



Saturday, February 24, 2024
USC Health Sciences Campus
Aresty Conference Center
Hybrid Conference
7:00 am - 3:00 pm

USC Jorge H. Mestman
Endocrine in Pregnancy
and Women's Health Symposium 2024

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

- 7:00 am **Registration and Continental Breakfast**
- 7:45 am **Virtual Login Begins**
- 8:00 am **Welcome and Announcements**
Caroline T. Nguyen, MD and Nicole Gomez, MD

Session I:

Moderators: Caroline T. Nguyen, MD and Nicole Gomez, MD

- 8:10 am **A New Era-Continuous Glucose Monitoring in Pregnancy**
Steven G. Gabbe, MD
- 8:40 am **Clinical Cases: Insulin Pump Management in Pregnancy for DM1**
Donna Miller, NP
- 9:10 am **Questions and Answers**
Faculty Panel

Session II:

Moderators: Caroline T. Nguyen, MD and Nicole Gomez, MD

- 9:25 am **Management of Prediabetes in Pregnancy: Just Like GDM?**
Nicole Gomez, MD
- 9:55 am **Challenges and Solutions: Diabetes Care for Reproductive Age Women in Resource-Limited Settings**
Paola Sequeira, MD, MPH
- 10:25 am **Questions and Answers**
Faculty Panel
- 10:40 am **Break**

Session III:

Moderators: Caroline T. Nguyen, MD and Nicole Gomez, MD

- 11:10 am **Clinical Implications: Endocrine and the Placenta**
Brian J. Gordon, MD, MSPH
- 11:40 am **Fertility Options for Patients with Non-Classical Congenital Adrenal Hyperplasia**
Joie Zeynep Guner, MD, MSc, MSCI
- 12:10 pm **Questions and Answers**
Faculty Panel
- 12:25 pm **Lunch**

Session IV:

Moderators: Caroline T. Nguyen, MD and Nicole Gomez, MD

- 1:10 pm **Clinical Update: Diagnosis and Management of Primary Ovarian Insufficiency**
Cynthia A. Stuenkel, MD
- 1:40 pm **Preconception and Pregnancy Considerations for Patients with Obesity**
Kenneth K. Chen, MD
- 2:10 pm **Postpartum Management of Thyroid Disease - A Time of Confusion**
Caroline T. Nguyen, MD
- 2:40 pm **Questions and Answers**
Faculty Panel
- 2:55 pm **Closing Remarks**
Caroline T. Nguyen, MD and Nicole Gomez, MD
- 3:00 pm **Adjourn**

FACULTY

COURSE DIRECTORS

Caroline T. Nguyen, MD

Assistant Professor of Clinical Medicine
Assistant Professor of Clinical Obstetrics
and Gynecology
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Diabetes, and Metabolism
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Nicole Gomez, MD

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KECK SCHOOL OF MEDICINE

Faculty

Brian J. Gordon, MD, MSPH

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Associate Chief, Maternal Fetal Medicine
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Donna Miller, NP

Clinical Instructor of Medicine
Division of Endocrinology,
Diabetes, and Metabolism
Department of Medicine

GUEST

Faculty

Kenneth K. Chen, MD, FACP

Co-Director of Integrated Program
for High-Risk Pregnancy, Women
& Infants Hospital of Rhode Island
Director of Endocrinology, Diabetes &
Clinical Nutrition, Care New England Health
Associate Professor of
Medicine, Clinician Educator
Associate Professor of Obstetrics
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Paola Sequeira, MD, MPH

Director of Clinic for Adults and Young Adults
with Type I Diabetes
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Los Angeles, CA

Steven G. Gabbe, MD

Emeritus CEO
The Ohio State University Wexner Medical Center
Emeritus Professor, Obstetrics and Gynecology
The Ohio State University College of Medicine
Columbus, OH

Cynthia A. Stuenkel, MD

Clinical Professor of Medicine
Division of Endocrinology and Metabolism
UC San Diego School of Medicine
La Jolla, CA

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 5.75 *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 5.75 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. Physicians Assistants: The National Commission on Certification of Physicians Assistants states that *AMA PRA Category 1 Credits™* accredited courses are acceptable CME requirements for recertification.

COURSE DESCRIPTION

This program was created and named in honor of Dr. Jorge H. Mestman, a dedicated physician, teacher and mentor to many for more than 40 years and going. His significant contributions to the field of endocrine in pregnancy continue to shape how we practice today. His philosophy of excellence in patient care and his values of integrity and collaboration are the foundations of this symposium. This will be the first year the meeting will be held in-person with a virtual option.

The goal of this program is to provide a comprehensive and current update in the management of endocrine diseases as related to pregnancy, as well as to the preconception and postpartum periods. Management of endocrine disease during this unique and challenging time in patients' lives has become increasingly multifaceted as new evidence-based management strategies emerge.

This program presents standards of practice as well as forward-looking perspectives representing the most current state of endocrine medicine in pregnancy. The talks focus on insulin pump management of Type 1 Diabetes in pregnancy, the role of continuous glucose monitors in pregnancy, management of prediabetes during pregnancy, unique challenges of caring for patients of reproductive age in resource-limited populations, the role of endocrine disease and the placenta, fertility options for patients with non-classical congenital adrenal hyperplasia, caring for patients with primary ovarian failure, preconception and pregnancy care for patients with obesity, and postpartum management of thyroid conditions.

Presentations include evidence-based medicine and expert clinical experience along with panel discussions from audience questions. The goal of this symposium is to help inform practice decisions in an era of complex clinical challenges in the care of endocrine conditions as related to pregnancy.

EDUCATIONAL OBJECTIVES

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

- Apply insulin pump clinical pearls to caring for patients with Type 1 Diabetes during pregnancy.
- Become familiar with continuous glucose monitors and their role in pregnancy.
- Manage patients with prediabetes throughout pregnancy.
- Examine the unique challenges in caring for patients with diabetes in resource-limited populations.
- Counsel patients with non-classical congenital adrenal hyperplasia on fertility options.
- Describe the role of the placenta in endocrine diseases.
- Diagnose and manage primary ovarian insufficiency.
- Conduct preconception counseling with patients with obesity.
- Appropriately diagnose and treat postpartum thyroid dysfunction.

TARGET AUDIENCE

This course is intended for obstetricians, endocrinologists, family medicine practitioners, primary care providers, pediatricians, maternal fetal medicine specialist, 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 20, 2024 at 12:00 pm, PST. To register after February 20, 2024: Virtual registration adjusts to on-site price. For live registration, please register on-site.

Tuition:	Choose one:	<input type="checkbox"/> Live Attendance	<input type="checkbox"/> Virtual Attendance
		Early-Bird	After February 20
MD/DO		<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
NP/PA/APP		<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
RN/AH		<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
Fellows/Residents/Students		<input type="checkbox"/> \$50	<input type="checkbox"/> \$50

Cancellation: Cancellations must be received by the USC Office of CME (fax or email) by February 20, 2024, 12:00 pm PST, for a refund. A \$50 cancellation fee will be applied after February 20. 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

Register:

Mail: 1540 Alcazar Street, CHP 223, Los Angeles, CA 90033
Mail-in registration must be postmarked by February 20, 2024.

Online: keckusc.cloud-cme.com/mestman2024 **Visa or Mastercard only**

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

Email: uscme@usc.edu

On-site: **Live registration:** Available February 24, 7:00 am, Aresty Conference Center.
Virtual registration: Available until 9:00 am, PST on February 24.
Register at keckusc.cloud-cme.com/mestman2024, Visa or Mastercard only.

NAME _____ DEGREE _____

MEDICAL LICENSE NUMBER _____

TELEPHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SPECIALTY _____

EMAIL ADDRESS* _____

INSTITUTIONAL AFFILIATION _____

*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 20, 2024)
- 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

Office of Continuing Medical Education
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Los Angeles, CA 90033

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