



## OVERVIEW

The XXIII Davidson-Mestman Intensive Course on Diabetes, Endocrinology and Metabolic Diseases, which will be held in a dual format, on-line and on-site in Miami, Florida, from December 8th to December 11th, 2021, offers the optimum opportunity to reach endocrinologist specialists from Latin America. XXIII Davidson-Mestman Intensive Course on Diabetes, Endocrinology and Metabolic Diseases is the prime Endocrinology Congress in the Spanish language reaching physicians from all over Latin America, Spain as well as US Spanish-speaking Endocrinologists, many of them KOLs in their own country or region.

The course, commonly referred to as “Curso Intensivo,” will comprehensively address the daily challenges faced nowadays in the clinical practice by physicians when treating patients with diabetes, cardiovascular disease and endocrine disorders. The four-day “Curso Intensivo” with all the lectures in Spanish is designed for endocrinologists, internists, family doctors, and allied health professionals from Latin America, Spain and the United States.

This program will provide attendees with the most recent recommendations and algorithms for a range of endocrinologic conditions – including screening and evaluation, medication use and dosage, and appropriate follow-up.

## OBJETIVOS DE APRENDIZAJE:

Upon completion of the course, participants will be able to:

- Recognize the varying current treatment options for diabetic patients
- Develop individualized treatment strategies, taking into consideration various complications associated with diabetes to yield better patient care
- Differentiate the hypoglycemic risk factors in patients with diabetes and how to develop preventative strategies to control and minimize risks
- Evaluate data from most recent clinical trial related to diabetes treatments and hypoglycemia risk to improve patient care
- Updated information on the latest advances in the strategies to prevent and minimize diabetes-related conditions
- Review guidelines’ recommendations to improve detection of patients with high risk of developing diabetes-related conditions
- Recognize and analyze the varying current treatment options, including special populations to improve the health of diabetic patients. Discuss the novel drugs in clinical trials and combination therapies
- Identify endocrinologic diseases, both rare and commonly seen in clinical practice in order to improve patient diagnoses
- Evaluate the appropriate use and interpretation of laboratory tests
- Implement individual treatment strategies using evidence-based medicine and treatment algorithms for patients with a range of endocrine disorders so as to improve overall patient health

## TARGET AUDIENCE

This symposium is aimed at physicians specializing in Endocrinology, Cardiology, Internal Medicine as well as towards technologists and nurses.

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#### **ACCREDITATION:**

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 the University of Miami Leonard M. Miller School of Medicine and ACINDES-EMAWWE. The University of Miami Leonard M. Miller School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

#### **CREDIT HOURS:**

The University of Miami Leonard M. Miller School of Medicine designates this live activity for a maximum of 26.5 *AMA PRA Category 1 Credit™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

#### **DISCLOSURE AND CONFLICT OF INTEREST RESOLUTION**

All conflicts of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Disclosure about provider and faculty relationships, or the lack thereof, will be provided to learners.

#### **EVALUATIONS/DOCUMENTATION OF ATTENDANCE FOR CME**

The link to the electronic course evaluation will be e-mailed to all participants at the end of the meeting in the same e-mail as the post-program test. Please make sure to complete the electronic survey on-line in order to request your CME credits. Once you complete and submit the survey, you will get a link to claim and print your CME certificate.

#### **SUMMARY OF DISCLOSURE OF RELEVANT FINANCIAL RELATIONSHIPS**

In accordance with the 2004 Updated ACCME Standards for Commercial Support the University of Miami Leonard M. Miller School of Medicine requires everyone in a position to control the content of a Continuing Medical Education activity – the Course Director(s), Planning Committee Members and all individuals participating as speakers, moderators or authors - to disclose all relevant financial relationships with any commercial interest. All potential conflicts of interest are identified and resolved prior to the education activity being provided to learners. Disclosure of relevant financial relationship(s) will be provided to learners prior to the beginning of the educational activity.

**The following speakers have indicated that they do not have relevant financial relationships with commercial interests:**

- Alejandro Ayala, M.D. (Course Co-Director)
- Ricardo Correa, M.D., EdD, FACP, FACE, FACMQ
- Laura Boucai, M.D.
- Lisa C. Olmos de Koo, M.D., Ph.D
- Carmen C. Solorzano, M.D., FACS

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The following speakers have indicated relevant financial relationships with the following commercial interests:

**Jaime A. Davidson, M.D.**

Abbott, Merck Sharp & Dome, MerckSerono (advisory board); Allevetix Medical, AspireBariatrics (consultant)

**Bartolome Burguera, M.D., Ph.D**

Novo Nordisk (grants/research support)

**Rodolfo J. Galindo, M.D.**

Sanofi, Weight Watchers, Boehringer Ingelheim (consultant; relación terminada); Dexcom, Eli Lilly and Novo Nordisk (to Emory University) (grants/research support)

**Guillermo Umpierrez, M.D., CDCES, FACE, MACP**

AstraZeneca, Dexcom (to Emory University) (grants/research support)

**Lilian Abbo, M.D., FIDSA**

Ferring Pharmaceuticals (advisory board; relación terminada); REGENERON (grants/research support; relación terminada)

**Ingrid Libman, M.D.**

Novo Nordisk Paediatric T2D Global Expert Panel (consultant; relación terminada)

**Ricardo Azziz, M.D.**

Spruce Biosciences and Fotress Biotech (consultant); Martin Imaging (stock/shareholder); American Society for Reproductive Medicine (salary, contractual services; relación terminada)

**Antonio C. Bianco, M.D., Ph.D.**

AbbVie, Allergan, Synthonics (consultant)

**Mauricio G. Cohen, M.D., FACC, FSCAI**

Merit Medical, AstraZeneca, Abiomed, Abbott, Medtronic, Terumo Medical, Zoll (consultant); Accumed Radial Systems (stock/shareholder)

All conflicts of interest have been mitigated.

## ACKNOWLEDGEMENTS

The University of Miami Miller School of Medicine and the **Curso Intensivo Davidson-Mestman** gratefully acknowledge the following organizations for their generous commercial support of this activity:

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## CONFERENCE AGENDA

### Wednesday, 8<sup>th</sup> December 2021

**1:00-1:15pm** Welcome to the XXIII Curso intensivo endocrino Davidson Mestman  
Review of the daily programm.

**Jaime A. Davidson, MD**

**1:15-2:00pm** Keynote Address **JORGE MESTMAN: CENTRAL NERVOUS SYSTEM and THYROID**  
Thyroid Hormone Signaling in the Brain: Strengthening the Cognitive Effects

**Antonio Bianco, MD, PhD**

**2:00-2:40pm** Treatment of Advanced Thyroid Cancer

**Laura Boucai, MD**

**2:40-3:20pm** Current Treatment of Graves' Orbitopathy

**Lisa C. Olmos, MD**

**Q&A**

**3:20-3:50pm** Coffee Break

**3:50-4:30pm** Guidelines for Thyroid Nodules/Cancer Surgery

**Carmen Solorzano, MD**

**4:30-5:10pm** Novelties in Diagnosis and Management of Polycystic Ovary Syndrome

**Ricardo Azziz, MD**

**5:10-5:50pm** What an Endocrinologist Needs to Know about Ophthalmology in 2021

**Lisa C. Olmos, MD**

**Q&A**

**5:50-6:00pm** Summary of the day and review of Thursday programm

### Thursday, 9<sup>th</sup> December 2021

**8:00-8:15am** Welcome and Review of the daily programm

**Jaime A. Davidson, MD**

**8:15-9:00am** Development of Slow-Release Hormone T3: Clinical Applications

**Antonio Bianco, MD, PhD**

**9:00-9:45am** Diagnosis and Treatment of Cushing's Syndrome and Subclinical Cushing

**Ricardo Correa, MD**

**9:45-10:30am** Endocrine-Related Hypertension

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**Alejandro Ayala, MD**

**Q&A**

**10.30-11:00am Coffee Break**

**11:00-11:45am Endocrinopathies Associated to Immune Checkpoint Inhibitors**

**Ricardo Correa, MD**

**Q&A**

**11:45am-12:45pm MEET THE EXPERT SESSIONS (first round)(select one)**

- Management of hirsutism in women

**Ricardo Azziz, MD**

- Thyroid nodules and molecular markers in fine needle aspiration biopsy for undetermined cytologies

**Laura Boucai, MD**

- Adrenal insufficiency: clinical cases

**Alejandro Ayala, MD**

- Clinical management of Acromegaly and Persistent Acromegaly: clinical cases

**Ricardo Correa, MD**

- Use of fluorescence in thyroid and parathyroid cases

**Carmen Solorzano, MD**

**12:45-1:45pm Lunch with the faculty**

**1:45-2:45pm MEET THE EXPERT SESSIONS (second round)**

**2:45-3:30pm Endocrine ERs: Evaluation and Treatment of Critical Patients**

**Alejandro Ayala, MD**

**Q&A**

**3:30-4:00pm Coffee with the faculty**

**4:00-4:45pm Diagnosis and Management of Non-Classic Adrenal Hyperplasia**

**Ricardo Azziz, MD**

**Q&A**

**4:45-5:45pm Clinical Cases introduced by the Audience**

**5:45-6:00pm Summary of the day and Review of Friday program**

### **Friday, 10<sup>th</sup> December 2021**

**8:00-8:15am Welcome and Review of the daily program**

**Jaime A. Davidson, MD**

**8.15-9:50am Review of the latest Cardio-Renal Studies in Diabetes.**

**Moderated by Jaime A. Davidson, MD**

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**Panelists: Mauricio Cohen, Rodolfo Galindo, Ingrid Libman, Bartolomé Burguera, and Ricardo Correa**

**Q&A**

**9:50-10:20am Coffee with the faculty**

**10:20-11:00am Vaccines and endocrinology**

**Lilian Abbo, MD**

**11:00-11:40am Technology and Diabetes**

**Rodolfo Galindo, MD**

**Q&A**

**11:40am-12:40pm MEET THE EXPERT SESSIONS (first round)**

- Clinical practice cases: vaccines and endocrinology

**Lilian Abbo, MD, FIDSA**

- Cardiology cases for an endocrinologist

**Mauricio Cohen, MD Professor of Medicine at the University of Miami Miller School of Medicine**

- Ophthalmology cases for an endocrinologist

**Lisa C. Olmos, MD**

- Obesity and weight loss: clinical cases with different approaches.

**Bartolome Burguera, MD, PhD**

**12.40-1.40pm NOVO NORDISK PRODUCT THEATER**

**Change of perspective: how do we decide the sequence of oral medications in the management of adults with type 2 diabetes?**

**Arelis Madera, MD, FACE, FACP Millenium Physician Group, Port Charlotte, Florida**

**1:40-2:40pm MEET THE EXPERT SESSIONS (second round)**

**2:40-3:10pm Coffee with the faculty**

**3:10-4:30pm News in development and the latest advances from clinical trials. From bench to bedside**

**(with the participation of representatives from pharmaceutical and biotech companies)**

**Q&A**

**4:30-6:00pm Hands-On Training and COCKTAIL**

**CGM systems**

**Closed-Loops Insulin Delivery Systems**

**Rodolfo Galindo MD and Ingrid Libman MD, PhD**

**6:00-6.15pm Summary of the day and Review of Saturday programm**

## **SATURDAY, 11th December 2021**

**8:00-8:15am Welcome and Review of the daily programm**

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**Jaime A. Davidson, MD**

**8:15-8:55am Hypoglycemia in Diabetes. Causes, Prevention and current Treatment**

**Guillermo Umpierrez, MD**

**8.55-9:35am Young MDs Section:**

**Search and Prevention in T1DM and Advances in Diagnosis and Management in T2DM**

**Ingrid Libman, MD, PhD**

**9:35-10:15am ADA 2021 Guidelines**

**Guillermo Umpierrez, MD**

**Q&A**

**10:15-10:45am Coffee with the faculty**

**10:45-11:25am Obesity, where we are and where are going?**

**Bartolome Burguera, MD, PhD**

**11:25-12:15pm What an Endocrinologist Needs to Know about Cardiology in 2021. Novelties from CVOTs**

**Mauricio Cohen, MD**

**12:15-12:55pm Benefits of weight loss: does intervention matters?**

**Bartolome Burguera, MD, PhD**

**Q&A**

**12:55-1:00pm Wrap-up and official announcement of XXIV Curso Intensivo**

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