

SPRING SYMPOSIUM  
of the American Thyroid Association (ATA)

# Thyroid Disease in Older Adults

Diagnosis,  
Management,  
and Clinical  
Impact



AMERICAN  
THYROID  
ASSOCIATION  
FOUNDED 1923

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.

# Chairs—Faculty—Program Committee

## PROGRAM DIRECTORS AND CO-CHAIRS

**Jerome M. Hershman, MD**  
*Past-President, American Thyroid Association; Distinguished Professor of Medicine; Associate Chief, Endocrinology and Diabetes Division VA Medical Center, West Los Angeles*

**Linda P. Fried, MD, MPH**  
*Professor, Medicine, Epidemiology, Health Policy, and Nursing; Director, Center on Aging and Health; Director, Division of Geriatric Medicine and Gerontology*

**David S. Cooper, MD**  
*President, American Thyroid Association; Professor of Medicine Johns Hopkins University School of Medicine  
Director, Division of Endocrinology Sinai Hospital of Baltimore*

## PROGRAM COMMITTEE

**Anne R. Cappola, MD, ScM**  
*Assistant Professor of Medicine and Epidemiology  
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*Professor Emeritus of Medicine  
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Brigham & Women's Hospital*

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Mayo Clinic College of Medicine*

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*Professor of Medicine, Anatomy, Physiology and Genetics,  
Uniformed Services University of the Health Sciences  
Georgetown University School of Medicine  
Chairman, Department of Medicine  
Washington Hospital Center*

## FACULTY

**Erik K. Alexander, MD**  
*Assistant Professor of Medicine  
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*President and Chief Executive Officer  
American Board of Internal Medicine Foundation*

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*Professor of Medicine  
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Harvard Medical School*

**John E. Morley, MB, BCh**  
*Dammert Professor of Gerontology  
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**Douglas Ross, MD**  
*Assistant Professor of Medicine  
Harvard Medical School*

**Leonard Wartofsky, MD, MPH**  
*Professor of Medicine, Anatomy, Physiology & Genetics  
Uniformed Services University of the Health Sciences*

REGISTER ONLINE — [www.hopkinscme.net](http://www.hopkinscme.net)  
or [www.thyroid.org](http://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

*(This schedule is subject to change.)*

## 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.

# General Information

## 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

Press. . . . . \$ 0

\*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](http://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](http://www.hopkinscme.net)  
or [www.thyroid.org](http://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](mailto:cmenet@jhmi.edu)

For more information: [www.thyroid.org](http://www.thyroid.org)

# Registration Form—Course Number: 80016739

## American Thyroid Association Spring Symposium Thyroid Disease in Older Adults

**To Register:** **ONLINE:** [www.hopkinscme.net](http://www.hopkinscme.net) or [www.thyroid.org](http://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.**

Please type or print clearly:

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primary degree (for name badge) primary specialty

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city state ZIP + 4 code country

daytime telephone fax number

E-mail address (You will receive confirmation notice by e-mail if you provide your e-mail address.)

Check here if you wish to receive e-mail and/or fax notices about upcoming CME activities.

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 \$ \_\_\_\_\_

### Credit Card Registrations

**Credit Card:**  MasterCard  VISA  American Express  Discover

Card number Expiration date (month/year)

Name as it appears on card (Please print clearly.)

Signature Date

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.



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