

in affiliation with



**CAPSTONE**  
OBESITY DIABETES &  
ENDOCRINE SCIENCES

A stylized illustration of a thyroid gland, colored in shades of pink and purple, with a white horizontal bar across its center.

# THYRO FACTS

## 2025

Annual  
Thyroid Update

19<sup>th</sup> January 2024  
9 AM - 4.10 PM

Hotel Residency Tower  
Thiruvananthapuram

## Session 1

### GENERAL THYROIDOLOGY

9.00 AM-9.20 AM

**Calcium & Vitamin D Supplementation:  
An Evidence Based Approach** (15+5 minutes)

Dr Sreejith Babu  
MD, DM | Thiruvananthapuram

9.20 AM-9.40 AM

**Basic Interpretation of Thyroid  
Ultrasonography** (15+5 minutes)

Dr Subramanian Kannan  
MD, DM | Bangalore

9.40 AM-10.00 AM

**Optimising Thyroid Hormone  
Replacement Therapy** (15+5 minutes)

Dr Sahana Shetty  
MD, DM | Manipal

10.00 AM -10.20 AM

**Treating Thyroid Dysfunction in the  
Elderly: An Evidence Based Approach**  
(15+5 minutes)

Dr Annie Pulikkal  
MD, DM | Kochi

Chairperson: Dr Sasikumar V MD, DM

## Session 2

### STRUCTURAL THYROIDOLOGY

10.20 AM -10.40 AM

**Evaluation of Thyroid Nodule:  
FNAC and Beyond** (15+5 minutes)

Dr Subramanian Kannan  
MD, DM | Bangalore

10.40 AM- 11.00 AM

**Role of Interventional Radiology in  
Thyroid Nodule** (15+5 minutes)

Dr Shehla Sheikh  
MD, DM | Mumbai

11.00 AM-11.20 AM

**An Approach to Thyroid Nodule  
in Children** (15+5 minutes)

Dr Soumya S  
MD, DM | Thiruvananthapuram

Chairperson: Dr Sreejith Babu MD, DM

## INAUGURATION

11.20 AM-11.25 AM

### Session 3

## CLINICAL THYROIDOLOGY

11.25 AM-11.45 AM

**The Unusual Suspects** (15+5 minutes)

- TSHoma
- Struma Ovarii

Dr Abhilash Nair  
MD, DM | Kollam

11.45 AM-12.05 PM

**Mystery Unravalled** (15+5 minutes)

- Factitious Hyperthyroidism
- Lingual Thyroid

Dr Shehla Sheikh  
MD, DM | Mumbai

12.05 PM-12.25 PM

**Pubertal Red Herring** (15+5 minutes)

- Hypothyroidism & Delayed Puberty
- Hypothyroidism & Precocious Puberty

Dr Aneesh Ghosh MS  
MD, DNB | Thiruvananthapuram

Chairperson: Dr Tittu Oommen MD, DM

## Session 4

### ADVANCED THYROIDOLOGY

12.25 PM-12.45 PM

**Precision Medicine in Thyroidology**  
(15+5 minutes)

Dr Sahana Shetty  
MD, DM | Manipal

12.45 PM-01.05 PM

**Novel Therapeutic Approaches in the  
Treatment of Graves' Disease** (15+5 minutes)

Dr Prathosh Gangadhar  
MD, DM | Calicut

Chairperson: Dr Thushanth Thomas MD, DM

## Session 5

### DEBATE

01.05 PM-01.35 PM

**Mild Hypothyroidism in Pregnancy:  
To Treat or Not**

YES

Dr Tittu Oommen MD, DM | Thiruvananthapuram

NO

Dr Annie Pulikkal MD, DM | Kochi

Expert : Dr PK Jabbar MD, DM | Kottayam

### LUNCH BREAK

1.40 PM-2.30 PM

## Session 6

### THYROID DIALOGUE

02.30 PM-03.10 PM

#### Approach to Nodular Goiter

Endocrinologist's Perspective  
(15+5 minutes)

Dr Prathosh Gangadhar  
MD, DM | Calicut

Surgeon's Perspective  
(15+5 minutes)

Dr Ansar  
MS, Mch | Thiruvananthapuram

Moderator: Dr PK Jabbar MD, DM

## Session 7

### QUIZ

03.10 PM-04.10 PM

#### Participating Teams

Medical College  
Thiruvananthapuram

KIMS Health Care  
Thiruvananthapuram

Ananthapuri Hospitals and Research  
Institute, Thiruvananthapuram

Dr Somervell Memorial CSI Medial  
College, Karakonam

Sree Gokulam Medical College  
Venjarammoodu

Azeezia Medical College  
Kollam

#### Quiz Master

Dr Abhilash Nair  
MD, DM | Kollam

#### Coordinator

Dr Soumya S  
MD, DM | Thiruvananthapuram

**Valedictory Function:** 4.10 PM

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**Dear Doctor,**

As you know the month of January signifies The World Thyroid Awareness Month and it is our pleasure to invite you to **"Thyro Facts 2025"**, our fifth annual thyroid update slated on **19<sup>th</sup> January 2025, Sunday**. This time we have included real-world case discussions and dialogues apart from a debate, quiz and some recent advancements in the Scientific Agenda to facilitate learning a more interesting affair. You are eligible to get academic credits for attending this conference. We request you to block the date in advance and be a part of this academic feast.

Team

Thyro-Facts 2025

### **Organising team**

Chairman : Dr Aneesh Ghosh, MS

Secretary : Dr Thushanth Thomas

### **Scientific Committee**

Chairman : Dr Jabbar. PK

Advisors : Dr Sasikumar. V

Dr Tittu Oommen

Dr Soumya



### **REGISTRATION**

Please register using the link:

[www.codeskowdiar.com/event-registration/](http://www.codeskowdiar.com/event-registration/)



### **CONFERENCE SECRETARIAT**

Capstone Obesity Diabetes & Endocrine Sciences

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