



**San Diego Academy of Family Physicians
All Member Meeting, Saturday, January 9th, 2016
Telemedicine Building, University of California, San Diego
Practical Endocrinology for Primary Care
8:30am to 12:30pm**

8 – 8:30 Continental Breakfast

8:30 – 9:05 Hormone Replacement Therapy in Menopause

Cynthia Stuenkel, MD

Clinical Professor of Medicine, UCSD School of Medicine

Department of Endocrinology

Objective: Review the current recommendations for hormone replacement therapy in menopause including indications, contraindications and other considerations.

9:05 – 9:40 Polycystic Ovarian Syndrome (PCOS)

Heather Hofflich, DO

Associate Clinical Professor of Medicine, UCSD School of Medicine

Department of Endocrinology

Objective: Review the diagnostic considerations and recommendations for PCOS. Identify treatment options for patients with PCOS and understand reasons for referral to specialist.

9:40 – 10:15 Male Hypogonadism and Testosterone Replacement

Mike Hsieh, MD

Assistant Professor of Surgery, UCSD School of Medicine

Departments of Endocrinology and Urology

Ojective: Understand what constitutes male hypogonadism, discuss testing indications and most appropriate diagnostic tests. Learn the indications and contraindications for Testosterone replacement and how best to administer.

10:15 – 10:25 Break

10:25 – 11:00 Osteoporosis

Heather Hofflich, DO

Associate Clinical Professor of Medicine, UCSD School of Medicine

Department of Endocrinology

Objective: Recognize indications for osteoporosis screening and recommendations for subsequent/serial testing. Review pharmacologic and lifestyle interventions to treat osteoporosis.

11:00 – 11:30 Thyroid Hour, Part 1: Hypothyroid and Hyperthyroid

Matt Levine, MD

Objective: Analyze best practices for hypothyroid screening, treatment and when to refer.

Review hyperthyroid diagnosis, treatment and when to refer.

11:30 -12:00 Thyroid Hour, Part 2: Thyroid in Pregnancy and Thyroid Nodules

Karen McCowen, MD

Associate Clinical Professor of Medicine, UCSD School of Medicine

Department of Endocrinology

Objective: Learn updates on management of thyroid in pregnancy with a focus on the first trimester and preconception planning. Review thyroid conditions in post-partum women.

Recall guidelines and recommendations for management of thyroid nodules

12:00-12:30 Managing Diabetes with Practical Nutrition and Cooking

Lauray MacElhern

Managing Director, Center for Integrative Medicine at UCSD

Objective:

Describe the research supporting the use of “food as medicine” for managing diabetes. Translate diabetes nutritional recommendations into practical recipes and cooking techniques. Recommend appropriate nutritional programs to patients