



Saturday, February 28, 2026
USC Health Sciences Campus
Aresty Conference Center
Hybrid Conference
7:15 am - 3:30 pm

The USC Jorge H. Mestman
Endocrine and Women's Health
Symposium 2026

Keck School of
Medicine of **USC**

Presented By:

*Department of Medicine: Division of Endocrinology and Diabetes,
Department of Obstetrics and Gynecology: Division of Maternal-Fetal Medicine
and USC Office of Continuing Medical Education*



PROGRAM AGENDA

- 7:15 am **Registration and Continental Breakfast**
7:40 am **Virtual Login Begins**
7:55 am **Directors' Welcome**
Caroline T. Nguyen, MD and Nicole G. Gomez, MD, MPH

Session I:

Moderator: Caroline T. Nguyen, MD

- 8:00 am **Optimization and Implications for Reproductive Age Women with Metabolic Steatosis Liver Disease (MASLD)**
Norah Terrault, MD, MPH
- 8:30 am **From A1c to ABCs of Fertility: Management of Type 2 Diabetes in Reproductive-Age Women**
Alyssa L. Dominguez, MD
- 9:00 am **Vitamin Supplementation Post-Gastric Surgery from Pre-Conception to Postpartum**
Nicole G. Gomez, MD, MPH
- 9:30 am **Questions and Answers**
Faculty Panel
- 9:50 am **Break**

Session II:

Moderator: Nicole G. Gomez, MD, MPH

- 10:15 am **Best Practice-Optimizing Fertility in Patients with PCOS**
Katherine McDaniel, MD
- 10:45 am **Thyroid Transitions: Navigating Hypothyroidism from Preconception Through Menopause**
Caroline T. Nguyen, MD
- 11:15 am **Menopause 101: What Every Woman and Clinician Should Know**
Komal Patil-Sisodia, MD
- 11:45 am **Questions and Answers**
Faculty Panel
- 12:05 pm **Lunch**

Session III:

Moderator: Caroline T. Nguyen, MD

- 12:55 pm **Alternatives to Hormone Replacement Therapy: Navigating (Peri) Menopause with a Broader Lens**
Juliana (Jewel) Kling, MD, MPH
- 1:25 pm **Memory, Mood, and the "Menstrual Fade:" How (Peri) Menopause Shapes Brain Health**
Donna Shoupe, MD
- 1:55 pm **The deXa Files: Prevention and Management of Osteoporosis in (Peri) Menopause**
Braden Barnett, MD
- 2:25 pm **Questions and Answers**
Faculty Panel
- 2:45 pm **Panel Discussion: Menopause Cases for the Experts**
- 3:30 pm **Adjourn**

FACULTY

COURSE DIRECTORS

Caroline T. Nguyen, MD

Associate Professor of Clinical Medicine
Associate Professor of Clinical
Obstetrics and Gynecology
Division of Endocrinology and Diabetes
Keck School of Medicine of USC
Los Angeles, CA

Nicole G. Gomez, MD, MPH, FACOG

Co-Director of Labor and Delivery
Associate Program Director-OB/Gyn Residency
Division of Maternal and Fetal Medicine
Department of Obstetrics and Gynecology
Los Angeles General Hospital Medical Center
Assistant Professor of Clinical OB-GYN
Keck School of Medicine of USC
Los Angeles, CA

KECK SCHOOL OF MEDICINE OF USC

Braden Barnett, MD

Clinical Assistant Professor of Medicine
(Clinician Educator)
Division of Endocrinology and Diabetes

Norah Terrault, MD, MPH

Neil Kaplowitz Professor of Medicine
Chief, Division of Gastrointestinal
& Liver Diseases

GUEST

**Juliana (Jewel) Kling,
MD, MPH, MSCP MACP, IF**

Professor of Medicine
Chair, Division of Women's Health
Internal Medicine,
Scottsdale, Arizona
Associate Director, Mayo Clinic
Women's Health Center
Suzanne Hanson Poole Dean, Mayo Clinic Alix
School of Medicine- Arizona Campus

Katherine McDaniel, MD

Assistant Professor of Obstetrics and Gynecology
Associate Fellowship Program Director
Director of Oncofertility
Division of Reproductive Endocrinology
and Infertility
USC Fertility
HRC Fertility

Donna Shoupe, MD

Professor of Obstetrics and Gynecology
Department of Obstetrics and Gynecology

Komal Patil-Sisodia, MD

Medical Director of Endocrinology
EvergreenHealth Diabetes &
Endocrinology Care
Host, Menopause Podcast: Reset Recharge
Kirkland, WA

ACCREDITATION STATEMENT

The Keck School of Medicine of the University of Southern California is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION

The Keck School of Medicine of the University of Southern California designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The following may apply *AMA PRA Category 1 Credit(s)™* for license renewal: Registered Nurses may report up to 6.25 credit hour(s) toward the CME requirements for license renewal by their state Board of Registered Nurses (BRN). CME may be noted on the license renewal application in lieu of a BRN provider number.

Physician Assistants: The National Commission on Certification of Physician Assistants states that *AMA PRA Category 1 Credits™* accredited courses are acceptable CME requirements for recertification.

COURSE DESCRIPTION

Welcome to the USC Jorge H. Mestman Symposium on Endocrine and Women's Health! This program is proudly presented in honor of Jorge H. Mestman, MD—a passionate physician, inspiring teacher and beloved mentor for over 40 years and counting. His ground-breaking work in endocrine conditions during pregnancy continues to shape how patients are cared for today. Dr. Mestman's unwavering commitment to clinical excellence and collaboration is the heartbeat of this symposium.

A Dynamic, Practical Program: Our symposium is designed to keep you at the forefront of endocrine medicine—covering both the standards of care and emerging trends. You'll hear from leaders in the field through evidence-based presentations, expert clinical insights, and lively panel discussions fueled by your questions. The exciting agenda focuses on optimizing care for patients with MASLD, diabetes, bariatric surgery, PCOS and hypothyroidism prior to pregnancy.

New This Year: Spotlight on Menopause! We are excited to broaden our focus on women's health with a brand-new **menopause series**. This dedicated track explores everything from the fundamentals of menopause care to cutting-edge research on how (peri) menopause impacts brain and bone health. Join us in person to add your energy for insightful, interactive Q&A sessions and a panel discussion with the experts.

Why Attend? Whether managing complex cases in pregnancy or seeking to broaden your knowledge of endocrine conditions affecting women, this symposium offers the tools and knowledge to inform your decisions in today's evolving clinical landscape.

EDUCATIONAL OBJECTIVES

By the end of the course, participants will be able to:

- Identify and evaluate metabolic dysfunction-associated steatotic liver disease (MASLD) in women of reproductive age, and describe pregnancy-related risks and management strategies.
- Optimize diabetes management in women of reproductive age who are planning pregnancy, with a focus on preconception glycemic control and medication safety.
- Prescribe and monitor appropriate vitamin and micronutrient supplementation for patients with a history of bariatric or gastric surgery during preconception and pregnancy.
- Know fertility preservation and treatment options for patients with polycystic ovary syndrome (PCOS).
- Implement evidence-based management of hypothyroidism across the reproductive lifespan, from preconception through menopause.
- Counsel patients on the impact of perimenopause and menopause on metabolic, cognitive, and bone health, and discuss both hormonal and non-hormonal treatment options.

TARGET AUDIENCE

This course is intended for primary care clinicians, endocrinologists, obstetricians, gynecologists, maternal fetal medicine specialists, reproductive endocrinologists, nurse practitioners, physician assistants, RNs, trainees and allied health professionals caring for patients before, during and after pregnancy.

REGISTRATION

Live or Virtual Tuition:

Early-bird price for live and virtual registration ends February 24, 2026 at 12:00 pm, PST.
To register after February 24, 2026: Virtual registration adjusts to on-site price. For live registration, please register on-site.

Tuition:

Choose one: ☐ Live Attendance ☐ Virtual Attendance

☐ Register for the early-bird fee, live attendance only, and **receive a \$25 discount!**

Fellows/Residents/Students excluded from \$25 discount.

Early-Bird

After February 24

MD/DO

☐ \$175

☐ \$200

NP/PA/APP

☐ \$175

☐ \$200

RN/AH

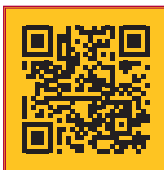
☐ \$175

☐ \$200

Fellows/Residents/Students

☐ \$35

☐ \$35



Cancellation:

Cancellations must be received by the USC Office of CME (fax or email) by February 24, 2026, 12:00 pm PST, for a refund. A \$50 cancellation fee will be applied. In the event of course cancellation by conference organizers, all registration fees will be fully refunded.

Location:

Catherine and Joseph Aresty Conference Center, in the lower ground level of the Harlyne J. Norris Cancer Research Tower on the USC Health Sciences Campus
1450 Biggy Street, Los Angeles, CA 90033

Parking:

\$20 at Biggy Parking Structure (P8): 1334 Biggy Street at Zonal Avenue, Los Angeles, on the USC Health Sciences Campus. Follow posted directions in the parking garage to pay. The Office of CME does not control parking in USC structures and is not responsible for parking issues or citations.

Register:

Mail:

1540 Alcazar Street, CHP 223, Los Angeles, CA 90033

Mail-in registration must be postmarked by February 24, 2026.

Online:

keckusc.cloud-cme.com/mestman2026 **Visa or Mastercard only**

Phone:

(323) 442-2555 | Fax: (323) 442-3734 **AMEX, Visa or Mastercard**

Email:

usceme@usc.edu

On-site:

Live registration: Available February 28, 7:15 am, Aresty Conference Center.

Virtual registration: Available until 9:00 am, PST on February 28.

NAME _____ DEGREE _____

MEDICAL LICENSE NUMBER _____

TELEPHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SPECIALTY _____

EMAIL ADDRESS* _____

INSTITUTIONAL AFFILIATION _____

SPECIAL DIETARY OR PHYSICAL NEEDS _____

We strive to accommodate dietary recommendations. Please note that not all food items may meet special requirements.

Food items will be labeled for your convenience. *Registration confirmation and event reminder will be emailed.

Method of Payment:

No cash payment accepted.

☐ Check (Check payable to USC. Check payment must be postmarked by February 24, 2026)

☐ Credit Card (Mastercard or Visa online, American Express by Fax/Phone/Mail only)

CREDIT CARD NUMBER _____

EXPIRATION DATE _____ SECURITY CODE _____

AUTHORIZED SIGNER _____ AMOUNT \$ _____

COURSES ARE SUBJECT TO CANCELLATION.



Keck School of Medicine of USC

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