



2026 ANNUAL
CONFERENCE

PESTOLA

PEDIATRIC ENDOCRINE SOCIETY
OF TEXAS, OKLAHOMA, LOUISIANA, AND ARKANSAS

March 6-8, 2026 | New Orleans, LA



CONFERENCE PROGRAM



ABOUT PESTOLA

Pediatric Endocrine Society of Texas, Oklahoma, Louisiana, and Arkansas (PESTOLA) is a 501 (c)(3) nonprofit organization. PESTOLA is dedicated to researching and treating children with endocrine disorders; reproductive, bone, thyroid, diabetes, obesity, growth, pituitary, and adrenal.

PESTOLA works to promote the continuing education of its members and to increase awareness of endocrine and metabolic diseases of young people from conception to adolescence, as well as to provide resources, education, and advocacy within the PESTOLA Membership Region and across the country.

PESTOLA annual meeting will be held March 6-8, 2026 in New Orleans, Louisiana.

The meeting will focus on diabetes and technology, bone and parathyroid, thyroid, lipids and CV health, nutrition and obesity, pituitary, adrenal, gonad and neuroendocrine.

Learn more at www.pestola.org.



THANK YOU SPONSORS

PRODUCT THEATERS



FRIDAY RECEPTION



SATURDAY RECEPTION



WIFI SPONSOR



SOCIAL MEDIA/SOUNDBITE



LANYARD SPONSOR



EXHIBITOR/SPONSORS

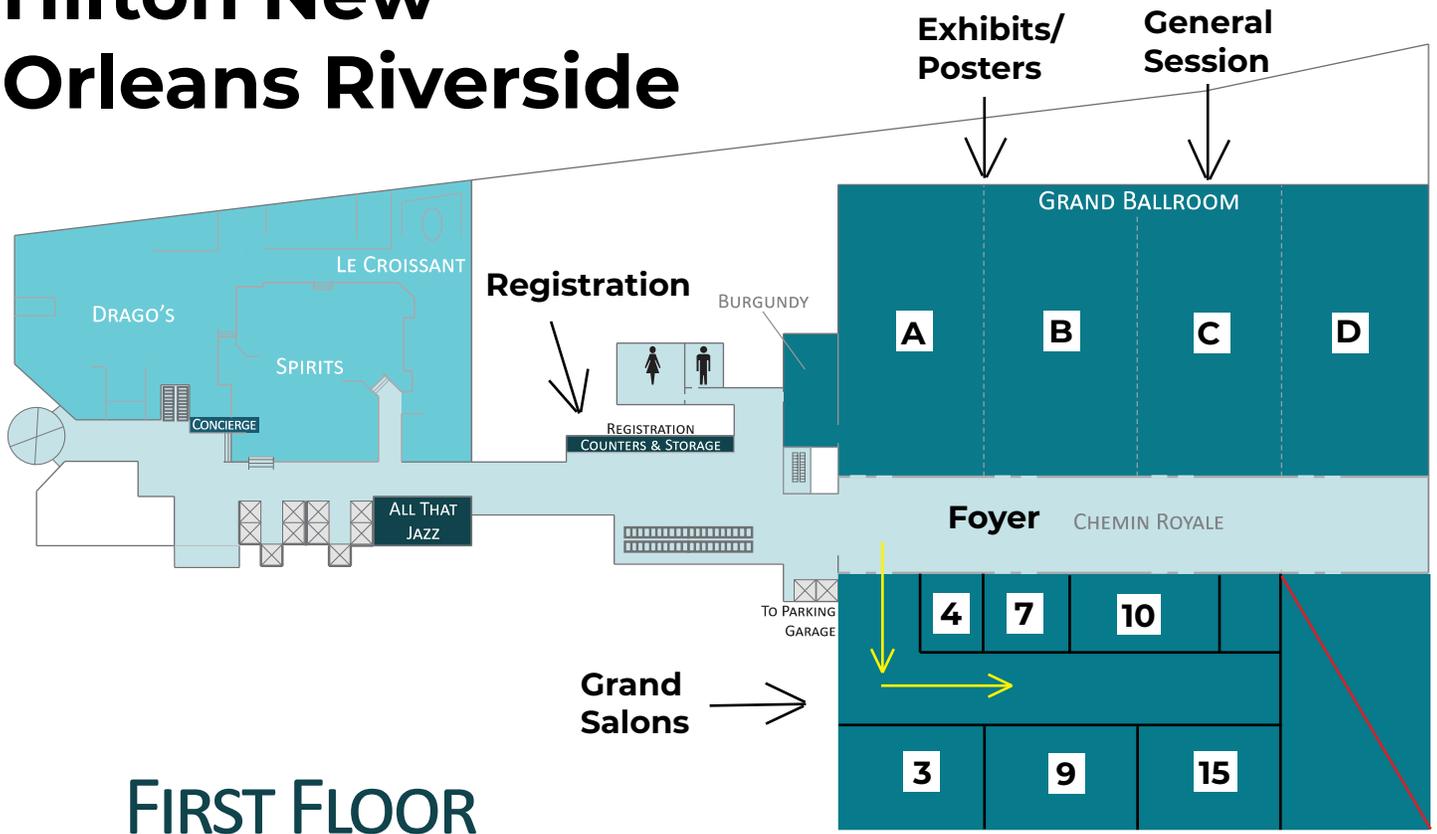


BREAK SPONSOR

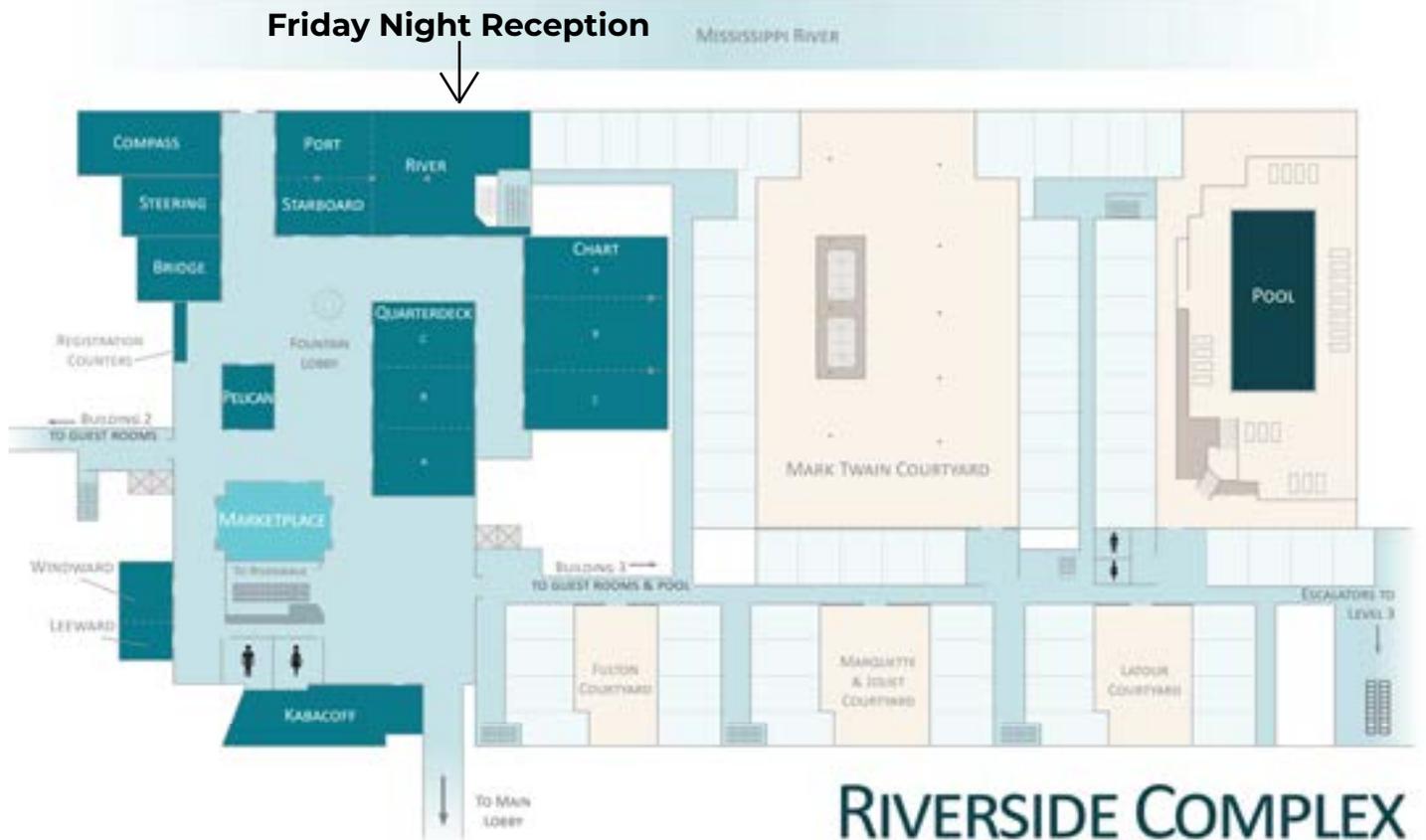


VENUE

Hilton New Orleans Riverside



Friday Night Reception



**Enjoy Free Wi-Fi
Around The
Conference
Thanks To**

BIOMARIN[®]

[Click here to learn more about Biomarin](#)

**Network: Hilton Meetings
Passcode: vosoritide**

PESTOLA LEADERSHIP TEAM



Dr. Joel Steelman



Dr. Jeanie Tryggestad



Dr. Ricardo Gomez



Dr. Melissa Ham



Dr. Jon Oden

Joel Steelman, MD

Consultant

Pediatric Endocrinologist

Associate Professor of Pediatrics

Cook Children's Medical Center

Fort Worth, Texas

Jeanie Tryggestad, MD

Pediatric Endocrinologist

Associate Professor Diabetes/Endocrinology

University of Oklahoma Health Sciences Center

Oklahoma City, Oklahoma

Ricardo Gomez, MD

Pediatric Endocrinologist

Associate Professor of Clinical Pediatrics

Department of Pediatrics, Division of Pediatric Endocrinology

Louisiana State University Health Sciences Center

New Orleans, Louisiana

Melissa Ham, MD

Pediatric Endocrinologist

Associate Professor of Pediatrics

University of Texas Southwestern Medical Center Children's Health Dallas

Dallas, Texas

Jon D. Oden, MD

Pediatric Endocrinologist

Associate Professor of Pediatrics

Arkansas Children's Hospital

Little Rock, Arkansas

PESTOLA 2026 PLANNING COMMITTEE

Joel Steelman, MD Cook Children's Medical Center Fort Worth, TX

Amanda Mrstik, BS Cook Children's Medical Center Fort Worth, TX

Jeanie Tryggstad, MD OUHSC OKC, OK

Ricardo Gomez, MD LSU HSC New Orleans, LA

Jon Oden, MD UAMS Little Rock, AR

Jill A. Radack, MD Cook Children's Medical Center Fort Worth Texas

Stephanie Segelstrom, APRN, CPNP-AC/PC, CDCES Cook Children's Medical Center Fort Worth, TX

Candice Williams, CPNP-PC Cook Children's Medical Center Fort Worth, TX

Melissa Ham, MD UT Southwestern Medical Center Dallas, TX

Soumya Adhikari, MD UT Southwestern Medical Center Dallas, TX

Christy Foster, MD UAB Birmingham, AL

Ambika Ashraf, MD, University of Alabama at Birmingham, AL



AGENDA

| Friday, March 6, 2026 | | Location |
|-----------------------|--|-----------------------------------|
| 8am-5pm | Registration/Check-in | 1st Floor Registration Desk |
| 9am-1pm | Teambuilding and Career Paths - Trainee Program Pinar Gumus Balikcioglu, MD Duke Molecular Physiology Institute Breakfast & Lunch Included | Grand Salon Room 7 |
| 12:30pm-1:30pm | Box Lunches Available (Complimentary to all attendees) | Exhibit Hall (Grand Ballroom A&B) |
| 1pm-5pm | Expo and Poster Viewing | Exhibit Hall (Grand Ballroom A&B) |
| 1pm-5pm | Learning Pediatric Endocrinology through Games: Playing The Clinic, A Hybrid Tabletop Game | Grand Salon Room 4 |
| 1:30pm-2:15pm | Partners in Access and Research: Expansion of Pediatric Endocrine Care with Tribal Partners* Speaker: David Sparling, MD, PhD, OU Health and Moderator: Jeanie Tryggestad, MD OU Health | Grand Ballroom C |
| 2:15pm-2:30pm | Break - Snacks and Beverages sponsored by SABio | Exhibit Hall (Grand Ballroom A&B) |
| 2:30pm-3:15pm | Controversies in Assessing Diabetes Management: Does HbA1c Have a Future in the Era of Continuous Glucose Monitoring?* Speaker: Stuart Chalew, MD, LSU Health and Moderator: Ricardo Gomez, MD LCMC Health | Grand Ballroom C |
| 3:15pm-4pm | Break - Snacks and Beverages sponsored by SABio | Exhibit Hall (Grand Ballroom A&B) |
| 4pm-5pm | Journal Club * Moderators: Ricardo Gomez, MD LCMC Health and Joel Steelman, MD, Cook Children's Highlights from "AI in Pediatric Endocrinology" Christy Foster, MD, University of Alabama & Trainee Mini-Puberty, Physiological and Disordered: Consequences, and Potential for Therapeutic Replacement Joel Steelman, MD, Cook Children's & Trainee Trends of Diabetes in Youth (TrenDY) During COVID-19 Across the United States Jeanie Tryggestad, MD, OU Health & Trainee | Grand Ballroom C |
| 5pm-5:30pm | Pediatric Endocrinology: Where Have We Been and Where are We Going* Speaker: Laurie E. Cohen, MD, Chief, Division of Pediatric Endocrinology & Diabetes Professor, Albert Einstein College of Medicine, PES President and Moderator: Ricardo Gomez, MD LCMC Health | Grand Ballroom C |
| 5:30pm-7pm | Learning Pediatric Endocrinology through Games: Playing The Clinic, A Hybrid Tabletop Game | River Room Riverside Building |
| 5:30pm-7pm | Opening Reception (Complimentary Food and Drinks provided) Sponsored by Children's Health | River Room Riverside Building |

AGENDA

| Saturday, March 7, 2026 | | Location |
|-------------------------|---|--------------------------------------|
| 7am-5pm | Registration/Check-in | 1st Floor Registration Desk |
| 7:30am-9am | Breakfast (Complimentary for all attendees) | Grand Salon Foyer |
| 8am-9am | Product Theatre with Ascendis | Grand Salon Room 3 |
| 8am-9am | Product Theatre with Tolmar | Grand Salon Room 9 |
| 8am-7:30pm | Expo, Poster Viewing & Networking | Exhibit Hall (Grand Ballroom A&B) |
| 9am-12pm | Learning Pediatric Endocrinology through Games: Playing The Clinic, A Hybrid Tabletop Game | Grand Salon Room 4 |
| 9:45am-10am | Welcome and Introductions Ricardo Gomez, MD, LCMC Health | Grand Ballroom C |
| 10am-11am | Arginine Vasopressin Deficiency(AVP-D)/Central Diabetes Insipidus (cDI): Management Challenges* Speaker: Shana E. McCormack, MD, MTR, CHOP and Moderator: Ricardo Gomez, MD, LCMC Health | Grand Ballroom C |
| 11am-11:15am | Break - Complimentary Snacks and Beverages | Exhibit Hall (Grand Ballroom A&B) |
| 11:15am-12pm | Updates in Cell Therapies* Speaker: Bonnie McCann-Crosby, MD, BS, Texas Children's and Moderator: Daniel DeSalvo, MD Texas Children's | Grand Ballroom C |
| 11:15am-12pm | Update on Cystic Fibrosis Related Diabetes: CFRD in the Age of Modulators * Speaker: Mary Rossi, MD, LCMC and Moderator: LSU Faculty | Grand Salon Room 9 |
| 11:15am-12pm | Severe hypertriglyceridemia in Children* Speaker: Ambika Ashraf, MD, Children's of Alabama and Moderator: Christy Foster, MD, University of Alabama | Grand Salon Room 3 |
| 12pm-1:30pm | Lunch (Complimentary for all attendees) | Grand Salon Foyer |
| 12:30pm-1:30pm | Product Theatre with Sanofi | Grand Salon Room 9 |
| 12:30pm-1:30pm | Product Theatre with Neurocrine | Grand Salon Room 15 |
| 12:30pm-1:30pm | Product Theatre with Novo Nordisk | Grand Salon Room 3 |
| 12:30pm-1:30pm | Product Theatre with Kyowa Kirin | Grand Salon Room 10 |
| 1:30pm-2pm | Break - Complimentary Beverages | Exhibit Hall (Grand Ballroom A&B) |
| 2pm-4pm | Learning Pediatric Endocrinology through Games: Playing The Clinic, A Hybrid Tabletop Game | Grand Salon Room 4 |

AGENDA

| Saturday, March 7, 2026 cont. | | Location |
|-------------------------------|--|-----------------------------------|
| 2pm-2:45pm | Small Bodies, Big Glycemic Challenges: Guidelines, QI insights, and Clinical Pearls for T1D Ages 1-6* Speakers: Sarah Renee Kelly, NP & Serife Uysal, MD Texas Children's and Moderator: Daniel DeSalvo, MD Texas Children's | Grand Ballroom C |
| 2pm-2:45pm | Radiation: Endocrinology's Kryptonite Speaker: Ellen K. Grishman, MD, St. Jude and Moderator: Jill A. Radack, MD Cook Children's | Grand Salon Room 9 |
| 2pm-2:45pm | Growth and Puberty: Updates on Investigation and Treatment of Short Stature* Speaker: Joel Steelman, MD, Cook Children's | Grand Salon Room 3 |
| 2:45pm-3:15pm | Break - Complimentary Beverages & Snacks | Exhibit Hall (Grand Ballroom A&B) |
| 2:45pm-3:15pm | Meet a Mentor | Grand Salon Room 7 |
| 3:15pm-4pm | Changing the Trajectory of Youth-Onset Type 2 Diabetes Through Metabolic and Bariatric Surgery* Speaker: Lily Han, MD & Kanika Bowen-Jallow, MD Cook Children's and Moderator: Jill A. Radack, MD Cook Children's | Grand Ballroom C |
| 3:15pm-4pm | Assessment and Management of Skeletal Health in Children with Medical Complexity* Speaker: Sowmya Krishnan, MD Children's Health Dallas and Moderator: Joel Steelman, MD, Cook Children's | Grand Salon Room 9 |
| 3:15pm-4pm | Persistent hypoglycemia beyond the neonatal period* Speaker: Diva D Delon-Crutchlow, MD Children's Hospital of Philadelphia and Moderator: Jeanie Tryggestad, MD, OU Health | Grand Salon Room 3 |
| 4pm-4:30pm | Break - Complimentary Beverages | Exhibit Hall (Grand Ballroom A&B) |
| 4pm-4:30pm | Meet a Mentor | Grand Salon Room 7 |
| 4:30pm-5:15pm | Gen-ETHICS Ethics in the Age of Genomics: Crafting a Responsible Future* Speaker: Regina Zambrano, MD, LCMC Health and Moderator: Ricardo Gomez, MD, LCMC Health | Grand Ballroom C |
| 5pm-7:30pm | Learning Pediatric Endocrinology through Games: Playing The Clinic, A Hybrid Tabletop Game | Grand Salon Room 4 |
| 5:30pm-6pm | Outstanding Abstract Awards & Oral Presentation Moderator: LSU Faculty | Grand Ballroom C |
| 5:30pm-7pm | Reception & Poster Viewing (Complimentary Food and Drinks provided) Sponsored by Ascendis | Exhibit Hall (Grand Ballroom A&B) |

AGENDA

| Sunday, March 8, 2026 cont. | | |
|-----------------------------|--|--------------------------------------|
| 8am | Registration | 1st Floor Registration Desk |
| 7:30am-9am | Complimentary Breakfast | Grand Salon Foyer |
| 8am-9am | Product Theatre with Chiesi | Grand Salon Room 3 |
| 8am-1pm | Expo and Poster Viewing | Exhibit Hall (Grand Ballroom A&B) |
| 9am-11am | Learning Pediatric Endocrinology through Games: Playing The Clinic, A Hybrid Tabletop Game | Grand Salon Room 4 |
| 9:30am-10:30am | Multi-Disciplinary Approach to Disorders of Sex Development (DSD) and Shifting patterns in diagnosing CAIS: Updates on Presentation and Management* Speakers: Dania Felipe Ramirez, MD & Amanda Raines, MD and Moderator: Ricardo Gomez, MD, LCMC Health | Grand Ballroom C |
| 10:30am-11am | Break - Complimentary Beverages | Exhibit Hall (Grand Ballroom A&B) |
| 11am-11:45am | Emergencies & Inpatient Care: Calcium Disorders* Speaker: Ricardo Gomez, MD LCMC Health and Moderator: LSU Faculty | Grand Ballroom C |
| 11am-11:45am | Emergencies & Inpatient Care: Diabetic Ketoacidosis (DKA) & Hyperglycemic Hyperosmolar State (HHS)* Speaker: Jeanie Tryggestad, MD, OU Health & Maha Yousif, MD and Moderator: Ricardo Gomez, MD, LCMC Health | Grand Salon Room 9 |
| 11am-11:45am | Evaluation and Management of Delayed Puberty* Speaker: Jonathan Meyer, MD, OU Health and Moderator: Christy Foster, MD, University of Alabama University | Grand Salon Room 3 |
| 11:45am-12pm | Complimentary Grab and Go Box Lunches | Foyer of Grand Ballroom C |
| 12pm-1pm | Tiny Gland, Big Impact: Navigating Pediatric Pituitary Adenomas* Speaker: Kevin Yuen, MD Barrow Neurological Institute and Moderator: Joel Steelman, MD, Cook Children's | Grand Ballroom C |
| 1pm-2pm | PESTOLA Business Meeting (PESTOLA Committee Only) | TBD |

Blue, green and yellow are accredited presentations.

Agenda is subject to change



AGENDA

[Click here for speaker presentation notes.](#)

Play The Clinic game!

Educators have long recognized the power of game play to learning. Come play a new game - The Clinic - a hybrid tabletop/online game! The Clinic is designed to help medical students and other professionals learn about the field of pediatric endocrinology in a clinic setting.

Friday, March 6

1pm-5pm: Grand Salon Room 4

5:30pm-7pm: River Room Riverside Building

Saturday, March 7

9am-12pm: Grand Salon Room 4

2pm-4pm: Grand Salon Room 4

5pm-7:30pm: Grand Salon Room 4

Sunday, March 8

9am-11am: Grand Salon Room 4





LISTEN
With Us!

DURING THE BREAKS EACH DAY!

www.pestola.org

***Follow us on social media to see
the latest PESTOLA updates!***

[Linked In](#)

[Instagram](#)

[Facebook](#)

PRODUCT THEATERS

Saturday, March 7th from 8am - 9am in Grand Salon Room 3



Nidhi Gupta, MD

Topic: Supply Disruption, Administration and Demand Shifts in pGHD Treatment



Nidhi Gupta, MD is a Pediatric Endocrinologist and the founder and CEO of KAP Pediatric Endocrinology in Franklin, TN. Dr Gupta completed her Pediatric Endocrinology fellowship at Mayo Clinic, in Rochester, MN and her General Pediatrics residency at Children's Hospital of Michigan, before moving to Nashville. She was also a faculty member and Assistant Professor of Pediatrics at Vanderbilt Children's hospital. Dr Gupta is the author and coauthor of numerous peer-reviewed articles and publications.

Saturday, March 7th from 8am - 9am in Grand Salon Room 9



Ankur Rughani, MD & José David Gamez Godoy, MD

Topic: Height Outcomes in Children with CPP Treated with GnRHa – Debate



Dr. Ankur Rughani is the Section Chief of Pediatric Endocrinology at INTEGRIS Health Medical Group in Oklahoma City, Oklahoma. Dr. Rughani completed his medical degree at the University of Kansas and did his pediatric residency in general pediatrics and his fellowship in pediatric endocrinology at the University of Oklahoma College of Medicine.

Dr. José David Gamez Godoy is a board-certified Pediatric Endocrinologist with extensive clinical, research, and academic experience in the management of pediatric endocrine and metabolic disorders. Currently practicing at Driscoll Children's Hospital in McAllen, Texas, Dr. Gamez completed his Pediatric Residency and Endocrinology Fellowship at Winthrop University Hospital in New York. See full bio on next page.

Saturday, March 7th from 12:30pm - 1:30pm in Grand Salon Room 10



Eric Thomas Rush, MD, FAAP, FACMG, CCD

Topic: CRYSVITA® (burosumab-twza): A Targeted Treatment for Children With X-Linked Hypophosphatemia (XLH)



Dr. Eric Rush is a Clinical Geneticist. He is Board Certified in Pediatrics, Internal Medicine and Clinical Genetics. Among his clinical interests are osteogenesis Imperfecta, hypophosphatasia, X-linked hypophosphatemia, cancer genetics, cardiovascular genetics, dysmorphology, Personalized Medicine, and Genetics of Common Disease. His research interests include extraskeletal manifestations of osteogenesis Imperfecta, best practices in treatment of hypophosphatasia, skeletal pathology in peroxisomal biogenesis disorders, and molecular characterization of rare syndromes.

Saturday, March 7th from 12:30pm - 1:30pm in Grand Salon Room 15



Ahmed Khattab, MBBCh, MSc

Topic: Advancing Pediatric Patient Care in Classic Congenital Adrenal Hyperplasia: A Spotlight on CRENESSITY™ (crinicerfont)



Associate Professor of Pediatrics, Division of Pediatric Endocrinology
Clinical Director, Division of Pediatric Endocrinology
Director, CARES CAH Center of Excellence, Rutgers Robert Wood Johnson Medical School

Saturday, March 7th from 12:30pm - 1:30pm in Grand Salon Room 3



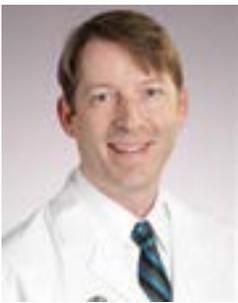
José David Gamez Godoy, MD

Topic: Expanding the treatment options for growth hormone deficiency



Dr. José David Gamez Godoy is a board-certified Pediatric Endocrinologist with extensive clinical, research, and academic experience in the management of pediatric endocrine and metabolic disorders. Currently practicing at Driscoll Children's Hospital in McAllen, Texas, Dr. Gamez completed his Pediatric Residency and Endocrinology Fellowship at Winthrop University Hospital in New York. His research has been published in leading journals such as The Journal of Clinical Endocrinology and Metabolism and the Journal of Neurodevelopmental Disorders, focusing on diabetes, genetics, and cardiovascular risk in pediatric populations. In addition to his clinical and research work, Dr. Gamez is an active medical educator and advocate for equitable access to genomic care, and he engages Spanish-speaking audiences through his podcast Diabetes Juvenil and the Univision TV segment La Salud del Valle.

Saturday, March 7th from 12:30pm - 1:30pm in Grand Salon Room 9



Kupper Wintergerst, MD

Topic: Navigating the T1D Journey Screen – Monitor – TZIELD - Considerations for Specialty Care



Kupper A. Wintergerst, MD is Professor of Pediatrics and Division Chief of Pediatric Endocrinology at the University of Louisville School of Medicine. He serves as Executive Director of the Wendy Novak Diabetes Institute and holds the Wendy L. Novak Endowed Chair of Pediatric Diabetes Care and Clinical Research. Dr. Wintergerst is a board-certified pediatric endocrinologist with extensive experience in clinical care, research, and program development. He has led the expansion of comprehensive diabetes care for children, adolescents, and adults across clinical and academic settings. Under his leadership, Norton Children's has been nationally recognized for excellence in pediatric diabetes and endocrinology care. Dr. Wintergerst helped establish innovative programs focused on optimizing diabetes management in active and athletic patients. He is actively involved in national and international research efforts aimed at improving outcomes in Type 1 diabetes. He serves as site director for the Type 1 Diabetes TrialNet and the T1D Exchange Registry. Dr. Wintergerst has held leadership roles with the American Academy of Pediatrics and the American Diabetes Association. His work focuses on translating clinical research and innovation into practical strategies that improve patient care.

Saturday, March 8th from 8am - 9am in Grand Salon Room 3



Nivedita Patni, MD

Topic: Would you recognize GL? Understanding the signs, symptoms, and clinical consequences of generalized lipodystrophy (GL).



Dr. Nivedita Patni is an Associate Professor of Pediatrics in the Division of Pediatric Endocrinology at UT Southwestern Medical Center, where she also serves as Program Director for the Pediatric Endocrinology Fellowship. She established the Pediatric Endocrine Lipid Clinic at Children's Health in Dallas, a leading program dedicated to the care of children with complex lipid disorders. Dr. Patni's clinical and research expertise centers on rare and genetic dyslipidemias, with a particular focus on familial chylomicronemia syndrome (FCS) and lipodystrophy syndromes. Her research has advanced the understanding of disease heterogeneity, including the description of a novel autosomal recessive LMNA-associated lipodystrophy and juvenile-onset generalized lipodystrophy, and the co-development of the Lipodystrophy Severity Score. She is nationally recognized in pediatric lipid disorders, serving as a co-investigator on NIH-funded clinical trials and translational studies aimed at elucidating disease mechanisms and therapeutic strategies. Dr. Patni has authored numerous peer-reviewed publications, clinical guidelines, and book chapters, and actively contributes to national and international working groups to advance the diagnosis and management of rare lipid disorders.

PESTOLA 2026

MEET OUR SPEAKERS



Ambika Ashraf, MD, Children's of Alabama

Topic: Severe hypertriglyceridemia in Children

Dr. Ambika Ashraf is Professor of Pediatrics at the University of Alabama at Birmingham (UAB) and holds the Ralph Frohsin Endowed Chair in Pediatric Endocrinology. She serves as Director of the Division of Pediatric Endocrinology and Diabetes and as an Associate Director of the UAB Comprehensive Diabetes Center. Dr. Ashraf earned her medical degree from Calicut University in Kerala, India, and completed both her pediatric residency and pediatric endocrinology fellowship at Children's Hospital, UAB. She is board-certified in Pediatrics, Pediatric Endocrinology, and Clinical Lipidology. An internationally recognized expert in pediatric lipid disorders, Dr. Ashraf co-founded the Pediatric Lipid Special Interest Group within the Pediatric Endocrine Society (PES) and established one of the earliest endocrinology-led pediatric lipid clinics at Children's Hospital, UAB. She also created a high-impact, multidisciplinary pediatric metabolic bone disease clinic at UAB. Her clinical and research interests focus on lipid disorders, bone and mineral metabolism, and diabetes in children and adolescents. Dr. Ashraf has received recognition for her teaching and service, including the Heersink School of Medicine Annual Professional Excellence Award and the Department of Pediatrics Excellence in Education Award. She has served as Chair of the AAP National Conference and Exhibition by the Section on Endocrinology, AAP, Chair of the PES Education Committee, and Co-Chair of the PES Annual Meeting Program Committee. She has also served on the Sub board of Pediatric Endocrinology of the American Board of Pediatrics and on the editorial board of the Pediatrics Review and Education Program (PREP) of the AAP. She currently serves as the Co-Chair of the PES Health System Disparities Committee. She currently serves on the editorial board of the Journal of Clinical Lipidology and is a member of the Advocacy and Public Outreach Core Committee of the Endocrine Society.



Kanika Bowen-Jallow, MD Cook Children's

Topic: Changing the Trajectory of Youth-Onset Type 2 Diabetes Through Metabolic and Bariatric Surgery

Dr. Kanika Bowen-Jallow is an Associate Professor of Pediatric Surgery at TCU School of Medicine and serves as Surgical Services Medical Director and Bariatric Surgery Medical Director at Cook Children's Medical Center in Prosper. She is Chair of the American Pediatric Surgical Association Metabolic and Bariatric Surgery Committee and a national leader in the surgical treatment of pediatric obesity. Recognizing the lifelong impact of childhood obesity, Dr. Bowen-Jallow is deeply engaged in clinical and translational research focused on adolescent behavioral interventions, technology-enabled care, and metabolic and bariatric surgery. Her work has been supported by multiple grant awards, including NIH fellowships, and she has authored over 40 peer-reviewed manuscripts and delivered more than 26 national and international presentations. She has been repeatedly recognized as a Top Doctor in Pediatric Surgery by *Houstonia* magazine and as a Best Pediatric Specialist by *D Magazine* in Dallas.



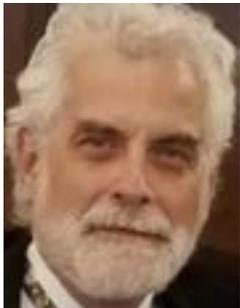
Pinar Gumus Balikcioglu, MD Duke Molecular Physiology Institute

Teambuilding and Career Paths - Trainee Program

Dr. Gumus Balikcioglu is a physician-scientist with strong commitment to mentoring the next generation of physician-scientists. She is a faculty member of the Duke Molecular Physiology Institute and Co-Director of the Endocrinology Track in the Duke Scholars in Molecular Medicine Program, and serves as a mentor for the Duke Pediatric Research Scholars Program, Master of Biomedical Sciences Degree Program, and MS3 Research Program. She also plays a vital role in the Pediatric Endocrine Society, serving on the Program Organizing Committee (POC), the Research Advisory Committee (RAC), and co-leading the Grants Subcommittee; European Society for Pediatric Endocrinology, Society for Pediatric Research and National Lipid Association. She is the Associate Program Director of the Pediatric Endocrinology Fellowship Program. Under Dr. Gumus Balikcioglu's leadership, the Pediatric Lipid Disorders Clinic at Duke Children's offers specialized expertise in care and research related to pediatric dyslipidemia. In addition to Dr. Gumus Balikcioglu, the multidisciplinary team includes a medical geneticist, pediatric cardiologist, apheresis services, and clinical dietician who evaluate patients, diagnose the root causes for each patient's dyslipidemia, and then collaborate with patients and their families to create individualized care plans for each child. In addition to providing clinical care, Gumus Balikcioglu and her colleagues are regional and national leaders in the study of hyperlipidemia and early cardiovascular disease risk factors. Her research career has been devoted to unraveling the pathogenesis and predictors of progression to insulin resistance, glucose intolerance, and diabetes in children. Using metabolomic analysis of plasma and urine, she and her colleagues were the first to show that insulin resistance in youth with obesity is associated with a sex-dependent metabolic "signature" comprising the branched-chain amino acids (BCAA). Her more recent investigations implicate a role for serotonin as a novel biomarker for progression to diabetes in youth with obesity. In translational mechanistic studies she is elucidating potential cellular mechanisms by which BCAA and serotonin interact in the control of glucose stimulated insulin secretion in pancreatic cells. Parallel studies explore the role of skeletal muscle health in children with Type 1 Diabetes. Moving forward, Dr. Gumus Balikcioglu and her colleagues aim to enhance the science and practice of lipidology, promote optimal cardiometabolic health, and prevent early cardiovascular disease.

PESTOLA 2026

MEET OUR SPEAKERS



Stuart Chalew, MD, LSU Health

Topic: Controversies in Assessing Diabetes Management: Does HbA1c Have a Future in the Era of Continuous Glucose Monitoring?

Stuart Chalew, M.D. was born in Baltimore Maryland but is a Cajun by choice. He completed his pediatric endocrine fellowship at the University of Maryland Medical Center. He is currently a Professor of Pediatrics at the Louisiana State University School of Medicine. He has had a long standing clinical research interest in prevention of diabetes complications.



Diva D Delon-Crutchlow, MD Children's Hospital of Philadelphia

Topic: Persistent hypoglycemia beyond the neonatal period

Diva D. De León-Crutchlow is a Professor of Pediatrics at the Perelman School of Medicine at the University of Pennsylvania. She is Chief of the Division of Endocrinology and Diabetes and Director of the Congenital Hyperinsulinism Center at the Children's Hospital of Philadelphia (CHOP), the largest center in the world dedicated to the management of children with hypoglycemia disorders. Dr. De León-Crutchlow obtained her MD degree at the University of Panama and a Masters in Clinical Epidemiology at the University of Pennsylvania. She completed her training in Pediatric Endocrinology at CHOP. Dr. De León-Crutchlow specializes in hypoglycemia disorders, particularly, congenital hyperinsulinism. She has led efforts for the establishment of evidence-based guidelines for the diagnosis and treatment of neonatal hypoglycemia and congenital hyperinsulinism with the goal of improving long-term outcomes. Dr. De León-Crutchlow is the principal investigator of an active translational research program that focuses on examining the molecular mechanisms and pathophysiology of hyperinsulinism, identifying novel therapeutic targets, and developing new therapies for this rare condition.



Laurie E. Cohen, MD, Chief, Division of Pediatric Endocrinology & Diabetes Professor, Albert Einstein College of Medicine, PES President

Topic: Pediatric Endocrinology: Where Have We Been and Where are We Going

Laurie E. Cohen, MD, is Chief of the Division of Endocrinology and Diabetes and Associate Director of the Reassessment and Evaluation After Cancer Treatment clinic at the Children's Hospital at Montefiore Einstein, and Professor of Pediatrics at Albert Einstein College of Medicine. After receiving her Bachelor of Arts from the University of Pennsylvania, Dr. Cohen earned her medical degree from Cornell University Medical College, followed by a residency in pediatrics at Yale New Haven Hospital and a fellowship in pediatric endocrinology at Boston Children's Hospital. She is board-certified in pediatric endocrinology and is a member of several professional societies, including the Pediatric Endocrine Society, where among other positions, she has been a member of the Board of Directors and is currently President. Dr. Cohen specializes in endocrine issues experienced by childhood cancer survivors, and she is a member of the Long-Term Follow-Up Guidelines Late Effects Expert Panel for the Children's Oncology Group. She is also an expert in growth disorders and short stature in children. Her research focuses on the impact of cancer therapies on growth and the endocrine system in children with central nervous system tumors, as well as other malignancies and bone marrow failure syndromes. Her research also examines determinants of growth and development. She has worked on many national and international perspective papers and consensus guidelines on growth-related topics and on screening and treating endocrine late effects in childhood cancer survivors for the Children's Oncology Group, Pediatric Endocrine Society, Endocrine Society, Pediatric Normal Tissue Effects in the Clinic collaboration, International Guideline Harmonization Group, and Growth Hormone Research Society.

PESTOLA 2026

MEET OUR SPEAKERS



Christy Foster, MD, University of Alabama

Topic: Journal Club - Highlights from "AI in Pediatric Endocrinology"

Christy Foster, MD, is an Assistant Professor in the Division of Pediatric endocrinology at the University of Alabama at Birmingham. She completed her pediatrics residency at the University of Arkansas Medical Sciences and her pediatric endocrine fellowship training at the University of Tennessee Health Science Center. She is the medical director of the pediatric multi-disciplinary Polycystic Ovary syndrome clinic at Children's of Alabama. Dr. Foster's research focuses on conditions centered around insulin resistance including quality improvement work centered around Polycystic ovary syndrome. She currently has an institutional career development award focused on the epigenetics of adolescents with type 2 diabetes. She also leads the Children's of Alabama pediatric endocrine divisional Healthcare Transition workgroup focused on improving transition-of-care models for youth with chronic endocrine conditions. She serves on multiple national committees within the Pediatric Endocrine Society, is a member of the AAP PREP Endocrinology Editorial Board, and directs the UAB Pediatric Endocrinology Division Research Program.



Ricardo Gomez, MD LCMC Health

Topic: Emergencies & Inpatient Care: Calcium Disorders

Dr. Ricardo Gomez is a Professor of Clinical Pediatrics in the Department of Pediatrics at LSU Health Sciences Center in New Orleans, where he specializes in Pediatric Endocrinology. He also serves as the Division Head of Endocrinology for the LSU Department of Pediatrics and is the Service Line Chief of Endocrinology at Manning Family Children's. Dr. Gomez began his medical education at Pontificia Universidad Javeriana School of Medicine in Bogota, Colombia, graduating in 1990. He completed his pediatrics training at the Pediatric University Hospital "Lorencita Villegas de Santos" at the University of El Rosario, also in Bogota, where he served as Chief Resident from 1994 to 1995. Pursuing further specialization, he moved to the United States and completed a Pediatrics Residency and fellowship in Pediatric Endocrinology at Louisiana State University Health Sciences Center from 1997 to 2002, then after working for a year in Bogota, Colombia, Joined the LSU Department of Pediatrics in Baton Rouge from 2003 to 2007. Since 2007, Dr. Gomez has been a Staff Attending in Pediatric Endocrinology at Manning Family Children's of New Orleans, dedicating 18-21 weeks per year to patient care. He has been instrumental in training the next generation of specialists, as the Program Director for the Pediatric Endocrinology Fellowship from 2012 to 2025. In addition to his clinical and educational roles, Dr. Gomez has contributed to the medical literature with over 30 peer-reviewed publications and more than 20 invited presentations. His expertise is recognized as member of the board of the Pediatric Endocrinology society of Texas, Oklahoma, Louisiana and Arkansas (PESTOLA and with his participation in the Pediatric Endocrine Society International Relations Committee.



Ellen K. Grishman, MD, St. Jude

Topic: Radiation: Endocrinology's Kryptonite

Dr. Grishman is an Associate Member at St. Jude Children's Research Hospital in Memphis, TN. She completed fellowship at the University of Texas Southwestern Medical School in Dallas, TX. After fellowship, she joined the UTSW faculty and remained there until the summer of 2023, when she moved to Memphis. She currently runs a multidisciplinary clinic to treat patients with hypothalamic obesity. She enjoys reading and traveling, and she is looking forward to connecting with her PESTOLA friends.



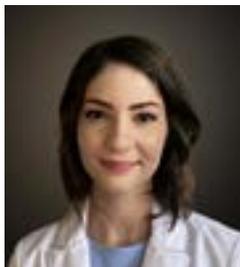
Lilly Han, MD Cook Children's

Topic: Changing the Trajectory of Youth-Onset Type 2 Diabetes Through Metabolic and Bariatric Surgery

Undergraduate: UC Berkeley, Medical School: Weill Cornell Medical College
Member of Alpha Omega Alpha Medical Honor society, Diplomate of the American Academy of Pediatrics, American Board of Obesity Medicine and American Board of Lifestyle Medicine
Practicing Pediatric Obesity medicine since 2018 and currently serving as the Cook Children's Metabolic Obesity Director. Founding board member of the Dallas Obesity Society - a non profit organization which serves to engage, empower and educate DFW physicians and providers to care for patients with obesity. Faculty lecturer for American Academy of Pediatrics and Medical Learning Institute's collaboration CME series: "Shared Decisions that Build Trust in Pediatric Obesity Care"

PESTOLA 2026

MEET OUR SPEAKERS



Sarah Renee Kelly, NP Texas Children's

Topic: Small Bodies, Big Glycemic Challenges: Guidelines, QI insights, and Clinical Pearls for T1D Ages 1-6

Sarah Renee Kelly, DNP, APRN, NP-C is a nurse practitioner with Baylor College of Medicine at Texas Children's Hospital, as well as a provider who has lived with type 1 diabetes since childhood. She has been with TCH for 5 years, and her primary area of focus is pediatric diabetes (outpatient and inpatient). She leads a diabetes technology QI committee and has been an active member of the Young Children with Diabetes Program at TCH since its inception.



Sowmya Krishnan, MD Children's Health Dallas

Topic: Assessment and Management of Skeletal Health in Children with Medical Complexity

Dr. Sowmya Krishnan is a professor at department of pediatrics, UT southwestern medical center, division of pediatric endocrinology. She did her fellowship training in pediatric endocrinology at University of Oklahoma, and was faculty and fellowship program director there till 2023 at which point she joined UTSW. Her primary research interest is in bone health in children and the impact of chronic medical conditions like diabetes on bone health.



Jonathan Meyer, MD, OU Health

Topic: Evaluation and Management of Delayed Puberty

Jonathan Meyer is a board-certified Pediatric Endocrinologist and Associate Professor of Pediatrics at OU Health. He attended Valparaiso University and graduated magna cum laude with a B.S. in Biology and Chemistry. He received his MD from UTMB in Galveston, TX. He completed his internship and residency in pediatrics at the University of Texas Health Sciences Center in San Antonio. He moved to Oklahoma to pursue his endocrine fellowship at OUHSC and became a faculty member upon graduation. Dr. Meyer enjoys all aspects of endocrinology but his primary clinical and research interests are in congenital hypothyroidism (CH), differences of sex development (DSD), and congenital adrenal hyperplasia (CAH). He leads the well-recognized Succeed (DSD) clinic at OU, and is the Oklahoma Endocrine Newborn Screening Director. He is heavily involved in fellow, resident, and medical student training within the section, and is beginning a tenure as pediatric endocrine fellowship program director at OU. During his free time, he enjoys spending time with his wife and daughter, playing tennis, running, and rooting for the Dallas Mavericks. He is grateful for the PESTOLA leadership and organizers, and greatly values the mentorship, community, and opportunities this conference has provided for him and many others through the years.



Bonnie McCann-Crosby, MD, BS, Texas Children's

Topic: Updates in Cell Therapies

Dr. McCann-Crosby is an associate professor of pediatrics and the medical director of pediatric endocrinology at Texas Children's Hospital, The Woodlands, TX. She completed her pediatric endocrinology fellowship at Texas Children's Hospital in 2015 and has been practicing at TCH The Woodlands since that time. She is currently the co-lead of the TCH Diabetes Community Care Process Team with a special interest in increasing community awareness, support, and engagement in diabetes care. She also serves as the Mission Impact Volunteer and Clinical Trial Volunteer for the Southern Texas Chapter of Breakthrough T1D, providing diabetes research updates to members of the community and connecting families to clinical

PESTOLA 2026

MEET OUR SPEAKERS



Shana E. McCormack, MD, MTR, CHOP

Topic: Arginine Vasopressin Deficiency(AVP-D)/Central Diabetes Insipidus (cDI): Management Challenges

Shana E. McCormack, MD, MTR, is pediatric endocrinologist and Scientific Director of the Neuroendocrine Center in the Division of Endocrinology and Diabetes at Children's Hospital of Philadelphia (CHOP). She has additional board certification in Obesity Medicine. She is also co-director of the Cardiometabolic Core of the CHOP/Penn Friedreich Ataxia Center of Excellence, and collaborates with the Mitochondrial Medicine Frontier Program at CHOP. She is an Associate Professor of Pediatrics at the Perelman School of Medicine at the University of Pennsylvania.

Amanda Raines, MD LCMC Health

Topic: Multi-Disciplinary Approach to Disorders of Sex Development (DSD)

Dania Felipe Ramirez, MD LCMC Health

Topic: Multi-Disciplinary Approach to Disorders of Sex Development (DSD)



David Sparling, MD, PhD, OU Health

Topic: Partners in Access and Research: Expansion of Pediatric Endocrine Care with Tribal Partners

Dr. Sparling is an Associate Professor and Section Chief of Pediatric Diabetes and Endocrinology at the University of Oklahoma College of Medicine. Dr. Sparling received his MD/PhD from the University of Oklahoma Health Sciences Center in 2009. He went on to pediatrics residency and a fellowship in pediatric endocrinology at the New York-Presbyterian Morgan Stanley Children's Hospital and the Columbia University College of Physicians and Surgeons. He joined the faculty at OU in 2015 and is a member of the Harold Hamm Diabetes Center. He serves as the CMRI Paul and Ann Milburn Chair in Pediatric Diabetes, and became Section Chief in 2022. He has a special clinical interest in type 1 diabetes mellitus, and his clinical research focuses both on diagnosis and management of children with type 1 diabetes as the site primary investigator for TrialNet. He also has an ongoing basic science interest in examining the role of adipocytes in inflammation and fibrosis. He has recently served as the chair of the Practice Management Committee for the Pediatric Endocrine Society, and has developed an interest in the design and functioning of pediatric endocrinology academic medical practices.



Joel Steelman, MD, Cook Children's

Topic: Journal Club - Mini-Puberty, Physiological and Disordered: Consequences, and Potential for Therapeutic Replacement

Topic: Growth and Puberty: Updates on Investigation and Treatment of Short Stature

Dr. Joel Steelman is a senior endocrine consultant at Cook Children's Medical Center, Fort Worth, TX. He completed his pediatric endocrinology fellowship at University of Colorado Health Sciences Center in 2001 and joined Cook Children's Medical Center in 2008. He directs or is involved in multiple sub-specialty clinics including: bone health, 22q deletion, and life after cancer. He is involved in multiple industry-sponsored trials in fields of bone health and growth. Outside of medical practice, he serves of the board of directors of two medical non-profits - PESTOLA and Human Growth Foundation.

PESTOLA 2026

MEET OUR SPEAKERS



Jeanie Tryggestad, MD, OU Health

Topic: Journal Club - Trends of Diabetes in Youth (TrenDY) During COVID-19 Across the United States

Topic: Emergencies & Inpatient Care: Diabetic Ketoacidosis (DKA) & Hyperglycemic Hyperosmolar State (HHS)

Dr. Jeanie B. Tryggestad is an associate professor of pediatrics in the section of diabetes/endocrinology at the University of Oklahoma Health Sciences Center and holds the Paul and Ruth Jonas Chair in Diabetes/Endocrinology. She received her Bachelor of Science in Biology from Oklahoma Christian University. She completed her medical school education at the University of Oklahoma Health Sciences Center graduating with distinction. Dr. Tryggestad completed her residency in pediatrics and fellowship in pediatric endocrinology at the University of Oklahoma Health Sciences Center as well. She is board certified in pediatrics as well as pediatric endocrinology. Dr. Tryggestad's clinical research interests are on the impact of youth onset type 2 diabetes on complications. She is the Oklahoma site PI for the NIH-funded DISCOVERY of predictors of type 2 diabetes in youth study. She was a Co-Principle Investigator for the NIH-funded TODAY trial in Oklahoma and served on the Comorbidity Assessment Committee. She is also the MPI for the Oklahoma Pediatric Clinical Trials Network serving as the Obesity Working Group co-chair. Dr. Tryggestad's other research interest focus on the impact of maternal diabetes on the future cardiometabolic health of the offspring and the impact of obesity and diabetes on vascular function. She has been funded through NIH to understand the impact of maternal diabetes on miRNA expression and protein regulation in infants. Dr. serves as the co-director of the type 2 diabetes comprehensive clinic in youth at OU Children's in Oklahoma City. Her clinical interests are focused on type 1 and type 2 diabetes with a special focus on Native American populations.



Serife Uysal, MD Texas Children's

Topic: Small Bodies, Big Glycemic Challenges: Guidelines, QI insights, and Clinical Pearls for T1D Ages 1-6

Serife Uysal, MD completed her internship and residency training at SUNY Downstate between 2011 and 2014, followed by a fellowship in Pediatric Endocrinology at Brown University. She joined Texas Children's Hospital and Baylor College of Medicine as a pediatric endocrinologist in 2017 after completing her fellowship. Her clinical interests include the care of very young children with type 1 diabetes, and she played a key role in the development of the Young Children Diabetes Program at Texas Children's Hospital. Her additional interests include quality improvement initiatives in Turner syndrome and the management of high-risk pediatric diabetes patients.



Mary Rossi, MD, LCMC

Topic: Update on Cystic Fibrosis Related Diabetes: CFRD in the Age of Modulators

Dr. Mary Rossi received her medical degree from the University of Texas Southwestern Medical School in Dallas, TX, and then completed a pediatric residency and chief residency at the Tulane/Ochsner pediatric residency program in New Orleans, LA. She joined the faculty at the Tulane University School of Medicine, where she began running the pediatric diabetes clinic and established a pediatric weight management program at Tulane Hospital for Children. With the merger of the Tulane pediatric department with Children's Hospital New Orleans (now Manning Family Children's), Dr. Rossi joined the endocrine department where she leads the pediatric obesity medicine team, continues to provide diabetes care, and recently started the hospital system's first dedicated pediatric lipid disorder clinic. She participates in several multidisciplinary clinics, including PCOS, cystic fibrosis, and healthy liver clinics.



Maha Yousif, MD OU Health

Topic: Emergencies & Inpatient Care: Diabetic Ketoacidosis (DKA) & Hyperglycemic Hyperosmolar State (HHS)

Maha Yousif, M.D., is a Pediatric Endocrinologist at Children's Health and an Assistant Professor of Pediatrics at UT Southwestern Medical Center. She has a special interest in caring for children, teens and young adults with disorders of growth and puberty and thyroid disorders. Dr. Yousif attended medical school at the University of Texas Medical Branch at Galveston. She then completed a residency in pediatrics at the University of Oklahoma Health Science Center and a fellowship in pediatric endocrinology at UT Southwestern - Children's Medical Center.

PESTOLA 2026

MEET OUR SPEAKERS



Kevin Yuen, MD Barrow Neurological Institute

Topic: Tiny Gland, Big Impact: Navigating Pediatric Pituitary Adenomas

Dr. Kevin CJ Yuen is a Professor of Medicine at the University of Arizona College of Medicine and Creighton University School of Medicine, and the Medical Director of the Barrow Pituitary Center in Phoenix, AZ. Dr. Yuen earned his medical degree at the University of Sheffield, United Kingdom, trained in Internal Medicine at the University of Southampton, and completed his clinical Endocrinology training at the University of Cambridge, UK and postdoctoral training at Oregon Health and Science University in Portland, Oregon. Dr. Yuen focusses his clinical practice on the diagnosis and treatment of pituitary and adrenal disorders, with a particular interest in states of growth hormone and cortisol deficiency and excess. Dr. Yuen has also conducted many growth hormone dosing and diagnostic studies, long-acting growth hormone formulation studies, and trials with new drug therapies for acromegaly and Cushing syndrome. He has published extensively, authored book chapters, and is a frequent guest speaker on various topics related to pituitary disorders. Dr. Yuen serves on several national and international committees and advisory boards on pituitary diseases. He is the current Editor-in-Chief of the Growth Hormone and IGF Research journal, and is also on the editorial boards of several other Endocrinology journals



Regina Zambrano, MD, LCMC Health

Topic: Gen-ETHICS Ethics in the Age of Genomics: Crafting a Responsible Future

Regina M. Zambrano, MD is a clinical geneticist at Manning Family Children's, she attended medical school at Universidad del Norte in Barranquilla, Colombia. She did her Residency in Pediatrics at LSUHSC and completed her Residency and Fellowship in Clinical Genetics and Genomics at Johns Hopkins Institute of Genetic Medicine. She has over 15 years of experience and her interests include Rasopathies, Chromosome abnormalities and the Ethical, legal and social aspects of the practice of Genetics. She is also very interested in the use of AI and technology to overcome health related adversities.



PESTOLA
PEDIATRIC ENDOCRINE SOCIETY
OF TEXAS, OKLAHOMA, LOUISIANA, AND ARKANSAS

Thank you to our hosts - Cook Children's Medical Center, LSU Health and Manning Family Children's.

Knowing every child's life is sacred, we promise to improve the well-being of every child in our care and our communities. To live up to this promise, Cook Children's combines the art of caring with the use of leading technology and extraordinary collaboration to provide exceptional care for every child, every day. Our not-for-profit organization includes our medical center, physician network, home health company, surgery centers, health plan, health services, and health foundation. With more than 60 primary, specialty and urgent care locations throughout Texas, families can access our top-ranked specialty programs and network of services to meet the unique needs of their child.



Conference Event Planners



www.quesevents.com

SEE YOU IN SPRING 2026 FOR THE NEXT PESTOLA CONFERENCE IN HOUSTON, TX.

NEW ORLEANS TOURS

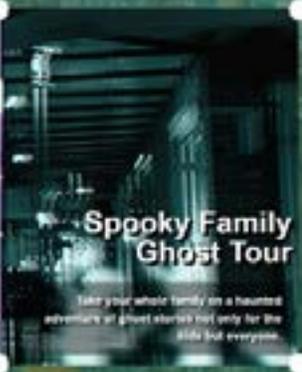
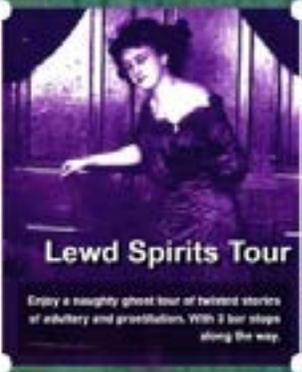
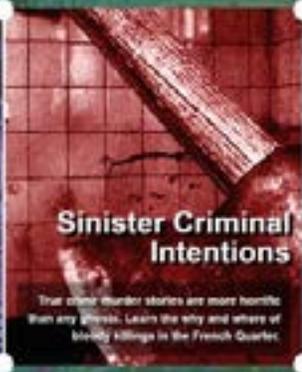
NEW ORLEANS UNFILTERED

UNIQUE NOLA TOURS

Explore the French Quarter

the Garden District

or the city's darkest haunts!



To book your spot:
Click the link
or call **504-777-7769**

PROMO CODE:

PESTOLA26

Uncover the Secrets of New Orleans! Ready to dive into the hauntings, history, and hidden gems of the Crescent City? Whether you're looking for a spine-chilling evening or a sunny stroll through the Garden District, Unique NOLA has a tour with your name on it.

Bring the whole crew! Use the code below for unlimited savings on any tour, for any number of people.

Online: UniqueNOLA.com (Enter code PESTOLA26 at checkout)

Phone: Call directly at 504-777-7769