

# NEO Summit

2<sup>nd</sup> April 2016, Puri, Orissa

"Neo Summit" was held at Upper Hotel Holiday Resort, Chakratirtha Road, Puri-752 002, Orissa, India. It was organized by of Asian Society of Continuing Medical Education.

The sole objective of the CME was to update the practicing doctors about Thyroid Disease, level of morbidity and mortality due to Thyroid and its associated spectrum of complications and Thyroid management as the disease is now highly visible across all societies within India.

The session was open with an introductory session by Asian Society of continuing Medical Education and followed by the scientific agenda.

<b>Date</b>	:	2 <sup>nd</sup> April 2016.
<b>Venue</b>	:	Hotel Holiday Resort, Chakratirtha Road, Puri-752 002, Orissa, India.
<b>Total Participants</b>	:	51

## **TOPICS**

- 1. Thyroid Disorders in Diabetes Mellitus.**
- 2. Subclinical Thyroid disorders – Hyperthyroidism & Hypothyroidism**
- 3. Crisp Corner: Thyroid and Heart, Thyroid and Bone**
- 4. Compare and Contrast : Grave's Disease & Thyroiditis.**
- 5. Discussion: Interpretation of TFT – Case Scenario**
- 6. Hyperthyroidism in adults and Children.**
- 7. Anti-Thyroid Drugs - How Long and How Much?**

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## FACULTIES



**Dr. Sunil Kumar Kota**  
MBBS, MD (Medicine), DNB  
(Endocrinologist)

**Consultant Endocrinologist**



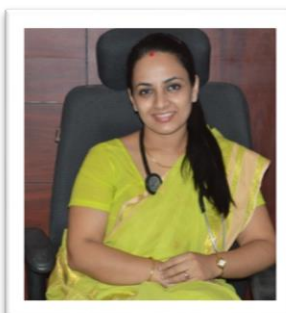
**Dr. Rana Bhattacharjee**  
MBBS, MD (Medicine), DM  
(Endocrinology), MRCP

**Faculty member at Dept. of  
Endocrinology and  
Metabolism at IPGME & R  
and SSKM**



**Dr. Ritesh Kumar Agrawala**  
MBBS, MD (Medicine), DM  
(Endocrinologist)

**Consultant Endocrinologist**



**Dr. Nilakshi Deka**  
M.D., D.M. (Endo)

**Consultant Endocrinologist**



**Dr. Abhaya Kumar Sahoo**  
M.D., D.M. (Endo & Met.)

**Associate Professor of  
Endocrinology and  
metabolism at SUM Hospital  
and Medical College**

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**Dr. Debmalya Sanyal**  
MBBS, MD (Gen Med), DM  
Endocrinology,

**Associate Professor of  
Endocrinology at KPC  
Medical College and Hospital**

**1. Dr. Sunil Kumar Kota** discussed about **Thyroid Disorders in Diabetes Mellitus**. He Emphasised on Specially,

- Hypothyroidism- Effects on Glucose Homoeostasis.
- Prevalence of Thyroid dysfunction in Type 2 DM.
- Hypothyroidism and complications of DM.
- Cardiovascular disease risk In hypothyroidism.
- Effect of diabetes on thyroid hormone and thyroid disorders.
- Thyrotoxicosis and glucose homeostasis.
- Clinical Manifestation of Hyperthyroidism with DM.
- Cardiovascular disease risk In hyperthyroidism.
- Ophthalmopathy and Diabetes.
- Effect of metformin on thyroid status
- Effect of Sulphonylureas & Glitazones.
- Effect of incretin mimetics, statin.
- Thyroid Carcinoma and Diabetes.
- Screening strategies.

**2. Dr. Rana Bhattacharjee** talked about **Subclinical Thyroid disorders**: He Emphasised specially on **Hyperthyroidism and Hypothyroidism**

- Presented A case studies of The Hyperthyroidism and Hypothyroidism Patients with Natural History, Exclusion of Mimicks, Searching for Etiology, Comorbidities, Management.

**3. Dr. Ritesh Kumar Agrawal** discussed about **Thyroid and Heart** also **Thyroid and Bone**. He Emphasised on: -

- Thyroid Physiology.
- Hormonal regulation of normal bone homeostasis.
- Bone remodeling and thyroid hormones.
- Role of HPT axis in the skeleton.
- Interaction of TSH, T3, and the bone are more complex.
- Thyroid and BMD – Pathophysiology.
- Hyperthyroidism & Bones.
- Effects of Hyperthyroidism on bone remodeling.
- Endogenous subclinical hyperthyroidism and BMD.

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- Effects of Hypothyroidism on bone remodeling.
- Markers of bone turnover in hyperthyroid states.
- Markers of bone turnover in hypothyroid states.
- Management of thyroid disorders.

**4. Dr. Nilakshi Deka discussed the Compare and Contrast : Grave's Disease & Thyroiditis.** She deliberated her scientific session on: -

**Grave's Disease** : Pathogenesis, The Classic Triad of Graves' Disease (Hyperthyroidism, Graves' Ophthalmopathy, Myxedema of Graves), Laboratory Evaluation, Diagnostic Imaging, Immediate Medical Therapy, Long-term Therapeutic Options, Treatment.

**Thyroiditis** : Subacute thyroiditis, De Quervain Thyroiditis, Hashimoto's thyroiditis : Characteristic, Disease Process, complications, Lab investigations, Signs and symptoms. Treatment.

**5. Dr. Abhaya Kumar Sahoo** discussed **Interpretation of TFT – Case Scenario.** He emphasised on: -

- Focus on thyroid function tests?
- Cases discussed on: Hyperthyroidism, Subclinical hyperthyroidism, Thyroid Nodule.
- Thyroid Antibodies, Nucleotide Scintigraphy, Thyroid Function Tests in Special Patient Populations.

**6. Dr. Debmalya Sanyal** discussed about **Hyperthyroidism in adults and Children:** He emphasised on,

**Cases :**

- Thyrotoxicosis : Differential Diagnosis, Diagnosis and Management, Nucleotide Scintigraphy, Laboratory findings.
- T 3 predominant Graves' disease.
- Thyrotoxicosis: Adjuvant Therapy, :Management.
- Antithyroid Drug: Side-Effects(Induced Hematopoietic Damage, agranulocytosis, Antithyroid vasculitis,)
- Graves' disease : Treatment of Childhood Graves, Management.
- Maternal Hyperthyroidism : Aplasia cutis congenital, Choanal Atresia, Toxic Single Adenoma (TSA), Diagnosis & Treatment of Hyperthyroidism.

**Dr. Debmalya Sanyal also sensitised upon Anti-thyroid drugs- How long and How Much?** The session deliberated following: -

- Treatment Options.
- Radioactive Iodine.

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- Anti thyroid drugs : Mechanisms of Actions, Side effects, Treatment follow up, How long to give ATD ? Practical Considerations.
- Pregnancy and antithyroid regimen.
- Complications of antithyroid drugs.
- Thyrotoxic Crisis / Storm.

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## SNAPSHOTS





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