



# ENDIA 2011

Friday - January 21 &  
Saturday - January 22, 2011  
The Raintree  
Annasalai, Chennai

Organized by  
ACEER HEALTH in collaboration  
with faculty from the Mayo Clinic



#### **Partners**

Medfort Hospitals

SEACON (Southern Endocrine Associates)

WISH (Women of India Support of Health)

#### **Organizing Committee**

Dr Arun Kannan

Dr Bharat Ramji

Dr Bhuma Srinivasan

Dr Kumaravel Velayudham

Dr Muthukumaran Jeyapaul

Dr Santosh Jeyaraj

Dr Shriram Mahadevan

Dr G Vijaykumar

Dr GS Vijayalakshmi

Dr Usha Sriram

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#### **Coordinators**

*Dr Meena Iyer*

*Ms Rani*

Dear Colleagues,

Greetings from ACEER Health and Medfort Hospitals. It gives us great pleasure to welcome you to the first Endocrinology update organized by us in collaboration with faculty from the Mayo Clinic. Five outstanding members of the Mayo Department of Endocrinology, Metabolism and Diabetes will enlighten us on Thyroid, Adrenal, Bone Metabolism, Preventive Endocrinology, Obesity and Diabetes. Drs. Morris, Young, Nair, Clarke and Hensrud will be in Chennai from Friday, January 21, 2011 to Saturday, January 22, 2011. National faculty will participate in clinical discussions and offer their experience and perspective.

This program promises to bring the delegates [endocrinologists, diabetologists and internists] a great opportunity to listen, learn, interact and get enriched. Young endocrinologists and those in training will find the faculty particularly inspiring and the program highly informative. Case discussions have been included in all the sessions and each day will end with a panel discussion that will allow participants to have their clinical dilemmas and other questions answered.

We are grateful to SEACON (Southern Endocrine Associates) and WISH (Women of India Support of Health) for their partnership in this program. This raises the level of excellence of the program enormously.

The program has been made possible by generous contributions from the industry. We look forward to having you with us in Chennai at the new Raintree Hotel on Anna Salai from Friday, January 21, 2011 to Saturday, January 22, 2011. Please feel free to email, call or fax your participation. A detailed program can be downloaded at [www.aceerhealth.com](http://www.aceerhealth.com).

Thanks.

Best regards,  
Organizing committee

Friday, January 21, 2011

**Session #1: Moderators: Dr Shriraam Mahadevan and Dr Ganpathy Bantwal**

09.00 - 09.10 am Welcome  
 09.10 - 09.35 am Young: "Primary Aldosteronism Update"  
 09.35 - 10.00 am Morris: "Management of low risk Thyroid Cancer"  
 10.00 - 10.40 am Young: "Pituitary CPC"  
 10.40 - 11.00 am Q & A (20 min)  
 11.00 - 11.20 am Coffee break

**Session #2: Moderators: Dr Muthukumaran Jeyapaul and Dr Unnikrishnan**

11.20 - 11.50 am Morris: "Unusual Thyroid function test results"  
 11.50 - 12.20 pm Young: "Adrenal CPC"  
 12.20 - 12.45 pm Clarke: Hyperparathyroidism current concepts  
 12.45 - 01.05 pm Q & A (20 min)  
 01.05 - 01.45 pm Lunch

**Session #3: Moderators: Dr Kumaravel and Dr Vageesh Ayyar**

01.45 - 02.10 pm Morris: Is my TSH normal?  
 02.10 - 02.40 pm Young: "Pituitary-Adrenal Clinical Pearls"  
 02.40 - 03.05 pm Shah: Approach to thyroid disorders in newborns and children  
 03.05 - 03.25 pm Q & A

**Session #4: Moderators: Dr Bhuma Srinivasan and Dr Mala Dharmalingam**

03.25 - 03.50 pm Young: Pheochromocytoma update  
 03.50 - 04.15 pm Morris: "Advanced Thyroid Cancer"  
 04.15 - 04.30 pm Q & A

**04.30 - 06.00 pm Meet the Professor [Coffee and snacks]**

TOPIC	FACULTY	MODERATOR
Prediabetes	Drs. Hensrud, Wanganoo and Banshi Saboo	Dr Ramachandran
GDM and PCOS	Drs. Seshiah, Mala Dharmalingam and PG sundarraman	Dr Usha Sriram
In hospital diabetes management & Glucose monitoring	Drs. Venkatraman, Arvind and Lakshmanan	Dr G. Vijaykumar
Dyslipidemia	Drs. V Mohan, Shree Nair and RS Hariharan	Dr SN Narasingan

**06.30 pm Dinner and WENDI [Women in Endocrinology and Diabetes] Inauguration**

Saturday, January 22, 2011

**Breakfast: 08.00 - 09.20 am Meet the Professor**

TOPIC	FACULTY	MODERATOR
Thyroid	Drs. John Morris, K Kannan and Prasannakumar	Dr Unnikrishnan
Adrenal	Drs. William Young, Padma Menon and Ammini	Dr Prema Varthakavi
Bone health	Drs. Clarke, Mithal and Marwah	Dr Bhuma Srinivasan
Obesity	Drs. Hensrud, S Murthy and Vijay Viswanathan	Dr Shashank Joshi

**Session #5: Moderators: Dr Jayashree Gopal and Dr Harish Kumar**

09.30 - 09.55 am Nair: "Why the Diabetic Epidemic?"  
 09.55 - 10.30 am Hensrud: "Clinical approach to Obesity"  
 10.30 - 11.05 am Clarke: "Non-skeletal effects of Vitamin D"  
 11.05 - 11.25 am Q & A  
 11.25 - 11.45 am Coffee break

**Session #6: Moderators: Dr Rakesh Sahay and Dr Bharat Ramji**

11.25 - 12.00 pm Nair: "How tight should Glycemic Control be in patients with Type 2 Diabetes?"  
 12.00 - 12.25 pm Mithal: Vitamin D deficiency in India  
 12.25 - 12.50 pm Clarke: Male Osteoporosis  
 12.50 - 01.10 pm Q & A  
 01.10 - 02.00 pm Lunch

**Session #7: Moderators: Dr Nihal Thomas and Dr RV Jayakumar**

02.00 - 02.25 pm Hensrud: "Is there an optimal diet?" ?  
 02.25 - 03.00 pm Nair: Diabetes-Metabolism case discussions  
 03.00 - 03.35 pm Clarke: "Update on Bisphosphonates"  
 03.35 - 03.55 pm Q & A

**Session #8: Moderators: Dr MV Muraleedharan and Dr Sridhar**

03.55 - 04.20 pm Yagnik: Fetal origin of adult disease - An endocrine perspective  
 04.20 - 04.45 pm Hensrud: Screening for Endocrine Disorders  
 04.45 - 05.10 pm Nair: "Skeletal Muscle and Metabolic Health"  
 05.10 - 05.25 pm Q & A

**Moderators: Drs Shriraam Mahadevan and Dr Bhuma Srinivasan**

05.25 - 06.25 pm Meet the experts - Open house  
 06.25 pm Valedictory function

# Bio-sketches of Faculty



Dr Young is Professor of Medicine in the Mayo Clinic College of Medicine and Vice-Chair of the Division of Endocrinology, Diabetes, Metabolism, and Nutrition. He received his MD degree from Michigan State University. Dr Young trained in internal medicine at William Beaumont Hospital, Royal Oak, Michigan, and in Endocrinology and Metabolism at Mayo Clinic, Rochester, Minnesota. He is senior editor for Clinical Endocrinology and editor-in-chief of the Mayo Clinic Endocrinology Update Newsletter. He is the recipient of multiple education awards, including the Mayo Fellows Association Teacher of the Year Award in Internal Medicine and the Mayo School of Continuing Medical Education Outstanding Faculty Member Award. Professor Young is interested in the following areas: Endocrine Hypertension, Adrenal Disorders, Pituitary Disorders and Medical Editing.

Prof John Morris is Chair of the department of Endocrinology and Metabolism at the Mayo clinic. After graduating from the University of Tennessee, Nashville Tenn., he did his fellowship and residency at the Mayo Graduate School of Medicine and the University of Tennessee. A diplomat of the American Board of Internal Medicine and Endocrinology, his special interest are Staff and Trainee Education, Hyper- and Hypothyroidism, Graves' disease, Thyroid Cancer, Chronic Wound Healing and Inpatient Endocrinology. He is the Chair of Laboratory Services Committee, American Thyroid Association, 2005-present and a member of the board of directors of the American Thyroid Association, 2001-2005. He and his laboratory are expert in Gene Transfer, Vector Construction, Radioiodine Uptake and Therapy, and Imaging Techniques, especially using the Sodium-iodide Symporter as a reporter.



Prof Sreekumaran Nair graduated from the State University of New York, Albany, NY and obtained his certifications from the Royal College of Physicians, London, England and the American College of Physicians - American Society of Internal Medicine. His areas of interest are Diabetes Mellitus, Lipid Disorders and Skeletal Muscle Metabolism and Aging. He has been the recipient of many awards. He has an Honorary Doctorate in Medicine/Foreign Adjunct Professorship, Karolinska Institute, Stockholm, 2008.

Professor Bart Clarke is a graduate of the University of California, Los Angeles California, and he did his residency and fellowship from the Mayo Graduate School of Medicine. He is Consultant and Chair, Metabolic Bone Disease Core Group, Division of Endocrinology, Metabolism, Diabetes, and Nutrition, Mayo Clinic. A diplomat of the American Board of Internal Medicine and Endocrinology, his areas of special interest are Steroid-induced Osteoporosis, Transplantation Osteoporosis, Alcohol-induced Bone Disease, Primary Hyperparathyroidism, Paget's Disease, Metabolic Bone Disease.



Donald D. Hensrud, M.D., is an Associate Professor of Preventive Medicine and Nutrition at Mayo Clinic College of Medicine and a consultant in the Divisions of Preventive, Occupational, and Aerospace Medicine; and Endocrinology, Diabetes, Metabolism, and Nutrition. He is chair of the Division of Preventive, Occupational, and Aerospace Medicine. Dr. Hensrud received his B.S. from the University of North Dakota, M.D. degree from the University of Hawaii, M.P.H. from the University of Minnesota, and M.S. in nutrition from the University of Alabama at Birmingham. He completed residency training in Internal Medicine and fellowship training in Preventive Medicine at Mayo Clinic, and completed a Clinical Nutrition fellowship at the University of Alabama at Birmingham.

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## REGISTRATION FORM

Title (Please tick) Prof.  Dr.  Mr.  Mrs.  Ms.

First Name \_\_\_\_\_

Last Name / Initials \_\_\_\_\_

Designation \_\_\_\_\_ Department \_\_\_\_\_

Name of Hospital/ Institution \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Pin \_\_\_\_\_

Phone No. (s) \_\_\_\_\_ Mobile No. \_\_\_\_\_

Email ID \_\_\_\_\_

Name of accompanying person (s)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Payment – Amount Rs. \_\_\_\_\_ Cheque / DD No. \_\_\_\_\_

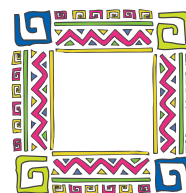
Drawn on \_\_\_\_\_ (send cheque / DD drawn in favor of \_\_\_\_\_ payable at Chennai)

Date \_\_\_\_\_

Signature \_\_\_\_\_

### Registration Information

Categories	Fee
Endocrinologist and Diabetologists	₹ 3000
Physicians In-training	₹ 1500
Individual Day	₹ 1500



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