

# **TRENDO2025** *Emerging Trends in Endocrinology & Diabetes* 13<sup>th</sup> Annual Conference of Endocrine Society

of Tamil Nadu and Puducherry



Join us in Chennai, India June 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup>, 2025 Venue : ITC Grand Chola, Chennai

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Dear Colleague,

Vanakkam!

It is our proud privilege and pleasure to welcome you all to **TRENDO 2025**, the 13<sup>th</sup> Annual Conference of the Endocrine Society of Tamilnadu and Puducherry to be held on June 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup>, 2025 at ITC Grand Chola, Chennai.

As you are aware **TRENDO 2025** is immensely popular among Physicians, Gynecologists, Pediatricians and Diabetologists for its superlative scientific content and unbiased evidence-based knowledge. In the last decade **TRENDO** has grown to be the most sought-after annual event among the medical fraternity in Tamil Nadu and South India. We this year anticipate 1500-1800 delegates comprising of Physicians, Endocrinologists, Diabetologists, Gynecologists and other specialist practitioners. The scientific programme will involve renowned International and national faculties in the field of Endocrinology and Diabetes. The program has been designed to maximize learning, minimize bias and improve interaction. The conference will focus on recent advances in Diabetes, practical management of Thyroid disorders, newer aspects in Obesity management, metabolic bone disease and disorders including special populations like pregnancy.

We would like to take this opportunity to invite all scientific community to join hands with the ESTN team to make **TRENDO 2025** a phenomenal success. We at the outset thank the organizing committee who have spared no effort to keep the content and quality of **TRENDO** at a superior level. Once again, we are glad to welcome you to **TRENDO 2025** and please do not hesitate to contact any member of our team for any queries regarding the meeting or your participation.

Looking forward to meeting you all in person.

Best wishes

Dr. Muthukumaran Jayapaul Organizing Secretary

**Dr. Krishna G Seshadri** Organizing Chairperson Dr. N.K. Narayanan Dr. Sruthi Chandrasekaran Joint- Secretaries





# TRENDO 2025 Team

Patrons : Dr. S. Murthy, Dr. P.G. Sundararaman, Dr. S. Sridhar

Advisory Committee :

Dr. Usha Sriram, Dr. Nihal Thomas, Dr. Kumaravel Velayutham, Dr. P. Velayutham, Dr. Vijaya Bhaskar Reddy

#### Organizing Chairman

Dr. Krishna G Seshadri

#### Joint Organizing Secretaries

Dr. N.K. Narayanan Dr. Sruthi Chandrasekaran

## Finance Secretary Dr. Usha Ayyagari

#### **Organizing Committee**

Dr. R. Bharath Dr. G. Shanmugasundar Dr. M. Ravikiran Dr. Dhalapathy Sadacharan Dr. Suresh Damodharan Dr. Arul Prakash Dr. Jaya Prakash Sahoo Dr. Nivethitha Karthika Dr. Warun Kumar M.R Dr. Adlyne Reena Asirvatham

#### **Scientific Committee**

Dr. Thomas V Paul Dr. Anjali Sathya Dr. Anand Kumar Annamalai Dr. Sridhar Subbiah Dr. Nitin Kapoor Dr. Sadish Kumar Kamalanathan Dr. Felix Jebasingh Dr. Dukhabandhu Naik Dr. H.S. Asha Dr. Leelavathy Kandaswamy Organizing Secretary Dr. Muthukumaran Jayapaul

Scientific Chair Dr. Shriraam Mahadevan Scientific Co-chair Dr. Jayashree Gopal Joint Secretary-Finance Dr. S. Geethalakshmi

#### Registration & Hospitality committee

Dr. R.M. Manikandan Dr. Meher Prasad Dr. Rajesh Rajendran Dr. Asha Ranjan Dr. Kumar Thulasidass Dr. Sivan Arul Selvan Dr. Joel Franklin Dr. Rameez Raja

#### **Conference Promotion committee**

Dr. A. Prem Kumar Dr. R. Suresh Prabhu Dr. G. Vignesh Dr. Sakthivel. S Dr. Arun Dr. Ghurulakshmi Moorthy

# **International Faculty**



#### Prof. Philip D Home MA DPhil DM FRCP

Emeritus Professor of Diabetes Medicine - Newcastle University Governor - Newcastle upon Tyne Hospitals NHS Trust Newcastle-upon-Tyne, UK







**Prof. Márta Korbonits MD PhD FRCP** Professor of Endocrinology and Metabolism Queen Mary University of London, London, UK





### TRENDO 2025 - Speakers / Moderators / Chairpersons

Dr. Adlyne Reena Asirvatham, Chennai Dr. Anand Kumar Annamalai, Madurai Dr. Aniali Sathva, Chennai Dr. Arul Prakash, Tuticorin Dr. Arun Viswanath, Tirunelveli Dr. Arun Kannan, Madurai Dr. Aruna Chelliah. Madurai Dr. Asha.H.S, Vellore Dr. Asha Ranjan, Chennai Dr. Bharath.R, Chennai Dr. Chandrasekar.S, Chennai Dr. Chitra Selvan, Bengaluru Dr. Damodharan.J, Chennai Dr. Das A K Dr. Deep Dutta, New Delhi Dr. Dhalapathy Sadacharan, Chennai Dr. Dukhabandhu Naik, Puducherry Dr. Felix Jebasingh, Vellore Dr. Geethalakshmi, Chennai Dr. Ghurulakshmi Moorthy, Chennai Dr. Hari Kumar. KVS, Hyderabad Dr. Javashree Gopal, Chennai Dr. Jayaprakash Sahoo, Puducherry Dr. Joe George, Kozhikode Dr. Joel Franklin, Nagercoil Dr. Kaushik Biswas, Kolkatta Dr. Kaushik Pandit, Kolkatta Dr. Krishna Seshadri G, Chennai Dr. Krishnan Swaminathan, Coimbatore Dr. Kripa Elizabeth Cherian, Vellore Dr. Kumar.J S, Chennai

Dr. Kumaravel.V, Madurai Dr. Kumar Thulasidass, Chennai Dr. Leelavathy, Chennai Dr. Manikandan.RM, Madurai Dr. Murali Krishna Ganguri, Vijaywada Dr. Muralidharan.R, Chandigarh Dr. Muthukumaran Jayapaul, Chennai Dr. Murthy. S, Chennai Dr. Namitha Narayanan, Chennai Dr. Narayanan, NK, Chennai Dr. Narendra Kotwal, Chandigarh Dr. Nihal Thomas, Vellore Dr. Nitin Kapoor, Vellore Dr. Nivethitha Karthika, Madurai Dr. Padma Ramesh.V, Chennai Dr. Periandavar. Chennai Dr. Pinaki Dutta, Chandigargh Dr. Pichumani.K.P, Chengalpattu Dr. Prasanna Kumar K.M., Bengaluru Dr. Prem Kumar, Salem Dr. Prithvirajan.N.K, Chennai Dr. Priyadarshini.R Dr. Raghu.S, Erode Dr. Raghuraman, Madurai Dr. Rajesh Rajendran, Chennai Dr. Rameez Raja, Chennai Dr. Ramadesikan, Chennai Dr. Ramamohan M V. Nellore Dr. Ravi Kannan.M. Madurai Dr. Ravikiran.M, Chennai

Dr. Ravisankar.E, Hyderabad Dr. Remya Rajan, Vellore Dr. Sadishkumar, Pudhucherry Dr. Sambit Das, Bhubaneswar Dr. Sathian Raghavan, Salem Dr. Saptarshi Bhattacharya, New Delhi Dr. Senthil Kumar. Coimbatore Dr. Senthilraja.M, Salem Dr. Shanmugasundar.G, Chennai Dr. Shelley Simon, Chennai Dr. Shinjan Patra, Nagpur Dr. Shriraam Mahadevan, Chennai Dr. Srinivasan.R. Coimbatore Dr. Sridhar .S, Chennai Dr. Sridhar. S, Madurai Dr. Sruthi Chandrasekaran, Chennai Dr. Subramanian Kannan, Bengaluru Dr. Subramanyam.KAV, Vizakhapatnam Dr. Sundararaman.PG, Chennai Dr. Suresh Prabhu, Coimbatore Dr. Suresh S, Chennai Dr. Suresh Damodharan. Chennai Dr. Thiyagarajan. T. Erode Dr. Vengadakrishnan.K, Chennai Dr. Velayutham.P, Coimabatore Dr. Vijaya Bhaskar Reddy.S, Pudhucherry Dr. Vijaya Kumar.G, Chennai Dr. Vidhya Rajeev Jahagirdar, Coimbatore Dr. Vignesh G, Trichy Dr. Warun Kumar, Ramanathapuram



# Pre-conference Workshop Obesity - All you need to know in 2025 27.06.2025 - AN ESTN Initiative\*

Time	Торіс	Speaker	Moderator
16:30 to 17.00	Registration & Welcome		
17.00 to 17.20	Definition and diagnostic criteria of clinical obesity	D <mark>r.</mark> Krishna G Seshadri	Dr. S. Murthy, Dr. Kumaravel.V
17.20 to 17.40	Thin fat Indian - Abnormal handling of energy intake and obesity risk?	Dr. Muthukumaran Jayapaul	
17.40 to 18.00	Adipose Tissue Re-Education: New Insights into Adipose Tissue Function	Dr. R.M. Manikandan	
18.00 to 18.10	Discussion		
18.10 to 18.30	Introduction of body composition analysis and Nuances of Fat estimation	Dr. N. K. Narayanan	Dr. Jayashree Gopal Dr. Suresh Damodharan
18.30 to 18.50	Managing Disordered Eating in the Context of Obesity Care	Dr. Usha Ayyagari	
18.50 to 19.10	Precision Exercise Interventions for Persons with Obesity	Dr. Sruthi Chandrasekar	
19.10 to 19.20	Discussion		
19.20 to 19.40	Metabolic Surgery: Latest Advances and Outcomes	Dr. Rajkumar Palaniappan	Dr. Bharath. R Dr. Periandavar
19.40 to 20.00	Pharmacotherapy for Obesity: Current and Emerging Treatments	Dr. Vijayabhaskar Reddy	
20.00 to 20.20 20.20 to 20.30	Surmounting Obesity with Tirzepatide Discussion & Close followed by Dinner	Dr. Nitin Kapoor	

\* Registration is free but limited. Hence pre-registration to the workshop is mandatory.



# Day 1 Hall A - 28.06.2025 (Saturday)

Time	Торіс	Speaker	Chairperson/Moderator
08.45 to 09.00	Inauguration & welcome note		
09.00 to 10.00	The year in Diabetes: 2025		Dr. S. Murthy, Dr. J. Damodharan
09.00 to 09.15	Year in MASLD	Dr. R. Bharath	
09.15 to 09.30	Once weekly insulins: Can they deliver?	Dr. Thiyagarajan	
09.30 to 09.45	Islet cell transplantation - where do we stand?	Dr. Shinjan Patra	
09.45 to 10.00	Automated insulin delivery in Diabetes	Dr. Joel Franklin	
10.00 to 10.50	Metabolic Medicine symposium		Dr. PG Sundararaman, Dr. S. Chandrasekar
10.00 to 10.20	Obesity: Paradigm shift in approa <mark>ch</mark>	Dr. Nitin Ka <mark>po</mark> or	
10.20 to 10.40	Are we moving towards Hepatocentric metab <mark>ol</mark> ic med <mark>ici</mark> ne	Dr <mark>. J</mark> ayashr <mark>ee</mark> Gopal	
10.40 to 10.50	Discussion		
10.50 to 11.00	TEA BREAK & NETWORKING		
11.00 to 12.10	Diabetes symposium		Dr. S. Sridhar, Dr. JS Kumar
11.00 to 11.20	Weekly therapies in diabetes management	Dr. V. Kumaravel	
11.20 to 11.40	Selecting outcomes beyond glycaemic control	Dr. KVS Hari Kumar	
11.40 to 12.00	Artificial Intelligence (AI) in Diabetes Care	Dr. Arul Prakash	
12.00 to 12.10	Discussion		
12.10 to 12.40	Plenary: What a Clinician needs to know about Endocrine Tumor genetics	Dr. Marta Korbonits	Dr. Muthukumaran Jayapaul, Dr. Vijaya Bhaskar Reddy
12.40 to 13.10	Dr Kannan - Dr Rastogi Oration	Dr. Prasanna Kumar K A	٨
13.10 to 14.00	LUNCH		
14.00 to 14.40	Clinical Case seminar: CKD prevention in Diabetes	Dr. Geethalakshmi, Dr.	G. Vijaya Kumar, Dr. Suresh S, Dr. R. Srinivasan
14.40 to 15.30	Comorbidities in Diabetes		Dr. Rajesh Rajendran, Dr. V.R.Subbiah
14.40 to 15.00	Targets and simplified HTN management in a PwD	Dr. Kaushik Pandit	
15.00 to 15.20	Dyslipidemia in Diabetes: When to consider next gen therapies	Dr. R. Muralidharan	
15.20 to 15.30	Discussion		
15.30 to 16.00	Plenary: Developments in insulin therapy; Challenges & Opportunities	Dr. Philip Home	Dr. PG Sundararaman, Dr. Jayashree Gopal
16.00 to 16.30	Plenary: Type 5 Diabetes	Dr. Nihal Thomas	
16.30 to 17.30	Industry session		
17.30 to 18.30	Industry session		
18.30 to 19.30	GBM in Hall B		
19.30 onwards	Inaguration followed by Dinner		

# Day 1 Hall B - 28.06.2025 (Saturday)

கற்றனைத்தூறும் அறிவு Endocrine Society Tamilnadu & Puducherry

Time	Торіс	Speaker	Chairperson/Moderator
08.45 to 09.00	Inauguration & welcome note in Hall A		
09.00 to 10.00	The year in Endocrinology: 2025		Dr. Ravikiran, Dr. Senthil Kumar
09.00 to 09.15	Thyroid - GLP1 RA and Thyroid Cancer Risk	Dr. Nivethitha Karthika	
09.15 to 09.30	Adrenals - Role of Interferon-γ in APS Type1	Dr. Vi <mark>dhy</mark> a Rajeev Jahagirdar	
09.30 to 09.45	Gonads - Aromatase inhibition and GH in ISS	Dr. Arun Viswanath	
09.45 to 10.00	Osteoporosis - Fracture prevention with Zoledronate	Dr. Remya Rajan	
10.00 to 10.50	Endocrine testing		Dr. Vignesh G, Dr. Ramadesikan
10.00 to 10.20	Endocrine testing: pitfalls & practice po <mark>in</mark> ts	<mark>Dr</mark> . Sa <mark>mbi</mark> t D <mark>as</mark>	
10.20 to 10.40	Discordant thyroid reports: interpretation	Dr. Chitra Selvan	
10.40 to 10.50	Body composition analysis in Clinical therapeutics	Dr. H.S. Asha	
10.50 to 11.00	Discussion		
11.00 to 12.10	Thyroid Symposium		Dr. Sathian Raghavan, Dr. Dhalapathy Sadacharan
11.00 to 11.20	Newer approach to thyroid nodule	Dr. Subramanian Kannan	
11.20 to 11.40	Diet & Thyroid: Myths & Facts	Dr. Joe George	
11.40 to 12.00	Drugs and Thyroid	Dr. Saptarshi Bhattacharya	
12.00 to 12.10	Discussion		
12.10 to 13.10	Plenary & Oration Hall A		
13.10 to 14.00	LUNCH		
14.00 to 14.30	Plenary: Silent Pituitary adenomas	Dr. Marta Korbonits	Dr. Pinaki Dutta, Dr. P. Velayutham
14.30 to 15.00	Plenary: Dose of Happiness	Dr. Narendra Kotwal	
15.00 to 15.30	Duologue	Dr. S. Murthy, Dr. V. Kumarave	el
	Targeting macro nutrients in diet - Carbohydrate restriction Vs Calorie restriction	Dr. Deep Dutta, Dr. Prem Kun	nar
15.30 to 16.15	Clinical case seminar: Metabolic Bone disorders	Dr. Javaprakash Saboo Dr. Si	uresh Prabhu, Dr. Kripa E Cherian, Dr. Aruna Chelliah
15.30 (0 10.15	Clinical case seminar. Metabolic bone disorders		aresh Prabhu, Di. Kripa E Cherian, Di. Aruna Cheman
16.30 to 17.30	Industry Session		
17.30 to 18.30	Industry Session		
	GBM in Hall B		



# Day 2 Hall A - 29.06.2025 (Sunday)

Time	Торіс	Speaker	Chairperson/Moderator
08.00 to 09.00	FINAL ORAL PAPER PRESENTATION		
	ESTN-FOGSI Joint symposium		
09.00 to 10.10	Gynecological Endocrinology	I	Dr. Leelavathy K, Dr. Meenakshi
09.00 to 09.20	Approach to Primary amenorrhea	Dr. Anjali Sathya	
09.20 to 09.40	Elevated prolactin: Practical approach	Dr. Ravisankar.E	
09.40 to 10.00	HRT: 2 decades after WHI: Where do we stand?	Dr. Shaanthy Gunasingh	
10.00 to 10.10	Discussion		
10.10 to 10.50	Clinical Case Seminar: PCOS across life span	Dr. Adlyne Reena Asirvatham	n, Dr. Meena Mahalingam, Dr. P. Velayutham, Dr. Usha Ayyagari
10.50 to 12.00	Gestational Endocrinology	Dr. Muthukum	naran Jayapaul, Dr. Sruthi Chandrasekaran
10.50 to 11.10	TSH in pregnancy: Current consensus	Dr. Shriraam Mahadevan	
11.10 to 11.30	Hyperthyroidism in pregnancy: Comprehensive management	Dr. Vageesh Ayyar. S	
11.30 to 11.50	Preconception management of young type 2 diabetes	Dr. A.K. Das	
11.50 to 12.00	Discussion		
12.00 to 12.30	Plenary: Gestational diabetes mellitus: When will we deliver?	Dr. Krishna G. Seshadri I	Dr. Jayashree Gopal, Dr. Shriraam Mahadevan
12.30 to 13.00	Plenary: What should the diabetes guidelines now be tellling us?	Dr. Philip Home	
13.00 to 14.00	LUNCH		
14.00 to 15.00	Evidence based medicine in my diabetes practice	I	Dr. Arul Prakash, Dr. Pitchumani K P
14.00 to 14.15	New onset pedal edema in 50 year old lady with diabetes	Dr. Kaushik Biswas	
14.15 to 14.30	Uric acid 9 in an asymptomatic male with diabetes	Dr. Raghuraman	
14.30 to 14.45	Triglyceride 280 in a PwD on Rosuvastatin 10 mg od	Dr. Felix Jebasingh	
14.45 to 15.00	Discussion		
15.00 to 16.00	Upcoming drugs	I	Dr. Vengadakrishnan, Dr. N.K.Prithvirajan
15.00 to 15.15	Inhaled insulin	Dr. Krishnan Swaminathar	n
15.15 to 15.30	Newer advances in glucocorticoid therapy	Dr. Priyadarshini R	
15.30 to 15.45	MASLD: Promising pharmacotherapies	Dr. Warun Kumar	
15.45 to 16.00	Osteoanabolics: An update	Dr. G. Shanmugasundar	
16.00	VALEDICTION		

# Day 2 Hall B - 29.06.2025 (Sunday)

கற்றனைத்தூறும் அறிவ Endocrine Society

Tamilnadu & Puducherry

Time	Торіс	Speaker	Chairperson/Moderator
09.00 to 10.00	Electrolytes and Water balance		Dr. Ghurulakshmi Moorthy, Dr. Padma Ramesh V
09.00 to 09.15	Hyponatremia: Clinical approach	Dr. Pinaki Dutta	
09.15 to 09.30	Mg & Phosphorus: Ignored ions in practice	Dr. Mu <mark>ra</mark> li Krishna Ganguri	
09.30 to 09.45	Polyuria: Evaluation & Management 💦 📃	Dr. <mark>Sruthi C</mark> handrasekaran	
09.45 to 10.00	Discussion		
10.10 to 10.50	Clinical Case Seminar: Peri-operative endocrinology	: Dr. Raghuraman, Dr. Ravi K	iran, Dr. Rajesh Rajendran, Dr. Kumar Thulasidass
10.50 to 12.00	Male reproductive Endocrinology		Dr. NK Narayanan, Dr. Ravi Kannan
10.50 to 11.10	Erectile dysfunction in diabetes	D <mark>r.</mark> Su <mark>res</mark> h D <mark>am</mark> odharan	
11.10 to 11.30	Subfertility in young male: Evaluation & Management	Dr. KAV Subramanyam	
11.30 to 11.50	Hypogonadism in obese male	Dr. S. Sridhar	
11.50 to 12.00	Discussion		
13.00 to 14.00	LUNCH		
14.00 to 14.45	Inter Disciplinary Endocrinology		Dr. Namitha Narayanan, Dr. Rameez Raja
14.00 to 14.15	Nuclear imaging in Endocrinology: recent advances	Dr. Shelley Simon	
14.15 to 14.30	Cutaneous curiosities: Endocrine perspective	Dr. Dukhabandhu Naik	
14.30 to 14.45	What is new in Thyroid Eye Disease?	Dr. Anand Kumar Annamalai	
14.45 to 14.55	Discussion		
14.55 to 15.55	Evidence based medicine in my clinical practic	e	Dr. Asha Ranjan, Dr. Arun Kannan
14.55 to 15.10	TSH 8.2 in 45 year old male with hypertension	Dr. Senthilraja M	
15.10 to 15.25	"Aches & Pains" in a 60 yr old female	Dr. Ramamohan M V	
15.25 to 15.40	Approach to patient with OTC steroid use	Dr. Sadishkumar Kamalanath	han
15.40 to 15.55	Vitamins for PwD	Dr. NK Narayanan	
15.55 to 16.00	Discussion		
	VALEDICTION IN HALL A		

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## The Endocrine Society - Tamil Nadu and Puducherry

The Endocrine Society of Tamil Nadu and Puducherry was formed in 2013 with a view to spreed awareness about the specialty to the public and to fulfill the need for a state level organization for the specialty. The aim of the Society is to unite all practicing physician endocrinologists qualified and trained or otherwise interested to work for the cause of Endocrinology and subjects with Endocrine disorders. The other aims are to propagate recent developments in the endocrine science through periodic conduct of conferences and publish journals, newsletters or guidelines. To publish books for lay public, under and post graduate medical students and others.



**TRENDO 2025** will also represent the 13<sup>th</sup> Annual meeting of the Endocrine Society of Tamil Nadu and Puducherry. It is conducted with a view to spread up to date evidence based knowledge in Endocrinology & Diabetes to Physicians, specialists with allied interest such as Gynecologists and Pediatricians and general practitioners.

#### **Memberships & Subscriptions**

**Full membership** - Physician with a post graduate qualification in Endocrinology and/or trained in Endocrinology - Life membership Rs. 10,000/- only, entry fee Rs.1000/-

Associate members - Physicians and Basic scientists who do not meet the above requirements but are interested in Endocrinology Rs.10,000/- only as life membership & entry fee Rs.1000/-

**Student members -** Medical and Basic science students undergoing post-graduate courses in Endocrine or other related sciences Rs.3000/- for the period of current studentship with an entry fee Rs.250/- only

**Corporate membership** - Institutions and industries interested in the advancement of Endocrinology - Rs.1,00,000/- only with an entry fee of Rs.1000/- only (One time)

#### **Current Office - Bearers**

**Book-Post** 

**TRENDO2025** *Emerging Trends in Endocrinology & Diabetes* 13<sup>th</sup> Annual Conference of Endocrine Society of Tamil Nadu and Puducherry

June 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup>, 2025 Venue : ITC Grand Chola, Chennai



# Yon are invited !

То

Conference secretariat:

# Arka Center for Hormonal Health Pvt Ltd

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