4th Pituitary Update
CME/CNE-accredited Conference
Additionally, open to patients and the public

Friday, October 8, 2021 7:45 am to 4:00 pm
7:45 am to 4:00 pm EDT (CME concludes 3:00 pm)

Virtual Meeting at PennMedicine.org/pituitary21

AGENDA
7:45 am Visit Exhibits/Experts and Network with Colleagues

8:15 am CME Begins – Join the Mainstage (clinicians and patients/public)

8:20 am Welcome
Julia Kharlip, MD and Daniel Yoshor, MD

Session 1 Diagnosis – Presentations followed by Q and A concurrent with each talk

8:30 am Surgery Case Presentation. Presentation of case to be viewed during the conference
M. Sean Grady, MD – Neurosurgery

8:45 am Radiologic Differential Diagnosis of a Sellar Mass – Radiologic
Laurie A. Loevner, MD – Radiology

9:00 am Advances in Intraoperative Imaging
John Y.K. Lee MD, MSCE – Neurosurgery

9:15 am WHO Updates in Pituitary Tumor Classification and Advances in Tumor Markers
MacLean Nasrallah, MD, PhD - Pathology and Laboratory Medicine

9:30 am Ophthalmologic Presentations of a Sellar Mass
Grant T. Liu, MD - Neuro-Ophthalmology
9:45 am  **Discussion: Diagnostically Challenging Pituitary Cases.** Including using DDAVP in place of CRH for localization testing in Cushing’s disease, additive diagnostic value of immunohistochemical analysis of tumor samples

**Moderator:** Caitlin White, MD  
**Panel:**  
John Y. K. Lee, MD, MSCE  
Grant T. Liu, MD  
Laurie A. Loevner, MD  
MacLean Nasrallah, MD, PhD  
Peter J. Snyder, MD

10:15 am  **Break**

**Session 2**  **Treatment** - Presentations followed by Q and A concurrent with each talk

10:30 am  **Surgical Advances in Transsphenoidal Approach to Pituitary Surgery**  
Daniel Yoshor, MD – Neurosurgery

10:45 am  **Peri-operative care. Early success of fluid restriction**  
Caitlin A. White, MD - Endocrinology, Diabetes, and Metabolism

10:45 am  **Patient/Public Concurrent Sessions Begin (see sessions below)**

11:00 am  **Operative Case Review**

12:00 pm  **Lunch with the Experts.** *Topics to include medical, nursing, ophthalmologic, radiation, radiologic, and surgical issues in pituitary disease.*

12:40 pm  **Advances in Approach to Craniopharyngioma.** Medical and surgical approaches to lower the risk of hypothalamic sequelae, and approaches to hypothalamic obesity  
Julia Kharlip, MD – Endocrinology  
Daniel Yoshor, MD - Neurosurgery  
M. Sean Grady, MD – Neurosurgery  
John Y.K. Lee MD, MSCE – Neurosurgery  
Anastassia Amaro, MD – Adult Endocrinology and Obesity  
Shana E. McCormack, MD, MTR - Pediatric Endocrinology
1:20 pm  Panel / Question and Answer Session  
Moderator: Julia Kharlip, MD  
Panel:  
Anastassia Amaro, MD – Adult Endocrinology and Obesity  
M. Sean Grady, MD – Neurosurgery  
John Y.K. Lee MD, MSCE – Neurosurgery  
Shana E. McCormack, MD, MTR - Pediatric Endocrinology  
Daniel Yoshor, MD - Neurosurgery  

1:30 pm  Radiation Treatment of Pituitary Adenomas - Focus on Cushing's  
Michelle Alonso-Basanta, MD, PhD - Radiation Oncology  

1:45 pm  Keynote - Update on New Medical treatment of Cortisol Excess  
Peter J. Snyder, MD, Endocrinology, Diabetes and Metabolism  

2:10 pm  Endogenous and Exogenous Cushing’s Syndrome: Treatment Approaches Beyond Cortisol  
Julia Kharlip, MD | Endocrinology, Diabetes and Metabolism  

2:25 pm  Case Discussions – Challenges in Pituitary Disease Management  
Including new therapies for acromegaly, use of immunohistochemical data and pathologic tumor features to guide medical therapy selection in acromegaly, approach to testosterone therapy at transition and around fertility induction.  
Moderator: Peter J. Snyder, MD  
Panel:  
Michelle Alonso-Basanta, MD, PhD  
John Y.K. Lee MD, MSCE  
Caitlin L. Reynolds, CRNP, MSN  
Caitlin A. White, MD  
Daniel Yoshor, MD  
Julia Kharlip, MD  

3:00 pm  CME Concludes
Patient/Public Concurrent Sessions

10:45 am Break Out Sessions for Patients (OR Simulcast for Clinicians)

Session 1
10:45 am  Chronic Illness Resources
Flexible schedules, FMLA, Health Care Savings accounts, childcare, community building, coping and therapy resources
Abigail E. Schmid, MSW, LSW

11:00 am  Insights from Pituitary Nurse.
Navigating Insurance coverage, prior authorization progress for medications for rare diseases, communicating with your health care team
Megan K. Drechsel, RN BSN - Endocrine Nurse Specialist

11:15 am  Cushing’s Support Group
Marie Conley -Founder, The Conley Cushing’s Disease Fund

Session 2
3:05 pm    Tips for success in managing acute illness and ER visits for patients with Adrenal Insufficiency
Caitlin L. Reynolds, CRNP, MSN - Endocrine Advanced Nurse Practitioner

3:20 pm   Town Hall – Get Answers to Your Questions

Moderator: Julia Kharlip, MD
Panel:
Physician Conference Presenters
Marie Conley - Founder, The Conley Cushing’s Disease Fund
Megan Dreschel, RN - Endocrine Nurse Specialist
Caitlin L. Reynolds, CRNP, MSN – Endocrine Advanced Nurse Practitioner
Abigail E. Schmid, MSW, LSW – Endocrine Social Work Specialist

3:50 pm   Special Address - Advocacy
Marie Conley - Founder, The Conley Cushing’s Disease Fund

4:00 pm    Conference adjourns
Overview

This conference will present the newest approaches and techniques in the diagnosis and treatment of pituitary adenomas, including acromegaly and Cushing’s disease. Diagnosis and treatment will be covered from the interdisciplinary and interprofessional perspective of endocrinology, radiology, neuro-ophthalmology, neurosurgery, and radiation oncology. Didactic presentations will include case discussions. The conference format, although virtual will provide a significant opportunity for interaction with expert faculty. A simulcast of transsphenoidal surgery will occur throughout the conference with real-time discussion and case review of the progress on the day of surgery, post-op management, surveillance and follow-up care. Participants will leave with up-to-date, practical information and written resources including: DDAVP stimulation protocol for Cushing’s disease localization, perioperative glucocorticoid and salt-water monitoring protocol, clinic note templates, laboratory testing panels, "Sick Day Rules" letter for patients with adrenal insufficiency. These materials will have immediate clinical application and help streamline care of pituitary patients at the office and during hospitalizations.

Learning Objectives – CME/CNE

Upon completion of this conference, participants should be able to:

- Evaluate a sellar mass to determine if it is a pituitary adenoma or other lesion
- Identify the value and limits of MRI in evaluating a sellar mass
- List the potential and limits of endoscopic transsphenoidal surgery for pituitary adenoma
- Manage, medically, a patient following endonasal surgery
- List the different types of radiation, including linear accelerator (IMRT, Cyberknife), gamma radiation, (Gamma Knife) and proton beam
- Treat, medically, patients who have acromegaly and Cushing’s disease
- Apply multidisciplinary, interprofessional and interdisciplinary approach in the management of pituitary disease

Learning Objectives – Patients

Upon completion of this course patients, families and advocates will be able to:

- Identify the latest advances in pituitary tumor treatment
- Demonstrate familiarity with the terminology and technical aspects of pituitary tumor care
- Demonstrate patient-active behavior in working with the healthcare team to make ongoing treatment decisions
Who Should Attend

This activity has been designed for endocrinologists, neurosurgeons, ophthalmologists, gynecologists, general radiologists, nurse practitioners, nurses, residents and fellows. Additionally, patients and their caregivers, family members, advocates and members of the public who may benefit from understanding current innovative approaches to

Activity Directors

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Activity Co-directors

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Board Member, Cushing’s Support & Research Foundation
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Faculty Speakers

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