



# The 2025 Learning Journey in Thyroid: A Case-Based Interactive Educational Experience

## GENERAL OVERVIEW

Thyroid disorders increase in prevalence with age and are higher in women than in men. Both hyperthyroidism and hypothyroidism can develop in severe or subclinical forms, with the subclinical forms being more common than overt disease, and often asymptomatic. This results in the subclinical forms frequently going undiagnosed and untreated. Although asymptomatic, the long-term cumulative effect of subclinical disease can impact health, with different needs and outcomes during the different periods of women's life, such as puberty, childbearing age, pregnancy, or menopause.

Therefore, to meet the existing needs in this specific field, the 2025 Learning Journey in Thyroid: a Case-Based Interactive Educational Experience focuses on medical education activities, to be undertaken in progression, in order to offer a robust and targeted learning experience for healthcare professionals managing thyroid disorders in women. This approach ensures a deep understanding of the nuances of thyroid function across women's life stages and promotes optimal patient care.

## LEARNING OBJECTIVES

- 1 Acquire knowledge about the effects of thyroid hormones on women's global health during the different periods of women's life.**
- 2 Increase knowledge about thyroid homeostasis during pregnancy**
- 3 Be able to balance benefits and risk of combination therapies for hypothyroidism**
- 4 Increase confidence in managing women with subclinical hypothyroidism seeking for a pregnancy and during pregnancy**

## TARGET AUDIENCE

Endocrinologists, gynaecologists, internal medicine and general practitioners

## EDUCATIONAL ACTIVITIES

### INTERACTIVE MULTIDISCIPLINARY LIVE WEBINAR

*Thyroid hormones in women's health*

**LAUNCH DATE:** Monday, **16 June 2025** from 14:00 to 15:00 CEST

### DIGITAL ESCAPE ROOM

*Subclinical hypothyroidism: what do women need*

**LAUNCH DATE:** Thursday, **30 October 2025**

## LANGUAGE

The activities will be in English. The Interactive Multidisciplinary Live Webinar will have Chinese and Spanish simultaneous translation



## CME ACCREDITATION

The Interactive Multidisciplinary Live Webinar will be submitted for CME accreditation from the European Accreditation Council for Continuing Medical Education (EACCME)

## MEDICAL ADVISOR

### Ernesto Maddaloni

Diabetes and Metabolic Diseases Lab  
Dept of Experimental Medicine, Section of Medical Pathophysiology, Nutritional Sciences and Endocrinology  
La Sapienza University of Rome  
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# The 2025 Learning Journey in Diabetes: A Case-Based Interactive Educational Experience

## GENERAL OVERVIEW

Type 2 diabetes is a chronic, metabolic disease mainly caused by resistance to insulin action and relative insulin deficiency, which lead to high blood glucose levels. Insulin resistance and hyperglycaemia are major risk factors for vascular complications, including ischemic heart disease, diabetic nephropathy, retinopathy and neuropathy. Therefore, type 2 diabetes is recognized as one of the most important non-communicable diseases associated with an increased risk of both mortality and morbidity worldwide, affecting various demographics regardless of geographic location, age group, or gender.

The 2025 Learning Journey in Diabetes: a Case-Based Interactive Educational Experience is focused on medical educational activities designed to build upon each other, creating a comprehensive and engaging learning experience for healthcare professionals focused on type 2 diabetes and insulin resistance. The progressive approach facilitates a deeper understanding and practical application of knowledge, ultimately improving patient outcomes.

## LEARNING OBJECTIVES

- 1 **Recognize people at high risk of diabetes**
- 2 **Improve ability to prevent and treat systemic conditions related to insulin resistance (such as obesity, PCOS)**
- 3 **Increase confidence in managing overweight/obese women with gestational diabetes**
- 4 **Acquire competence about how to effectively tackle insulin resistance**
- 5 **Acquire knowledge about the most important evidence-based medicine for early strategies to prevent progression to type 2 diabetes**

## TARGET AUDIENCE

Endocrinologists, diabetologists, gynecologists, cardiologists, internal medicine, dieticians, nurses (including diabetes educators), and obstetricians

## EDUCATIONAL ACTIVITIES

### DIGITAL INTERACTIVE MULTIDISCIPLINARY TALK SHOW

*Insulin resistance in young adults: addressing the risk of early onset type 2 diabetes, and other related conditions (PCOS and GDM)*

**LAUNCH DATE:** Thursday, **15 May 2025** from 13:00 to 14:30 CEST

### DIGITAL ESCAPE ROOM

*Escaping from insulin resistance in pre-pregnancy and pregnancy*

**LAUNCH DATE:** Monday, **21 July 2025**

### PODCAST SERIES

*Practical tips to defeat insulin resistance and preventing type 2 diabetes*

- Episode 1 **LAUNCH DATE:** Thursday, **18 September 2025**
- Episode 2 **LAUNCH DATE:** Wednesday, **5 November 2025**

## LANGUAGE

The activities will be in English. The Digital Interactive Multidisciplinary Talk Show will have Chinese and Spanish simultaneous translation



## MEDICAL ADVISOR

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Rome, Italy

## CME ACCREDITATION

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# The 2025 Learning Journey in Growth Disorders: From Global to Local

## GENERAL OVERVIEW

Growth Hormone Deficiency (GHD) is a medical condition resulting from insufficient secretion of Growth Hormone (GH) by the anterior pituitary gland. Distinct clinical features and a spectrum of genetic and acquired causes impacting paediatric and adult populations characterize GHD. Combined Pituitary Hormone Deficiency (CPHD) is a disorder related to GHD, and it is characterized by insufficient production of multiple pituitary hormones, including GH, often leading to more complex clinical management compared to isolated GHD. GHD is a rare disease, and it urges prompt evaluation and treatment. On the contrary, Congenital Delay of Growth and Puberty (CDGP) is a benign condition. Treatment in this situation is seldom performed to trigger normal and autonomous growth. Nevertheless, the differential diagnosis between GHD and CDGP poses a considerable problem to the paediatric endocrinologist.

The 2025 Learning Journey in Growth Disorders: From Global to Local aim is to provide participants with best practices and latest evidence-supported approach for growth hormone disorders management. The Live Webinar covers the fundamentals of GHD diagnosis and treatment, while the Digital Case-Based Talk-Show with the participation of an experts' panel dives into more complex cases, acquired conditions, and combined hormonal therapies. Attending both ensures a full understanding of growth disorders from diagnosis to long-term management.

## LEARNING OBJECTIVES

- 1 **Enhance diagnostic proficiency in identifying children with GHD or CPHD**
- 2 **Improve the interpretation skills of GH stimulation tests and short priming with sexual steroids in children with pubertal delay to reduce the rate of false positives**
- 3 **Acquire strategies for effectively administering rhGH therapy in children with GHD or complex comorbidities**
- 4 **Gain experience and knowledge in the use of LaGH therapies and implement effective puberty induction protocols in the absence of standardized guidelines**

## TARGET AUDIENCE

Pediatricians, endocrinologists, pediatric endocrinologists

## EDUCATIONAL ACTIVITIES

### LIVE WEBINAR

*GHD and RhGH Therapy: Navigating Difficult Diagnoses, Managing New Formulations and Adapting to Different Life Stages*

**LAUNCH DATE:** Thursday, **5 June 2025** from 13:30 to 14:30 CEST

### DIGITAL CASE-BASED TALK SHOW

*Managing the Complex Child with GHD: Focus on Comorbidities and Multiple Combined Hormonal Deficiency*

**LAUNCH DATE:** Thursday, **2 October 2025** from 13:30 to 14:30 CEST

## LANGUAGE

All activities will be in English with simultaneous translation into Korean and Spanish



## MEDICAL ADVISOR

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## CME ACCREDITATION

The Live Webinar and the Digital-Case Based Talk Show will be submitted for CME accreditation from the European Accreditation Council of Continuing Medical Education (EACCME).