

UW Medicine

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OF MEDICINE

# ENDOCRINOLOGY & DIABETES UPDATE FOR PRIMARY CARE



February 9-10, 2023

University of Washington Tower Auditorium

43333 Brooklyn Avenue NE

Seattle, WA 98195

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

# Endocrinology and Diabetes Update for Primary Care

## February 9-10, 2023

### 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 diabetes care.

### COURSE DESCRIPTION

This is a comprehensive two-day course on endocrinology and diabetes geared towards primary care providers. There is an immense need for education as the incidence of diabetes and endocrinology disorders have increased in the general population, and primary care clinics carry the major burden of these patients. Didactic lectures offered in this program will provide the latest information on current topics related to diabetes, endocrinology, and guideline updates.

Important offerings of this course include:

- Management of hyperthyroidism
- Osteoporosis and DEXA interpretation
- Cardiovascular risks and medical management of obesity

### COURSE OBJECTIVES

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

- Identify and appropriately diagnose endocrinology disorders and the type of diabetes for any given patient
- Recommend appropriate nutritional interventions and exercise prescriptions for individuals
- Discuss new therapeutics and older agents to treat endocrinology disorders and diabetes
- Recognize how to manage endocrinology disorders and type 1 diabetes in a primary care setting.
- Identify how to provide culturally sensitive diabetes care
- Manage endocrinology disorders and diabetes in special populations such as pregnancy, young adults, etc.

### 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 13.0 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	\$400.00
Resident/Fellow/Student*	\$200.00

*\*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.*

Registration rates increase by \$25 on January 25, 2023.

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 cover transcript of AMA PRA Category 1 Credits™, access to online instruction materials, conference management, catering, taxes, faculty planning, and salaries.

To enroll, please register online at [uwcme.org](http://uwcme.org). If you have not received confirmation prior to your departure for the course, please contact the CME office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed if space is not available at the course.

## REFUND & CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **January 25, 2023**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **January 25, 2023**. 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 email 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).

## ONLINE MATERIALS

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only). Materials will be available beginning on **February 3, 2023**, for registrants to print and/or download.

## 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)

## 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.



## HOTEL ACCOMODATIONS

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

Silver Cloud Inn  
5036 25<sup>th</sup> Ave NE  
Seattle, WA 98105  
206.526.5200 or  
800.205.6940  
[www.silvercloud.com](http://www.silvercloud.com)

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

Watertown Hotel  
4242 Roosevelt Way NE  
Seattle, WA 98105  
206.826.4242 or  
888.944.4242  
[www.staypineapple.com](http://www.staypineapple.com)

# Conference Faculty

## Course Chair

### **Savitha Subramanian, MD**

Associate Professor

Division of Metabolism, Endocrinology & Nutrition

Director, UW Lipid Clinic

## UW Faculty

### **Anthony DeSantis, MD**

Clinical Professor

Division of Metabolism, Endocrinology & Nutrition

Director, Clinical Services

### **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, MACP**

Professor

Division of Metabolism, Endocrinology & Nutrition

Professor and Diabetes Treatment Chair

Diabetes Institute

### **Stephanie J. Kim, MD, MPH**

Clinical Assistant Professor

Division of Metabolism, Endocrinology & Nutrition

UW Diabetes Institute

Endocrine Care Center, UW Medical Center

### **Laura Montour, MD**

Clinical Assistant Professor

Department of Family Medicine

### **Radhika Narla, MD**

Assistant Professor

Division of Metabolism, Endocrinology & Nutrition

### **Tiffany Nguyen, MD**

Clinical Assistant Professor

Division of Metabolism, Endocrinology & Nutrition

### **Susan Ott Ralph, MD**

Professor

Division of Metabolism, Endocrinology & Nutrition

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

Associate Professor

Division of Metabolism, Endocrinology & Nutrition

### **Arthi Thirumalai, MBBS**

Assistant Professor

Division of Metabolism, Endocrinology & Nutrition

Section Head, Harborview Medical Center

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

Clinical Associate Professor

Division of Metabolism, Endocrinology & Nutrition

### **Kathryn Weaver, MD**

Assistant Professor

Division of Metabolism, Endocrinology & Nutrition

Medical Co-Director, Adolescent and Young Adult

Diabetes Transition Clinic



# AGENDA

## Thursday, February 9, 2023

- 7:50 **Welcome & Introduction**
- 8:00 Management of Hyperthyroidism in Primary Care- *Tiffany Nguyen, MD*
- 8:45 You Found a Thyroid Nodule, Now What? *Mara Y Roth, MD*
- 9:30 Tricks for Thyroid Hormone Management in Hypothyroidism
- 10:15 **Break**
- 10:30 When Thyroid Test Results Do Not Make Sense - *Mayumi Endo, MD*
- 11:15 Thyroid Round Table Discussion (Q&A)
- 12:00 **Lunch**
- 1:00 Osteoporosis Update 2023 - *Radhika Narla, MD*
- 1:45 Evaluating Hypercalcemia - *Anthony DeSantis, MD*
- 2:30 **Break**
- 2:45 DEXA Interpretation - *Susan Ott Ralph, MD*
- 3:30 Osteoporosis Treatment & Cases - *Subbulaxmi Trikudanathan, MD, MRCP, MMSc*
- 4:15 Q&A
- 4:30 **Adjourn**

## Friday, February 10, 2023

- 7:50 **Welcome & Introduction**
- 8:00 Pituitary Pathologies: Essentials for Primary Care - *Kathryn Weaver, MD*
- 8:45 Evaluating Common Adrenal Disorders in Primary Care: A Case-Based Approach - *R. Alan Failor, MD*
- 9:30 Assessing Cardiovascular Risk: Should I get a Coronary Artery Calcium (CAC) or Apolipoprotein B or something else? -*Savitha Subramanian, MD*
- 10:15 **Break**
- 10:30 Medical Management of Obesity - *Laura Montour, MD*
- 11:15 Identification and Treatment of NAFLD in Type 2 Diabetes - *Arthi Thirumalai, MBBS*
- 12:00 **Lunch**
- 1:00 Using CGM Technology for Type 2 Diabetes in Primary Care - *Irl B. Hirsch, MD, MACP*
- 1:30 How to Use Newer Therapies for Managing Type 2 Diabetes: A case-based approach - *Stephanie J Kim, MD, MPH*
- 2:15 **Break**
- 2:30 Challenges in Insulin Use in Primary Care - *Irl B. Hirsch, MD, MACP*
- 3:00 Bring Your Cases (Q&A) - *Irl B. Hirsch, MD, MACP and Savitha Subramanian, MD*
- 3:30 **Closing Remarks**

*All times listed are in Pacific Time*

**For course details and registration, visit [uwcme.org](http://uwcme.org)**

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