

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

# Update in Diabetes and Endocrinology

Friday, November 6, 2015  
Seattle



# Faculty

## COURSE DIRECTORS

### **Thérèse Franco, MD**

Department of Hospital Medicine  
Virginia Mason, Seattle, Wash.

### **Grace A. Lee, MD**

Head, Section of Endocrinology and Metabolism  
Benaroya Diabetes Center at Virginia Mason  
Virginia Mason, Seattle, Wash.

### **Gal Omry, MD**

Endocrinology, Diabetes and Metabolism  
Benaroya Diabetes Center at Virginia Mason  
Virginia Mason, Seattle, Wash.

## KEYNOTE SPEAKER

### **Irl B. Hirsch, MD, MACP**

Professor of Medicine  
Diabetes Treatment and Teaching Chair  
University of Washington School of Medicine  
Seattle, Wash.

## VIRGINIA MASON FACULTY

### **Adnan A. Alseidi, MD, EdM, FACS**

Liver, Pancreas, Biliary and Endocrine Surgery

### **Jessica A. Brzana, MD**

Endocrinology, Diabetes and Metabolism  
Benaroya Diabetes Center at Virginia Mason

### **Elizabeth R. Reilly, MD**

Endocrinology, Diabetes and Metabolism  
Benaroya Diabetes Center at Virginia Mason

### **Jonathan P. Stoehr, MD, PhD**

Endocrinology, Diabetes and Metabolism  
Benaroya Diabetes Center at Virginia Mason

### **Michael Sutters, MD, MRCP**

Nephrology and Transplantation

## Update in Diabetes and Endocrinology

The 2014 National Diabetes Statistics Report estimates that 28.9 million adults are living with diabetes in the United States. Diabetes has a significant impact on morbidity and mortality: it is the leading cause of kidney failure and a major cause of heart disease and stroke. Treatment guidelines and consensus around best practices have evolved rapidly and new therapies have become available. The course will present an up-to-date review of evidence-based recommendations and best practices for managing diabetes and related conditions. Content will cover the latest guidelines for hypertension control in the diabetic patient, medical and surgical treatment of hyperparathyroidism, and management of hyperprolactinemia. A thorough review of standards of care for transitioning the diabetic patient from hospital discharge to the outpatient setting will be presented with case discussion. An update on the treatment of obesity will include a review of current therapies and appropriate use. Teaching methods include lectures, panel discussion and question and answer with faculty.

### TARGET AUDIENCE:

This course is appropriate for physicians in general practice, internal medicine; endocrinology, geriatrics, hospital medicine and general surgery. This course will also be of interest to residents and advanced practice providers.

### OBJECTIVES:

At the conclusion of this activity, participants should be able to:

- Evaluate different strategies for a more cost effective use of insulin therapy
- Outline how the presence of diabetes influences decisions on management of hypertension
- Specify standards of care for transitions from hospital to outpatient setting to prevent hospital readmission
- Compare three diabetic patient cases from hospitalization to outpatient follow up
- Summarize the medical and surgical therapies for hyperparathyroidism
- Manage elevated prolactin in patients
- Recommend management and treatment plans for prolactinomas
- Review current guidelines for the diagnosis and management of hypothyroidism
- Evaluate the use of new therapies in the management and treatment of obesity



**Accreditation with Commendation:** Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit Designation:** Virginia Mason Medical Center designates this live activity for a maximum of **7.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Agenda

- 7:00 a.m.** *Registration opens, breakfast selection available*
- 7:30 a.m.** **Grand Rounds Presentation**  
**Update in Diabetes: What Every Provider Needs to Know**  
Irl Hirsch, MD
- 8:30 a.m.** *Break*
- 8:45 a.m.** **Introduction, Overview of Course Objectives**  
Thérèse Franco, MD; Grace Lee, MD; Gal Omry, MD
- 9:00 a.m.** **Management of Hypertension in the Diabetic Patient**  
Michael Sutters, MD
- 9:45 a.m.** **Transition of Diabetes Care: From Hospital to Outpatient**  
Thérèse Franco, MD and Grace Lee, MD
- 10:30 a.m.** *Break*
- 10:45 a.m.** **Case Presentation with Panel Discussion**  
*Panel:* Thérèse Franco, MD; Grace Lee, MD; Elizabeth Reilly, MD and Jonathan Stoehr, MD
- 11:45 a.m.** *Lunch (provided)*
- 12:30 p.m.** **Hyperparathyroidism: From Diagnosis to Treatment**  
Elizabeth Reilly, MD and Adnan Alseidi, MD
- 1:15 p.m.** **Hyperprolactinemia**  
Jessica Brzana, MD
- 2:00 p.m.** *Break*
- 2:15 p.m.** **“Is It My Thyroid?” Hypothyroidism: Controversies of Diagnosis and Treatment**  
Gal Omry, MD
- 3:00 p.m.** **Mountain, or Molehill? An Update on the Treatment of Obesity**  
Jonathan Stoehr, MD
- 3:45 p.m.** **Final Questions and Closing Remarks**
- 4:00 p.m.** *Adjourn – Submit verification of hours and course evaluation*

**Location:** The course will be held at Virginia Mason in the Volney Richmond Auditorium in Lindeman Pavilion, Level One, 1201 Terry Avenue (between Seneca and University Streets) in Seattle, Washington. For further information, please contact the CME Department at (206) 341-0142 or e-mail [cme@virginiamason.org](mailto:cme@virginiamason.org).

**If you are a person with a disability or dietary restriction, please e-mail or call the office so we may assist in accommodating your needs.**

To register, complete the form below and send via:



**MAIL:**

Virginia Mason CME Dept.  
1100 9th Ave, D3-CME  
Seattle, WA 98101



**PHONE:** (206) 341-0142



**FAX:** (206) 341-1480



**E-MAIL:** [cme@virginiamason.org](mailto:cme@virginiamason.org)  
**WEB:** [VirginiaMasonCME.org](http://VirginiaMasonCME.org)

**Cancellation and Refund Policy:** Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

## Registration

### Update in Diabetes and Endocrinology Friday, November 6, 2015



Please print clearly

NAME \_\_\_\_\_ LAST 4 DIGITS OF SSN (OR VMMC ID) \_\_\_\_\_

DEGREE/CREDENTIALS \_\_\_\_\_ SPECIALTY \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

Please provide one question for the faculty: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will attend at the Videoconferencing Site in: \_\_\_\_\_  
For information, call (206) 341-0142.

Please add me to your e-mail list for news of upcoming CME courses at Virginia Mason.

**PAYMENT:**

**Tuition:** \$185.00

Check enclosed. Make check payable to VMMC – CME

Please charge my:  VISA  MasterCard  American Express  Discover

CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

CARDHOLDER NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_