



**Saturday, March 1, 2025**  
**USC Health Sciences Campus**  
**Aresty Conference Center**  
Hybrid Conference  
7:15 am - 3:00 pm

**The USC Jorge H. Mestman**  
**Endocrine and Women's Health**  
**Symposium 2025**

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*



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# PROGRAM AGENDA

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- 7:15 am **Registration and Continental Breakfast**  
7:45 am **Virtual Login Begins**  
8:00 am **Directors' Welcome**  
*Caroline T. Nguyen, MD and Nicole G. Gomez, MD, MPH*

## Session I:

*Moderator: Nicole G. Gomez, MD, MPH*

- 8:05 am **Understanding Gestational Diabetes**  
*Thomas A. Buchanan, MD*  
8:35 am **Could it be MODY? Mature-Onset Diabetes of Youth in Pregnancy**  
*Anne Peters, MD*  
9:05 am **Questions and Answers**  
*Faculty Panel*

## Session II:

*Moderator: Caroline T. Nguyen, MD*

- 9:20 am **Beyond the Glucose: Navigating Diabetes Testing in Pregnancy and Postpartum**  
*Nicole G. Gomez, MD, MPH*  
9:50 am **Paradigm Shift: The Transformative Role of CGM in Pregnancy**  
*Sarit Polsky, MD, MPH*  
10:20 am **Questions and Answers**  
*Faculty Panel*  
10:35 am **Break**

## Session III:

*Moderator: Nicole G. Gomez, MD, MPH*

- 11:05 am **Management of Cushings in Women of Reproductive Age**  
*John Carmichael, MD*  
11:35 am **Management of Hyperthyroidism from Preconception to Postpartum**  
*Caroline Nguyen, MD*  
12:05 pm **Questions and Answers**  
*Faculty Panel*  
12:20 pm **Lunch**

## Session IV:

*Moderator: Caroline T. Nguyen, MD*

- 1:05 pm **Navigating Contraceptive Choices for Patients with Endocrine Disorders**  
*Katrina Heyrana, MD, PhD*  
1:35 pm **Hormone Replacement Therapy for Menopause: Current Insights and Future Directions**  
*Donna Shoupe, MD*  
2:05 pm **Challenging Cases From Beth Israel Deaconess Medical Center and Joslin Diabetes Center**  
*Kenneth K. Chen, MD*  
2:35 pm **Questions and Answers**  
*Faculty Panel*  
2:55 pm **Closing Remarks**  
*Caroline T. Nguyen, MD and Nicole G. Gomez, MD, MPH*  
3:00 pm **Adjourn**

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## FACULTY

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### 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

**Thomas A. Buchanan, MD**

Bernard J. Hanley Chair in Medicine  
University Professor of Medicine  
Vice Dean for Research  
Director of the CTSI

Co-Director, Diabetes and Obesity Research Institute  
Director, USC+CHLA Alpha Clinic for Cell and Gene Therapy  
Division of Endocrinology Diabetes

**John D. Carmichael, MD**

Associate Professor of Clinical Medicine  
Division of Endocrinology and Diabetes  
Vice Chair Clinical Operations and Strategy,  
Department of Medicine  
Co-Chief, Division of Endocrinology and Diabetes  
Co-Director, USC Pituitary Center

**Anne Peters, MD**

Professor of Medicine (Clinical Scholar)  
Keck School of Medicine of USC  
Senior Scholar  
USC Leonard D. Schaeffer Institute  
for Public Policy & Government Service  
Los Angeles, CA

**Donna Shoupe, MD**

Professor of Obstetrics and Gynecology  
Department of Obstetrics and Gynecology

### GUEST

**Kenneth K. Chen, MD, FACP, FACE**

Clinical Chief of Endocrinology, Diabetes  
and Metabolism  
Beth Israel Deaconess Medical Center  
Harvard Medical School  
Boston, MA

**Katrina Heyrana, MD, PhD**

Ryan Program Director  
Assistant Professor  
Division of Family Planning  
Department of Obstetrics and Gynecology  
Cedars-Sinai Medical Center  
Los Angeles, CA

**Sarit Polsky, MD, MPH**

Associate Professor, Pediatrics and Medicine  
Barbara Davis Center  
Director of the Pregnancy and Women's Health  
Clinic at the Barbara Davis Center for Diabetes  
Associate Director, CU Diabetes Fellowship  
Co-Director of the ACD Annual Conference  
University of Colorado  
Anschutz Medical Campus  
Aurora, CO

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## ACCREDITATION STATEMENT

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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.

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## CREDIT DESIGNATION

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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.

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.

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## COURSE DESCRIPTION

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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 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. The goal of this program is to provide a comprehensive and current update in the management of endocrine diseases as related to pregnancy including the preconception and postpartum periods. Management of endocrine diseases during this unique and challenging time in patients' lives has become increasingly multifaceted as new evidence-based management strategies emerge. This year, we are expanding to include pertinent issues of women's health such as contraception and menopause in response to growing requests from our audience.

This program presents standards of practice as well as forward-looking perspectives representing the most current state of endocrine medicine in pregnancy and women's health. The talks focus on prevalent issues such as gestational diabetes, contraception, and menopause to new technologies with the role of continuous glucose monitors in pregnancy, unique challenges of caring for patients of reproductive age with Cushings syndrome or mature-onset diabetes of the youth, and addressing hyperthyroidism from preconception to postpartum.

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

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## EDUCATIONAL OBJECTIVES

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

- Discuss the pathophysiology of gestational diabetes and effectively treat and counsel patients during pregnancy and postpartum.
- Be aware of mature diabetes of the youth and appropriately diagnose, counsel, and treat in setting of pregnancy.
- Navigate diabetes testing in the pregnancy and postpartum period.
- Integrate continuous glucose monitoring in pregnancy into clinical practice.
- Identify clinical challenges patients with Cushings syndrome have regarding fertility and pregnancy.
- Outline the various etiologies of hyperthyroidism in pregnancy and effectively counsel and manage during preconception, pregnancy and postpartum.
- Discuss hormone replacement therapy for menopause with patients.
- Discuss contraception considerations for patients with endocrine conditions.

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## TARGET AUDIENCE

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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 25, 2025 at 12:00 pm, PST. To register after February 25, 2025: Virtual registration adjusts to on-site price. For live registration, please register on-site.**

**Tuition:** Choose one: ☐ Live Attendance ☐ Virtual Attendance

### Early-Bird

### After February 25

MD/DO ☐ \$150

☐ \$175

NP/PA/APP ☐ \$150

☐ \$175

RN/AH ☐ \$150

☐ \$175

Fellows/Residents/Students ☐ \$50

☐ \$50

**Cancellation:** Cancellations must be received by the USC Office of CME (fax or email) by February 25, 2025, 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 25, 2025.  
**Online:** [keckusc.cloud-cme.com/mestman2025](https://keckusc.cloud-cme.com/mestman2025) **Visa or Mastercard only**  
**Phone:** (323) 442-2555 | **Fax:** (323) 442-3734 **AMEX, Visa or Mastercard**  
**Email:** [uscme@usc.edu](mailto:uscme@usc.edu)  
**On-site:** **Live registration:** Available March 1, 7:00 am, Aresty Conference Center.  
**Virtual registration:** Available until 9:00 am, PST on March 1.  
Register at [keckusc.cloud-cme.com/mestman2025](https://keckusc.cloud-cme.com/mestman2025), Visa or Mastercard only.

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 25, 2025)

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

Non-Profit  
U.S. Postage  
PAID  
University  
of Southern  
California



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