



Keck Medical Center of USC

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



PROGRAM AGENDA

- 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**
Brian Nguyen, MD
- 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**

FACULTY

COURSE DIRECTORS

Caroline T. Nguyen, MD

Assistant Professor of Clinical Medicine
Assistant 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
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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

GUEST

Kenneth K. Chen, MD, FACP, FACE

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

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

Brian Nguyen, MD

Associate Professor of OB/GYN
Program Director of Complex Family Planning
Division of Maternal and Fetal Medicine
Department of Obstetrics and Gynecology
Los Angeles General Hospital Medical Center
Los Angeles, CA

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

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

Donna Shoupe, MD

Professor of Obstetrics and Gynecology
Department of Obstetrics and Gynecology

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.

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

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.

EDUCATIONAL OBJECTIVES

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.

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 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	<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 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 **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 March 1, 7:00 am, Aresty Conference Center.

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 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

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