

UW Medicine

UW SCHOOL
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 thyroid disorders
- Osteoporosis update and interpretation of DEXA scans
- Management of cardiovascular risk factors, weight, and non-alcoholic fatty liver disease
- New data on diabetes management strategies

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
 - Evaluating pituitary and adrenal disorders
 - Assess cardiovascular risk factors, including management of lipids, weight, and NAFLD
- Discuss new theapeutics, technology, and cost issues in treatment of diabetes

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. 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.

ONLINE MATERIALS

Instruction materials will be available online at 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

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

Silver Cloud Inn
5036 25th Ave NE
Seattle, WA 98105
206.526.5200 or
800.205.6940
www.silvercloud.com

Marriott Residence Inn
4501 12th Avenue NE
Seattle, WA 98105
206.322.8887 or
888.236.2427
www.marriott.com

Watertown Hotel
4242 Roosevelt Way NE
Seattle, WA 98105
206.826.4242 or
888.944.4242
www.staypineapple.com

Conference Faculty

Course Chair

Savitha Subramanian, MD
Associate Professor
Division of Metabolism, Endocrinology & Nutrition
Director, UW Lipid Clinic

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

Laura Montour, MD
Clinical Assistant Professor
Department of Family Medicine

Radhika Narla, MD
Associate Professor
Division of Metabolism, Endocrinology & Nutrition

Course Co-Chair

Farah Khan, MD
Clinical Assistant Professor
Division of Metabolism, Endocrinology & Nutrition
Board-Certified Physician, Endocrine & Diabetes Care Center

UW Faculty

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
Medical Director, UW Diabetes Institute

Kathryn Weaver, MD
Clinical 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 - *Tracy Tylee, MD*
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 Work-Arounds for Evidence-Based Diabetes Medications Too Expensive for Your Patient
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

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Email: cme@uw.edu | Phone: 206.543.1050