

Divisions of Endocrinology,  
Metabolism and Osteoporosis  
Department of Medicine  
University of California, San Francisco  
School of Medicine



# DIABETES UPDATE AND ADVANCES IN ENDOCRINOLOGY AND METABOLISM

THURSDAY-SATURDAY  
**March 18-20, 2010**



Marines' Memorial  
Club and Hotel  
San Francisco,  
California

#### **COURSE CHAIR**

**Umesh Masharani, MB, BS, MRCP**

Professor of Medicine;  
Associate Director, UCSF Diabetes Clinic

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*"UCSF's CME courses are second to none. Lecturers are cutting-edge, articulate and clearly know how to be helpful to us in the community."*

– Dennis Green, MD

# DIABETES UPDATE AND ADVANCES IN ENDOCRINOLOGY AND METABOLISM

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and Hotel  
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The Diabetes Update section focuses on new ideas and therapies relevant to patients with Type 1 and Type 2 diabetes. The Advances in Endocrinology and Metabolism section will provide the clinician with updated, pragmatic information about the management of common endocrine and metabolic problems. Formal presentations will be followed by question and answer periods. Clinical cases will focus on common endocrine and metabolic problems encountered in clinical practice.

This course is intended for endocrinologists, internists, family physicians, surgeons, pharmacists, nurses and other allied health professionals.

## EDUCATIONAL OBJECTIVES

### DIABETES UPDATE

The purpose of this course is to increase competence and improve clinician practice in treatment and management of diabetes. At the conclusion of this activity participants will have improved competence in the application of new strategies to:

- The genetics of type 1 and type 2 Diabetes; and how this knowledge can help us understand the pathophysiology of the diseases; and also help tailor therapies;
- Integrate cognitive behavior therapy in successful management of diabetes and associated medical issues;
- Evaluate and manage hypoglycemia – diabetes; insulinoma; gastric bypass related hypoglycemia
- Assess advantages and disadvantages of pumps and continuous glucose monitoring systems;
- Improve treatment of obesity associated cardiomyopathy;
- Diagnosis and manage rheumatologic problems that occur in people with diabetes such as gout, frozen shoulder, Dupuytren's contractures;
- How to distinguish depression from diabetes related distress; and how to treat the two conditions;
- Improve identification of cancer risk factors in patients with diabetes; and how therapies for diabetes may affect cancer risk.

### ADVANCES IN ENDOCRINOLOGY

At the conclusion of this activity participants will have improved competence in the application of new strategies to:

- Incorporate new and emerging therapies for osteoporosis
- Improve evaluation and treatment of urinary stone disease;
- Improve assessment of clinical implications of vitamin D deficiency;
- The role of the kidney in salt and water retention; and using arginine vasopressin receptor antagonists in the treatment of hyponatremia;
- Changes in thyroid physiology with pregnancy; and management of thyroid disorders during pregnancy;
- Recent advances in our understanding and management of thyroid cancer;
- Management of Acromegaly;
- Commonly encountered adrenal and pituitary disorders (clinical cases);
- Urological disorders in diabetes, especially of the bladder;
- Evaluation of amenorrhea;
- Identification and management of metabolic complications of medical therapies;
- How inflammatory biomarkers can be used to assess cardiovascular disease risk and how one can attenuate the levels of these markers.

## ACCREDITATION

### Physicians

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. UCSF designates this educational activity for a maximum of 18.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians.

**Determination of credit is pending.**

### Geriatric Medicine

The approved credits shown above include 10.25 credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

### Registered Dietitians

The Commission on Dietetic Registration accepts as continuing professional education those courses that meet the standard of relevance to Dietetic practice and have been approved for *AMA PRA Category 1 Credit*<sup>™</sup>.

Note: RD's/DTR's are responsible for reporting their own attendance to the Commission on Dietetic Registration. The CDR reporting form is available online at <http://cdernet.org/pdrcenter/>

### Nursing

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit*<sup>™</sup> issued by organizations accredited by the ACCME.

### Physician Assistants

AAPA accepts category 1 credit from AOACCME, Prescribed Credit from AAFP, and *AMA Category 1 Credit*<sup>™</sup> for the PRA for organizations accredited by the ACCME.

**Pharmacy** The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit*<sup>™</sup>.

## THURSDAY, MARCH 18, 2010

## DIABETES UPDATE

7:30 am	<i>Registration and Continental Breakfast</i>	
8:00	<b>An Update on the Genetics of Diabetes</b>	Dr. Michael S. German
8:55	<b>An Update on Therapies for Type 2 Diabetes G</b>	Dr. Robert J. Rushakoff
9:50	<i>Break</i>	
10:10	<b>Hypoglycemic Syndromes</b>	Dr. Umesh Masharani
11:05	<b>Obesity related Cardiomyopathy</b>	Dr. David G. Gardner
12:00 pm	<i>Lunch (On Your Own)</i>	
1:15	<b>Pumps and CGM - In Whom and When</b>	Dr. Martha S. Nolte Kennedy
2:10	<b>Rheumatological Issues in Diabetes G</b>	Dr. Jonathan Graf
3:05	<i>Break</i>	
3:25	<b>Clinical Depression and Diabetes Distress among Patients with Diabetes G</b>	Dr. Lawrence Fisher
4:20	<b>Diabetes and Cancer G</b>	Dr. Ira Goldfine
5:15	<i>Adjourn</i>	

## FRIDAY, MARCH 19, 2010

## ADVANCES IN ENDOCRINOLOGY AND METABOLISM

7:30 am	<i>Registration and Continental Breakfast</i>	
8:00	<b>New Therapies for Osteoporosis G</b>	Dr. Dolores M. Shoback
8:55	<b>Systemic and Metabolic Considerations of Urinary Stone Disease G</b>	Dr. Marshall Stoller
9:50	<i>Break</i>	
10:10	<b>Vitamin D – More than Good for Bones G</b>	Dr. Daniel Bikle
11:05	<b>Disorders of Sodium, Water and ADH G</b>	Dr. Kerry Cho
12:00 pm	<i>Lunch (On Your Own)</i>	
1:15	<b>Update on the Management of Differentiated Thyroid Cancer</b>	Dr. Kenneth A. Woeber
2:10	<b>The Thyroid and Pregnancy</b>	Dr. Francis Greenspan
3:05	<i>Break</i>	
3:25	<b>Acromegaly</b>	Dr. J. Blake Tyrrell
4:20	<b>Pituitary and Adrenal Cases</b>	Dr. J. Blake Tyrrell and Dr. Chienying Liu
5:15	<i>Adjourn</i>	

G Geriatric Credit

## SATURDAY, MARCH 20, 2010

7:30 am	<i>Continental Breakfast</i>	
8:00	<b>Evaluation of Amenorrhea</b>	Dr. Mitchell Rosen
8:55	<b>Urological Disorders in Diabetes G</b>	Dr. Donna Y. Deng
9:50	<i>Break</i>	
10:10	<b>Metabolic Complications of Medical Therapies G</b>	Dr. Charles Harris
11:05	<b>Inflammatory Biomarkers: Prediction of Risk? Targets for Treatment?</b>	Dr. Mary Malloy
12:00 pm	<i>Adjourn</i>	

**G Geriatric Credit**

### GENERAL INFORMATION

Pre-registration is preferred to ensure that registrants receive a syllabus.

### HOW TO ENROLL

**Register by February 18, 2010 and receive the Early Bird Discount!**

**Full Course Fee:** \$565 Physicians,  
\$425 Allied Health Professionals  
(AHP)

**Session 1:** Diabetes Update only –  
\$280 Physicians / \$265 (AHP)

**Session 2:** Advances in Endocrinology and  
Metabolism only –  
\$385 Physicians / \$270 (AHP)

### After February 18, 2010:

**Full Course Fee:** \$615 Physicians  
\$475 (AHP)

**Session 1:** Diabetes Update only  
\$330 Physicians / \$315 (AHP)

**Session 2:** Advances in Endocrinology and  
Metabolism only –  
\$435 Physicians / \$320 (AHP)

Registration fee includes course syllabus, continental breakfast and refreshments.

Payment can be made by American Express, Visa, MasterCard or check.

### REGISTER VIA:

**Online:** [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

**Mail:** Complete course registration form and send with payment to:  
UCSF Office of CME  
P.O. Box 45368  
San Francisco, CA  
94145-0368

**Fax:** Fax completed registration form to:  
(415) 502-1795 (be sure to include your credit card number)

**On-Site Registration:** Generally we are able to accommodate on-site registration at our courses. Please call or refer to our website for course status.

Please check our website for up-to-date information on the course: [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

### REFUND POLICY

Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

### CONFERENCE LOCATION

Enjoy San Francisco's renowned attractions such as the historic cable cars, shopping in Union Square, or visit San Francisco's culinary hub at the Ferry Building. The Marines' Memorial Club and Hotel is just steps from Union Square, famed cable cars, and the Theatre District.

### CONFERENCE LOCATION (CONT'D)

A block of guestrooms has been reserved at the special UCSF conference rate of **\$169 Standard/ \$184 Deluxe**. You are urged to make your reservations early. The cut off date is **February 18, 2010** or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. If you prefer to phone please identify yourself as a member of this conference to receive the special rate.

To make hotel reservations by telephone, call 415-673-6672, please identify yourself as a member of this UCSF conference to receive the special rate. The Marines' Memorial Club & Hotel is pleased to include the following in the room rates as quoted:

- Full American breakfast and a two-hour hosted cocktail reception daily in the Skyroom, located on the 12th floor of the hotel, with panoramic views of the city
- Entrance to Club One Fitness with indoor lap pool and state of the art equipment – located on property
- Complimentary use of the Business Center, with internet access, scanner, fax and printer
- High speed Internet access in all guestrooms at a charge

**\*\*Hotel Policies:** Reservations must be cancelled at least 24 hours in advance or a one-night's stay (and applicable taxes) will be charged. A credit card number is required to confirm your reservation. Check-in is 3:00 pm; Checkout is 12:00 noon.

**By staying at the host hotel, you help the University of California meet its contractual obligations and keep future registration fees reasonable. Please take this into consideration when making your accommodation decisions.**

### RENTAL CAR

**Hertz** is offering special rates for participants of this conference; simply call (800) 654-2240 and refer to convention number #03BW0129 or call your travel agent. You may also make reservations at [www.Hertz.com](http://www.Hertz.com).

### AIR TRANSPORTATION

Special arrangements have been made with Montgomery Travel. Simply call (800) 391-2287 or complete the form on the UCSF web page at [www.montgomerytravel.com](http://www.montgomerytravel.com). In addition to offering lower rates than published airfares, ticketed passengers may take advantage of the 24 hour emergency service. There is a \$35 service fee.

UCSF OCME has negotiated special fares with American and United Airlines for our course attendees. You may use the following tour codes to book on your own:

American (800) 433-1790 code: 1310SS  
United (800) 521-4041 code: 510CF



0569  
University of California,  
San Francisco  
Office of CME  
UCSF Box 0742  
San Francisco, CA  
94143-0742

#### UPCOMING COURSES

**Osteoporosis 2010:  
New Insights in  
Research, Diagnosis  
and Clinical Care**  
July 15-16, 2010



Printed on  
Recycled Paper

For more information or  
to register online visit  
our website at  
[www.cme.ucsf.edu](http://www.cme.ucsf.edu).  
You may also reach us  
by calling the Office of  
CME at (415) 476-4251  
or emailing  
[info@ocme.ucsf.edu](mailto:info@ocme.ucsf.edu).

#### COURSE CHAIR

**Umesh Masharani, MB, BS, MRCP**  
Professor of Medicine;  
Associate Director,  
UCSF Diabetes Clinic

**COURSE FACULTY**  
(University of California,  
San Francisco School of Medicine  
unless otherwise noted)

**Daniel Bikle, MD, PhD**  
Professor of Medicine  
and Dermatology  
Co-Director, Special Diagnostic  
and Treatment Unit,  
SFVA Medical Center

**Kerry Cho, MD**  
Assistant Professor,  
Division of Nephrology;  
Medical Director, Apheresis  
Hemodialysis Unit

**Donna Y. Deng, MD**  
Assistant Professor of Urology

**Lawrence Fisher, PhD**  
Professor of Family and  
Community Medicine

#### COURSE FACULTY (CONT'D)

**David G. Gardner, MD**  
Distinguished Professor of  
Medicine; Chief, Division of  
Endocrinology and Metabolism,  
Department of Medicine

**Michael S. German, MD**  
Professor of Medicine;  
Associate Director, UCSF Diabetes  
Center; Director, Hilblom Islet  
Genesis Network

**Ira Goldfine, MD**  
Professor of Medicine and  
Physiology; Director, Diabetes  
and Endocrine Research

**Jonathan Graf, MD**  
Assistant Professor  
of Medicine, Division of  
Rheumatology, San Francisco  
General Hospital

**Francis Greenspan, MD, FACP**  
Professor of Medicine and  
Radiology

**Charles Harris, MD, PhD**  
Assistant Professor

**Chienying Liu, MD**  
Assistant Professor;  
Associate Physician,  
Endocrinology, Kaiser  
Permanente, Santa Rosa

#### COURSE FACULTY (CONT'D)

**Mary Malloy, MD**  
Professor of Medicine and  
Pediatrics; Director, Pediatric  
Lipid Clinic; Co-Director,  
Adult Lipid Clinic

**Martha S. Nolte Kennedy, MD**  
Associate Professor of Medicine;  
Director, Diabetes Teaching Center

**Mitchell Rosen, MD**  
Assistant Adjunct Professor;  
Director, Fertility Preservation  
Center

**Robert J. Rushakoff, MD, MS**  
Professor of Medicine

**Dolores M. Shoback, MD**  
Professor of Medicine,  
Endocrine Research Unit,  
San Francisco VA Medical Center

**Marshall Stoller, MD**  
Professor and Vice Chair of  
Urology

**J. Blake Tyrrell, MD**  
Professor Emeritus;  
Director, Endocrinology Clinic

**Kenneth A. Woeber, MD, FRCPE**  
Harris M. Fishbon Professor of  
Medicine

**DIABETES UPDATE AND ADVANCES IN ENDOCRINOLOGY AND METABOLISM**

**MDM10E01**

**March 18-20, 2010**

**Marines' Memorial Club and Hotel  
San Francisco, California**

Mail to : UCSF Office of CME  
P.O. Box 45368  
San Francisco, CA 94145-0368  
Fax: (415) 502-1795

Online registration: [www.cme.ucsf.edu](http://www.cme.ucsf.edu)  
Registration Information: (415) 476-5808  
Course Information: (415) 476-4251

Dr.  Mr.  Mrs.  Ms.

Last Name	First	M.I.
Degree		Specialty
Address		
City	State	Zip
Daytime Phone		Fax
Email		

**Address Label Code Letter (see address label: example, A, B, C, D, etc.)** \_\_\_\_\_

Would you like to be on our priority email list?  Yes  No

Date of birth to be used as OCME registrant number: \_\_\_\_ / \_\_\_\_ / **XX**  
Month Day

Please indicate if you have any special needs: \_\_\_\_\_

**Please check session(s) attending:**

**Full Course – 18.25 hours**

Before February 18th  **\$565** Physicians  **\$425\*** Allied Health Professionals  
After February 18th  **\$615** Physicians  **\$475\*** Allied Health Professionals

**Session 1 Only: Diabetes Update – 7.25 hours**

Before February 18th  **\$280** Physicians  **\$265\*** Allied Health Professionals  
After February 18th  **\$330** Physicians  **\$315\*** Allied Health Professionals

**Session 2 Only: Advances in Endocrinology & Metabolism – 11.00 hours**

Before February 18th  **\$385** Physicians  **\$270\*** Allied Health Professionals  
After February 18th  **\$435** Physicians  **\$320\*** Allied Health Professionals

\* Residents, fellows and interns are eligible for the AHP rate.

Check enclosed payable to *UC Regents*

Please charge my credit card:  Visa  MasterCard  AmEx for \$ \_\_\_\_\_

Card # _____	Expiration date _____
Name on Card (Please Print) _____	Authorized Signature _____

**Refund Policy:** Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date. Please check our website for up to date information on the course: [www.cme.ucsf.edu](http://www.cme.ucsf.edu).

**Marines' Memorial Club and Hotel**  
609 Sutter Street  
San Francisco, CA 94102  
(415) 673-6672  
[www.marineclub.com](http://www.marineclub.com)

