Thyroid Disease in Older Adults
Diagnosis, Management, and Clinical Impact

Friday
May 18, 2007
Hamilton Crowne Plaza
14th and K Streets, NW
Washington, DC

This conference is jointly sponsored by the Johns Hopkins University School of Medicine and the American Thyroid Association

Endorsed by the American Geriatrics Society
AMERICAN THYROID ASSOCIATION (ATA)

The ATA provides outstanding leadership in thyroidology by promoting excellence and innovation in clinical care, research, education, and public advocacy.

ACTIVITY DESCRIPTION

This symposium will focus on the impact of thyroid disease on older adults, especially those factors which might adversely affect healthy aging. The faculty has been carefully chosen for their expertise in various aspects of this topic. There will be introductory lectures on the influence of frailty and comorbidities on thyroid disease in the geriatric patient. The alterations in regulation of thyroid function and thyroid hormone metabolism and thyroid hormone action with aging in humans will be carefully reviewed. There will be an in-depth discussion of alteration of immune function and its effect on autoimmune thyroid disease in the elderly. The influence of drugs on thyroid function (effects of drugs on thyroid hormone absorption in patients taking thyroxine, the problems of polypharmacy, and drug-related thyroid disease) will also be discussed. The frequency, clinical manifestations, diagnosis, and therapy related to the impact of hypothyroidism and subclinical hypothyroidism and hyperthyroidism and subclinical hyperthyroidism in the elderly will be explored and discussed in platform and panel presentations.

A balanced presentation of the positive and negative studies regarding the impact of subclinical thyroid dysfunction on the cardiovascular system will be given. Special focus on the impact of thyroid dysfunction on neurocognitive function in the elderly as well as the debate on screening for thyroid dysfunction will be presented. A follow-up panel discussion will take place on the management of thyroid dysfunction. The current management of the incidentally discovered thyroid nodule will be reviewed. The pathophysiology of thyroid cancer: oncogenes and emphasis on the elderly and differentiated thyroid cancer in the elderly and related frequency, clinical manifestations, diagnosis, and therapy will be presented. Case presentations and a panel discussion will conclude the program.

WHO SHOULD ATTEND

The target audience for this symposium includes professionals and interested citizens in many areas related to the impact of thyroid disease on older adults. These include, but are not restricted, to the following groups: geriatricians, internists, adult endocrinologists, epidemiologists and public health professionals, especially those interested in the impact of aging on the American population; basic and clinical scientists primarily interested in thyroid function and older adults; federal, state and local organizations involved with setting guidelines for screening and evaluating the health of older adults in relationship to frailty and geriatric health issues; and interested citizens concerned about the effects on society of an aging population in America and around the world.
OBJECTIVES

After attending this activity the participants should be able to:
1. Recognize the impact of the aging process on thyroid function.
2. Incorporate into practice the recommendations by various subspecialties regarding thyroid health in older adults.
3. Identify and evaluate the various effects of aging on presentation of hypothyroid and hyperthyroidism and treatment of these disorders in older adults.
4. Explain to colleagues and patients the effects of thyroid disease on older adults.
5. Recognize the impact of health policies on elderly patients with thyroidal conditions.

Focus for talks: Speakers will have several mandates for their presentations: 1) begin with a relevant case presentation, if possible; 2) to address what is unknown and what research needs to be done in the topic of the talk; and 3) to pose key questions for future research.

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The Johns Hopkins University School of Medicine and The American Thyroid Association, Inc. The Johns Hopkins University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this educational activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

OTHER CREDIT

American Geriatrics Society This CME activity is endorsed by the American Geriatrics Society. Credits earned from this activity may be counted toward the AGS Geriatrics Recognition Award.

AAFP Pending Application for CME credit has been filed with American Academy of Family Physicians. Determination of credit is pending.

POLICY ON SPEAKER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins University School of Medicine that the speaker and provider disclose real or apparent conflicts of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). Johns Hopkins University School of Medicine OCME has established policies in place that will identify and resolve all conflicts of interest prior to this educational activity. Detailed disclosure will be made in the activity handout materials.

ACKNOWLEDGEMENT

We wish to acknowledge the following companies that have provided or pledged an educational grant in support of this activity: Abbott Laboratories and Genzyme, Inc.
PROGRAM DIRECTORS
AND CO-CHAIRS

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REGISTER ONLINE — www.hopkinscme.net or www.thyroid.org
Program Agenda

MORNING

8:00 Welcome and Conference Goals
David S. Cooper, MD
President, The American Thyroid Association
Jerome M. Hershman, MD
Program Co-chairperson

8:10 Potential Joint Influences of Frailty, Comorbidities, and Thyroid Disease on Outcomes in the Geriatric Patient
Linda P. Fried, MD, MPH
Program Co-chairperson

8:40 Alterations in the Regulation of Thyroid Function and Action with Aging
P. Reed Larsen, MD

9:10 Epidemiology of Thyroid Disease in the Elderly
Douglas C. Bauer, MD

9:30 Forum: Questions and Answers
Moderator: Jerome M. Hershman, MD
Panel: Linda P. Fried, MD, MPH
P. Reed Larsen, MD
Douglas C. Bauer, MD

9:50 Refreshment Break

10:10 Alteration of Immune Function and its Effect on Autoimmune Thyroid Disease in the Elderly
Terry F. Davies, MD

10:40 Hyperthyroidism and Subclinical Hyperthyroidism in the Elderly: Frequency, Clinical Manifestations, Diagnosis, Therapy
Douglas Ross, MD

11:10 Hypothyroidism and Subclinical Hypothyroidism in the Elderly: Frequency, Clinical Manifestations, Diagnosis, Therapy
David S. Cooper, MD

AFTERNOON

Noon Luncheon Keynote Speaker
Christine K. Cassel, MD
21st century Geriatrics

1:30 Impact of Subclinical Thyroid Dysfunction on the Cardiovascular System
Anne R. Cappola, MD, ScM

2:00 Impact of Thyroid Dysfunction on Brain Function in the Elderly
John E. Morley, MB, BCh

2:30 Screening for Thyroid Dysfunction
Paul W. Ladenson, MD

2:50 Panel discussion: Management of Thyroid Dysfunction
Moderator: Leonard Wartofsky, MD, MPH
Panel: Terry F. Davies, MD
Douglas Ross, MD
David S. Cooper, MD
Anne R. Cappola, MD, ScM
John E. Morley, MB, BCh
Paul W. Ladenson, MD

3:30 Refreshment Break

3:50 Managing the Epidemic of Incidental Thyroid Nodules in the Elderly
Erik K. Alexander, MD

4:20 Differentiated Thyroid Cancer in the Elderly: Frequency, Clinical Manifestations, Diagnosis, Therapy
Leonard Wartofsky, MD, MPH

4:50 Panel Discussion with Case Presentations
Moderator: Paul W. Ladenson, MD
Panel: Erik K. Alexander, MD
Leonard Wartofsky, MD, MPH

5:10 Summary of Conference with emphasis on Areas for Further Research
Jerome M. Hershman, MD
Linda P. Fried, MD, MPH

5:30 Conference Adjourns
Please complete and return the evaluation and credit report form.

The Johns Hopkins University School of Medicine takes responsibility for the content, quality and scientific integrity of this CME activity.

(This schedule is subject to change.)
DATE
May 18, 2007

LOCATION
Hamilton Crowne Plaza
1001 14th Street, NW
(14th and K Streets, NW)
Washington, DC 20005

REGISTRATION CUT-OFF DATE
May 11, 2007

FEES
(All Fees are in US Dollars.)

Methods of Payment: By credit card or check prior to the activity. On-site payments by credit card only. We cannot accept cash.

Payment must accompany registration form. A $50 late fee applies to registrations received after May 11, 2007. Foreign payments must be by credit card or with a U.S. Dollar World Money Order.

The registration fee includes instructional materials, refreshment breaks and lunch.

Physician/Scientist/ Public Health/ Government Official. . . . . . $ 250
Residents*/Fellows*/Allied Health Professionals . . . . . . $ 125
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*with verification of status

You will receive a confirmation by e-mail if you have provided your e-mail address. Otherwise confirmation will be sent by mail. If you have not received it by May 11, 2007, call 410-502-8765 to confirm that you are registered. Certificates of attendance will be mailed by July 13, 2007.

The Johns Hopkins University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In this event, the University will refund the registration fee but is not responsible for travel expenses.

REFUND POLICY
A handling fee of $50 is deducted for cancellation. Refund requests must be received by fax or mail by May 11, 2007. No refunds will be made thereafter. Transfer of registration to another Johns Hopkins conference in lieu of cancellation is not possible.

HOTEL AND TRAVEL INFORMATION
Book your accommodations at the Hamilton Crowne Plaza, 14th and K Streets, NW, Washington, DC. Rate for Thursday, May 17, 2007, is $229. Friday and Saturday are $259 per night. For reservations, phone: 800-263-9802 (group name: ATA—Thyroid and Aging) or online at www.thyroid.org.

Call United Airlines at 800-521-4041 for discounted rates and refer to Meeting ID Number 549TJ.

EMERGENCY CALLS
On the day of this activity only, May 18, 2007, direct emergency calls to the ATA registration desk, 202-682-9525. Messages will be posted for participants.

AMERICANS WITH DISABILITIES ACT
The Johns Hopkins University School of Medicine fully complies with the legal requirements of the ADA and the rules and regulations thereof. Please notify us if you have any special needs.

TO REGISTER
OR FOR FURTHER INFORMATION
Register ONLINE: www.hopkinscme.net
or www.thyroid.org

Register by PHONE: 410-955-2959
Register by FAX: 410-955-0807

For Confirmation/Certificates: 410-502-8765
To e-mail the Office of CME: cmenet@jhmi.edu
For more information: www.thyroid.org
To Register: ONLINE: www.hopkinscme.net or www.thyroid.org
PHONE: 410-955-2959
FAX: 410-955-0807

Or mail this form to the Johns Hopkins University, Office of Continuing Medical Education, P.O. BOX 64128, Baltimore, Maryland 21264-4128. Include check payable to HOPKINS/80016739, or include credit card information below.

Payment must accompany form to confirm your registration.
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I plan to stay at the Hamilton Crowne Plaza in Washington, DC:
[ ] Yes  [ ] No

Registration Fees
(Please check applicable fees.)
[ ] Physician/Scientist ........................................ $250
[ ] Residents*/Fellows*/Nurses/Allied Health Professionals ........ $125
*with verification of status

For registrations received after May 11, 2007, include a $50 late fee.
On-site registrations are payable only by credit card.

Total amount enclosed $ _______________

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What do you hope to learn by attending this activity?

Please notify us if you have any special needs.

Tuition Remission (TR) for Johns Hopkins University Faculty and Staff: Return registration form and TR benefit application to the Office of CME, Turner 20, School of Medicine.
To apply for TR, go to http://training.jhu.edu/html/EducationalAssistance/TuitionRemission.asp. This is a non-credit professional development activity.

Please keep a copy of this form.
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