

Endocrine Update 2024

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The First Endocrine Updates 2024 conference held on 23rd August in biratnagar was certainly more than just a theoretical conundrum as it sparked and debated a host of topics surrounding the new treatment aspects in endocrinology and its modern patients. The purpose of this editorial is to elaborate on some of the most important issues from the major discussions of the conference which embrace progressive treatments and guidelines aimed at raising the level of clinical practice.

Particularly in patients with Type 2 diabetes, its management strategies became a notable area of emphasis. New and Emerging drug classes such as SGLT2 inhibitors and GLP-1 receptor agonists continue to garner attention as they offer improvements in the management of cardiovascular, renal and glycemic control.¹ Tirzepatide a dual GIP/GLP-1 receptor agonist was a topic of much interest at the conference and shown to be effective in lowering blood glucose levels and body weight.²

Thyroid disorders and nutrition were also great topic especially dietary reductions of inflammatory foodstuffs including gluten, combined with antioxidant diets, appear to assist in controlling symptoms and tempers potential antibody levels.³ Emphasis was placed on maintaining adequate iodine and selenium levels to enhance thyroid activity and prevent iodine deficiency. Newer versions of guidelines for management of the patients stress who are likely to have nutrition related thyroid diseases.

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In the field of obesity and metabolic syndrome faculties reported on promising new treatment methodologies like semaglutide and endoscopic sleeve gastropasty and other less invasive bariatric techniques presented themselves as attractive options for patients not eligible for standard techniques.⁴ Furthermore, the conversations also pointed out the importance of incorporating behavioral therapy, emphasizing the necessity for a more integrative approach focusing on biological and behavioral aspects.

The management of adrenal disorders and their treatment has gone a step further as this conference included new guidelines on the management of adrenal insufficiency like the hydrocortisone dosing schedule is designed in such a way as to increase the efficacy and reduce the side effects and dual release cortisol that are increasing the practicality of the treatment therefore improving patient compliance.⁵

In the event of pediatric endocrinology, the topic was raised regarding the growth hormone deficiency of children as we heard from the healthcare professionals present at the event. A point was made on the need to tackle psychosocial problems in children and the expectation of prolonged treatment as a step designed to protect children's mental wellbeing.

Lastly, in bone and mineral disorders osteoporosis were discussed with a focus on treatment options that extend beyond calcium and vitamin D supplementation. New anabolic agents like romosozumab and abaloparatide are being

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integrated into therapeutic protocols showing benefits for patients who may not respond to bisphosphonates alone.

The Endocrine Updates 2024 conference reaffirmed our commitment to advancing patient care through emerging therapies and nuanced guidelines. As we look forward, integrating these insights into everyday practice will not only improve patient outcomes but will also guide the endocrinology community toward a more personalized, comprehensive approach to care.

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