

NEO Summit

10 April 2016 - Alleppey, Kerala

"Neo Summit was held at Hotel Vasundhara Sarovar Premiere, Alleppey District, Kerala. It was organized by of Asian Society of Continuing Medical Education.

The sole objective of the CME was to update practicing doctors about Thyroid diseases, Hyperthyroidism 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.

Date : 10 April 2016

Venue : Hotel Vasundhara Sarovar Premiere, Alleppey District, Kerala.

Total Participants : 40

TOPICS :

1. **Thyroid Disorders in Diabetes Mellitus**
2. **Subclinical Thyroid disorders, Hyperthyroidism and Hypothyroidism**
3. **Compare and Contrast -Graves Disease & Thyroid Disorder**
4. **Discussion: Interpretation of TFT – Case Scenario**
5. **Anti-Thyroid Drugs - How Long and How Much?**
6. **Thyroid Emergencies**
7. **Crisp Corner – Thyroid and Heart / Thyroid and Brain**

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SPEAKERS



Dr. Joe George
MD (Med), DM (Endocrinology)

**Senior Consultant Endocrinologist,
Baby Memorial Hospital Ltd,
Kozhikode, Kerala**



Dr. Vageesh Ayyar S.
MBBS , MD, DM (Endo), DNB (Endo)

**Professor of Endocrinology, St. John's
Medical College & Hospital , Bangalore**



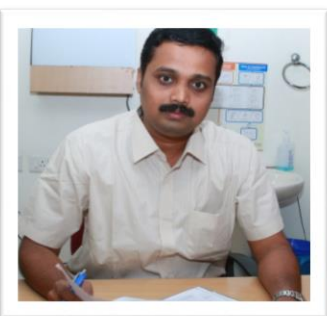
Dr. R. Asokan
MBBS , MD

**Senior Consultant Physician, RA
Hospital, Coimbatore.**



Dr. Jilse George
MBBS , MD

**Professor & Head, Department of
Medicine, Govt. Medical College, Kochi**



Dr. P. Jayaprakash
MBBS , MD, DM (Endo)

**Consultant Endocrinologist, Medical
Trust Hospital, MG Road, Kochi**

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Dr. Thushanth Thomas
MD, DM (Endo), DNB (Endo & Gen Med)

**Consultant Endocrinologist at Kerala
Institute Of Medical Sciences,
Trivandrum.**

1. **Dr. Vageesh Ayyar S.** discussed about **Thyroid Disorders in Diabetes Mellitus.**

The scientific session was deliberated on:

- Why Focus On Thyroid diabetes
- Thyroid disorders and diabetes mellitus are the two most common endocrinopathies
- Both conditions frequently co-exist
- Prevalence of thyroid dysfunction in patients with diabetes is higher than in the general population
- Spectrum of Thyroid Dysfunction in DM
- Prevalence of thyroid dysfunction in DM

2. **Dr. Mathew John** talked about **Discussion: Interpretation of TFT – Case Scenario.** The informative session was highlighted upon: -

- Why focus on thyroid function tests
- Signs and symptoms provide the best indication to request thyroid tests
- Screening patients at increased risk?
- Which test should be used?
- Thyroid Nodule
- Limitations of thyroid function tests
- Thyroid Function Tests in Special Patient Populations

3. **Dr. Anish Ahamed K. M.** discussed about Anti Thyroid Drugs. The scientific talk was deliberated on: -

- Anti thyroid drugs
- Thionamides
- Thionamides Inhibit Peroxidase-catalyzing Reactions
- Two treatment strategies for using ATDs
- Hypothalamic-Pituitary Thyroid Axis
- Thionamides And Immune System
- Immunomodulation v/s Euthyroidism
- Incidence of Major Toxic Reactions to ATDs In Adults
- Agranulocytosis

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- Beta Blockers
- Thyrotoxicosis
- Choice of Therapy

4. **Dr. Vimal M. V.** discussed about Thyroid and Bone Health. The scientific session was based on: -

- Thyroid Gland
- Normal bone remodeling
- Hormonal regulation of normal bone homeostasis
- Endocrine glands exert their actions at remote locations
- They have local effects too
- They act through receptors- nuclear and cytoplasmic
- Thyroid Hormone & Cardiovascular Hemodynamics
- Heart Failure
- Types of Lipid Abnormalities in Patients With Hypothyroidism
- Molecular actions of thyroid hormones in bone tissue

5. **Dr. Joe George** discussed about Subclinical Thyroid disorders Hyperthyroidism and Hypothyroidism .The Scientific Session Was Based On:-

- Introduction Of Thyroid gland
- What is Subclinical Thyroid Disease?
- What is Subclinical Hyperthyroidism?
- Epidemiology of Subclinical Hyperthyroidism
- Clinical features of Subclinical Hyperthyroidism
- Diagnosis of Subclinical Hyperthyroidism
- Cardiovascular Consequences of Subclinical Hyperthyroidism
- Subclinical Hyperthyroidism Management
- Risk factors for Subclinical Hypothyroidism

6. **Dr. P. Jayaprakash** discussed about Compare and contrast - Graves Disease & Thyroiditis. The Scientific Session was based on :-

- Graves' disease and chronic thyroiditis (Hashimoto's thyroiditis) - autoimmune diseases of thyroid gland.
- Hyperplasia and hyperfunction of the thyroid gland.
- Cause of Hashimoto's thyroiditis
- The action of TSH hormone
- Pathogenesis for chronic thyroiditis.
- Response to endogenous thyroid antigens
- Grave's disease treatment.
- The diagnosis of Hashimoto's disease (chronic thyroiditis)

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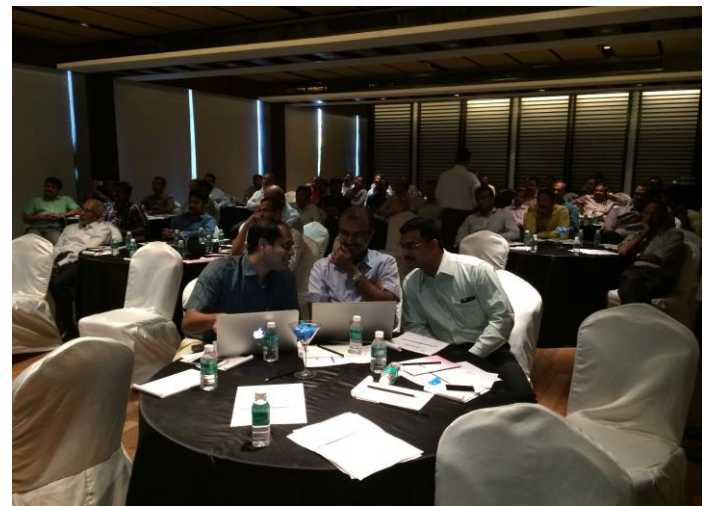
7. **Dr. Thushanth Thomas** discussed about Thyroid Emergencies. The Scientific session was based on:-

- Decompensation of severe hyperthyroidism
- Effect on Thyroid secretion by ioipanoic acid or ipodate
- Treatment of hyperthyroidism

Post completion of all the scientific talks of the faculties. Dr. Joe George went through the closing remarks. After an interesting and interactive open forum vote of thanks were conveyed by Asian society of Continuing Medical education.

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