



# TRENDO 2024



## Emerging trends in Endocrinology & Diabetes

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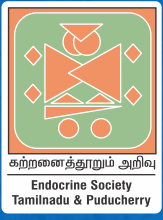
# Scientific Program

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12th Annual Conference of Endocrine Society of Tamilnadu & Puducherry  
14, 15, 16 June 2024 | Suganya Convention Centre, Puducherry



# TRENDO 2024



Dear Colleague,

It is our pleasure to invite and welcome you for TREND O 2024, the 12th Annual Conference of the Endocrine Society of Tamilnadu & Puducherry to be held on 14, 15, 16 June 2024 at Suganya Convention Centre, Puducherry. The theme of TREND O 2024 is “**Emerging Trends in Endocrinology & Diabetes**”.

TREND O has established itself as a renowned and premier Endocrine and Diabetes meeting and is extremely popular among endocrinologists, diabetologists, physicians, pediatricians, obstetricians, gynecologists and postgraduates from various specialities for its stellar scientific content with a practical and clinical application – based content. TREND O 2024 is being planned as a Virtual International Speakers Symposium on 14th June 2024 and as a physical event at Suganya Convention Centre, Puducherry on 15th & 16th June 2024 to reach out to all interested medical and allied fraternity participants.

The organizing team has meticulously planned scientific sessions covering all relevant domains of Endocrinology & Diabetes. 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.

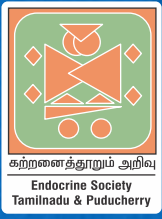
We request you to join us in TREND O 2024 and sincerely hope we can count on your support and participation.

Thanking you,  
With regards

**Dr. S. Vijaya Bhaskar Reddy**  
Organising Secretary, TREND O 2024  
svbreddy1976@gmail.com

**Dr. P G Sundararaman**  
Organizing Chairperson, TREND O 2024  
radnus55@hotmail.com

**Dr. Jayaprakash Sahoo**  
Joint Organising Secretary, TREND O 2024  
jppgi@yahoo.com



# TRENDO 2024 ORGANISING TEAM



## Patrons

Dr. AK Das  
Puducherry

Dr. S. Murthy  
Chennai

Dr. S. Sridhar  
Chennai

## Organising Chairperson

Dr. P G Sundararaman  
Chennai

## Organising Secretary

Dr. S. Vijaya Bhaskar Reddy  
Puducherry

## Joint Organising Secretary

Dr. Jayaprakash Sahoo  
Puducherry

## Finance Secretary

Dr. Dukhabandhu Naik  
Puducherry

## Scientific Chairperson

Dr. Krishna Seshadri,  
Chennai

## Scientific Secretary

Dr. Sadishkumar Kamalanathan  
Puducherry

## Organising Committee

Dr. V. Kumaravel, Madurai  
Dr. Muthukumaran Jayapaul, Chennai  
Dr. Arul Prakash, Tuticorin  
Dr. Nitin Kapoor, Vellore  
Dr. Usha Ayyagari, Chennai  
Dr. Bharath Ramji, Chennai  
Dr. Suresh Damodharan, Coimbatore  
Dr. R. M. Manikandan, Madurai  
Dr. G. Shanmugasundar, Chennai

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Dr. Anand Kumar Annamalai, Madurai  
Dr. Jayashree Gopal, Chennai  
Dr. S. Sridhar, Madurai  
Dr. P. Velayutham, Coimbatore

## Digital Support Committee

Dr. Joel Franklin, Nagercoil  
Dr. S. Sakthivel, Trichy  
Dr. A. Prem Kumar, Salem  
Dr. Warun Kumar, Madurai  
Dr. Nivethitha Karthika, Madurai  
Dr. Geethalakshmi, Chennai  
Dr. Sruthi Chandrasekaran, Chennai

## Conference promotion committee

Dr. G. Vignesh, Trichy  
Dr. Sathyan, Salem  
Dr. Arun Viswanath, Tirunelveli  
Dr. Narayanan NK, Chennai  
Dr. Kumar Thulasidass, Chennai  
Dr. Suresh Prabu, Coimbatore  
Dr. Senthil Raja, Salem



# TRENDO 2024



## Virtual International Speakers symposium

**DAY 1 | FRIDAY, 14 JUNE 2024 | IST 2.00 - 6.30 PM**

MODERATORS

**Dr. Sanjay Kalra**

Senior Consultant Endocrinologist  
Bharti Hospital, Karnal

**Dr. Nitin Kapoor**

Professor of Endocrinology,  
& Diabetes, CMC, Vellore

**Dr. Usha Ayyagari**

Senior Consultant Endocrinologist  
Apollo Hospitals, Chennai

Time	Topic	Speakers
2.00 - 2.45 pm	Prevention of diabetes-related complications-The current evidence and the road to the future	<b>Professor Jonathan Shaw,</b> Head, Clinical Diabetes & Epidemiology, Lead, Diabetes Complications program Deputy Director, Clinical and Population Health, Baker Heart & Diabetes Institute, Melbourne, Australia
2.45 - 3.30 pm	Management of PCOS – Insights from the new evidence based guideline	<b>Professor Helena Teede,</b> Director, Monash Centre for Health Research & Implementation, Endocrinologist, Monash Health, Monash University, Australia
3.30 - 4.15 pm	Utility of FRAX and FRAX plus in clinical practice	<b>Professor Eugene McCloskey,</b> Professor in Adult Bone Diseases, Mellanby Centre for Musculoskeletal Research, Division of Clinical Medicine, School of Medicine and Population Health, University of Sheffield, Sheffield, UK
4.15 - 5.00 pm	Approaching atypical diabetes	<b>Professor Joseph M Pappachan</b> Consultant in Endocrinology and Honorary Professor. Research Lead, Lancashire Teaching Hospitals NHS Trust, UK
5.00 - 5.45 pm	Primary aldosteronism - time to think again	<b>Professor Mark Gurnell,</b> Professor of Endocrinology, Clinical Lead for Adrenal & Pituitary Services. Addenbrooke's Hospital, University of Cambridge, UK
5.45 - 6.30 pm	Hypopituitarism in the tropics	<b>Dr. Noel Somasundaram,</b> Consultant Endocrinologist, Diabetes & Hormone Centre, Colombo, Sri Lanka

**Link for registration: [www.rx-events.live/VirtualTREND02024/](http://www.rx-events.live/VirtualTREND02024/)**

Registration free, but mandatory

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

## HALL A - DAY 2 | SATURDAY, 15 JUNE 2024

Time	Topic	Moderators / Speakers
08:45 - 09:00	Inauguration	
09:00 - 09:45	Workshop 1: Testing the adrenal system: a step by step approach	Moderator: Dr. Kalyani Sridharan Panel Members: Dr. Anantharaman, Dr. Aravind Prasad Dr. Geetha Lakshmi
09:45 - 10:30	Clinical Case Seminar 1: Management of Hypothyroidism: Clinical Challenges	Moderator: Dr. Rajan Palui, Panel Members: Dr. Usha Ayyagari, Dr. Milind Patil Dr. Arul Prakash
10:30 - 11:45	Thematic Symposium 1: Hypoglycemia in Clinical Care	Chairperson: Dr. P. Velayutham Dr. Suresh
10:30 - 10:50	Approach to the patient with suspected insulinoma	Dr. Beatrice Anne
10:50 - 11:10	Non Tumoral Hypoglycemia	Dr. Rameez Raja
11:10 - 11:30	Hypoglycemia unawareness: An approach	Dr. Joe George
11:30 - 11:45	Discussion	
11:45 - 12:00	Break	
12:00 - 13:30	Orations and Keynote	Dr. Krishna Seshadri, Dr. Jayashree Gopal, Dr. S. Vijaya Bhaskar Reddy
12:00 - 12:30	Presidential Oration: Clinical Practice to Research: Bridging the Gap	Dr. Kumaravel Velayudham, Madurai
12:30 - 13:00	Dr. Kannan Rastogi Oration: Osteoporosis - a preventable NCD which deserves more attention	Dr. Manoj Chadha, Mumbai
13:00 - 13:30	Keynote: Clinical cases: Diabetes and brain and nervous system	Dr. Nihal Thomas, Vellore
13:30 - 14:15	LUNCH	

## HALL A - DAY 2 | SATURDAY, 15 JUNE 2024

Time	Topic	Moderators / Speakers
14:15 - 15:30	Thematic Symposium 3: Endocrine Frontiers	Dr. Leo Gunalane, Dr. Rashmi
14:15 - 14:35	The Endocrinology of Longevity	Dr. R. Muralidharan
14:35 - 14:55	The Endocrinology of Transgender	Dr. Mathew John
14:55 - 15:15	The Endocrinology of Clocks	Dr. K V S Hari Kumar
15:15 - 15:30	Discussion	
15:30 - 16:45	Thematic Symposium 5: Diabetes	Dr. S. Sridhar Dr. Vengadakrishnan
15:30 - 15:50	The first year diabetes - Does it count and how to make it count?	Dr. Ashok Kumar Das
15:50 - 16:10	Remissions in Diabetes - the possible and plausible	Dr. Sunil Kota
16:10 - 16:30	Emerging and newer infections in the diabetic patient	Dr. Naseer Ali
16:30 - 16:45	Discussion	

## HALL A - DAY 2 | SATURDAY, 15 JUNE 2024

Time	Topic	Moderators / Speakers
17:00 - 19:30	INDUSTRY SPOTLIGHT	
17:00 - 18:00	MICRO LAB LTD.	Chairperson: Dr. S. Murthy
17:00 - 17:20	Resurgence of Modern SU & its Combinations	Dr. S. Ramkumar
17:20 - 17:40	SGLT-2 inhibitors and DPP-4 inhibitors: The Newer Paradigm in Clinical Practice	Dr. Shriram Mahadevan
17:40 - 18:00	Lipitension	Dr. M R Warun Kumar
18:00 - 18:30	CIPLA - Topic: Use of Premix insulin in Indian context	Dr. NK Narayanan
18:30 - 19:00	SANOFI - Topic: Paradigm shift in T2DM management with combination of IGlarLixi	Dr. Anand Kumar Annamalai
19:00 - 19:30	BOHRINGER INGELHEIM - Topic: Holistic Cardio - Renal - Metabolic Care: A patient-centric perspective	Chairperson: Dr. Ashok Kumar Das Speaker: Dr. G. Shanmugasundar
19:30 Onwards	DINNER	

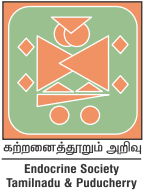
## HALL B - DAY 2 | SATURDAY, 15 JUNE 2024

Time	Topic	Moderators / Speakers
09:00 - 09:45	Workshop 2: Weight loss through lifestyle changes	Moderator: Dr. Nivethitha Karthika, Panel Members: Dr. Rashmi Dr. Sakthivel, Dr. Joel Franklin
09:45 - 10:30	Clinical Case Seminar 2: Water metabolism	Moderator: Dr. Varun Suryadevara Panel Members: Dr. Mahesh DM, Dr. Deepika Patel, Dr. Anjali Sathya
10:30 - 11:45	Thematic Symposium 2: Thyrotoxicosis	Chairperson: Dr. Leelavathy, Dr. Arun Kannan
10:30 - 10:50	Low uptake thyrotoxicosis	Dr. Abhay Sahoo
10:50 - 11:10	Medical management of Graves Disease: State of the art	Dr. Muthukumaran Jayapaul
11:10 - 11:30	Thyroid Associated Orbitopathy: Endocrinologist role	Dr. R. Santosh
11:30 - 11:45	Discussion	
11:45 - 12:00	Break	
12:00 - 13:30	Hall A	
13:30 - 14:15	LUNCH	



## HALL B - DAY 2 | SATURDAY, 15 JUNE 2024

Time	Topic	Moderators / Speakers
14:15 - 15:30	Thematic Symposium 4: Calcium and mineral metabolism	Dr. Thomas Paul Dr. Sridhar Subbiah
14:15 - 14:35	Approach to hypocalcemia	Dr. Shriram Mahadevan
14:35 - 14:55	Hyperparathyroidism: Atypical manifestations	Dr. Ameya Joshi
14:55 - 15:15	Calcium, Vitamin D, the Bone and the failing kidney: Approach and Care	Dr. Suresh Prabu
15:15 - 15:30	Discussion	
15:30 - 16:45	Thematic Symposium 6 : All in the family	Dr. Raghuram, Dr. Prem Kumar
15:30 - 15:50	Familial Dyslipidemia	Dr. Remya Rajan
15:50 - 16:10	Familial Endocrine tumor syndromes	Dr. Vageesh Iyer
16:10 - 16:30	Familial Autoimmune Endocrinopathies	Dr. Kumar Thulasidass
16:30 - 16:45	Discussion	



# TRENDO 2024



## HALL B - DAY 2 | SATURDAY, 15 JUNE 2024

Time	Topic	Moderators / Speakers
17:00 - 19:00	INDUSTRY SPOTLIGHT	
17:00 - 18:00	NOVO NORDISK	
17:00 - 17:30	Once daily insulins in clinical practice: looking through the lens of a patient	Dr. S. Venkatraman Dr. Mathew John
17:30 - 17:45	Navigating the Trinity: Managing Treatment Priorities for Type 2 Diabetes	Dr. Nitin Kapoor
17:45 - 18:00	Optimizing Outcomes with Oral Semaglutide: A New Frontier in Type 2 Diabetes	Dr. Vimal M V
18:00 - 18:30	GLENMARK - Topic: Targeting Diabetes with Liraglutide Biosimilar	Dr. Ashok Kumar Das
18.30 - 19:30	General Body Meeting	
19:30 Onwards	DINNER	

## HALL C - DAY 2 | SATURDAY, 15 JUNE 2024

Time	Topic	Moderators / Speakers
09:00 - 10:00	Workshop: Clinical Research in Endocrinology.	Dr. Samim Mondal, Dr. Ilangovan, Dr. Shriraam Mahadevan
10:00 - 17:00	Oral presentations	
10:00 - 19:00	Poster presentations display: Physical posters & e-posters	
14:00 - 17:00	Physical poster presentations judging	

## HALL A - DAY 3 | SUNDAY, 16 JUNE 2024

Time	Topic	Moderators / Speakers
09:00 - 09:45	Workshop 3: Abnormal thyroid function tests - understanding the nuances	Moderator: Dr.S. Sridhar, Panel members: Dr. Ayan Roy, Dr. Harsh Durgia, Dr. Sudeep
09:45 - 10:30	Clinical Case Seminar 3: Endocrine Causes of Subfertility	Moderator: Dr. Lakshmi Nagendra, Panel members: Dr. Vidhya Jahagirdar, Dr. Niya Narayanan, Dr. NK Narayanan
10:30 - 11:45	Thematic Symposium : Menopause and beyond	Dr. Latha Chaturvedula, Dr. Ghurulakshmi
10:30 - 10:50	Metabolic changes at the menopause transition - Clinical implications	Dr. Krishna Seshadri
10:50 - 11:10	The art and science of MHT	Dr. Usha Sriram
11:10 - 11:30	The patient with early and premature ovarian insufficiency	Dr. Jayashree Gopal
11:30 - 11:45	Discussion	
11:45 - 12:00	Break (Halls Unite)	
12:00 - 13:15	Plenaries	Dr. Krishna Seshadri, Dr. Usha Ayyagari
12:00 - 12:25	Plenary 1: NAFLD/MAFLD/MASLD: What's in a name?	Dr. Satinath Mukhopadhyay
12:25 - 12:50	Plenary 2: Thyrotoxicosis in pregnancy	Dr. PK Jabbar
12:50 - 13:15	Plenary 3: Endocrine hypertension: Case conundrums	Dr. Anurag Lila
13:15 - 14:15	LUNCH	

## HALL A - DAY 3 | SUNDAY, 16 JUNE 2024

Time	Topic	Moderators / Speakers
14:15 - 14:45	Debate 1: App based weight loss programs - Science or Pseudo Science	Dr. S. Murthy
	For Science	Dr. Bharath Ramji
	For Pseudoscience	Dr. M R Warun Kumar
14:45 - 15:15	Debate 3: Inositol for PCOS: Time to adopt?	Dr. Jayashree Gopal
	YES	Dr. Swaramya
	NO	Dr. Chitra Selvan
15:15 - 15:45	Rapid fire: New drugs in clinical care	Dr. V. Govindaraj Dr. Subbiah
15:15 - 15:25	Imeglimin	Dr. Arun Viswanath
15:25 - 15:35	Icosapentethyl	Dr. Chandhana Merugu
15:35 - 15:45	Finerenone – A disease modifying therapy for Heart and Kidney protection	Dr. G. Shanmugasundar
15:45 - 16:15	Quiz	Dr. Rajan Palui, Dr. Harsh Durgia
16:15 - 16:30	Valedictory & Vote of thanks	
16:30 Onwards	HIGH TEA	

## HALL B - DAY 3 | SUNDAY, 16 JUNE 2024

Time	Topic	Moderators / Speakers
09:00 - 09:45	Workshop 4: Digital Therapeutics in Diabetes	Moderator: Dr. Om Lakhani Panel Members: Dr. Palaniappen Dr. Krishnan Swaminathan, Dr. Rajesh Rajendran
09:45 - 10:30	Clinical Case Seminar 4: The Metabolic Consequences of PCOS	Moderator: Dr. Vijayasathy, Panel Members: Dr. Chitra Selvan, Dr. Priyadarshini, Dr. Aruna Chelliah
10:30 - 11:45	Thematic Symposium: Obesity	Dr. Meher Prasad, Dr. Deepika Patel
10:30 - 10:50	The neuroendocrinology of obesity	Dr. Mohan Shenoy
10:50 - 11:10	Measuring obesity - time to retire the BMI?	Dr. Felix Jebasingh
11:10 - 11:30	Medical Management of Obesity - State of the art	Dr. Nitin Kapoor
11:30 - 11:45	Discussion	
11:45 - 12:15	Break	
12:00 - 13:15	Halls Unite: Hall A	
13:15 - 14:15	LUNCH	
14:15 - 14:45	Debate 2: Are we over diagnosing and overtreating lack of Vitamin D	Dr. PG Sundararaman
	YES	Dr. Krishnan Swaminathan
	NO	Dr. Anand Kumar Annamalai

## HALL B - DAY 3 | SUNDAY, 16 JUNE 2024

Time	Topic	Moderators / Speakers
14:45 - 15:15	Debate 4: Non-surgical management of thyroid nodules: Useful or Not useful?	Dr. Suresh Damodharan
	Useful	Dr. Ramamohan
	Not Useful	Dr. Dhalapathy Sadacharan
15:15 - 15:45	Rapid fire: New tools in clinical care	Dr. R M Manikandan Dr. C. Balaji
15:15 - 15:25	NT Pro BNP in Diabetes practice	Dr. Senthil Raja
15:25 - 15:35	Triglyceride Glucose Index	Dr. Thiyagarajan Thangavelu
15:35 - 15:45	The 1 hour post glucose value - comeback kid?	Dr. S. Ram Kumar
15:45 - 16:30	Hall A	

## HALL C - DAY 3 | SUNDAY, 16 JUNE 2024

Time	Topic
08:00 - 10:00	Oral presentations (Final round)
08:00 - 13:00	Physical posters & e-poster presentations display



# TRENDO 2024



## Emerging trends in Endocrinology & Diabetes

12th Annual Conference of  
Endocrine Society of  
Tamilnadu & Puducherry

Date: 14, 15, 16 June 2024  
Venue: Suganya Convention  
Centre, Puducherry



Link for registration:



[www.estn.co.in/Trendo2024/registration.php](http://www.estn.co.in/Trendo2024/registration.php)

Category	Early Bird Registration (Before 30th May 2024)	Normal Registration (1st June 2024 - 13th June 2024)	Spot Registration
Delegate	Rs. 4,000/-	Rs. 6,000/-	Rs. 8,000/-
Postgraduate	Rs. 2,000/-	Rs. 3,000/-	Rs. 4,000/-

Registration Free for Doctors Submitting Abstracts

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

Please send your Cheque / DD to the following address:

**TRENDO 2024 Conference Secretariat**

**Dr. S. Vijaya Bhaskar Reddy**

Vijaya Diabetes, Thyroid & Endocrine Clinic

12, First Cross, Saradambal Nagar, Puducherry – 605 005.

SCAN to PAY by UPI

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# Notes

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