

TRENDO 2021

9th Annual Conference of
Endocrine Society Of
Tamil Nadu and Puducherry

27th, 28th & 29th August, 2021
Chennai



TRENDO 2021 - DIGITAL CONFERENCE

www.estn.co.in

**9th Annual Conference of
Endocrine Society Of Tamil Nadu and Puducherry
27th, 28th & 29th August, 2021, Chennai**



Respected Friends and Colleagues,

The Chennai team of ESTN invites you with great pleasure to **TRENDO 2021**, the 9th Annual Conference of the Endocrine Society of Tamilnadu and Puducherry, which will be held as a Digital conference this year on 27th, 28th and 29th Aug 2021. The theme of our conference this year is “Clinical Advances in Diabetes and Endocrinology”.

TRENDO (Trends in Diabetes and Endocrinology) is the premier event hosted by the Endocrine Society of Tamilnadu and Puducherry (ESTN). Previous years have seen meticulously planned scientific sessions cover all clinically relevant domains of diabetes and endocrinology, catering to a wide audience. **Registrations in 2020 touched a record 7000.**

Path-breaking treatments have led to paradigm shifts in management. Newer diagnostic and monitoring modalities are constantly evolving. **TRENDO 2021** aims to bring you the latest advances in Endocrinology and Diabetes. The organising team has meticulously planned scientific sessions covering all clinically relevant domains of diabetes and endocrinology with a right mixture of plenary lectures, symposia, interactive clinical case discussions and debates. Distinguished faculties from India and abroad have been invited to deliver the best in science in clinical practice.

With an interactive format and diverse topics covered, the conference presents an ideal learning opportunity for all doctors and postgraduates. Oral and poster presentation scientific sessions are included to encourage research and participation of postgraduates and physicians with interest, to showcase their research work on the digital platform.

Please do not hesitate to contact us if you have any queries through email:
estntrendo2021@gmail.com

Best Wishes and Regards,

Dr. Jayashree Gopal (Organizing Secretary)

Dr. Muthukumaran Jayapaul (Joint Organizing Secretary)

Dr. Sridhar S (Organizing Chairperson)

Dr. Krishna G Seshadri (Scientific Chair)

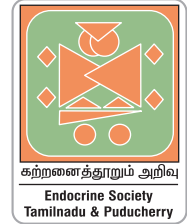


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The Endocrine Society - Tamil Nadu and Puducherry

The Endocrine Society of Tamil Nadu and Puducherry was formed in 2013 with a view to spread awareness about the specialty to the public and to fulfill the need for a state level organization for the specialty. The aims of the Society are to unite all practicing physicians, endocrinologists qualified and trained or otherwise interested to work for the cause of Endocrinology and subjects with Endocrine disorders. The other aims are to propagate recent developments in the endocrine science through periodic conduct of conferences and publish journals, newsletters or guidelines. To publish books for lay public, under and post graduate medical students and others.



TRENDO 2021 will also represent the 9th Annual Conference of the Endocrine Society of Tamil Nadu and Puducherry. It is conducted with a view to spread up to date evidence based knowledge in Endocrinology & Diabetes to Physicians, specialists with allied interest such as Gynecologists and Pediatricians and general practitioners.

ESTN Office Bearers



President
Dr. Thomas Paul



Vice Presidents
Dr. V. Kumaravel



Vice Presidents
Dr. Velayutham



Secretary
Dr. Muthukumaran Jayapaul



Treasurer
Dr. R. Bharath

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Dr. Manikandan
Dr. Suresh Prabhu
Dr. Arul Prakash
Dr. Jayashree Gopal
Dr. Suresh Damodharan
Dr. Vijay Bhaskar Reddy
Dr. Jayashree Gopal

For enquiries regarding
The Endocrine society - Tamil Nadu and Puducherry
Dr. Muthukumaran Jayapaul,
MBBS, MD(UK), MRCP(UK), CCT (Endo & Int. Med.)
Honorary Secretary
Email: muthukjayapaul@gmail.com
Web: www.estn.co.in



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Trendo Team

Patrons



Dr. S. Murthy



Dr. P.G. Sundararaman



**Organizing Chairman
Dr. S. Sridhar**



**Organizing Secretary
Dr. Jayashree Gopal**



**Joint Organising Secretary
Dr. Muthukumaran Jayapaul**



**Treasurer
Dr. R. Bharath**



**Scientific Chairperson
Dr. Krishna Seshadri**



**Scientific Co-Chairperson
Dr. Shriram Mahadevan**

Organizing Committee

Dr Anjali Sathya
Dr Arul Prakash
Dr Aruna Chelliah
Dr Dukhbandu Naik
Dr Meher Prasad
Dr Ravi Kiran

Dr Suresh Damodharan
Dr Umadevi S
Dr Vijay Bhaskar Reddy
Dr G Shanmugasundar
Dr Warun Kumar

Scientific Advisory committee

Dr Adlyne Aseervatham
Dr Bhooma Srinivasan
Dr Dhalapathy Sadacharan
Dr Geethalakshmi
Dr Prem Kumar A
Dr Sathian R

Dr Sridhar Subbiah
Dr Usha Ayyagari
Dr Vignesh G
Dr Vijay Bhaskar Reddy
Dr N K Narayanan

**Digital Support and
Promotion Committee**

Dr Shruthi Chandrasekhar
Dr Karthik Balachandran
Dr Hemchand
Dr Shakthivel

Abstract Committee

Dr Manikandan
Dr Suresh Prabhu
Dr Kumar Thulasidas
Dr Rajesh Rajendran



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***TRENDO 2021* - DIGITAL CONFERENCE**

Day 1: 27th Fri August, 2021 - Hall A

Time	Topic	Speaker	Moderator / Chairperson
2:00 pm	Oral presentations		
4:00 pm	What is new in endocrinology	Post Graduates - Selected presentations	Dr Vignesh G Dr Suresh Prabhu
5:00 pm	Inauguration		
5:15 pm	Symposia: Electrolyte disorders in acute care		
5:15 pm	Hyponatremia in the ICU	Dr Shriram Mahadevan	Dr Murthy S Dr Sridhar Subbiah
5:30 pm	Polyuria in the ICU	Dr JP Sahoo	
5:45 pm	Hypocalcemia in the ICU	Dr Manikandan	
6:00 pm	Discussion		
6:15 pm	Symposia: Thyroid		
6:15 pm	Challenges in managing hypothyroidism	Dr Kumaravel V	Dr Sundararaman PG Dr Sivan Arulselvan
6:35 pm	Current treatment options in hyperthyroidism	Dr Adlyne Aseervatham	
6:50 pm	Discussion		
7:00 pm	Plenaries		
7:00 pm	What causes some people to become obese while others remain thin?	Dr Abd A Tahrani	Dr Thomas Paul Dr Muthukumaran J
7:25 pm	Asymptomatic primary hyperparathyroidism in India	Dr Sanjay Bhadada	
7:50 pm	Discussion		
8:00 pm	Adrenal incidentaloma in 2021	Dr Arun Menon	
8:25 pm	Androgen replacement across the lifespan	Dr Richard Quinton	
8:50 pm	Discussion and Close		

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***TRENDO 2021* - DIGITAL CONFERENCE**

Day 1: 27th Fri August, 2021 - Hall B

Time	Topic	Speaker	Moderator / Chairperson
2:00 pm	Oral presentations		
4:00 pm	Industry symposia		
5:00 pm	Inauguration		
5:15 pm	Clinical Case Seminar		
5:15 pm	Complex Diabetes Therapies	Dr Sridhar S Dr Srinivasan Dr Aruna Chelliah Dr Alaga Venkatesan	Dr Shanmugasundar
6:15 pm	Symposia: Diabetes		
6:15 pm	Emerging therapeutic options in diabetes - SGLT-2 inhibitors and beyond	Dr Velayudham	Dr Kumar Thulasidass Dr Meher Prasad
6:35 pm	Practical considerations in managing Type 1 DM in India	Dr Krishnan Swaminathan	
6:50 pm	Discussion		
7:00 pm	Plenaries		
7:00 pm	Immunotherapy in type 1 DM	Dr Katharine Owen	Dr Shriram Mahadevan Dr Usha Ayyagari
7:25 pm	Hypoglycemia and CVD in diabetes	Dr Simon Heller	
7:50 pm	Discussion		
8:00 pm	My Journey with PCOS	Dr Sidika Karakas	
8:25 pm	Metformin and oral antidiabetic agents in Gestational diabetes : evidence from Vellore and beyond	Dr Nihal Thomas	
8:50 pm	Discussion and Close		

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Day 2: 28th Sat August, 2021 - Hall A

Time	Topic	Speaker	Moderator / Chairperson
10:00 am Symposia - Diagnostics in endocrinology			
10:00 am	Imaging in endocrinology - CT versus MRI	Dr Jayaraj Govindaraj	Dr Vijay Bhaskar Reddy Dr Sadish Kumar K
10:30 am	Nuclear medicine in Endocrinology	Dr Indirani M	
11:00 am	Common errors in hormone measurements	Dr Brian Shine	
11:30 am	Advances in radiation therapy in pituitary diseases	Dr Rakesh Jalali	
12:00 pm	Discussion		
12:10 pm Clinical Case Seminar			
12:10 pm	Advances in endocrine surgery - Panel Discussion	Dr Deepak Abraham Dr Dhalapathy Sadacharan Dr Poongkodi K Dr Asha H S	Dr Jayashree Gopal
1.10 pm Lunch			
2:00 pm	Industry Symposium - Sponsored by GSK		
3:00 pm	Industry Symposium - Sponsored by Micro Labs		
4:00 pm Clinical Case Seminar			
4:00 pm	Management of brittle diabetes	Dr Ravikiran M Dr Vijay Bhaskar Reddy Dr Sivan Arulselvan Dr N Palaniappen	Dr Muthukumaran J

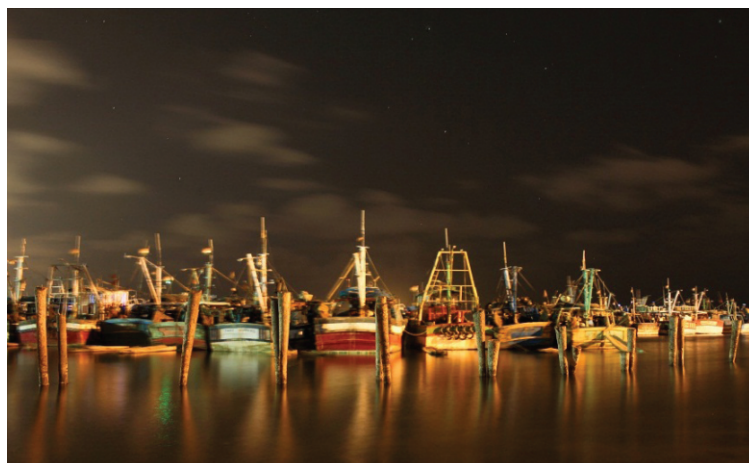
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Day 2: 28th Sat August, 2021 - Hall A

Time	Topic	Speaker	Moderator / Chairperson
5:00 pm	Debate		
5:00 pm	Have newer diabetes therapies made multifactorial risk reduction redundant? Yes / No	Yes - Dr. Anand Annamalai No - Dr Jeevan	Dr Anand Moses
5:45 pm	Dr Kannan Rastogi Oration	Dr Nalini Shah	Dr Thomas Paul Dr Muthukumaran J
6:30 pm	Plenaries		
6:30 pm	Hypertension in diabetes – management in 2021	Dr Vijay Bhaskar Reddy	Dr Sudagar Singh Dr Jayashree Gopal
7:00 pm	When is it not Diabetic Nephropathy?	Dr Venkat Ramnath	
7:30 pm	Discussion		
7:45 pm	"Tacking diabetic dyslipidemia- do we target risk categories or lipid levels?"	Dr Narasingan S N	
8:15 pm	ASCVD Risk assessment & spotting heart failure in diabetes	Dr YVC Reddy	
8:45 pm	Discussion and Close		



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Day 2: 28th Sat August, 2021 - Hall B

Time	Topic	Speaker	Moderator / Chairperson
10:00 am	Symposia - Current technologies in diabetic therapies		
10:00 am	Interstitial glucose monitoring - what do we need to know?	Dr Prem Kumar A	Dr Natarajan M Dr Damodharan J
10:20 am	Insulin pumps - when, why, how?	Dr Vignesh G	
10:40 am	SMBG - the technology behind the humble glucometer	Dr N N Anand	
11:00 am	Discussion		
11:10 am	AI and newer technologies in diabetes management	Dr Karthik Balachander	
11:30 am	Diabetes and dermatology - not just skin deep	Dr. Murlidhar Rajagopalan	
11:50 am	Micronutrients and diabetes	Dr Periyandavar	
12:10 pm	Discussion		
12:20 pm	Clinical Case Seminar		
12:20 pm	Steroids - the good, bad and the ugly	Dr Thomas Paul Dr Vamsi Mohan Dr Suresh Prabhu Dr Arun Kannan	Dr Sruthi Chandrasekhar
1.10 pm	Lunch		
2:00 pm	Industry Symposium - Sponsored by Novartis		
3:00 pm	Industry Symposium - Sponsored by Boehringer Ingelheim / Abbott		

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Day 2: 28th Sat August, 2021 - Hall B

Time	Topic	Speaker	Moderator / Chairperson
4:00 pm	Themed symposia - hormones discovered / rediscovered in past 15 years		
4:00 pm	FGF-23	Dr Nitin Kapoor	Dr NK Narayanan Dr JP Sahoo
4:15 pm	Inhibin-B	Dr Sakthivel S	
4:30 pm	Kisspeptin	Dr Dukhbandu Naik	
4:45 pm	AMH	Dr Geethalakshmi	
5:00 pm	Debate		
5:00 pm	Are we overtreating TSH elevations? Yes/No	Yes - Dr Kumaravel V No - Dr Bharath R	Dr Murthy S
5:45 pm Hall A	Dr Kannan Rastogi Oration	Dr Nalini Shah	Dr Thomas Paul Dr Muthukumaran J
6:30 pm	Clinical Case Seminar		
6:30 pm	Approach to thyroid nodule	Dr Sai Krishna Vittal Dr Subramaniam Kannan Dr Uma Devi	Dr Krishna G Seshadri
7:15 pm	Plenaries		
7:15 pm	Thyroid disease in pregnancy	Dr Susan Mandel	Dr Krishna G Seshadri Dr Kumaravel V
7:45 pm	Thyroid-diabetes cross talk	Dr Unnikrishnan AG	
8:15 pm	Osteoporosis - diagnosis and management in 2021	Dr Nalini Ram	
8:45 pm	Discussion and Close		

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Day 3: 29th Sun August, 2021 - Hall A

Time	Topic	Speaker	Moderator / Chairperson
10:00 am	Symposia - Diabetes and COVID		
10:00 am	COVID 19 and the beta cell	Dr Aneesh Ghosh	Dr Prem Kumar A Dr Padma V
10:20 am	Diabetes management in COVID times	Dr Shriraam Mahadevan	
10:40 am	Diabetes, COVID and Mucor - what is the link?	Dr Arul Prakash	
11:00 am	Discussion		
11:15 am	Debate		
11:15 am	Metabolically healthy obesity - is it real?	Yes - Dr Jayashree Gopal No - Dr Velayudham P	Dr PG Sundararaman
12:00 pm	Symposia - Practical Diabetes		
12:00 pm	Management of the diabetic foot	Dr Felix Jebasingh	Dr JS Kumar Dr Chandrasekhar
12:20 pm	Diabetes and vaccinations	Dr Sathian R	
12:40 pm	Diabetes practice in the disinformation era	Dr Usha Ayyagari	
1:00 pm	Discussion		
1:10 pm	Debate		
1:10 pm	Should physicians prescribe aphrodisiacs?	Yes - Dr Ravi E No - Dr Rajesh Rajendran	Dr Sangumani
2.00 pm	Close		

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Day 3: 29th Sun August, 2021 - Hall B

Time	Topic	Speaker	Moderator / Chairperson
10:00 am	Symposia - Gyne-Endo		
10:00 am	Adolescent with PCOS	Dr Anjali Sathya	Dr PG Sundararaman Dr Velayudham
10:20 am	Management of minimal & asymptomatic prolactin elevations	Dr NK Narayanan	
10:40 am	Hormone use in gender change	Dr Sridhar Subbiah	
11:00 am	Discussion		
11:15 am	Debate		
11:15 am	HRT in the absence of menopausal symptoms - Yes / No	Yes - Dr Usha Ayyagari No - Dr Uma Ram	Dr Thomas Paul
12:00 pm	Symposia - Endocrinology in fertility		
12:00 pm	Perspective - my journey with GDM	Dr Usha Sriram	Dr Suresh Damodaran Dr S Murthy
12:20 pm	TSH and ATPO - Practice points for the ObGyn	Dr Bharath R	
12:40 pm	Approach to hypogonadism and infertility	Dr Vani S	
1:00 pm	Discussion		
1:10 pm	Clinical Case Seminar		
1:10 pm	Communicating difficult diagnosis in endocrinology	Dr Nirmala Jayasankar Dr Usha Rani Dr Anjali Sathya Dr Swaminathan	Dr Deepa Thangamani
2.00 pm	Close		

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Abstract Presentation

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TRENDO (Trends in Diabetes and Endocrinology) is the premier event hosted by the Endocrine Society of Tamilnadu and Puducherry (ESTN). With an interactive format, excellent international & national faculties and diverse topics covered the program presents an ideal learning opportunity for all doctors and postgraduates. This year registration is free, but mandatory.

In order to help postgraduates who require having Presentations/Posters in national conferences, we have created a Poster/Oral presentation with digital platform. We welcome abstracts from faculties, delegates, post graduates and medical students. The abstracts should be emailed to **estntrendo2021@gmail.com**. The format for the abstract is given below.

The last day for online submission of abstracts is Aug 15th 2021. There are attractive prizes for the top poster and oral presentations.

Please do not hesitate to contact us if you have any queries. Email:
estntrendo2021@gmail.com

Mobile: +91 9884624613 or 9841295644

We hope to welcome you at the digital conference on the 27th, 28th and 29th Aug 2021.

Dr. Jayashree Gopal (Organizing Secretary)

Dr. Muthukumaran Jayapaul (Joint Organizing Secretary)



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SCIENCE@TRENDO

Science at TRENDO is an exciting mix of concepts, controversies, practice at cusp and evolving ideas. The program is a melange of plenaries, lectures and symposia, clinical case seminars, debates and meet the expert session allowing the discerning clinician to choose and learn in a format that he is most comfortable with. The program has been designed to maximise learning, minimise bias and improve interaction with the strong national and international faculty. A sample of the topics are below.

Symposia

- E From diabetes to metabolic medicine - a transformation
- E Thyroid - controversies and consensus
- E Implications of COVID and lockdown on metabolic health
- E Spotlight on men's health
- E Revisiting diabetes pathogenesis - emerging concepts



Meet the Experts

- E Present and future of obesity management
- E Digital makeover in diabetes care
- E TSH elevation and consequences
- E Nuts and bolts of laboratory diagnostic tests



Clinical Case Seminars

- E Managing heart failure in diabetes - what is new?
- E Importance of finding the right match in managing diabetes
- E Endocrinology of infertility
- E Electrolyte disorders in acute medicine and critical care



Debates

- E Newer diabetes therapies and multifactorial risk reduction
- E Should diabetes care be cluster based?
- E Metabolically healthy obesity - is it real?
- E Should HRT be revisited?



For Online Registrations: estntrendo2021@gmail.com

For further details - Contact:

Dr Jayashree Gopal @

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