

UW Medicine

UW SCHOOL  
OF MEDICINE

# Endocrinology & Diabetes Update for Primary Care

March 12-13, 2021  
LIVE WEBINAR

Sponsored by the University of Washington School of Medicine  
Department of Medicine, Division of Metabolism, Endocrinology and Nutrition  
Office of Continuing Medical Education

## TARGET AUDIENCE

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

## COURSE DESCRIPTION

This is a comprehensive two-day course on diabetes and endocrinology geared toward primary care providers. There is an ongoing immense need for provider education in these areas as there have been vast changes in the field of endocrinology over the past decade. Primary care providers often are faced with diagnosing many endocrine conditions such as thyroid disorders, treatment of calcium disorders, osteoporosis as well as diabetes and obesity.

## COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Recognize and treat common thyroid disorders.
- Interpret abnormal thyroid function tests.
- Discuss diagnosis and treatment of calcium disorders and osteoporosis.
- Assess for hormonal causes of gonadal issues in men and women.
- Discuss new therapeutics and cost issues in treatment of diabetes.
- Identify and appropriately manage diabetes in older adults.
- Recognize disparities in diabetes care and understand psychosocial aspects of care.

## ONLINE MATERIALS

Instruction materials will be available online at uwcmc.org (for conference registrants only). Materials will be available beginning on **March 8, 2021**, for registrants to print and/or download. Content will be recorded and available to attendees for educational purposes. Attendees will be notified when recordings are available, approximately 4-6 weeks after course completion. CME credit is available only for attending the live webinar; no credit is available for watching the recorded lectures.

## 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 13.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



## FEES AND REGISTRATION

All Learners	\$325.00
Resident/Fellow/Student*	\$150.00
<i>*Resident/Fellow/Student rate requires written confirmation of current resident/fellow/student status. Failure to provide required documentation may result in an additional balance owed.</i>	

The fee for this course includes catering, access to electronic instruction materials, and transcript of AMA PRA Category 1 Credits™. To enroll, please register online at uwcmc.org. If you have not received email confirmation prior to the course start, please contact the CME Office at cme@uw.edu. CME will not be responsible for expenses incurred by an individual who is not confirmed.

## REFUND & CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **February 26, 2021**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **February 26, 2021**. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by written notification and receive a full refund. The University of Washington is not responsible for any other costs incurred. Contact the CME Office with questions: email [cme@uw.edu](mailto:cme@uw.edu).

Prior to the start, please ensure you have the appropriate system requirements to view the webinar. More information about the recommended technical requirements is online at [uwcme.org](http://uwcme.org). No refunds will be available for technical issues not controlled by UW CME.

## SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era 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 please contact the Disability Services Office at least ten (10) 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)



# Faculty

## COURSE CHAIR

**Savitha Subramanian, MD**

Associate Professor

Division of Metabolism, Endocrinology  
& Nutrition

Director, UW Lipid Clinic

## FACULTY

**Bradley Anawalt, MD**

Professor

Division of General Internal Medicine

Vice Chairman

Department of Medicine

Chief of Medicine

UW Medical Center

**Anthony DeSantis, MD**

Clinical Professor

Director, Clinical Services

Division of Metabolism, Endocrinology  
& Nutrition

**Mayumi Endo, MD**

Clinical Assistant Professor

Division of Metabolism, Endocrinology  
& Nutrition

**R. Alan Failor, MD**

Clinical Professor

Division of Metabolism, Endocrinology  
& Nutrition

**Irl B. Hirsch, MD**

Professor

Division of Metabolism, Endocrinology  
& Nutrition

Professor and Diabetes Treatment Chair,  
Diabetes Institute (UW Medicine)

**Radhika Narla, MD**

Assistant Professor

Division of Metabolism, Endocrinology  
& Nutrition

**Susan Ott, MD**

Professor

Division of Metabolism, Endocrinology  
& Nutrition

**Matthew Rivara, MD**

Assistant Professor

Division of Nephrology

**Arthi Thirumalai, MBBS**

Assistant Professor

Division of Metabolism, Endocrinology  
& Nutrition

**Tracy Tylee, MD**

Assistant Professor

Section Head, Endocrinology

Division of Metabolism, Endocrinology  
& Nutrition

**Alison Ward, PhD**

Clinical Professor

Department of Psychiatry & Behavioral  
Sciences

Clinical Psychologist

UW Medicine Diabetes Institute

**Kathryn Weaver, MD**

Clinical Assistant Professor

Division of Metabolism, Endocrinology  
& Nutrition

**Brent Wisse, MD**

Associate Professor

Division of Metabolism, Endocrinology  
& Nutrition

**Lorena Alarcon-Casas Wright, MD, FACE**

Clinical Associate Professor

Division of Metabolism, Endocrinology  
& Nutrition

## Friday, March 12, 2021

- 7:50 **Welcome & Opening Remarks**
- 8:00 When the Thyroid Hormone Test Does Not Make Any Sense - *Mayumi Endo, MD*
- 8:45 You Found a Nodule, What Next? - *Tracy Tylee, MD*
- 9:30 The Seductive Short-Term Effects of Osteoporosis Treatments - *Susan Ott, MD*
- 10:15 **Break**
- 10:30 Calcium Disorders - Pearls for Practice - *Anthony DeSantis, MD*
- 11:15 Low Testosterone in Men: When To Treat? - *Bradley Anawalt, MD*
- 12:00 **Lunch break**
- 1:00 Adrenal Cases for Primary Care - *R. Alan Failor, MD*
- 1:45 Workshop on Parathyroid and Osteoporosis Cases - *Radhika Narla, MD*
- 2:30 **Break**
- 2:45 Disorders of Menses: Case Studies - *Arthi Thirumalai, MBBS*
- 3:30 Common Thyroid Disorders: Tips and Tricks - *Savitha Subramanian, MD*
- 4:15 Q&A, Closing Remarks - *Savitha Subramanian, MD*
- 4:30 **Adjourn**

## Saturday, March 13, 2021

- 7:50 **Welcome & Opening Remarks**
- 8:00 Evidence-Based Therapies in Diabetes: What You Need to Know in 2021 - *Irl B. Hirsch, MD*
- 8:45 Hypertension in Diabetes - *Matthew Rivara, MD*
- 9:30 Disparities in Diabetes Management - *Lorena Alarcon-Casas Wright, MD*
- 10:15 **Break**
- 10:30 Psychosocial Care of Individuals With Diabetes - *Alison Ward, PhD*
- 11:15 Diabetes Mellitus in the Adolescent and Young Adult (AYA) Patient - *Kathryn Weaver, MD*
- 12:00 **Lunch break**
- 1:00 Management of Diabetes in Older Adults - *Brent Wisse, MD*
- 1:45 Appropriate Use of Newer Diabetes Therapies - *Savitha Subramanian, MD*
- 2:30 **Break**
- 2:45 Case Discussion/Q&A Session - *Irl B. Hirsch, MD*
- 3:30 Closing Remarks/Course Review - *Savitha Subramanian, MD*
- 4:00 **Adjourn**

**Register Online: [uwcme.org](http://uwcme.org)**

UW School of Medicine | Continuing Medical Education  
Email: [cme@uw.edu](mailto:cme@uw.edu)