation

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



### Credit Designation

The University of Washington School of Medicine designates this live activity for a maximum of *14.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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## ONLINE CONFERENCE MATERIALS

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only). Materials will be available starting on March 6, 2025, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference. No printed presentation materials will be available.

## CHILDCARE POLICY/LACTATION SERVICES

In consideration of other participants and speakers, please do not bring infants/children into conference sessions. Please inform the CME Office by February 16, 2025, if you will need to utilize lactation services.

## COVID-19 SAFETY MEASURES

Masks are strongly recommended for this in-person activity. Wearing a well-fitted mask over your mouth and nose is encouraged.

- Attendees must stay home if they have COVID-19 symptoms, have tested positive in the 5 days leading up to the event, or are still isolating after testing positive.
- COVID-19 Testing within 72 hours of an event is recommended if using a PCR test, testing the day of the event is recommended if using a rapid antigen test. Testing 3 to 5 days after attending an event is also encouraged.

## DIETARY REQUESTS

UW CME considers diverse nutritional preferences and restrictions when planning our complimentary menu. If you have dietary restrictions (i.e. vegan, gluten-free, etc.), please notify us by sending an email to [cme@uw.edu](mailto:cme@uw.edu) by February 27, 2025.

## SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, gender identity, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation in the application process, contact the department at 206.543.1050 or the Disability Services Office at least ten days in advance.

Disability Services Office

206.543.6450/Voice • 206.543.6452/TTY 206.685.7264/Fax • e-mail: [dso@uw.edu](mailto:dso@uw.edu)

## ACCOMMODATIONS

*The following hotels are located near the conference site. To make reservations, please directly contact the hotels.*

### College Inn Hotel

4000 University Way NE  
Seattle, WA 98105  
206.633.4441  
[www.collegeinnseattle.com](http://www.collegeinnseattle.com)

### Graduate by Hilton Seattle

4507 Brooklyn Ave NE  
Seattle, WA 98105  
206.634.2000  
[www.graduatehotels.com/seattle](http://www.graduatehotels.com/seattle)

### Residence Inn by Marriott

4501 12th Avenue NE  
Seattle, WA 98105  
206.322.8887 or 888.236.2427  
[www.marriott.com](http://www.marriott.com)

### Silver Cloud Inn

5036 25th Avenue NE  
Seattle, WA 98105  
206.526.5200 or 800.205.6940  
[www.silvercloudinn.com](http://www.silvercloudinn.com)

### University Inn

4140 Roosevelt Way NE  
Seattle, WA 98105  
206.632.5055  
[www.staypineapple.com](http://www.staypineapple.com)

### Watertown Hotel

4242 Roosevelt Way NE  
Seattle, WA 98105  
206.826.4242 or 866.944.4242  
[www.staypineapple.com](http://www.staypineapple.com)

# Endocrinology and Diabetes Update for Primary Care • March 13-14, 2025

## Course Faculty

### Course Chair

#### **Savitha Subramanian, MD**

Professor  
Division of Metabolism, Endocrinology & Nutrition  
Director | UW Lipid Clinic

### Planning Committee

#### **Faiza Alibhai, PharmD**

Clinical Pharmacist  
Pharmacist | UW Medical Center - Montlake

#### **Allison Brunner, RN, CDCES**

Registered Nurse  
UW Medical Center - Northwest

#### **Mayumi Endo, MD**

Clinical Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Physician | Endocrine Care Center  
UW Medical Center - Roosevelt

### Faculty

#### **Anthony DeSantis, MD**

Clinical Professor  
Division of Metabolism, Endocrinology & Nutrition  
Endocrine Care Center at UW Medical Center - Roosevelt  
Pituitary Program at UW Medical Center - Montlake  
UW Diabetes Institute at South Lake Union

#### **Nicole Ehrhardt, MD**

Assistant Professor  
Division of Metabolism, Endocrinology & Nutrition  
Lead, UW Diabetes ECHO Project  
UW Diabetes Institute at South Lake Union

#### **R. Alan Failor, MD**

Clinical Professor  
Division of Metabolism, Endocrinology & Nutrition  
Endocrine Care Center at UW Medical Center - Roosevelt  
Pituitary Program at UW Medical Center - Montlake

#### **Irl Hirsch, MD, MACP**

Professor  
Division of Metabolism, Endocrinology & Nutrition  
Professor and Diabetes Treatment Chair, Diabetes Institute  
UW Medical Center

#### **Laura Montour, MD**

Clinical Assistant Professor  
Department of Family Medicine  
Center for Weight Loss and Metabolic Surgery at Meridian  
Pavilion

#### **Radhika Narla, MD**

Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Veterans Administration Site Director

#### **Tiffany Nguyen, MD**

Clinical Assistant Professor  
Division of Metabolism, Endocrinology & Nutrition  
UW Diabetes Institute at South Lake Union  
Endocrine Care Center, UW Medical Center - Roosevelt

#### **Mara Y. Roth, MD**

Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Endocrine Care Center at UW Medical Center - Roosevelt

#### **Katya B. Rubinow, MD**

Clinical Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Diabetes/Endocrinology Clinic at Harborview

#### **Arthi Thirumalai, MBBS**

Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Section Head | Harborview Medical Center

#### **Subbulaxmi Trikudanathan, MD, MRCP, MMSc**

Clinical Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Medical Director | UW Diabetes Institute

#### **Tracy Tylee, MD**

Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Director | Fellowship Program

#### **Sumangala Vasudevan, MD**

Clinical Assistant Professor  
Division of Metabolism, Endocrinology & Nutrition  
UW Diabetes Institute at South Lake Union  
Endocrine Care Center at UW Medical Center - Roosevelt

Thursday, March 13, 2025

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	<b>7:30 Registration &amp; Sign-in   Continental Breakfast</b>
	7:50 Welcome and Course Introduction <i>Savitha Subramanian, MD</i>
<b>Thyroid</b>	8:00 Management of Hyperthyroidism in Primary Care <i>Mayumi Endo, MD</i>
	8:45 Clinical Pearls in Hypothyroidism <i>Tracy Tylee, MD</i>
	9:30 You Found a Thyroid Nodule: Now What? <i>Mara Y. Roth, MD</i>
	<b>10:15 Break</b>
<b>Bone/Calcium</b>	10:30 Managing Osteoporosis in 2025 <i>Radhika Narla, MD</i>
	11:15 Osteoporosis Treatment: A Case-Based Approach <i>Anthony DeSantis, MD</i>
	12:00 <b>Lunch Break (Lunch Provided)</b>
<b>Gonadal Endocrinology</b>	1:00 Polycystic Ovary Syndrome (PCOS) <i>Subbulaxmi Trikudanathan, MD, MRCP, MMSc</i>
	1:45 Approach to the Female Patient in Midlife <i>Katya B. Rubinow, MD</i>
	<b>2:30 Break (Snack Provided)</b>
	2:45 Transgender Medicine <i>Tiffany Nguyen, MD</i>
	3:30 Adrenal Nodules: You Found One, What's Next? <i>R. Alan Failor, MD</i>
	4:15 End of Day Q&A
	<b>4:30 Adjourn</b>

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*All times listed are in Pacific Time*



Friday, March 14, 2025

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**7:30 Sign-in | Continental Breakfast**

7:50 Welcome  
*Savitha Subramanian, MD*

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**Cardiometabolic Medicine**

8:00 Weight Management for Primary Care in 2025: A Case-Based Approach  
*Laura Montour, MD*

8:45 Lipid Management: Beyond Statins  
*Savitha Subramanian, MD*

9:30 Overview of Critical Aspects of the American Diabetes Association (ADA) Standards of Care 2025 for Primary Care  
*Irl B. Hirsch, MD, MACP*

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**10:20 Break**

10:40 How to Choose Appropriate Medications for Type 2 Diabetes  
*Sumangala Vasudevan, MD*

11:25 Managing Type 1 Diabetes in Primary Care  
*Nicole Ehrhardt, MD*

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**12:10 Lunch (Provided)**

**Optional Lunch & Learn | Bring Your Lipid Cases**

1:30 Using Continuous Glucose Monitor (CGM) Technology for Managing Type 2 Diabetes in Primary Care  
*Faiza Alibhai, PharmD*

2:15 What is Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)  
*Arthi Thirumalai, MBBS*

3:00 Bring Your Cases | Q&A  
*Savitha Subramanian, MD; Mayumi Endo, MD; and Faiza Alibhai, PharmD*

3:45 Final Q&A | Closing Remarks  
*Savitha Subramanian, MD*

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**4:00 Adjourn**

*All times listed are in Pacific Time*

