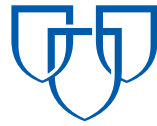


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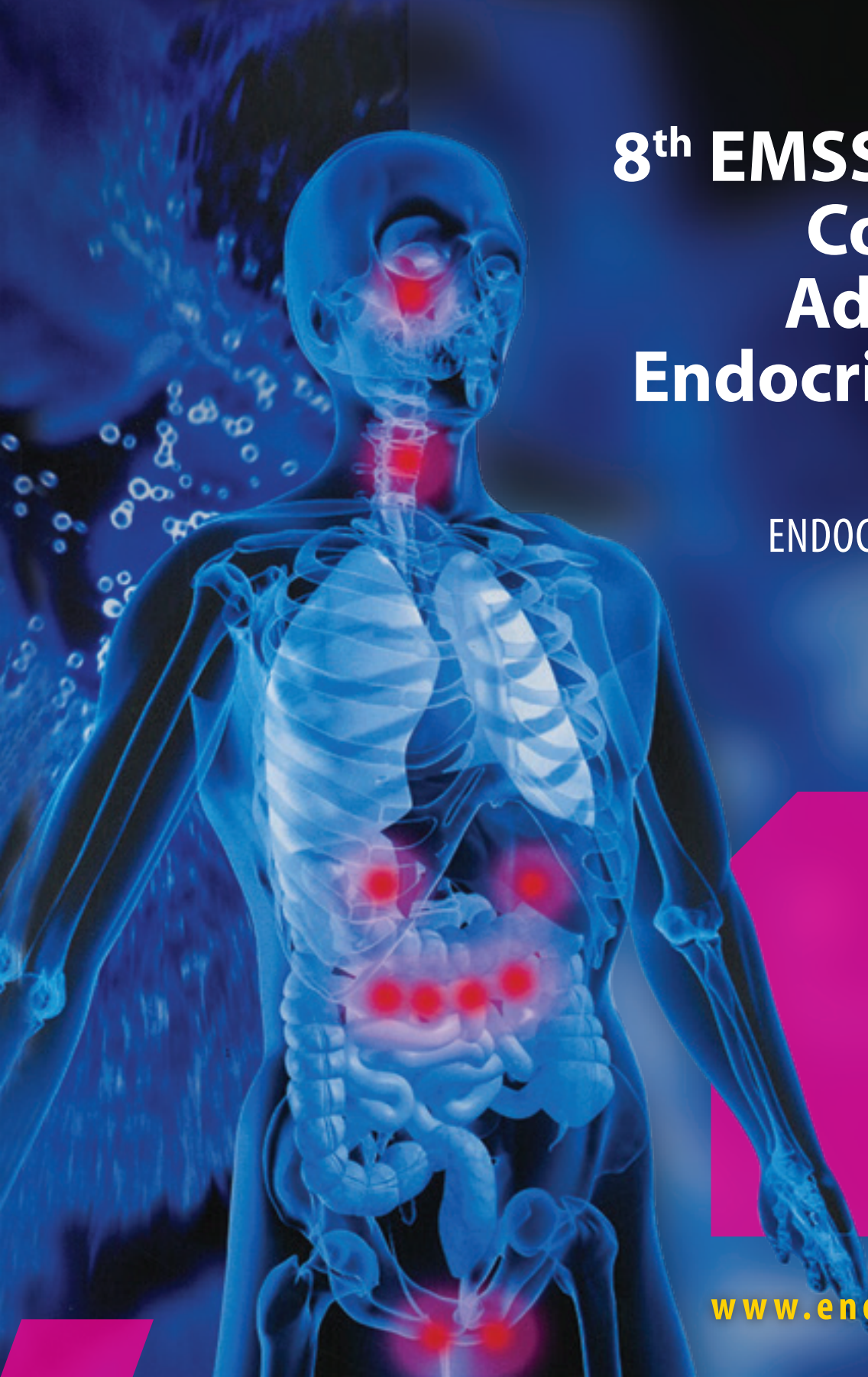


**Endocrine & Metabolic  
Society of Singapore**

In collaboration with



**MAYO CLINIC**



# 8<sup>th</sup> EMSS-MAYO Course in Advanced Endocrinology

PRE-COURSE  
ENDOCRINOLOGY AND  
PREGNANCY

**20-23**  
**FEB 2020**  
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## COURSE DIRECTORS

**Prof Bart Clarke**

**Dr Vivien Lim**

**Dr Joan Khoo**

## PRE-COURSE DIRECTOR

**Prof Bart Clarke**

**Dr Joan Khoo**

**Dr Vivien Lim**

**Prof Tan Lay Kok**

## COURSE FEES

<b>EMSS-MAYO Course in Advanced Endocrinology (21 - 23 Feb 2020)</b>	<b>EARLY BIRD (By 1 Dec 2019)</b>	<b>REGULAR (From 2 Dec 2019)</b>
EMSS Member	<b>SGD 800</b>	SGD 900
Non-EMSS Member	<b>SGD 900</b>	SGD 1000
Medical Student/ House Officer/ Medical Officer / Nurse*	<b>SGD 400</b>	SGD 500
Advanced Specialist Trainee*	<b>SGD 500</b>	SGD 600
<b>Pre-Course (20 Feb 2020)</b>	<b>EARLY BIRD (By 1 Dec 2019)</b>	<b>REGULAR (From 2 Dec 2019)</b>
Registration	<b>SGD 250</b>	SGD 400

\* Letter from Head of Department as proof of status is required.

## COURSE SECRETARIAT

**The Meeting Lab Pte Ltd**

695E East Coast Road, Singapore 459059

Tel: +65 6346 4402

Email: [endometab@endometab.com](mailto:endometab@endometab.com)

## VENUE

### **GRAND COPTHORNE MILLENNIUM HOTEL**

392 Havelock Road, Singapore 169663

<https://www.millenniumhotels.com/en/singapore/grand-copthorne-waterfront/>

Overlooking the historic Singapore River, the Grand Copthorne Waterfront Singapore is located along the Singapore waterfront near Boat Quay, Clarke Quay and Robertson Quay. It is also close to the Central Business District. Winner of Singapore's Leading Conference Hotel at the World Travel Awards 2015, the 574-room hotel has 33 versatile, naturally lit meeting and function rooms with state-of-the-art facilities.

The Grand Copthorne Waterfront Hotel has just unveiled an integrated dining destination at the brand new lobby encompassing Food Capital buffet restaurant; Grissini – Italian grill Restaurant; and Tempo cocktail bar.



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## MAYO FACULTY



### **BART L. CLARKE, M.D.**

Dr Bart L. Clarke, M.D. is Consultant and Chair of the Metabolic Bone Disease Core Group in the Division of Endocrinology, Diabetes, Metabolism, and Nutrition at the Mayo Clinic, and Associate Professor of Medicine in the Mayo Clinic College of Medicine. His research interests include metabolic bone diseases, including postmenopausal osteoporosis, primary hyperparathyroidism, and hypoparathyroidism. He is a member of the American Society for Bone and Mineral Research, The Endocrine Society, American Association of Clinical Endocrinologists, and the American College of Physicians. He is a member of the Editorial Board for the Journal of Bone and Mineral Research, and a current Chair of the Mayo Clinic Institutional Review Board.



### **TODD B. NIPPOLDT, M.D.**

Dr Todd Nippoldt, MD is an endocrinology, diabetes & metabolism specialist in the Mayo Clinic, Rochester, MN and has been practicing for over 30 years. He graduated from Mayo Medical School in 1982 and specializes in endocrinology, diabetes & metabolism. He is currently the Chair of the Department of Internal Medicine, Division of Endocrinology, Diabetes, Metabolism, & Nutrition Transgender Core Group, and has published over 40 peer reviewed papers.

Dr Nippoldt has interests in transgender health, pituitary tumors, acromegaly, Cushing syndrome, pituitary insufficiency, adrenal tumors, pheochromocytoma, primary aldosteronism, adrenal insufficiency as well as male and female hypogonadism.



### **MARIUS N. STAN, M.D.**

Dr Marius N. Stan, M.D., is primarily working in the area of autoimmune thyroid diseases, with a specific interest in Graves' disease and Graves' ophthalmopathy. A second area of interest is centered around drugs that alter thyroid function, mainly the thyroid excess caused by amiodarone (amiodarone-induced thyrotoxicosis).

Dr Stan's research aims to identify novel treatments as well as methods of prevention for these conditions. He is involved in both retrospective reviews of cases and clinical trials.



### **ADRIAN VELLA, M.D.**

Dr. Adrian Vella is a Professor of Medicine in the Mayo Clinic College of Medicine and has been on staff at Mayo Clinic Rochester since June 2001. Dr. Vella is a graduate of the University of Malta Medical School (1993). He subsequently came to Rochester for his Internal Medicine Residency in 1995 and was subsequently accepted to the Clinician-Investigator track of Endocrine Fellowship training program and completed this in 2001, subsequently joining the consulting staff at Mayo Clinic. Currently, Dr. Vella serves as the research chair for the Division of Endocrinology & Metabolism. He directs a program funded by the National Institutes of Health aimed at understanding the role of common genetic variation in the pathogenesis of prediabetes and other factors affecting beta-cell function. His clinical interests include the diagnosis and management of hypoglycemic disorders such as insulinoma and hypoglycemia post-Roux-en-Y Gastric Bypass.



### **WILLIAM F. YOUNG, JR, M.D.**

Dr William Young is Professor of Medicine in the Mayo Clinic College of Medicine. He is a Past President of the American Endocrine Society and is the current Chair of the American Board of Internal Medicine Subspecialty Board in Endocrinology. Dr Young has published over 240 articles on endocrine hypertension and adrenal and pituitary disorders—resulting in 8,500 citations and an h-index of 52. He has been the recipient of multiple education awards and has presented at over 350 national and international meetings and he has been an invited visiting professor for more than 100 medical institutions.



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## PRE-COURSE ON ENDOCRINOLOGY AND PREGNANCY

20 FEBRUARY 2020, THURSDAY

### PROGRAMME

#### SESSION 1: DIABETES MELLITUS

0900 - 0930	Gestational Diabetes: Update on Screening and Diagnostic Criteria <i>Michelle Jong</i>
0930 - 1000	Clinical Lessons from Monogenic Diabetes <i>Su Chi Lim</i>
1000 - 1030	Preconception Management of T1 and T2 DM in Pregnant Patients <i>Abel Soh</i>

#### SESSION 2: PIT/ADRENAL

1100 - 1130	Management of Functional Adrenal Tumours in Pregnancy <i>Bill Young</i>
1130 - 1200	Management of Pituitary Disorders in Pregnancy <i>Todd Nippoldt</i>
1200 - 1230	Adrenal Insufficiency in Pregnancy: When to Suspect and How to Manage <i>Thomas King</i>
1230 - 1330	<b>Lunch Symposium 1</b>

#### SESSION 3: THYROID

1330 - 1400	Hypothyroidism from Pre-to Post-pregnancy <i>Maris Stan</i>
1400 - 1430	Hyperthyroidism from Pre-to Post-pregnancy <i>Chiaw Ling Chng</i>
1430 - 1500	Management of Thyroid Cancer and Nodules in Pregnancy <i>Adoree Lim</i>

#### SESSION 4: REPRODUCTION

1530 - 1600	Approach to Male Infertility and Options <i>Todd Nippoldt</i>
1600 - 1630	Approach to Female Infertility and Options <i>Veronique Viardot-Foucault</i>
1630 - 1700	Osteoporosis in Pregnancy: Need for Increasing Awareness and Action <i>Bart Clarke</i>

*Subject to Faculty acceptance*



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## COURSE IN ADVANCED ENDOCRINOLOGY

**21-23 FEBRUARY 2020, FRIDAY - SUNDAY**

The Course in Advanced Endocrinology is an on-going highly successful collaboration between the Endocrine and Metabolic Society of Singapore and the Mayo Clinic, Rochester, Minnesota, USA. The course helmed completely by experts in the field of endocrinology has been very well received by endocrinologists from all over Asia in the past several years it has been held. It is a three-day intensive and interactive learning course covering all aspects of Clinical Endocrinology.

## PROGRAMME

### DAY 1: FRIDAY 21 FEBRUARY 2020

0840- 0850	Welcome & Introduction
<b>PLENARY 1: THYROID</b>	
0850 - 0930	Management - To Treat or Not To Treat - Thyroid Papillary Microcarcinoma <i>Marius Stan</i>
<b>SYMPOSIUM 1: THYROID</b>	
0930- 1000	If Thyroid Stimulating Hormone is Within Range - Can the Symptoms be Thyroid-related? <i>Marius Stan</i>
1000- 1030	Suppressed Thyroid Stimulating Hormone: Who, When and How To Treat? <i>Chiaw Ling Chng</i>
1030- 1100	Radiofrequency Ablation for Nodular Thyroid Disease <i>Marius Stan</i>
<b>MEET THE EXPERTS 1: SYNERGISM BETWEEN ENDOCRINOLOGIST AND ENDOCRINE SURGEON</b>	
1120 - 1240	Hyperparathyroidism and Parathyroid Surgery <i>Manju Chandran / Wei Keat Cheah</i>
	Obesity and Bariatric Surgery <i>Kwang Wei Tham / Alvin Eng</i>
	Localisation of Primary Hyperaldosteronism and Laparoscopic Adrenalectomy <i>Troy Puar / Yeh Hong Tan</i>
1240- 1350	<b>Lunch Symposium 1</b>
	<b>Lunch Symposium 2</b>
<b>SYMPOSIUM 2: TRANSGENDER ENDOCRINOLOGY</b>	
1350- 1420	Transgender Medicine - Who are our Patients and Why are they Patients? <i>Todd Nippoldt</i>
1420- 1450	Psych Perspective of Gender Dysphoria and Gender and Sexual Identity <i>Calvin Fones</i>
1450- 1520	Practical Management of Transgender Patients <i>Todd Nippoldt</i>
<b>MEET THE EXPERTS 2: PAEDIATRIC</b>	
1540- 1700	Hypoglycaemia in Infancy and Childhood <i>Kah Yin Loke</i>
	Young-onset Diabetes <i>Yvonne Lim</i>
	Effect of Maternal Graves' Disease on the Newborn <i>Yung Seng Lee</i>
<b>PLENARY 2: DIABETES</b>	
1700- 1740	The Use of New(-er) Anti-Diabetic Agents to Lower Cardiovascular Events - Are They All Equal? <i>Hean Yee Ong</i>



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## PROGRAMME

21-23 FEBRUARY 2020, FRIDAY - SUNDAY

### DAY 2: SATURDAY 22 FEBRUARY 2020

#### PLENARY 3: DIABETES

0850- 0930 Diagnosis & Management of Hypoglycemic Disorders *Adrian Vella*

#### SYMPOSIUM 3: DIABETES

0930- 1000 Continuous Glucose Monitors Through the Years and the Use of Time in Range in Clinical Practice  
*Daphne Gardner*

1000- 1030 Obesity and Diabetes Mellitus - Practical Management *Adrian Vella*

1030- 1100 Management of NAFLD in Obese and Diabetic Patients *Joan Khoo*

#### MEET THE EXPERTS 3: GERIATRIC ENDOCRINOLOGY

1120- 1240 Approach to Management of Diabetes Mellitus in Elderly Patients *Tunn Lin Tay*

Difficult Cases in Hyperlipidemia Management *Chee Eng Tan*

Sarcopenia and Obesity in the Elderly *Jun Pei Lim*

1240- 1350 **Lunch Symposium 3**

**Lunch Symposium 4**

#### SYMPOSIUM 4: OBESITY/LIPID

1350- 1420 Low-density Lipoproteins - How Low Do We Go? *Chee Eng Tan*

1420- 1450 Triglycerides - Do We Treat This *Adrian Vella*

1450- 1520 Body Mass Index - How Low Do We Go as Surgical Criteria? *Anton Cheng*

#### MEET THE EXPERTS 4

1540- 1700 Imaging of Neuroendocrine Tumours: Which Isotope? *Charles Goh*

Overview of Pituitary and Suprasellar Lesions *Sumeet Kumar*

Challenging Thyroid and Parathyroid Scans *Wanying Xie*

#### PLENARY 4: OBESITY

1700- 1740 Fit and Fat ? Fact or Fiction *Phong Ching Lee*

### DAY 3: SUNDAY 23 FEBRUARY 2020

#### PLENARY 5: BONE

0830- 0910 Year in Bone *Bart Clarke*

#### SYMPOSIUM 5: CALCIUM/BONE

0910- 0940 Subsets of Osteoporotic Patients and the Drugs Best Suited for Them as well as Long Term Management *Alvin Ng*

0940- 1010 Low Bone Mineral Density in Young Patients - Is this a Disease and What Do We Do? *Bart Clarke*

1010- 1040 Secondary Causes of Osteoporosis and their Response to Treatment *Vivien Lim*

#### SYMPOSIUM 6: PITUITARY

1100- 1130 Challenges in the Treatment of Hypopituitarism *Todd Nippoldt*

1130- 1200 Hyperprolactinaemia: A Case-based Discussion *Bill Young*

1200- 1230 Non-functioning Pituitary and Suprasellar Tumours *Todd Nippoldt*

#### SYMPOSIUM 7: ADRENAL

1340- 1410 Primary Aldosteronism: Beyond Conn's Syndrome *Bill Young*

1410- 1440 Corticosteroid Sufficiency: In Sickness and in Health *Lih Ming Loh*

1440- 1510 Practical Aspects of Management of Pheochromocytoma and Paraganglioma including taking Patients through Surgery *Bill Young*

1530- 1650 **Clinico Pathological Conference** *Mayo Clinic*

1650- 1730 **Complex Case Presentation & Interactive Panel Discussion** *Mayo-EMSS*

Subject to Faculty acceptance