



# Navigating the Endocrine Essentials

What the General Practitioner Needs to Know about Prediabetes, Thyroid, Puberty and Transgender Care

Saturday, April 14, 2018

8:00 AM - 3:30 PM



**CHOC Children's  
Wade Education Center**

1201 W La Veta Ave.  
Orange, CA 92868

**Presented by:**

**Amrit Bhangoo, MD**

*Director of Research,  
Pediatric Endocrinologist,  
CHOC Children's  
Assistant Professor of  
Pediatrics, UC Irvine*



## Conference Description

The endocrine system is a complex collection of hormone-producing glands that control basic body functions such as metabolism, growth and sexual development. The amount of hormones produced by each gland is carefully balanced. Too much or too little of a certain hormone can have effects throughout the body and cause various endocrine disorders. Many of the hormones produced by the endocrine glands interact with each other to maintain balance.

Join us for this important education! Thyroid, prediabetes, puberty, transgender topics and more will be discussed.

## Who Should Attend

Pediatricians, Family Practitioners, Pediatric Endocrine Nurses, Nurse Practitioners, Adult Endocrinologists, Residents and Fellows in Pediatrics in Orange County and its neighboring southern Los Angeles county and Inland Empire area of Southern California are invited to attend.

## Discipline-Specific Presentations Include

- Disorders of Puberty: Precocious & Delayed
- Multidisciplinary Approach to Trans Gender Care
- Orange County Resources for Trans Youth and their Families
- Update on Thyroid Conditions in Childhood
- Obesity and Type 2 DM Screening

# CONFERENCE OBJECTIVES

**At the conclusion of the conference, the participant should be able to:**

- Evaluate and treat children with obesity & prediabetes.
- Determine if a child is in the grey zone of a thyroid disorder.
- Implement follow-up process of thyroid problems.
- Order appropriate tests, interpret the results and manage independently in office, then refer to Endocrinology if necessary.
- Listen to the transgender child and consider ways to counsel them in your practice.

## Accreditation

CHOC is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

CHOC designates this live activity for a maximum of 5.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in this live activity.

This credit may also be applied to the CMA Certification in Continuing Medical Education.

**Nurses:** The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements; as long as the course is certified for *AMA PRA Category 1 Credit™* (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

## Financial Disclosure

Primary Sponsorship provided by the Human Growth Foundation



## Cancellations and Substitutions

Cancellations submitted by March 5, 2018 will incur an administrative charge of \$50+ fees. Cancellations after that date and no-shows will not be refunded. Registrations are transferrable if processed by March 5, 2018.



# CONFERENCE SCHEDULE

**7:30 AM** Registration | Breakfast | Vendors

*Morning Session Moderator:*

*Dr. Amrit Bhangoo, Pediatric Endocrinologist*

8:00 AM Introduction and Welcome  
- *Amrit Bhangoo, MD*

8:15 AM Obesity and Type 2 DM Screening  
- *Amrit Bhangoo, MD*

9:00 AM Update on Thyroid Conditions in Childhood  
- *Himala Kashmiri, DO*

9:45 AM Panel Discussion

**10:00 AM** Break | Visit Vendors

10:30 AM Case Presentations  
- *Keirsten Montgomery, NP*

11:00 AM Disorders of Puberty: Precocious & Delayed  
- *Nitka Forghani, MD*

**11:45 AM** Lunch | Visit Vendors

*Dr. Bhangoo welcomes Dr. Duke from CHLA & Human Growth Foundation to share updates & information during lunch.*

*Afternoon Session Moderator:*

*Dr. Mark Daniels, Division Chief, Endocrinology*

12:30 PM Helping Transgender Youth find their way with the CHOC GPS Clinic  
- *Christina Reh, MD*

1:15 PM Transgender Care at UC Irvine  
- *Ajanta Naidu, MD*

**2:00 PM** Break | Visit Vendors

2:15 PM Multidisciplinary approach to Trans Gender Care  
- *Mery Taylor, PhD*

3:00 PM Orange County Resources for Trans Youth and their Families  
- *Dannie Cesena*

**3:30 PM** Closing Comments | Adjourn

## CONFERENCE FACULTY

### CONFERENCE FACULTY

**Amrit Bhangoo, MD**

*Director of Research, Pediatric Endocrinologist  
CHOC Children's Endocrinology Division  
Assistant Professor of Pediatrics  
University of California Irvine*

**Dannie Cesena**

*LGBT Health Care & Transgender Services Coordinator  
LGBT Center Orange County*

**Nitka Forghani, MD**

*Pediatric Endocrinologist, CHOC Children's  
Medical Director, Pediatric Diabetes Program  
Mary and Dick Allen Diabetes Center*

**Himala Kashmiri, DO**

*Pediatric Endocrinologist  
CHOC Children's*

**Ajanta Naidu, MD, MBA, FACE**

*Clinical Professor, Pediatrics  
UC Irvine School of Medicine*

**Christina Reh, MD**

*Assistant Director, Pediatric Endocrinologist  
CHOC Children's Endocrinology Division*

**Mery Taylor, PhD**

*Pediatric Psychologist  
CHOC Children's*

### PLANNING COMMITTEE

**Amrit Bhangoo, MD**

*Director of Research, Pediatric Endocrinologist  
CHOC Children's Endocrinology Division  
Assistant Professor of Pediatrics  
University of California Irvine*

**Mary E. Hickcox**

*CME Program Manager, CHOC Children's*

**Cristen Frost Hemingway**

*Conference Coordinator, CHOC Children's*

**Shelby Landin**

*Conference Coordinator, CHOC Children's*

# REGISTRATION

## WE RECOMMEND:

**Easy Online Registration!** Online & secure registration is available at [choc.org/endocrinology2018](http://choc.org/endocrinology2018)

**OR** You may complete the following to register by mail or FAX.

## STEP 1: Please select your registration category

### Tuition – Early Bird Rate through March 24, 2018

- \$100 for Physicians
- \$75 for Fellows
- \$75 for Other Health Professionals

### Tuition – Standard Rate begins March 25, 2018

- \$150 for Physicians
- \$100 for Fellows
- \$100 for Other Health Professionals

### Tuition – Half-Day Rate (12:00 pm – 3:30pm)

- \$50 for all registrations

## STEP 2: Please complete all fields

Registrant (Please complete a form for each person registering)			
First Name:			
Last Name:			
Credentials (e.g., MD, RN, etc.)			
Email Address:			
Job Title:			
Company/Organization:			
Mailing Address:			
2 <sup>nd</sup> Mailing/Address:			
City:	State:		
Zip Code:			
Daytime Phone:			
Daytime Phone:			

### Please Complete ALL Credit Card Information Below:

Credit Card Type:	Please check one: <input type="checkbox"/> VISA <input type="checkbox"/> Master Card <input type="checkbox"/> American Express																
Credit Card Number:																	
Expiration Date:																	
Security Code/CVV Code:																	
Name on Credit Card:																	
Credit Card Billing Address:																	
Credit Card Billing City:																	
Credit Card Billing State:																	
Credit Card Billing Zip Code:																	
Credit Card Billing Phone:																	

## STEP 3: Send Completed Form

**By FAX or Email**

**FAX: 714.509.8785 / Email: CHOCCME@CHOC.ORG**

**Pay by Check**

Make Checks Payable to **CHOC Children's Hospital.**

**Include this form and mail check to:**

Attention: Cristen Hemingway  
Business Development  
CHOC Children's Hospital  
1201 W. La Veta Ave.  
Orange, CA 92868

Registration Fee: \_\_\_\_\_

+ Service Fee: **\$5.00**

= \*Total Due

\* Service fees are non-refundable.

**Upon successful processing via credit card or by check, an email registration confirmation/receipt will be sent to the email address you supply on this form. Please keep the email confirmation for your records. Cancellations submitted by March 5, 2018 will incur an administrative charge of \$50+fees. Cancellations after that date and no-shows will not be refunded. Registrations are transferrable if processed by March 5, 2018.**