



# TREND0 2023

*Emerging Trends in Endocrinology & Diabetes*

ENDOCRINOLOGY

DIABETES

MULTI DISCIPLINARY

PHYSICIANS

Awarded 4 Credit Hours by Tamil Nadu Medical Council

## 11<sup>th</sup> Annual Conference of Endocrine Society of Tamil Nadu and Puducherry

30<sup>th</sup> June, 1<sup>st</sup> & 2<sup>nd</sup> July 2023  
Venue: ITC Grand Chola, Chennai

For Registration  
[www.estn.co.in/Trendo2023/registration.php](http://www.estn.co.in/Trendo2023/registration.php)

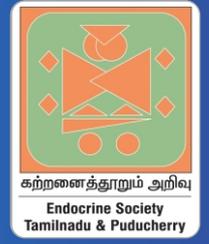


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[www.estn.co.in](http://www.estn.co.in)





# TREND0 2023



Dear friends & colleagues,

It gives us great pleasure to welcome and invite your participation in **TREND0 2023**, the 11th Annual Conference of the Endocrine Society of Tamilnadu and Puducherry to be held on 30th June, 1st & 2nd July 2023 in Chennai, India.

TREND0 has established itself as a renowned and premier Endocrine and Diabetes meeting and is extremely popular among endocrinologists, diabetologists, physicians, pediatricians, obstetricians and gynaecologists for its stellar scientific content with a practical and clinical application – based content. **TREND0 2023** is being planned as a Virtual International Speakers Symposium on 30<sup>th</sup> June 2023 and as a physical event at ITC Grand Chola, Chennai on 1<sup>st</sup> & 2<sup>nd</sup> July 2023 to reach out to all interested medical and allied fraternity participants.

The organizing team has meticulously planned scientific sessions covering all relevant domains of diabetes and endocrinology. Distinguished National & International faculties have been invited to deliver the best science in clinical practice. With an interactive format and diverse topics covered, the conference presents an ideal learning opportunity for all doctors and postgraduates.

We request you to join us in **TREND0 2023** and sincerely hope we can count on your support.

## Best wishes and Regards

**Dr Jayashree Gopal**  
Organizing Chairperson

**Dr Krishna G Seshadri**  
Scientific Chairperson

**Dr. Usha Ayyagari**  
Organizing Secretary

**Dr Shriraam Mahadevan**  
Abstracts & Posters Chairperson

## For Registrations

Smriti Speciality Clinics  
3rd Floor, Taj Plaza, No.5, 2nd Avenue,  
Besant Nagar, Chennai 600090  
Phone: 7845845798 / (044) 47795350  
Website: [www.estn.co.in](http://www.estn.co.in)

## TREND0 2023 Secretariat

Smriti Speciality Clinics, Taj Plaza, No. 5, 2nd Avenue, Besant Nagar, Chennai 600090  
Phone: 7845845798 / (044) 47795350



# TRENDO 2023



## ORGANISING TEAM

### Conference Patrons

Dr. S Murthy, Chennai

Dr. PG Sundararaman, Chennai

Dr. Krishna G Seshadri, Chennai

Dr. S Sridhar, Chennai

### Organising Chairperson

Dr. Jayashree Gopal, Chennai

### Organising Secretary

Dr. Usha Ayyagari, Chennai

### Organising Committee

Dr. Muthukumaran Jayapaul, Chennai

Dr. Bharath Ramji, Chennai

Dr. Usha Sriram, Chennai

Dr. NK Narayanan, Chennai

Dr. G. Shanmugasundar, Chennai

Dr. Sruthi Chandrasekaran, Chennai

Dr. Karthik Balachandran, Chennai

Dr. Ravikiran Muthusamy, Chennai

Dr. Suresh Prabu, Coimbatore

Dr. P. Velayutham, Coimbatore

Dr. Jayaprakash Sahoo, Puducherry

Dr. Prem Kumar, Salem

Dr. Sathian Raghavan, Salem

Dr. Aruna Chelliah, Madurai

Dr. Nivethitha Karthika, Madurai

### Scientific Chairperson

Dr. Krishna G Seshadri, Chennai

### Abstracts & Posters Chairperson

Dr. Shriram Mahadevan, Chennai

### Scientific Committee

Dr. A.K. Das, Puducherry

Dr. Nihal Thomas, Vellore

Dr. Sadishkumar Kamalanathan, Puducherry

Dr. Sridhar Subbiah, Madurai

Dr. Anjali Sathya, Chennai

Dr. Anandkumar Annamalai, Madurai

Dr. Adlyne Reena Asirwatham, Chennai

### Abstract Committee

Dr. Manikandan, Madurai

Dr. Warun Kumar, Madurai

Dr. Arul Prakash, Tuticorin

Dr. Kumar Thulasidass, Chennai

Dr. Geethalakshmi, Chennai

## ESTN OFFICE BEARERS

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Dr. Kumaravel. V

### Vice President

Dr. Jayashree Gopal

### Vice President

Dr. Arul Prakash

### Hon. Secretary

Dr. S.Vijaya Bhaskar Reddy

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Dr. Nitin Kapoor

Dr. Warun Kumar

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Dr. Thomas Paul

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Day 1 (30th June, 2023)

## Virtual International Speakers symposium

We are honoured to have eminent speakers of international repute share their knowledge and experience with us. Please join us for this academic feast.

**Moderators: Dr. S. Murthy | Dr. Jayashree Gopal**

From	To	Topic	Speaker
14:00	14:45	Type 2 diabetes: Homogenous aetiology in heterogenous individuals	Dr. Roy Taylor Professor of Medicine and Metabolism, University of Newcastle, Director of Magnetic Resonance Centre, Honorary Consultant Physician, Newcastle upon Tyne Hospitals NHS Foundation Trust
14:45	15:30	EndoBarrier: The Worldwide Experience	Dr. Bob Ryder Consultant, City Hospital, Birmingham; Co-opted Co-ordinator & Clinical Lead, Nationwide Audits of New Diabetes Therapies, Association of British Clinical Diabetologists
15:30	16:15	The promise and limitation of technology in preventing hypoglycaemia as a side effect of treatment	Dr. Simon Heller Professor of Clinical Diabetes; National Speciality Lead for Diabetes - NIHR Clinical Research Network
16:15	17:00	Phaeochromocytoma syndromes	Dr. Roderick Clifton-Bligh Head of the Department of Endocrinology, Royal North Shore Hospital; Associate Professor Medicine, Northern Clinical School Kolling Institute of Medical Research
17:00	17:45	Metabolic associated Fatty Liver disease	Dr. Joseph M Pappachan Consultant in Endocrinology and Honorary Professor. Research Lead, Lancashire Teaching Hospitals NHS Trust
17:45	18:30	Interrogating the exocrine pancreas for clues to endocrine dysfunction	Dr. Rohit Kulkarni Professor of Medicine, Harvard Medical School, Margaret A. Congleton Chair and Co-Head of the Section on Islet & Regenerative Biology Joslin Diabetes Center

<https://live.imagicahealth.com/trendo2023>

Click here for  
registration

**Registration free, but mandatory**

Delegates attending only Virtual symposium are not eligible for TNMC credit hours.

**Best wishes and Regards**

Dr. Usha Ayyagari  
Organizing Secretary

Dr. Jayashree Gopal  
Organizing Chairperson

Dr. Krishna Seshadri  
Scientific Chairperson

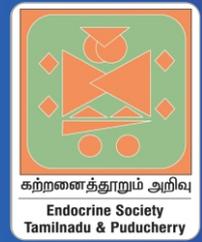
**TREND0 2023 Secretariat**

Smriti Speciality Clinics, Beasant Nagar, Chennai 600090

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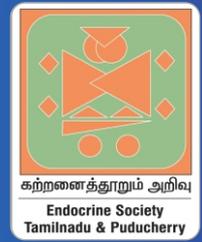


## HALL A - Day 2 (1st July, 2023)

From	To	Topic	Moderator / Speaker
9:00	9:45	Workshop 1: Glucose monitoring: From CBG to CGM	Dr. NK Narayanan, Dr. Vidhya Rajeev Jahagirdar, Dr. Om Lakhani
9:45	10:30	Clinical case seminar: Pituitary Cushing syndrome	Dr. Adlyne Reena Asirwatham, Dr. Saptarshi Bhattacharya, Dr. Sadishkumar Kamalanathan
10:30	11:40	Thematic Symposium 1: Thyrotoxicosis	Chairpersons: Dr. S. Murthy, Dr. S Magesh Kumar Saveetha Medical Hospital
10:30	10:48	Low uptake thyrotoxicosis: An overview	Dr. Abhay Sahoo
10:48	11:06	Long term medical management of Graves Disease	Dr. Ganpathi Bantwal
11:06	11:24	Subclinical thyrotoxicosis	Dr. Dukhabandhu Naik
11:24	11:40	Discussion	
11:40	11:55	Break	
11:55	12:30	Orations and Keynote	Introduction by: Dr Kumaravel V, Dr Vijay Bhaskar Reddy, Dr Jayashree Gopal, Dr Krishna G Seshadri
11:55	12:30	Dr. Kannan Rastogi Oration: Early gestational diabetes: What are its implications?	Dr. V. Mohan
12:30	13:00	Keynote Lecture: Is clinical medicine facing extinction?: An Endocrinologist's perspective	Dr. R. Muralidharan
14:00	15:10	Thematic Symposium 4: Beyond Type 2 Diabetes	Chairpersons: Dr S Venkatraman, Dr J Damodaran
14:00	14:18	Clusters in clinical care - an approach	Dr. Muthukumaran Jayapaul
14:18	14:36	Young onset diabetes - Newer clinical insights on diagnosis and treatment	Dr. Nihal Thomas
14:36	14:54	New onset diabetes in the Elderly: An approach	Dr Soumik Goswami
14:54	15:10	Discussion	
15:10	16:20	Thematic Symposium 7: From Diabetes to Metabolic Medicine	Chairpersons: Dr. A. Prem Kumar, Dr. N. N. Anand, Prof of Medicine Balaji Medical College
15:10	15:28	Risk Scores in Clinical Care - A compendium for the clinician practicing metabolic medicine	Dr. Vengadkrishnan
15:28	15:46	PCOS as a metabolic disease	Dr.Pramila Kalra
15:46	16:04	NAFLD: A marker of diabetes outcomes?	Dr. Arun Viswanath
16:04	16:20	Discussion	
16:20	16:50	Debate 1: Weight loss as a primary target of diabetes care	Dr.Aneesh Ghosh, Dr. Beena Bansal . Balanced view: Dr. Suresh Damodharan
16:40	16:50	Discussion	
16:50	17:00	Break	
17:00	19:30	Industry spotlight:	
17:00	17:30	Novo Nordisk: GLP-1 : "An upstream approach to address the weight of diabetes with oral semaglutide"	Chairperson: Dr. Palaniappen Speaker: Dr.G.Shanmugasundar
17:30	18:00	Novo Nordisk: Evidence to practice: clinical perspectives of diabetes management with new generation insulins	Chairperson: Dr. Palaniappen Speaker: Dr. Adlyne Reena Asirvatham
18:00	18:20	Micro Labs: Role of Glitazones & Gliptins in restoring beta cell Function	Chairperson: Prof. R.S Hariharan Speaker : DR A.Paneerselvam
18:20	18:40	Micro Labs: Emerging Triple drug Combination therapy	Chairperson: Dr R. Madhavan Speaker: Dr. S R . Ramakrishnan
18:40	19:00	Micro Labs: Vilda-Dapa; A New Era in Diabetes Management	Chairperson: Dr.S.Murthy Speaker: Dr. R. Bharath
19:00	19:30	TBA	
19:30	20:00	Inauguration	Dr Kumaravel, Dr Jayashree Gopal, Dr Usha Ayyagari, Dr Vijay Bhaskar Reddy, Dr Krishna G Seshadri
20:00		Dinner	



# TREND O 2023



## HALL B - Day 2 (1st July, 2023)

From	To	Topic	Moderator / Speaker
9:00	9:45	Workshop 2: Thyroid dysfunction - beyond TSH	Dr. Warun Kumar, Dr. Sambit Das, Dr. Pramila Kalra
9:45	10:30	Clinical Case Seminar 2: Medical management of the adolescent with obesity	Dr. Mohan Shenoy, Dr. Gagan Priya, Dr. Mythili Ayyagari
10:30	11:40	Thematic Symposium 2: Newer therapies for diabetes and obesity	Chairpersons: Dr TKV Sharavanan Tagore Medical College, Dr. Meher Prasad
10:30	10:48	Evidence based nutritional approaches to management of obesity	Dr. Prem Narayanan
10:48	11:06	Coming attractions in the medical management of obesity	Dr. Saptarshi Bhattacharya
11:06	11:24	What will be the future of metabolic surgery?	Dr. Praveen Raj, Coimbatore
11:24	11:40	Discussion	
11:40	11:50	<b>Break</b>	
11:50	13:15	Hall A	
14:00	15:10	Thematic Symposium 5: Autoimmune Endocrinopathies	Chairpersons: Dr. Padma, Balaji Medical College, Dr. Ravikannan
14:00	14:18	Autoimmune hypoglycemia	Dr. Arpandev Bhattacharya
14:18	14:36	Autoimmune polyglandular syndrome - state of the art	Dr. Beena Bansal
14:36	14:54	Lymphocytic hypophysitis at 2023	Dr. H. S. Asha
14:54	15:10	Discussion	
15:10	16:20	Thematic Symposium 8: Osteoporosis	Chairpersons: Dr. S. Sridhar, Chennai, Dr AB Govindraj, Orthopedician (Chennai)
15:10	15:28	DEXA and beyond - Diagnosing and measuring osteoporosis	Dr. Kripa Elizabeth Cherian
15:28	15:46	The male with a fragility fracture	Dr. Shriram Mahadevan
15:46	16:04	Anabolic therapies in osteoporosis: State of the art	Dr. Thomas Paul
16:04	16:20	Discussion	
16:20	16:40	Debate 2: Should doctors become social media influencers?	Dr. Prem Narayanan, Dr. Barath Ramji. Balanced view: Dr. Sathian Raghavan
16:40	16:50	Discussion	
16:50	17:00	<b>Break</b>	
17:00	19:30	Industry Spotlight:	
17:00	17:30	Cipla: 1. Multifactorial Approach to T2DM management :Role of once weekly Dulaglutide. 2. Glycaemic durability: An important consideration for T2DM	Speaker 1: Dr Krishna G Seshadri Speaker2: Dr Om Lakhani
17:30	18:00	Eris: Caramel Disease's	Chairperson: Dr S Murthy. Speaker: Dr Jayashree Gopal
18:00	18:30	Eris	
18:30	19:30	TBA	
19:30	20:00	Hall A	



# TREND0 2023



## HALL C - Day 2 (1st July, 2023)

From	To	Topic	Moderator / Speaker
9:00	9:45	Workshop 3: Workshop on Diabetic foot and offloading with Quiz	Dr. Zulfiqarali Abbas, President, D-Foot international, Tanzania Prof. Nihal Thomas- CMC, Vellore Prof. Felix Jebasingh - CMC, Vellore Sis.Bharati Saravanan-CMC, Vellore
9:45	10:30	Clinical Case Seminar 3: Young adult with new onset diabetes	Dr. R.M. Manikandan, Dr. PG Sundararaman, Dr. Arul Prakash
10:30	11:40	Thematic Symposium 3: Calcium and mineral metabolism	Chairpersons: Dr. Ravi Kiran Muthuswamy, Dr Preetham Arthur, SRMC Porur
10:30	10:48	Hypophosphatemia in clinical care	Dr. S. Sridhar, Madurai
10:48	11:06	Asymptomatic hypoparathyroidism: An approach	Dr. Mohan Shenoy
11:06	11:24	Osteomalacia - Should we still think about it?	Dr. Suresh Prabhu
11:24	11:40	Discussion	
<b>11:40</b>	<b>11:50</b>	<b>Break</b>	
11:50	13:15	Hall A	
14:00	15:10	Thematic Symposium 6: Glucocorticoids in clinical care	Chairpersons: Dr. S. Chandrasekar, Stanley Medical College, Dr Sudha Vidyasagar
14:00	14:18	Glucocorticoid use and glucose metabolism: A synopsis	Dr. Vidhya Rajeev Jahagirdar
14:18	14:36	Glucocorticoid induced osteoporosis: Prevention and care	Dr. Mythili Ayyagari
14:36	14:54	The steroid taper: A primer for the clinician	Dr. Gagan Priya
14:54	15:10	Discussion	
15:10	16:20	Thematic Symposium 9: PET CTomas and other incidental endocrine lesions	Chairpersons: Dr Jayakanth, Nuclear Medicine Specialist, Endocrine Surgeon Dr. Faisal Ayub
15:10	15:28	The PET CT thyroid nodule - an approach	Dr Subramanian Kannan
15:28	15:46	Incidental Adrenal lesions - state of the art	Dr. Vageesh Ayyar
15:46	16:04	Carcinoids and the clinician	Dr. G. Shanmugasundar
16:04	16:20	Discussion	
16:20	16:50	Debate 3: Diabetes reversal programs - State of Art or State of Fraud?	Dr. Sambit Das, Dr. Karthik Balachandran. Balanced view: Dr. Boochandran
16:40	16:50	Discussion	
<b>16:50</b>	<b>17:00</b>	<b>Break</b>	
17:00	18:30	Industry Spotlight:	
17:00	17:30	Sanofi: Glycemic Metrics and patient centered considerations to assess Gen 2.0 Basal Insulin options	Speaker Dr NK Narayanan
17:30	18:00	Abbott India	
18:00	18:30	MSD	
18:30	19:30	General Body Meeting	
19:30	20:00	Hall A	

## HALL A - Day 3 (2nd July, 2023)

From	To	Topic	Moderator / Speaker
9:00	9:45	Workshop 4: Gestational Diabetes	Dr. Nivethitha Karthika, Dr. Anjali Sathya, Dr. Prem Kumar
9:55	10:35	Clinical Case Seminar 5: The patient with oligomenorrhea and infertility	Dr. Geethalakshmi, Dr. Nalini Kopalle, Dr. Janani Iyer
10:35	11:05	Debate 1: HRT for prevention of complications: Time to reintroduce?	Dr. Hepzibah, Dr. Chitra Selvan. Balanced view: Dr. Jayashree Gopal
11:05	12:00	Thematic Symposium 10: Adolescent Gynecologic Endocrinology	Chairpersons: Dr Anjalakshi, Dr. Sadish Kumar Kamalanathan
11:05	11:23	Hirsutism	Dr. Mala Dharmalingam
11:23	11:41	Eating Disorders	Dr. Aruna Chelliah
11:41	11:57	Discussion	
12:00	12:15	Break Halls Unite	
12:15	13:30	Plenaries	Dr. Krishna G Seshadri, Dr. Jayashree Gopal
12:15	12:35	Plenary 1: Digital detox: From an endocrine lens	Dr. Shashank Joshi
12:35	12:55	Plenary 2: Glucose Metabolism - From the gut to the tissues	Dr. Sunder Mudaliar
12:55	13:15	Plenary 3: Sleep, circadian rhythms and diabetes	Dr. Rakesh Sahay
13:15	13:30	Discussion	
13:30	13:40	Valedictory	Dr. Kumaravel, Dr. Vijay Bhaskar Reddy, Dr. Jayashree Gopal, Dr. Usha Ayyagari
13:40		Lunch and Close	

## HALL B - Day 3 (2nd July, 2023)

From	To	Topic	Moderator / Speaker
9:00	9:45	Workshop 5: Endocrine Lab testing - Tests facts fallacies	Dr. JP Sahoo, Dr. Mala Dharmalingam, Dr. Muthukumaran Jayapaul
9:45	10:25	Clinical Case Seminar 6: Male Hypogonadism	Dr. Joel Franklin, Dr. S. Sridhar (Madurai), Dr. Kumar Thulasidass
10:35	11:05	Debate 2: Noninvasive management of nodules and goiters - time for primetime?	Yes: Dr. Mohnish, Interventional Radiologist, No: Dr. Subramanian Kannan, Endocrinologist. Balanced view: Dr. Dhalapathy Sadacharan
11:05	12:00	Thematic Symposium 11: The endocrinology of health wellness and aging	Chairpersons: Dr. Arun Kannan, Madurai, Dr Parandhaman KMC
11:05	11:23	The endocrinology of Longevity	Dr. Anish Behl
11:23	11:41	Caloric restriction - Beyond metabolic benefits	Dr. Nitin Kapoor
11:41	11:57	Discussion	
12:00	12:15	Break Halls Unite	

## HALL C - Day 3 (2nd July, 2023)

From	To	Topic	Moderator / Speaker
8:00	10:30	Oral Presentations on Thyroid Disorders	
10:35	11:05	Debate 3: LT3 in clinical care - Evidence Base or Emotion Base?	For: Dr. Ramamohan, Against: Dr. Soumik Goswami. Balanced view: Dr. PG Sundararaman
11:05	12:00	Thematic symposium 12: New and Novel	Chairpersons: Dr. J. Sangumani, Dr. Hariharan MMC
11:05	11:23	AI in endocrinology - companion or challenger?	Dr. Om Lakhani
11:23	11:41	New Drugs and the endocrinopathies that they cause - an update	Dr. Manoj Chadha
11:41	11:57	Discussion	
12:00	12:15	Break Halls Unite	



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<https://estn.co.in/Trendo2023/registration.php>

Normal Registration (1st to 29th June 2023)	Spot Registration
Rs. 6,000/-	Rs. 8,000/-

Payment should be made in favour of "The  
Endocrine Society" Payable at  
Puducherry.

For NEFT Transfer:  
Bank Name: Indian Bank  
Current Account: 6233468324  
IFSC Code: IDIB000R076

Name: THE ENDOCRINE SOCIETY  
Pay Directly to: endocrinesociety@indianbk



For Details, Contact  
Dr. USHA AYYAGARI,  
Organising Secretary,  
TREND0 2023

Mobile: 78458 45798 | Email: druayyagari@gmail.com

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