Endocrine Fellows Foundation

Fostering the Advancement of Fellows since 1990

2026 Adrenal Preceptorship
Hyatt Regency O'Hare Chicago
September 10-12

Thursday, September 10

7:30 – 8:30 PM Registration and Welcome Reception

Friday, September 11

7:00 – 7:30 AM Networking Breakfast

7:30 – 8:00 AM Welcome and Introduction, Outcome Metrics Questionnaire: Pre-test
Irina Bancos, MD, MSc, Professor of Medicine, Adrenal Lab Principal Investigator Division of Endocrinology, Metabolism and Nutrition, Mayo Clinic, Rochester and Ricardo Correa, MD, EdD, FACE, FACP, FACMQ, Program Director, Endocrinology, Diabetes and Metabolism Fellowship, Director, Health Equity and Inclusive Initiatives, Endocrinology and Metabolism Institute, Cleveland Clinic Foundation
The Outcome Metrics Questionnaire is presented to fellows three times to measure the effectiveness of this educational program: 1. evaluating baseline knowledge, 2. short-term learning (right after the program), and 3. longer-term retention (5-6 months).

8:00 – 9:00 AM Adrenal Incidentaloma
Ricardo Correa, MD, EdD, FACE, FACP, FACMQ, Program Director, Endocrinology, Diabetes and Metabolism Fellowship, Director, Health Equity and Inclusive Initiatives, Endocrinology and Metabolism Institute, Cleveland Clinic Foundation
This lecture will explore the imaging and biochemical characteristics of adrenal adenomas. In addition, it will provide work up and management of the functioning adrenal adenoma.

9:00 – 9:45 AM Mild Autonomous Cortisol Secretion (MACS)
Irina Bancos, MD, MSc, Professor of Medicine, Adrenal Lab Principal Investigator Division of Endocrinology, Metabolism and Nutrition, Mayo Clinic, Rochester
In this presentation we will review the epidemiology, diagnosis, consequences, and treatment options in patients with unilateral and bilateral mild autonomous cortisol secretion (MACS)

9:45 – 10:15 AM Morning Break and Small Group Case Discussions with Faculty

Friday continued

10:15 – 11:15 AM Hypercortisolism/Cushing's Syndrome
Inga Harbuz Miller, MD, Assistant Professor Department of Medicine, Endocrine/Metabolism (SMD), University of Rochester Medical Center
This talk will review the pathophysiology of hypercortisolism and its underlying mechanisms. It will provide the trainees with clinical and diagnostic tools to distinguish differential diagnosis in adrenal Cushing syndrome and to identify genetic causes of adrenal Cushing syndrome. It will also demonstrate the importance of genetic screening and counseling in adrenal nodular disease, and it will acknowledge the types of surgical and medical treatment in adrenal nodular disease and Cushing syndrome

11:15 AM – 12:15 PM Primary Aldosteronism
Anand Vaidya, MD, Director of the Center for Adrenal Disorders at Brigham and Women's Hospital and an Associate Professor of Medicine at Harvard Medical School, Brigham and Women's Hospital
This talk will review the diagnosis and management of primary aldosteronism. There will be a special focus on pragmatic approaches that simplify the implementation of primary aldosteronism diagnosis and treatment.

12:15 – 1:00 PM Networking Lunch

1:00 – 2:00 PM Pheochromocytoma / Paraganglioma
Oksana Hamidi, DO, Associate Professor in the Division of Endocrinology and Metabolism, UT Southwestern Medical Center
We will review evaluation of a patient with symptoms of catecholamine excess, interpretation of test results, and titration of medical therapy for patients with pheochromocytoma/paraganglioma. We will discuss the role of metyrosine in preparing a patient for surgery as well as treatment options for a critically ill patient with pheochromocytoma/paranglioma.

2:00 – 3:00 PM Adrenocortical Carcinoma: Clinical Insights into a Rare Malignancy
Shobana Athimulam, MD, Assistant Professor of Medicine and Senior Staff Physician in the Division of Endocrinology, Diabetes, Bone, and Mineral Disorders, Henry Ford Health in Detroit
This lecture provides a comprehensive overview of adrenocortical carcinoma, from clinical presentation through diagnosis and staging. It also reviews evidence-based management and surveillance strategies to optimize patient outcomes.

3:00 – 3:30 PM Afternoon Break and Small Group Case Discussions with Faculty

3:30 – 4:30 PM Adrenal Tumor Board
Irina Bancos, MD, MSc, Professor of Medicine, Adrenal Lab Principal Investigator Division of Endocrinology, Metabolism and Nutrition, Mayo Clinic, Rochester
In this presentation, we will review the etiology, clinical and imaging presentation of non-adenoma lesions, with an emphasis on differential diagnosis

4:30 – 4:45 PM Group Photo and Prepare for Poster Session

4:45 – 6:15 PM Poster Session
Fellows will present concurrently to a small group of fellows and faculty. Faculty will be pre-assigned specific posters to visit during each round.

Saturday, September 12

7:00 – 7:30 AM Networking Breakfast

7:30 – 7:45 AM Day 2 Introduction
Irina Bancos, MD, MSc, Professor of Medicine, Adrenal Lab Principal Investigator Division of Endocrinology, Metabolism and Nutrition, Mayo Clinic, Rochester and Ricardo Correa, MD, EdD, FACE, FACP, FACMQ, Program Director, Endocrinology, Diabetes and Metabolism Fellowship, Director, Health Equity and Inclusive Initiatives, Endocrinology and Metabolism Institute, Cleveland Clinic Foundation

7:45 – 8:45 AM Adrenal Insufficiency
Pratibha Rao, MD, MPH, Medical Director Adrenal Center, Endocrinology and Metabolism Institute, Cleveland Clinic Foundation
Primary and secondary adrenal insufficiency are conditions in which there is a hypofunction of the gland. In some cases, it can be life threatening. It is very important to diagnose it and differentiate between the two of them for better management. In this lecture we will go over diagnosis and management of this adrenal hypofunction.

8:45 AM – 10:00 AM Congenital Adrenal Hyperplasia (CAH)
Oksana Hamidi, DO, Associate Professor in the Division of Endocrinology and Metabolism, UT Southwestern Medical Center
Congenital Adrenal Hyperplasia (CAH) is a group of genetic disorders that affect the adrenal glands' ability to produce hormones, particularly cortisol and aldosterone. This condition is typically caused by mutations in enzymes involved in the synthesis of these hormones. Treatment typically involves hormone replacement therapy with glucocorticoids and mineralocorticoids to normalize hormone levels and mitigate symptoms. Long-term follow-up and monitoring are essential to optimize patient outcomes, especially regarding growth, sexual development, and overall health. Physicians should be aware of the different forms of CAH and their management strategies to provide the best care for affected individuals.

10:00 – 11:00 AM Final Faculty Questions, Closing Remarks, Outcome Metrics Questionnaire: Post-test