

**Specialty Practi-Med
Endocrinology for Primary Care Physicians and Obstetricians
November 9-10, 2006
Dubai, UAE**

Program

Thursday, November 9, 2006

Moderator: Robert L. Thurer, MD

8:45 Opening Remarks & Objectives

Robert L. Thurer, MD

Chief Academic Officer, Harvard Medical School Dubai Center

Associate Professor of Surgery, Harvard Medical School

9:00 Management of Thyroid Disease

Anthony N. Hollenberg, MD

Associate Professor of Medicine, Harvard Medical School,

Chief, Thyroid Unit, Beth Israel Deaconess Medical Center

Learning Objectives

1. Describe the pathophysiology of thyroid dysfunction.
2. Diagnose and distinguish the etiologies of hyper and hypothyroidism.
3. Delineate effective treatments of hypo and hyperthyroidism and their potential side effects.

9:45 Q&A

10:00 Diagnosis and Treatment of Type II Diabetes

Evan Rosen, MD, PhD

Assistant Professor of Medicine, Harvard Medical School

Learning Objectives

1. Describe the pathophysiology of type 2 diabetes
2. Explain the basis of pharmacological therapy of type 2 diabetes
3. Differentiate best therapeutic strategies for individual patients with type 2 diabetes

10:45 Q&A

11:00 Break

11:30 Nutrition and Lifestyle in the Prevention and Management of Diabetes Mellitus

Hussein Saadi, MD, FACP, FACE

Associate Professor of Medicine, UAE University

Learning Objectives

1. Review diet and lifestyle in diabetes management
2. Discuss nutrition and lifestyle interventions in the prevention of diabetes

12:15 **Q&A**

12:30 **Lunch and Discussions with Faculty** – attendees will be assigned to tables with one faculty member at each table to answer questions and lead discussion

13:30 **Diagnosis and Management of Polycystic Ovarian Syndrome**

Alan Penzias, MD

Assistant Professor of Medicine, Harvard Medical School

Learning Objectives

1. Recount the elements in the normal menstrual cycle
2. Identify selected abnormalities that lead to menstrual dysfunction
3. Design a diagnostic and treatment plan that is compatible with the patient's long term goals

14:15 **Q&A**

14:30 **Endocrine Emergencies**

Amanda Stewart, MC ChB, FRACP, FRCP

Consultant Endocrinologist, Tavam Hospital

Learning Objectives

1. Discuss the causes and prevention of Diabetic Ketoacidosis
2. Outline the management of Hypoglycaemia
3. Identify the patient at risk of adrenal crisis

15:15 **Q&A**

15:30 **Curbside Consults in Endocrinology** – case presentations and Q & A

Anthony N. Hollenberg, MD

Learning Objectives

1. List key diagnostic issues in parathyroid, adrenal and other endocrine diseases
2. Critique management issues in hyperparathyroidism and adrenal disease

16:30 **End of Day One**

DAY TWO: Friday, November 10, 2006

Moderator/Master of Ceremonies: TBA

9:00 Thyroid Disease and Pregnancy

Anthony N. Hollenberg, MD
*Associate Professor of Medicine, Harvard Medical School,
Chief, Thyroid Unit, Beth Israel Deaconess Medical Center*

Learning Objectives

1. Appreciate the role of thyroid hormone in fetal development
2. Recognize the role of thyroid hormone in maternal health during pregnancy
3. Evaluate the therapy of thyroid diseases during pregnancy

9:30 Q&A

9:45 Management of Gestational Diabetes

Amanda Stewart, MC ChB, FRACP, FRCP
Consultant Endocrinologist, Tawam Hospital

Learning Objectives

1. Discuss the diagnostic criteria for GDM
2. Describe the complications of GDM for the foetus
3. Explain the principles of blood sugar management for these

10:15 Diagnosis and Management of Diabetic Retinopathy

Chris Canning
Medical Director and CEO of Moorfields Eye Hospital Dubai

Learning Objectives

1. Assess diabetic eye disease as a preventable cause of blindness
2. Describe screening strategies for eye disease
3. Evaluate treatments and their outcomes

10:45 Q & A for two sessions above

11:00 Break

11:30 Hyperprolactinemia and other Endocrine Causes of Infertility

Presenter: Alan Penzias, MD
Assistant Professor of Medicine, Harvard Medical School

Learning Objectives

1. Describe the hypothalamic control of the menstrual cycle
2. Define the role of the pituitary gland in regulating ovarian response

3. Appreciate the steroidogenic capacity of the ovarian follicular unit

12:15 **Q&A**

12:30 **Prayer**

13:30 **Lunch and Discussions with Faculty**– attendees will be assigned to tables with one faculty member at each table to answer questions and lead discussion

14:30 **Small-Group Interactive Workshops**

Group 1: Problems in Reproductive Endocrinology - Alan Penzias, MD

Group 2: Diabetes Workshop - Evan Rosen, MD

Group 3: Thyroid and Neuroendocrine Disease - Anthony N. Hollenberg, MD

15:30 **Current Medical and Surgical Approaches to the Therapy of Obesity**

Evan Rosen, MD

Assistant Professor of Medicine, Harvard Medical School

Learning Objectives

1. Identify the medical, economic, and psychological costs of obesity
2. Define molecular targets for the pharmacological therapy of obesity
3. Assess the role of surgical therapy for obesity

16: 15 **Q&A**

16:30 **Pituitary Tumors**

Hussein Saadi, MD, FACP, FACE

Associate Professor of Medicine, UAE University

Learning Objectives

1. Review the diagnosis and treatment of the most common pituitary adenomas.
2. Discuss recent changes in management guidelines and some promising new medical therapies

17:15 **Q&A**

17:30 **Course wrap-up**