PES 2016
Pediatric Endocrinology Review Course for the Primary Provider
November 3-6, 2016
Turnberry Isle Miami
Miami, Florida
Course Information

This unique event is offered by the Pediatric Endocrine Society to provide a comprehensive case-based update on clinical pediatric endocrinology for primary care providers caring for children and adolescents.

Program/Event Description
The Pediatric Endocrine Society Pediatric Endocrinology Review Course offers a case-based review of Pediatric Endocrinology for the primary care provider, as well as an update on current treatment options and guidelines for the most common endocrine problems in primary practice. The Goal of the Course is to address areas of Pediatric Endocrinology that may present in routine clinical primary care practice, from the most common disorders of growth and thyroid to the rarer disorders that present the primary care provider with challenges in initial assessment and referral. The aim is to provide primary care providers with greater confidence in the management of these disorders, as well as to help prepare for relevant aspects of certification.

Using a combination of lectures, case discussions, small group breakouts, and informal time with faculty at meals, the course will offer a comprehensive discussion of pediatric endocrinology, including disorders of growth, puberty, and thyroid in children and adolescents, as well type 1 and type 2 diabetes and the approach to transgender youth. In addition, a half-day of the course will be devoted specifically to the management of the obese child, including management of comorbidities such as hypertension and dyslipidemia. The course will emphasize a practical approach to identification and initial evaluation of pediatric endocrine questions that arise in primary care, along with current treatment guidelines and facilitation of subspecialty evaluation.

Objectives of the Program
1. Provide a framework for ongoing independent learning for primary care providers caring for children and adolescents with growth and puberty variants and other endocrine disorders.
2. Offer a structured didactic and interactive educational experience in Pediatric Endocrinology for interested primary care providers who desire an update in Pediatric endocrinology.

Target Audience
Primary care physicians, nurse practitioners, and physician assistants who are interested in a comprehensive review and update on pediatric endocrine topics.

Course Topics
- growth
- diabetes
- puberty
- thyroid
- obesity and associated disorders (hypertension, dyslipidemia, diabetes)
- care of the transgender youth

Course Schedule
The Course will begin with Registration and Welcome Reception on Thursday November 3rd, 2016. The first session will begin on Friday November 4th at 8 am. The Course will consist of individual didactic sessions and case discussions, followed by small group breakouts to give attendees a chance to interact closely with faculty. Faculty will also be available for informal discussion during breakfast and lunch. An optional board review session using case-based questions will be available Friday evening, including light refreshments.
Hotel Location Lodging Information
Turnberry Isle Miami Hotel
19999 W Country Club Dr
Aventura, FL 33180
Phone: (305) 932-6200

The Endocrine review course will be held at the Turnberry Isle Hotel (part of the Marriott Autograph Collection). A block of rooms has been set aside for attendees at a rate of $239/tax/night. The cutoff date for accepting reservations into the room block is Thursday, October 13, 2016.

Attendees are responsible for making their own hotel reservations:
via phone: 800-228-9290 (please identify yourself as a participant of the PES Endocrine Course)
or
online using the following link: https://resweb.passkey.com/go/PedsendoforPCprovider

Accreditation Statement
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Amedco and the Pediatric Endocrine Society (PES). Amedco is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement
Amedco designates this live activity for a maximum of 19.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MOC
An application has been submitted to the American Board of Pediatrics to request MOC Part 2 Lifelong Learning Self-Assessment credit.

AAP Credit
This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of 19.25 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.
Meet the Faculty

Robert Rapaport, MD – Course Chair
Mount Sinai School of Medicine, New York, NY

Dr. Rapaport is Professor of Pediatrics and Chief of the Division of Pediatric Endocrinology and Diabetes at the Icahn School of Medicine at Mount Sinai in New York. He holds the Emma Elizabeth Sullivan Professor of Pediatric Endocrinology and Diabetes Chair at the Icahn School of Medicine at Mount.

Dr. Rapaport is a longtime member of the Pediatric Endocrine Society, Endocrine Society and the Growth Hormone Research Society and has served in various capacities in these organizations. He is an elected member of the American Pediatric Society. Dr. Rapaport is also active in both the American Diabetes Association and the Juvenile Diabetes Research Foundation. He has served on the editorial boards of the Journal of Clinical Endocrinology and Metabolism, the Journal of Pediatric Endocrinology & Metabolism, Pediatric Endocrinology Reviews, Endocrine Connections and other publications. He has published more than 150 peer-reviewed articles and chapters including chapters in major Pediatric (Nelson) and Pediatric Endocrinology (Spelling, Lifshitz, and Pescovitz) textbooks. He edited several issues of Endocrinology and Metabolism Clinics of North America dedicated to Pediatric Endocrinology including one scheduled for publication in 2016.

Philip Zeitler, MD, PhD – PES Education Council Chair
Children’s Hospital University Colorado, Aurora, CO

Dr. Zeitler is Professor of Pediatrics and Clinical Science and Head of the Section of Pediatric Endocrinology at the University of Colorado. He is also Medical Director of the Children’s Hospital Colorado Clinical Translational Research Center of the Colorado Clinical Translational Science Institute and Chair of the Department of Endocrinology at Children’s Hospital Colorado.

Dr. Zeitler and his colleagues were the first to report the increase in type 2 diabetes in youth in the US in 1996. His research group focuses on understanding the physiologic and psychological aspects of obesity, insulin resistance, and type 2 diabetes in adolescents. Dr. Zeitler has been Chair of TODAY, an NIH-funded, multi-center longitudinal study of clinical outcomes in adolescents with type 2 diabetes since 2003. He is also Co-investigator in the RISE consortium exploring ways to improve β-cell function in adolescents with prediabetes and recent onset type 2 diabetes. Dr. Zeitler is the lead author on the most recent guidelines for the management of type 2 diabetes in youth issued by the International Society of Pediatric and Adolescent Diabetes (ISPAD).

Jerry Olshan, MD
Barbara Bush Children’s Hospital, Portland, ME

Jerrold S. Olshan, MD, received his undergraduate degree and medical degree from The University of Chicago and the Pritzker School of Medicine, respectively. He trained in pediatrics at Yale University and completed a fellowship in pediatric endocrinology and diabetes at the Children’s Hospital of Philadelphia and the University of Pennsylvania School of Medicine. He then established the division of pediatric endocrinology and diabetes at the Maine Medical Center in Portland, Maine, and more recently at the Barbara Bush Children’s Hospital (BBCH) at Maine Medical Center, and he is currently the director of the Division of Pediatric and Adolescent Endocrinology and Diabetes. He is also Medical Director of the Gender Clinic at the BBCH. He has won many awards for teaching both with medical students and pediatric residents and is currently an associate professor of pediatrics at Tufts University School of Medicine.

Dr. Olshan has authored chapters on Puberty and Transgender Medicine and has been an instructor at International review classes on the topic of Puberty. Dr. Olshan is currently Chair of the Special Interest Group on Transgender Medicine for the Pediatric Endocrine Society and directs a Gender Clinic with more than 130 children.
Meet the Faculty

Milagros Huerta, MD
*Pediatric Endocrine and Wellness Center, Miami, FL*
Dr. Milagros Huerta is a board-certified pediatric endocrinologist who works at the Pediatric Endocrine and Wellness Center located in North Miami, Florida. One of the main focuses of her practice is to diagnose and treat pediatric obesity and associated comorbidities. She has extensive expertise helping obese children and their families to implement lifestyle changes using behavioral modification techniques. Dr. Huerta was a faculty member at the University of Virginia in Charlottesville, Virginia where she was the director and founder of the Children’s Fitness Clinic (multidisciplinary pediatric obesity treatment program) and she worked on clinical and basic research focused on preventing type 2 diabetes and cardiovascular disease in obese children.

Robert Schultz, MD
*Pediatric Endocrine Associates, PC, Atlanta, GA*
Dr. Schultz did pre-med at Boston University. He then went to medical school at Downstate Medical Center in Brooklyn, NY (where he was also born). From there he went to 4 frigid years at the Children’s Hospital of Buffalo in Buffalo, NY where he his pediatric residency and pediatric endocrine fellowship (total snowfall for the four years he was there was 600 inches!!). He then moved to Atlanta, Georgia in 1978, opening one of the only totally private practices for pediatric endocrinology in the US at the Children’s Hospital of Atlanta at Scottish Rite. He has been practicing there for 38 years. He has been married to his wife Karen for 43 years, and has 3 children and 5 grandchildren. He plays the piano, and loves musical theater as an actor, director and musical director.

Daina Dreimane, MD
*Texas Tech University Health Sciences Center, Lubbock, TX*
Dr. Daina Dreimane is an Associate Professor of Pediatrics, and Chief of the Division of Endocrinology and Metabolism at Texas Tech University Health Sciences Center School of Medicine. In her current position she is very involved with medical student, and resident education, and medical student research.

As a Faculty, Dreimane practices general pediatric endocrinology, and treats children with a wide variety of disorders. Her main research interest has been in the area of childhood diabetes. She served as a clinical investigator for Children’s Hospital Los Angeles site of TODAY, an NIH-funded, multi-center longitudinal study of clinical outcomes in adolescents with type 2 diabetes 2003-2008, and recently, as a principal investigator in study looking into using telemedicine in diabetes management. Dreimane currently lives in Lubbock, Texas with her husband and two adorable dogs. She enjoys design, reading, movies, skiing and travel.

Stuart Brink, MD
*New Engl Diab & Endo Center (NEDEC), Waltham, MA*
Professor Brink is the Senior Pediatric Endocrinologist at NEDEC, New England Diabetes and Endocrinology Center, in Waltham, Massachusetts, USA, an Associate Clinical Professor of Pediatrics at Tufts University School of Medicine and a Clinical Instructor in Pediatrics at Harvard Medical School. as well. He is a Past-President of ISPAD (the International Society for Pediatric and Adolescent Diabetes) and has been ISPAD’s Secretary-General twice in the past as well as ISPAD’s International Education Liaison Chair with current projects ongoing in Bolivia, Bangladesh, China, Bulgaria and Mexico as well as Romania. He has lectured in more than 59 countries around the world and edited or co-edited 4 pediatric and adolescent diabetes textbooks and a special training manual for diabetes in developing countries and co-edited 5 other pediatric endocrinology textbooks.
Dr. Brink provides consultative care for pediatric, adolescent and young adult diabetes and endocrine problems and also has expertise in endocrine problems associated with Down Syndrome, Noonan’s Syndrome, Klinefelter and Kallman’s Syndrome and Turner Syndrome. He was a co-investigator of the NIH-sponsored DCCT for ten years and also served on the AAP’s Endocrine Executive Committee and on the International Diabetes Federation’s Youth Section Consultative Section as well as its Youth Task Force. He has been honored with ISPAD’s prestigious Lestradet Award winner in 2011 for international contributions for diabetes education and advocacy and has been awarded a Doctor Honoris Causa from the University of Medicine and Pharmacy of Timisoara, Romania as well as the ADA’s Outstanding Contribution to Diabetes in Youth award and the JDF’s Anne Woolf award.

Ilene Fennoy, MD, MPH  
*Columbia University, New York, NY*  
Dr. Fennoy is Professor of pediatrics at Columbia University Medical Center and Medical Director of the Comprehensive Adolescent Bariatric Surgery Center. She received her Doctor of Medicine degree from the University of California, San Francisco and her Masters’ Degree in Public Health from Columbia University, School of Public Health. In addition to training in pediatric endocrinology with the Pediatric Medicine Branch of the NICHD, she has had training in Clinical Nutrition from the Institute of Human Nutrition at Columbia and is a board certified Physician Nutrition Specialist.

Dr. Fennoy is engaged in patient oriented research involving obesity and insulin resistance. She has conducted pharmaceutical based, clinical trials in both obesity and diabetes. She has collaborated with Drs. Rudolph Leibel and Dr. Michael Rosenbaum and was the site-PI for the ROAD project, a school-based, multicenter, multiethnic study of a nutrition education and exercise intervention in middle school children for the prevention of Type 2 diabetes. She is also the medical director for the Program for OverWeight Education and Reduction (POWER Program), an obesity treatment program for pediatric patients in the Columbia University Medical Center community. In addition, as Medical Director of the Center for Comprehensive Adolescent Bariatric Surgery (CABS) at Columbia University Medical Center, she has formed a collaborative with the Division of Pediatric Surgery resulting in several publications, the most recent of which provides data on 3yr outcomes from Laparoscopic Gastric Banding in adolescents.
### Thursday

Welcome Reception – *time to be determined*

### Friday

**To Grow or Not to Grow, and Related Questions**  
Chair – *Dr. Robert Rapaport*

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 – 8:00am</td>
<td>Breakfast with Faculty</td>
</tr>
<tr>
<td>8:00 – 8:15am</td>
<td>Welcome/Intro</td>
</tr>
<tr>
<td>8:15 – 9:00am</td>
<td>Growth and Growth Hormone, a Pediatrician’s Primer – <em>Robert Rapaport</em></td>
</tr>
<tr>
<td>9:00 – 9:45am</td>
<td>Short Stature and Syndromes (Turner, others) – <em>Stuart Brink</em></td>
</tr>
<tr>
<td>9:45 – 10:15am</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 – 11:00am</td>
<td>Small at-Birth Consequences – <em>Robert Rapaport</em></td>
</tr>
<tr>
<td>11:00 – 12:00pm</td>
<td>Breakout Sessions</td>
</tr>
<tr>
<td>12:00–1:00pm</td>
<td>Lunch with Faculty</td>
</tr>
</tbody>
</table>

**All About Obesity**  
Chairs – *Dr. Ilene Fennoy and Dr. Milagros Huerta*

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 – 1:45pm</td>
<td>How to Feed a Child: Nutrition and Childhood Obesity – <em>Ilene Fennoy</em></td>
</tr>
<tr>
<td>1:45 – 2:30pm</td>
<td>Diagnosing Obesity: Environment or Genes? – <em>Ilene Fennoy and Milagros Huerta</em></td>
</tr>
<tr>
<td>2:30 – 3:00pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:00 – 3:45pm</td>
<td>Lipids and Blood Pressure: When to Test and when to Treat – <em>Milagros Huerta</em></td>
</tr>
<tr>
<td>3:45 – 4:45pm</td>
<td>Breakout Sessions</td>
</tr>
<tr>
<td>7:00 – 9:00pm</td>
<td>Optional Board Review Session with Cases and ARS (additional fee and light refreshments)</td>
</tr>
</tbody>
</table>

### Saturday

**Diabetes in Youth: Types and Treatments**  
Chair – *Dr. Stuart Brink*

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 – 8:15am</td>
<td>Breakfast with faculty</td>
</tr>
<tr>
<td>8:15 – 9:00am</td>
<td>Type 1 Diabetes: Update – <em>Stuart Brink</em></td>
</tr>
<tr>
<td>9:00 – 9:45am</td>
<td>Latest in Technology – <em>Stuart Brink</em></td>
</tr>
<tr>
<td>Time</td>
<td>Session</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>9:45 – 10:15am</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 – 11:00am</td>
<td>Type 2 Diabetes: Update – <em>Phil Zeitler</em></td>
</tr>
<tr>
<td>11:00 – 12:00pm</td>
<td>Breakout Sessions</td>
</tr>
<tr>
<td>12:00 – 1:00pm</td>
<td>Lunch with Faculty</td>
</tr>
</tbody>
</table>

**Thyroid – Pain in the Neck? NOT**  
Chair – Dr. Robert Schultz

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 – 1:45pm</td>
<td>Thyroid Disorders in the Neonate – <em>Robert Rapaport</em></td>
</tr>
<tr>
<td>1:45 – 2:30pm</td>
<td>Hypothyroidism and Hyperthyroidism in Children – <em>Robert Schultz</em></td>
</tr>
<tr>
<td>2:30 – 3:00pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:00 – 3:45pm</td>
<td>Thyroid Nodules and Cancer – <em>Daina Dreimane</em></td>
</tr>
<tr>
<td>3:45 – 4:45pm</td>
<td>Breakout Sessions</td>
</tr>
</tbody>
</table>

**Sunday**

*Puberty for All (in all)*  
Chair – Dr. Jerrold Olshan

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 – 8:15am</td>
<td>Breakfast with faculty</td>
</tr>
<tr>
<td>8:15 – 9:00am</td>
<td>Puberty on Time or too Soon? – <em>Jerrold Olshan</em></td>
</tr>
<tr>
<td>9:00 – 9:45am</td>
<td>Pubertal Variants – <em>Daina Dreimane</em></td>
</tr>
<tr>
<td>9:45 – 10:15am</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 – 11:00am</td>
<td>Transgender Medicine for the Primary Care Physician – <em>Jerrold Olshan</em></td>
</tr>
<tr>
<td>11:00 – 12:00pm</td>
<td>Breakout Sessions</td>
</tr>
<tr>
<td>12:00 – 1:00pm</td>
<td>Close Out and Self-Assessment</td>
</tr>
</tbody>
</table>
Pediatric Endocrinology for the Primary Care Provider Registration Form  
November 3-6, 2016 | Miami, Florida

Register online at www.pedsendo.org!  
Or fill out Registration Form below and send to PES National Office

Name:  

Degrees(s):  

Institution:  

Address:  

City:  

State:  

Zip:  

Phone:  

Email:  

Emergency Contact:  

Please let us know if you require special accommodations or have special dietary needs:  

Are you in:  

Private Practice  

Multi-specialty group practice  

Academic Clinical practice  

Are you a (check one):  

Pediatrician  

Family Physician  

Internal Medicine Physician  

Nurse Practitioner  

Physician’s Assistant  

What percentage of your practice is pediatrics?  

Less than 25%  

25% - 50%  

50-100%  

Are you taking the course predominantly to:  

Get an update  

Prepare for the Boards  

Discuss Cases  

Network with colleagues  

obtain CME/MOC credit  

PES will provide an electronic version of the course binder to all registered attendees just prior to the course. Would you also like a printed binder:  

Yes  

No  

Fee Schedule  
Registration includes meeting materials, continental breakfasts, boxed lunch, and breaks  

By September 30  

October 1 or later  

MD/DO  

$565  

$675  

Non-MD/DO (NP/PA)  

$450  

$550  

OPTIONAL: November 4, 2016 light refreshments and board review:  

$25  

Total Payment $________ USD  

Payment method:  

Check  

Credit card (Visa/Mastercard only)  

Billing Address:  

Card number:  

Exp:  

Please mail, fax or email completed registration form to the PES National Office  
PES National Office | 6728 Old McLean Village Drive | McLean, VA 22101 | Fax: 703-556-8729  

Refunds and Cancellation Policy  
All cancellations must be made in writing. Written cancellations by October 4, 2016 are subject to a $50 processing fee. Refunds are not possible after October 4, 2016 except for emergencies. All refunds will be processed after the meeting. PES reserves the right to cancel any event due to lack of enrollment or other factors.