

Diabetes Update and Advances in Endocrinology and Metabolism



THURSDAY-SATURDAY March 19-21, 2026
MARINES' MEMORIAL CLUB & HOTEL SAN FRANCISCO, CA

COURSE CHAIRS

Umesh Masharani, MB, BS

Professor of Medicine

Division of Endocrinology and Metabolism

Myat H. Soe, MD, MS

Assistant Professor of Medicine

Division of Endocrinology and Metabolism

OVERVIEW

The Diabetes Update section on Thursday focuses on new ideas and therapies relevant to patients with Type 1 and Type 2 diabetes. Advances in Endocrinology and Metabolism on Friday and Saturday will provide the clinician with updated, pragmatic information about the management of common endocrinologic and metabolic problems, as well as insight into important current areas in clinical research. Formal presentations will be accompanied by question and answer periods with general discussion. Clinical cases will focus on common endocrine problems encountered in clinical practice.

TARGET AUDIENCE

This course is intended for general internists, family physicians, general practitioners, surgeons, nurses, pharmacists, and other health care professionals. It is expected that the participants will gain new life skills and strategies to manage these disorders.

OBJECTIVES

DIABETES UPDATE

An attendee completing this course will be able to:

- Understand how stem cells can be used to make new islets to cure type 1 diabetes;
- Appreciate long-term impact of GLP1 receptor agonists/SGLT2 inhibitors and manage any complications associated with use;
- Assess and initiate pump therapy in people with type 1 diabetes;
- Identify people at very high risk for type 1 diabetes and treating them to delay the onset of disease;
- Understand how ectopic adipose tissue disorders cause disease and what can be done to treat them;
- Understand available treatments for diabetic eye diseases;
- Use current therapies to enable patients to reach their glucose targets;
- Understand the role of diabetes in causing cognitive disorders.

ACCREDITATION



In support of improving patient care, the University of California, San Francisco is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation: UCSF designates this live activity for a maximum of **18.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Nurses For the purpose of recertification, the American Nurses Credentialing Center accepts **AMA PRA Category 1 Credit™** issued by organizations accredited by the ACCME.

Physician Assistants AAPA accepts category 1 credit from AOACME, Prescribed credit from AAFP, and **AMA PRA category 1 credit™** from organizations accredited by the ACCME.

Pharmacists The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for **AMA PRA Category 1 Credit™**.

Registered Dietitians The Commission on Dietetic Registration accepts as continuing professional education those courses that meet the standard of relevance to dietetic practice and have been approved for **AMA PRA Category 1 Credit™**.

ADVANCES IN ENDOCRINOLOGY & METABOLISM

An attendee completing this course will be able to:

- Understand the mechanisms, efficacy and safety profiles of current pharmacologic therapies and apply evidence-based data to optimize the evaluation and management of osteoporosis;
- Identify the factors linking adiposity and bone density; formulate strategies to mitigate bone loss in patients undergoing weight reduction;
- Recognize common causes of low bone density and fragility fractures in young adults; develop diagnostic and management plans tailored to younger patients with low bone density;
- Summarize and integrate the genetic, biochemical and clinical predictors of metastatic behaviors in pheochromocytoma and paraganglioma into individualized surveillance and management strategies;
- Describe the role of ultrasound-based risk stratification systems and apply current guidelines to FNA decision-making and follow-up recommendations;
- Review the molecular predictors of radioactive iodine resistance and Integrate emerging molecular + clinical data to guide personalized management strategies in advanced differentiated thyroid cancers;
- Review the conventional treatment strategies for Graves' disease along with emerging and investigational therapies to optimize Graves' disease management.

Geriatric Medicine The approved credits shown above include 7.25 credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

Pharmacotherapeutics CEUs for Nurses This activity is designated for a maximum of **7.25 pharmacotherapeutic credits** towards meeting the requirement for nursing pharmacology continuing education. Nurses should claim 0.1 CEUs for each contact hour of participation in designated pharmacotherapeutic continuing education.

Maintenance of Certification Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **18.25 MOC points** in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program.

Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

GENERAL INFORMATION

Advanced registration closes one (1) business day prior to start of course. Onsite registration fees, if applicable, will be applied after this date.

REGISTRATION	Fee before 2/1/2026	Fee after 2/1/2026
Physicians	\$635	\$685
Diabetes Only 03/19/2026	\$385	\$435
Endo Only 03/20/2026–03/21/2026	\$485	\$535
Nurses/APPs/Other Health Care Professionals	\$435	\$485
Diabetes Only 03/19/2026	\$285	\$335
Endo Only 03/20/2026–03/21/2026	\$335	\$385
Residents/Fellows	\$350	\$400
Diabetes Only 03/19/2026	\$200	\$250
Endo Only 03/20/2026–03/21/2026	\$300	\$350

The syllabus will be transmitted electronically one week prior to the course.

HOW TO REGISTER

ONLINE: <https://ucsf.cloud-cme.com/Diabetes-Endocrinology-2026>

Please check our website for up-to-date information on the course.

PHONE: To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at 415.476.5808 or submit a help ticket at tiny.ucsf.edu/cmehelp

ON-SITE REGISTRATION: Generally we are able to accommodate on-site registration at our courses however pre-registration is preferred to ensure that we have adequate course materials.

REFUND POLICY Cancellations received in writing at least 30 days before the conference start date will receive a refund of registration fees minus a [10%] administrative fee. Requests received between 30 days and 14 days before the start date will receive a 50% refund. No refunds will be issued within 14 days of the start date. Please send cancellation requests through our Learner Support Desk at tiny.ucsf.edu/cmehelp

UCSF Office of CME reserves the right to cancel or postpone this program if necessary; in the event of cancellation, course fees will be fully refunded. We are not responsible for other costs incurred, such as non-refundable airline tickets, hotel penalties, or other related personal expenses.

ACCESSIBILITY The University of California, San Francisco welcomes everyone, including people with disabilities to our events. We are committed to ensuring that our programs, services, goods, and facilities are accessible to individuals with disabilities as specified under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Amendments Act of 2008. If you require accommodation for a disability in order to fully participate in this event please let us know during registration, or submit a learner support ticket at tiny.ucsf.edu/cmehelp with as much advance notice as possible and at least 7-10 days in advance of the event.

CONFERENCE LOCATION Join us in San Francisco for the **Diabetes Update and Advances in Endocrinology and Metabolism** course, hosted at the flagship **Marines' Memorial Club and Hotel**, located in the heart of downtown San Francisco, just off Union Square and the cable cars. This handsome Beaux Arts-style building offers an inviting club atmosphere that is rich with history, honor and pride. Enjoy unparalleled convenience with immediate access to the Financial District and San Francisco's most famous landmarks.

Discover the historic Ferry Building, embark on a ferry to Alcatraz, and take in breathtaking bay views, all just steps away from your stay. Immerse yourself in the city's vibrant culture by exploring Chinatown, strolling through Fisherman's Wharf, shopping in Union Square, or hopping on a cable car for an unforgettable city tour.

A block of guestrooms has been reserved at the special UCSF conference rate of **\$239/night**. You are urged to make your reservations early. The cut-off date is **February 19, 2026**, or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. Attendees may call MMC direct at 800-562-7463 or 415-673-6672 and ask for UCSF group rate. Faxed reservation requests should be directed to 415-441-3649. Attendees may also e-mail reservation requests to reservations@marinesmemorial.org. Attendees may also book their reservations online by logging on to the Marines' Memorial Club website – <https://marinesmemorial.org> and click the **Book a Stay or Make a Reservation** button. The offer code for your group is: **DIAB26**

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

AIR TRANSPORTATION UCSF has negotiated special fares with airlines and car rental agencies. To make flight reservations online please enter discount code **ZRMC505963**

Please visit the **VENUE** section on the course webpage at cme.ucsf.edu for more information.

Thursday, March 19, 2026

DIABETES UPDATE

7:30 am	<i>Registration and Continental Breakfast</i>	
8:00	Stem Cells and Islets – Coming Close to Reality?	Audrey Parent, PhD
GRx 8:55	GLP1 Receptor Agonists and SGLT2 Inhibitors – What's New?	Gregory Ku, MD, PhD
9:50	<i>Coffee Break</i>	
G 10:10	Automated Insulin Delivery Devices – for all Your Type 1 Patients	Sarah Kim, MD
Rx 11:05	Teplizumab Therapy and Prevention of Type 1 Diabetes – Update on Clinical Trials and Real Life Outcomes	Stephen Gitelman, MD
12:00 pm	<i>Lunch (On Your Own)</i>	
1:15	Ectopic Adipose Tissue – Pathology and Possible Treatments	Diana Alba, MD
G 2:10	Diabetic Eye Disease	Robert B. Bhisitkul, MD, PhD
3:05	<i>Coffee Break</i>	
3:25	HbA1c < 7% Barriers that Prevent Patients from Achieving this Goal – a Case-based Discussion	Umesh Masharani, MB, BS John Graham, MD, PhD
G 4:20	Cognitive Dysfunction and Diabetes – What can be Done?	Bruce Miller, MD
5:15	<i>Adjourn</i>	

Friday, March 20, 2026

ADVANCES IN ENDOCRINOLOGY AND METABOLISM

7:30 am	<i>Registration and Continental Breakfast</i>	
GRx 8:00	Nuts and Bolts of Osteoporosis Treatment	Roger Long, MD
G 8:55	Weight Loss and Bone Health	Anne Schafer, MD
9:50	<i>Coffee Break</i>	
10:10	Bone Disease in Young Adults	Kelly Wentworth, MD
11:05	Metastatic Risk Assessment in Pheochromocytoma/ Paraganglioma – Challenges and Predictors	Myat H. Soe, MD, MS
12:00 pm	<i>Lunch (On Your Own)</i>	
G 1:15	Thyroid Cancer – What is New?	Chienying Liu, MD
GRx 2:10	Updates in Treatment of Graves' Disease	Madhu Rao, MD
3:05	<i>Coffee Break</i>	
3:25	Assessing Thyroid Nodules	Poorani Goundan, MB, BS
GRx 4:20	Update on Management of Acromegaly	J. Blake Tyrrell, MD
5:15	<i>Adjourn</i>	

Saturday, March 21, 2026

ADVANCES IN ENDOCRINOLOGY AND METABOLISM

7:30 am	<i>Continental Breakfast</i>	
GRx 8:00	Updates on Management of Mineralocorticoid Hypertension	Robert Weber, MD, PhD
GRx 8:55	Endocrine Cases	Elizabeth Holt, MD, PhD
	Janet Chiang, MD	
9:50	<i>Coffee Break</i>	
10:10	Transitions of Care – Endocrine Disorders	Tina Hu, MD
Rx 11:05	What to do about Young Patients with Evidence for Atherosclerosis	Suneil Koliwad, MD, PhD
12:00 pm	<i>Adjourn</i>	

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Umesh Masharani, MB, BS

Professor of Medicine

Division of Endocrinology and Metabolism

Myat H. Soe, MD, MS

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COURSE FACULTY

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Division of Endocrinology and Metabolism

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Professor of Ophthalmology

Director of the Retina Fellowship

Department of Ophthalmology

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Assistant Professor of Medicine

Division of Endocrinology and Metabolism

Stephen Gitelman, MD

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Professor of Pediatrics

Director, Pediatric Diabetes Program

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Assistant Professor of Medicine

Division of Endocrinology and Metabolism

John Graham, MD, PhD

Assistant Professor of Medicine

Division of Endocrinology and Metabolism

Elizabeth Holt, MD, PhD

Professor of Medicine and Surgery

Director of Inpatient Endocrinology and

Transition Care

Division of Endocrinology and Metabolism

Tina Hu, MD

Assistant Professor of Pediatrics and of Medicine

Divisions of Pediatric Endocrinology, Endocrinology

and Metabolism

Clinical Director of Diabetes Transition of Care

Sarah Kim, MD

Professor of Medicine,

Division of Endocrinology and Metabolism

Director, ZSFG Adult Diabetes Clinic; ZSFG Adult

Weight Management Clinic; & UCSF Diabetes

Teaching Center

Suneil Koliwad, MD, PhD

Professor in Residence

Chief, UCSF Health Division of Endocrinology and Metabolism

Mt. Zion Health Fund/Kenneth Woeber, MD

Distinguished Professor of Endocrinology

Gerold Grodsky, PhD/JAB

Distinguished Professor of Diabetes Research

Gregory Ku, MD, PhD

Associate Professor of Medicine

Division of Endocrinology and Metabolism

Chienying Liu, MD

Professor of Medicine

Division of Endocrinology and Metabolism

Roger Long, MD

Professor of Medicine

Director, UCSF Bone Health Program

Division of Endocrinology and Metabolism

Bruce Miller, MD

A.W. and Mary Margaret Clausen Distinguished

Professor in Neurology

Director, Memory and Aging Center

Founding Director, Global Brain Health Institute, UCSF

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Division of Endocrinology and Metabolism

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For support, visit tiny.ucsf.edu/cmehelp or call 415.476.5808.



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