

கற்றனைத்தூறும் அறிவு  
Endocrine Society  
Tamilnadu & Puducherry

enrich  
2023 | ENDOCRINE SOCIETY  
OF TAMILNADU &  
PUDUCHERRY (ESTN)

Postgraduate & Young Doctors Endocrine and Diabetes Update

03-DEC-2023 | Sunday 8 am - 5 pm | Hotel Green Park, Chennai

2 TNMC credit hours | Poster Presentations | Endocrine quiz

REGISTRATION LINK

[www.estn.co.in/Enrich2023/registration.php](http://www.estn.co.in/Enrich2023/registration.php)

Registration: Free for Postgraduates (PGs) | Rs.500 for Practicing Doctors



Conference Secretariat: Dr S. Vijay Bhaskar Reddy

Vijay Diabetes & Endocrine Clinic, Puducherry



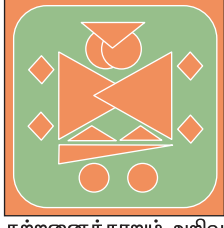
75986 78215



estnendo@gmail.com



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# enrich

## 2023

ENDOCRINE SOCIETY  
OF TAMILNADU &  
PUDUCHERRY (ESTN)

Dear Colleagues,

It is our proud pleasure to invite you to ENRICH 2023, Postgraduate and young doctors endocrine and diabetes update. ENRICH 2023 is being conducted by the Endocrine Society of Tamilnadu and Puducherry on 3rd December 2023, Sunday, 8 am to 5 pm at Hotel Green Park, Chennai in a physical face-to-face format. This endocrine update is to address the clinical approaches, recent trends and advances in endocrine practice in an interactive format with lectures, case discussions, meet the professor sessions, workshops, panel discussions, poster presentations and quiz. ENRICH 2023 will generate considerable learning experience and interaction especially for postgraduates and young doctors. ENRICH 2023 offers an ideal opportunity for postgraduates to showcase their research projects, thesis and case reports related to endocrine disorders and diabetes in the form of poster presentations. We look forward to your esteemed presence and active participation, which should benefit the medical fraternity.

Best regards

President

**Dr. Kumaravel. V**

Secretary

**Dr. S. Vijay Bhaskar Reddy**

Vice-Presidents

**Dr. Arul Prakash, Dr. Jayashree Gopal**

Treasurer

**Dr. Dukhabandhu Naik**

Executive Committee members:

**Dr. Nitin Kapoor, Dr. Usha Ayyagari, Dr. Manikandan,  
Dr. Warun Kumar, Dr. Suresh Damodharan, Dr. Thomas Paul**

# PROGRAM SCHEDULE | 03 - 12 - 2023 | SUNDAY

Time	Topic	Speaker
8 - 8.45 am	<b>Registration</b>	
8.45 - 9 am	<b>Inauguration &amp; Welcome address</b>	
9 - 9.40 am	<b>Clinical &amp; Lab Endocrinology</b> <b>Chairpersons: Dr. S. Murthy, Chennai &amp; Dr. Dukhabandhu Naik, Puducherry</b>	
9 - 9.20 am	Relevance of Clinical medicine in Endocrine Practice: Case snippets	Dr. Thiyagarajan Thangavel, Coimbatore
9.20 - 9.40 am	Hormone assays: Common pitfalls & solutions	Dr. Sivan Arul Selvan, Tirunelveli
9.40 - 10.20 am	<b>THYROID</b> <b>Chairpersons: Dr. S. Sridhar, Chennai &amp; Dr. S. Chandrasekar, Chennai</b>	
9.40 - 10 am	Sub-clinical hypothyroidism: Approach	Dr. Usha Sriram, Chennai
10 - 10.20 am	Anti-thyroid drugs: How much & How long?	Dr. Arun Viswanath, Tirunelveli
10.20 - 11 am	<b>Clinicopathologic correlation (CPC)</b> <b>Chairperson: Dr. PG Sundarraman, Chennai</b>	
	An interesting case of Cushing syndrome	Dr. Shriraam Mahadevan, Dr. G A Vasugi, SRMC, Chennai
11 am - 11.10 am	<b>Book launch: 3rd Edition of "ESTN Manual of Clinical Endocrinology: An Algorithmic approach"</b>	
11.10 - 11.20 am	<b>TEA BREAK</b>	
11.20 - 12 pm	<b>Diagnostics: Why, When &amp; How?</b> <b>Chairperson: Dr. V. Kumaravel, Madurai, &amp; Dr. Ghurulakshmi Moorthy, Chennai</b>	
11.20 - 11.30 am	Time in range (TIR)	Dr. Arul Prakash, Tuticorin

# PROGRAM SCHEDULE | 03 - 12 - 2023 | SUNDAY

Time	Topic	Speaker
11.30 - 11.40 am	NT-proBNP	Dr. Senthil Raja, Salem
11.40 - 11.50 am	Molecular markers for thyroid nodules	Dr. Warun Kumar, Madurai
11.50 - 12 pm	Bone Turnover markers	Dr. Sruthi Chandrasekaran, Chennai
12 - 12.30 pm	<b>Therapeutics: Hormone replacement</b> <b>Chairperson: Dr. R M Manikandan, Madurai, &amp; Dr. Leelavathy, Chennai</b>	
12 - 12.10 pm	Glucocorticoid replacement	Dr. Anjali Sathya, Chennai
12.10 - 12.20 pm	Testosterone replacement	Dr. Joel Franklin, Nagercoil
12.20 - 12.30 pm	Menopausal HRT	Dr. Jayashree Gopal, Chennai
12.30 - 1.00 pm	<b>Therapeutics: Drug updates</b> <b>Chairperson: Dr. Anuradha, Chennai, &amp; Dr. Kumar Thulasidass, Chennai</b>	
12.30 - 12.40 pm	Dapagliflozin: Recent updates	Dr. NK Narayanan, Chennai
12.40 - 12.50 pm	Twincretin: Tirzepatide	Dr. Suresh Damodharan, Coimbatore
12.50 - 1 pm	Icosapent Ethyl	Dr. Adlyne, Chennai
1 - 2 pm	<b>Lunch &amp; Poster Presentations</b>	
2 - 2.40 pm	<b>Meet the Professor</b>	
2 - 2.20 pm	Fatty Liver on Ultrasound	Dr. Nitin Kapoor, Vellore
2.20 - 2.40 pm	Hypoglycemia	Dr. Remya Rajan. R, Vellore

# PROGRAM SCHEDULE | 03 - 12 - 2023 | SUNDAY

Time	Topic	Speaker
2.40 - 3.20 pm	<b>Panel discussion</b> <b>Moderator: Dr. Usha Ayyagari, Chennai</b>	
	Topic: Clinical approach to type 2 diabetes in 2023	Dr. V. Kumaravel, Madurai Dr. Geethalakshmi, Chennai Dr. JS Kumar, Chennai
3.20 - 4 pm	<b>TO THE POINT</b> <b>Chairperson: Dr. Jayashree Gopal, Chennai &amp; Dr. Vengadakrishnan, Chennai</b>	
3.20 - 3.30 pm	Intermittent fasting	Dr. Meher Prasad, Chennai
3.30 - 3.40 pm	Artificial sweeteners: Are they safe?	Dr. Rajesh Rajendran, Chennai
3.40 - 3.50 pm	Do we need to test for Vitamin D deficiency?	Dr. Barath Ramji, Chennai
3.50 - 4 pm	Vitamin B12 > 2,000 pg/ml: Approach	Dr. Kumar Thulasidass, Chennai
4 - 4.30 pm	<b>THEME BASED ENDOCRINE QUIZ</b> <b>"Learn &amp; Win"</b> 	
	<b>Endocrine Disruptors</b> <b>Endocrine Emergencies</b>	Dr. Nitin Kapoor, Vellore Dr. S. Vijay Bhaskar Reddy, Puducherry
4.30 pm	<b>VALEDICTORY &amp; VOTE OF THANKS</b>	
4.40 pm	<b>HIGH TEA</b>	



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### REGISTRATION DETAILS

**Post Graduates (PGs)**  
**FREE**

**ESTN Members**  
**FREE**

**Practising Doctors**  
**Rs. 500**

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

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



### NEFT Transfer

**Bank Name : Indian Bank**  
**Current Account: 6233468324**  
**IFSC Code: IDIB000R076**

Please send your Cheque / Demand Draft to the following address:

**Conference Secretariat: Dr S. Vijay Bhaskar Reddy**

**Vijay Diabetes & Endocrine Clinic, Puducherry**

**75986 78215** **estnendo@gmail.com** **www.estn.co.in**