



*Hosted by The Medical College of Wisconsin, Division of Endocrinology and Molecular Medicine*

# BI-ANNUAL UPDATE CLINICAL ENDOCRINOLOGY SYMPOSIUM

Nov. 4th & 5th, 2022

**HYBRID EVENT**



CONTINUING PROFESSIONAL  
DEVELOPMENT



**MEDICAL COLLEGE OF WISCONSIN**

**ALUMNI CENTER, MEDICAL EDUCATION BUILDING  
8701 WATERTOWN PLANK ROAD  
MILWAUKEE, WISCONSIN 53226**

# SPEAKERS



## Ty Carroll, MD

Associate Professor of Medicine, Director, Endocrinology, Diabetes, & Metabolism Fellowship Program, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## James W. Findling, MD, FACP

Professor of Medicine & Surgery, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Ken Fujioka, MD

Director of Nutrition & Metabolic Research & Obesity Telemedicine, Scripps Clinic, Department of Diabetes & Endocrine San Diego, California

## Bradley R. Javorsky, MD

Associate Professor of Medicine, Section Chief, VA Zabolki Medical Center, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Beth Lalande, MD

Clinical Assistant Professor of Medicine, Community Physician, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Steven Magill, MD, PhD

Associate Professor Medicine, Community Physician, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Tiffany Mork, MD

Clinical Assistant Professor of Medicine, Community Physician, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Jenna Sarvaideo, DO

Assistant Professor of Medicine, Associate Director, Endocrinology, Diabetes, & Metabolism Fellowship Program, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Viral Shah, MD

Associate Professor of Medicine & Pediatrics, Barbara Davis Center for Diabetes, University of Colorado Anschutz Medical Campus Aurora, Colorado

## Joseph Shaker, MD

Professor of Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Mickey Voss, MD

Assistant Professor of Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Walter Woznick, MD

Assistant Professor of Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

## Catherine Zhang, MD

Assistant Professor of Medicine, Division of Endocrinology and Molecular Medicine, Medical College of Wisconsin Milwaukee, Wisconsin

# PROGRAM INFORMATION



## EDUCATIONAL OBJECTIVES:

The learner will be educated about:

- Current management of diabetes with a goal of improving diabetes care metrics without producing harm. Use the ever-expanding group of medications properly.
- The management of obesity with a goal of decreasing the complications of this difficult problem. Be able to identify when drugs or surgery are used in addition to lifestyle changes.
- The detection and management of androgen abuse with a goal of preventing this from harming their patients. Be able to list the clues to this condition.
- The management and prevention of osteoporosis, other calcium and bone problems with the goal of treating the correct patients and avoiding over-treatment or inappropriate treatment that may lead to harm. Be able to list who should be treated for osteoporosis.
- The management of adrenal nodules which are frequently inappropriately ignored. The goal is to properly evaluate those that needed evaluation to avoid harm related to ignoring the nodule. Be able to list the evaluation of an adrenal nodule.
- Evaluation of low testosterone levels with a goal of identifying true male hypogonadism with appropriate treatment and avoiding the inappropriate and possibly harmful treatment in men who should not be treated. Be able to understand the risks and benefits of testosterone treatment.
- The diagnosis and management of polycystic ovary syndrome. The goal is to optimize management of these patients. List the management options for this condition.

## DESIGNATION OF CREDIT:

### ACCME ACCREDITATION STATEMENT:

The Medical College of Wisconsin is accredited by the Accreditation Council of Continuing Medical Education to provide continuing medical education for physicians.

### AMA CREDIT DESIGNATION STATEMENT:

The Medical College of Wisconsin designates this Live Activity for a maximum of 11.25 AMA PRA Category 1 Credits™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### HOURS OF PARTICIPATION FOR ALLIED HEALTH PROFESSIONALS:

The Medical College of Wisconsin designates this activity for up to 11.25 hours of participation for continuing education for allied health professionals.

## CONTACT INFORMATION:

If you have any questions or need more information, please contact:

Angela Parish

Program Coordinator II

Division of Endocrinology and Molecular Medicine

aparish@mcw.edu, you can also visit our website [mcw.edu/endouupdate](http://mcw.edu/endouupdate)

# AGENDA

FRIDAY, NOVEMBER 4, 2022

|                 |  |
|-----------------|--|
| <b>7:00 AM</b>  | Registration/ Exhibitor Hall/ Breakfast  |
| <b>8:00 AM</b>  | Welcome<br>Joseph Shaker, MD   |
| <b>8:10 AM</b>  | Management of Type 2 Diabetes Mellitus in 2022<br>Steven Magill, MD, PhD   |
| <b>8:55 AM</b>  | A Review of Lipid Management<br>Walter Woznick, MD   |
| <b>9:25 AM</b>  | Q & A  |
| <b>9:40 AM</b>  | What Do You Need to Know About Subclinical Thyroid Disease and Thyroid Nodules in 2022 and Beyond.<br>Ty Carroll, MD |
| <b>10:20 AM</b> | Q & A  |
| <b>10:30 AM</b> | Exhibitor Hall   |
| <b>10:50 AM</b> | Estrogen therapy— a dab, dash or dollop<br>Beth Lalande, MD  |
| <b>11:35 AM</b> | What Primary Care Physicians Need to know about Transgender Medicine<br>Jenna Sarvaideo, DO                          |
| <b>12:10 PM</b> | Q & A  |
| <b>12:30 PM</b> | Lunch  |
| <b>1:30 PM</b>  | Current Concepts in Osteoporosis Management<br>Joseph Shaker, MD   |
| <b>2:15 PM</b>  | Q & A  |
| <b>2:25 PM</b>  | Cases Part 1<br>James Findling, MD   |
| <b>2:55 PM</b>  | Q & A  |
| <b>3:05 PM</b>  | Exhibitor Hall   |
| <b>3:25 PM</b>  | Cases Part 2<br>James Findling, MD   |
| <b>3:55 PM</b>  | Q & A  |
| <b>4:05 PM</b>  | Updates on Diabetes Technologies<br>Viral Shah, MD   |
| <b>4:50PM</b>   | Q & A  |
| <b>5:00 PM</b>  | Adjourn  |

# AGENDA

SATURDAY, NOVEMBER 5, 2022

|                 |  |
|-----------------|--|
| <b>7:30 AM</b>  | Breakfast  |
| <b>8:00 AM</b>  | Adrenal Nodules<br>Catherine Zhang, MD           |
| <b>8:35 AM</b>  | Adrenal Insufficiency<br>Bradley R. Javorsky, MD |
| <b>9:10 AM</b>  | Q & A  |
| <b>9:25 AM</b>  | Obesity Medical Management<br>Ken Fujioka, MD    |
| <b>10:10 AM</b> | Q & A  |
| <b>10:30 AM</b> | Break  |
| <b>10:50 AM</b> | NAFLD and NASH<br>Tiffany Mork, MD               |
| <b>11:25 AM</b> | Cardiovascular Disease in DM<br>Mickey Voss, MD  |
| <b>12:00PM</b>  | Q & A  |
| <b>12:15 PM</b> | Adjourn  |

# CME CREDIT

## INSTRUCTIONS



We ask that everyone please take a few minutes to fill out the online evaluation for the symposium. If you have attended this event for CME credit upon completing the evaluation you will be able to process your certificate. A copy of these instructions will be emailed 24 hours after the event as well.

Please follow the steps below to take the evaluation:

Log into your Ethos account

Access the Symposium course

Click on “take course”

Go to the course progress listed on the left and click the “evaluation” circle  
Complete the evaluation by answering all questions

Click “Next Page” you will be asked to rate the speakers

Complete and click “next page” and then click “submit”

Click “go back to form”

Click “next”

Enter the credits you are claiming and click the box to agree to claim only the credits you participated in.

Click “Submit”, here you will see confirmation of the awarded credit

Click “next”, here you can download and print your certificate

If you have any questions please email [aparish@mcw.edu](mailto:aparish@mcw.edu)—you will have until 1/3/2023 to complete the evaluation to claim CME credit. To claim credit after the course expiration, please notify the contact person listed on the overview tab to have your participation verified and complete the credit claiming process. Claiming credit after 1/3/2023 will result in a \$25.00 charge from The Medical College of Wisconsin.

# SUPPORTING ORGANIZATIONS



The Medical College of Wisconsin, Division of Endocrinology and Molecular Medicine would like to thank the following organizations for their support, which helped make this education symposium possible.

## EXHIBITORS:

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MKE LGBT Community Center  
Novo Nordisk- Diabetes  
Novo Nordisk-Obesity  
Radius  
Recordati  
Tandem Diabetes Care  
Ultragenx  
Xeris Pharmaceuticals, Inc.

# SPEAKERS

## BIOGRAPHIES



Ty Carroll, MD

Dr. Ty Carroll is a life-long Wisconsinite. He earned his undergraduate degree in biochemistry at the University of Wisconsin-Madison and then moved to Milwaukee to begin his medical training at the Medical College of Wisconsin (MCW). At MCW he completed his medical degree, internal medicine residency, chief residency, and endocrinology fellowship. He joined the faculty of the MCW in 2008 and has focused his clinical efforts on the care of a diverse group of patients with endocrine disorders, especially those individuals with type 1 diabetes and thyroid disease. He has a large clinical practice which includes extensive use of diabetes treatment technologies including insulin pumps and continuous glucose monitors. He has been active with JDRF and is the past Vice President of Outreach and Education and past member of the Board of Directors for the JDRF Southeastern Wisconsin Chapter. Ty spends time away from medicine with his wife, two daughters, and Ty Carroll, MD labradoodle, Cece. He also enjoys participating in the Irish field sport of hurling.



James W. Findling, MD, FACP

Dr. James Findling is Professor of Medicine and Surgery at the Medical College of Wisconsin. He is a graduate of the University of Notre Dame and Northwestern University Medical School. He completed his internal medicine training at the Medical College of Wisconsin and his post-doctoral fellowship in Endocrinology and Metabolism at the University of California-San Francisco. He started his endocrinology practice at St. Luke's Medical Center in Milwaukee in 1982 and he started the Endocrine-Diabetes Center at St. Luke's in 1987. Dr. Findling joined the full-time faculty of the Medical College of Wisconsin in 2008. He has over 100 publications and book chapters and is considered an international expert on clinical disorders of pituitary and adrenal function. He discovered the importance of inferior petrosal sinus sampling for the differential diagnosis of Cushing syndrome in the early 1980s and then introduced late-night salivary cortisol as a simple screening test for Cushing syndrome in the 1990s. He has served as visiting professor at many institutions including the Mayo Clinic, Massachusetts General Hospital, Johns Hopkins, New York University, University of Texas-Southwestern, University of Colorado, University of Pittsburgh, Northwestern, and the Cleveland Clinic. In 2019, he received a Laureate Award from the Endocrine Society as the Outstanding Clinical Practitioner. He was awarded the Distinguished Achievement Award by the Milwaukee Academy of Medicine in October 2021.



# SPEAKERS

## BIOGRAPHIES



Ken Fujioka, MD

Dr. Ken Fujioka is currently director of Nutrition and Metabolic research and Obesity Telemedicine at Scripps Clinic in the Department of Diabetes and Endocrine. He has completed over 150 clinical trials and authored over 100 peer reviewed papers. In 1995 he started the Center for Weight management at Scripps Clinic that has grown from one physician to over a dozen health care providers that cover all aspects of Obesity treatment. The Center cares for over 1000 patients per month. The Weight loss Center is completely insurance based and a significant number of patients have managed care or accountable care. Dr. Fujioka is proud to say that he is certified in Obesity medicine by ABOM and currently President of the National board of physician nutrition specialist.



Bradley R. Javorsky, MD

Dr. Bradley R. Javorsky is a Medical College of Wisconsin endocrinologist who sees adults for endocrine-related health concerns and management of long-term health conditions. He has a special interest in diseases of the pituitary and causes of obesity.

Dr. Javorsky received his medical degree from the University of Wisconsin School of Medicine and Public Health in Madison, Wisconsin. He completed his residency in internal medicine at the University of Virginia in Charlottesville, Virginia. He stayed there for a clinical and research fellowship in endocrinology and metabolism where his research focus was on the hormonal control of appetite. He joined the faculty of the Medical College of Wisconsin in 2008. Dr. Javorsky is the Section Chief at Clement J Zablocki Veterans Affairs Medical Center.

Away from the clinic, Dr. Javorsky enjoys spending time with his family, hiking, fishing, and relaxing with a good book.



Beth Lalande, MD

Dr. Beth Lalande completed her undergraduate degree in biochemistry and cell biology at UCSD and all of her medical training at MCW- medical school, Int Med residency and endocrinology fellowship. She has since practiced general clinical endocrinology in Milwaukee area since 1998. Dr. Lalande has been at MCW since 2008. She has a special interest in caring for women with menopause related symptoms: POI and PCOS.

# SPEAKERS

## BIOGRAPHIES



Steven Magill, MD, PhD

Dr. Steven Magill is Associate Professor of Clinical Medicine in the Division of Endocrinology, Metabolism, and Clinical Nutrition (Community Division) at the Medical College of Wisconsin. He completed a PhD in Physiology from the University of North Dakota in 1986 and received the MD degree from the same institution in 1990. He did residency training in Internal Medicine at the University of Wisconsin Hospital from 1990-1993. He completed a fellowship in Endocrinology and Metabolism at the University of Michigan Medical Center in Ann Arbor, MI in 1996.

His clinical interests include evaluation and treatment of patients with type 1 and 2 diabetes, monogenic forms of diabetes, and diabetes during pregnancy. He also sees patients with other endocrine disorders, including patients with hypoglycemia. He has expertise in the use of insulin pumps and continuous glucose monitoring (CGM) systems to optimize care of patients with diabetes. Research interests include endocrine hypertension and in particular, primary aldosteronism.



Tiffany Mork, MD

Dr. Tiffany Mork obtained her education at the Medical College of Wisconsin. She did her residency and Fellowship training at MCW and Affiliated Hospitals. Currently she is working as a clinical endocrinologist for the Medical College of Wisconsin.



Jenna Sarvaideo, DO

Dr. Jenna Sarvaideo completed her fellowship at the Medical College of Wisconsin in 2017. She then joined the Division of Endocrinology and Molecular Medicine as an Assistant Professor in 2017 and is currently the Associate Program Director for the Endocrinology Fellowship program. Dr. Sarvaideo is taking part in the Clinical Research Scholars Program with the Clinical and Translational Science Institute of Southeastern Wisconsin. She is involved in several national and international medical societies including the Endocrine Society, World Professional Association for Transgender Health, North American Menopause Society and Androgen Society. She serves on the Endocrine Society Transgender Research and Medicine Special Interest Group (SIG) Steering Committee.

Dr. Sarvaideo is the principal investigator for two clinical trials involving oral and sublingual estradiol and transgender women. She is involved in a quality improvement project in our MCW Inclusion Health Clinic. She also enjoys mentoring fellows, residents, and medical students. In 2019, she along with a medical student, were awarded an Endocrine Society Summer Research Fellowship Award. In 2020, she received a MCW Research Affairs Committee grant.

# SPEAKERS

## BIOGRAPHIES



Viral Shah, MD

Dr. Viral Shah is an Associate Professor at the Barbara Davis Center for Diabetes, University of Colorado Anschutz Medical Campus. His research is focused on improving glycemic control and reducing complications, with special interest in fracture prevention, in people with type 1 diabetes. Dr. Shah has been the PI for many clinical trials of diabetes technologies and therapeutics. He has been a part of landmark research such as REPLACE-BG, WISDM, Artificial pancreas Cambridge (ApCam), Omnipod 5 HCL, and Dexcom G6 pivotal that led to FDA approval of newer devices and changed the type 1 diabetes management. Moreover, his interest in understanding the effect of diabetes on bone fragility had led to two NIH-funded studies investigating effect of long-standing T1D on bone tissue material properties (AR075099) and factors affecting bone density (vBMD), bone mechanical properties in adults with type 1 diabetes (DK122554). Dr. Shah has served on many leadership positions such as steering committee member for T1D Exchange Clinic Registry (2016-2017), Chair-Elect, diabetes technology interest group at the American Diabetes Association (2022-2024), scientific planning committee member for the ADA scientific meeting (2022-2024), and American College of Endocrinology Self-Assessment Program writing committee member (2020-2022). He is a recipient of prestigious AACE Rising Start in Endocrinology award (2021). He serves as the Editor-in-Chief for Clinical Diabetology and Senior Editor for the Endocrine Connections. He is well published with over 100 research publications including original article, invited reviews, editorials, and book chapters.



Joseph Shaker, MD

Dr. Joseph Shaker is originally from Connecticut. He completed medical school and internal medicine residency at Georgetown in Washington DC and Endocrine fellowship at the University of Pennsylvania in Philadelphia. He came to Milwaukee in 1987 and his practice is focused on disorders of calcium metabolism and metabolic bone diseases

# SPEAKERS

## BIOGRAPHIES



Mickey Voss, MD

Dr. Micahel (Mickey) Voss is a Medical College of Wisconsin endocrinologist who sees adults for endocrine-related health concerns and management of long-term health conditions. He has special interests in type 1 diabetes, type 2 diabetes, and osteoporosis medicine. He is also interested and enjoys helping type 1 diabetes patients transition from pediatric to adult endocrinology clinics. He joined the faculty at the Medical College of Wisconsin in 2022. Dr. Voss strives to ensure all of his patients understand their medical conditions so that they can choose the best available treatment option for them and their families. Dr. Voss is a native of Wisconsin and when not in clinic, he enjoys spending time with his family, playing board games, golfing, and attending various Wisconsin sporting events.



Walter Woznick, MD

Dr. Walter Woznick is an Assistant Professor at the Medical College of Wisconsin in the Division of Endocrinology and Molecular Medicine. Dr. Woznick graduated from Ohio State University with a Bachelors and Masters degree in Biochemistry. He matriculated to medical school at Wright States University and started medical training in Internal Medicine at Wright States University Internal Medicine Residency. Finally, he completed my training with a Fellowship in Endocrinology at the Medical College of Wisconsin.



Catherine Zhang, MD

Dr. Zhang joined the faculty at the Medical College of Wisconsin in 2022 and is currently an assistant professor of medicine. She received her medical degree from The Ohio State University and completed her residency in internal medicine and fellowship in endocrinology and metabolism at Mayo Clinic in Rochester, Minnesota. She evaluates and treats adult patients with endocrine-related health concerns with a special interest in adrenal and pituitary disorders.

# NOTES



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