



2025 ANNUAL
CONFERENCE
PESTOLA

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

APRIL 4-6, 2025 | Irving-Las Colinas, TX



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 April 5-7, 2024, at the Riverwalk Marriott Hotel in Downtown San Antonio.

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.



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VENUE

Omni Hotel in Irving-Las Colinas



Registration will be on the 1st floor.

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PESTOLA LEADERSHIP TEAM



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 2025 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 Tryggestad, 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
Katie Dolak, MD UT Southwestern Medical Center Dallas, TX
Bethany R. Cartwright, MD, PhD UT Southwestern Medical Center Dallas, TX
Jeanne Hosler, MS, RN from Cook Children's Medical Center Fort Worth, TX



AGENDA

Friday, April 4, 2025		Location
8am-1pm	Registration/Check-in	Foyer
9:30am-1pm	Teambuilding and Career Paths - Trainee Program Breakfast & Lunch Included	Windsor Ridge
1pm-5pm	Poster Viewing and Expo	Salons A-D
1pm-2:30pm	Work Smarter, Not Harder: Optimizing Diabetes Control with Technology Luke Cielonko, DO, Cook Children's and Stephanie Ogburn, CDE, Cook Children's Medical Center	Salons E-F
2:30pm-3pm	Break	Foyer
3pm-4pm	Youth Onset Type Diabetes: Treatments, Complications, and the Path to Improved Outcomes Jeanie Tryggstad, MD, OU Health	Salons E-F
4pm-5pm	Pediatric Bone Disorders: Horses to Unicorns Joel Steelman, MD, Cook Children's Medical Center	Salons E-F
5pm-7pm	Opening Reception (Food & Drinks Served)	Mandalay Foyer
Saturday, April 5, 2025		
7am-5pm	Registration/Check-in	Foyer
7am-9am	Breakfast	Mandalay Foyer
8am-9am	Product Theatre with NEUROCRINE BIOSCIENCES	Mandalay East
8am-9am	Product Theatre with Novo Nordisk	Mandalay West
8am-7:30pm	Poster Viewing and Expo	Salons A-D
9am-9:15am	Welcome & Introductions	Salons E-F
9:15am-10:15am	Updates on Congenital Adrenal Hyperplasia: Diagnosis, Care, and Transition Perrin White, MD, Children's Health, UT Southwestern	Salons E-F
10:15am-10:30am	Break	Foyer
10:30am-11:30am	What can we Learn from Real-World Use of Automated Insulin Delivery Systems? Brynn Marks, MD, MSHPEd, Children's Hospital of Philadelphia	Salons E-F
10:30am-11:30am	Endocrine Starter Kit: Monitoring and Management in Congenital Adrenal Hyperplasia Ming Yang, MD, Children's Health, UT Southwestern	Mandalay East

AGENDA

Saturday, April 5, 2025 cont.		Location
11:30am-11:45am	Break	Foyer
11:45am-12:30pm	A New Stage in Type 1 Diabetes Care: Strategies for Incorporating Screening for Type 1 Diabetes Luke Cielonko, DO, Cook Children's Medical Center	Salons E-F
12:30pm-2pm	Lunch	Mandalay Foyer
12:45pm-1:45pm	Product Theatre with Sanofi	Mandalay East
12:45pm-1:45pm	Product Theatre with Kyowa Kirin "Treating X-Linked Hypophosphatemia (XLH) With a Targeted Therapy in Children"	Mandalay West
1:45pm-2:30pm	Genomic Approaches to Rare Endocrine Disorders: A Discussion on How Genomics is Transforming Diagnosis and Treatment of Rare Pediatric Endocrine Conditions Rachel Lombardo, MD, Phoenix Children's	Salons E-F
2:30pm-2:45pm	Break	Foyer
2:45pm-3:30pm	Experiences in Approval and Treatment with Teplizumab in Stage 2 Type 1 Diabetes Joni Beck, PharmD, OU Health	Salons E-F
2:45pm-3:30pm	Endocrine Starter Kit: Growth Joel Steelman, MD, Cook Children's Medical Center	Mandalay East
3:30pm-3:45pm	Break	Foyer
3:45pm-4:30pm	Patient Access to Anti-Obesity Medications: a Practical Panel Discussion Moderator: Bethany Cartwright, MD, PhD, Children's Health, UT Southwestern Panelists: Stephanie Sisley, MD, FAAP, Baylor College of Medicine Ashley Weedn, MD, MPH, FAAP, OU Health Mary Rossi, MD, Children's Hospital New Orleans Daniel Mak, MD, Arkansas Children's	Salons E-F
3:45pm-4:30pm	Endocrine Starter Kit: Calcium Sowmya Krishnan, MD, UT Southwestern, Children's Health	Mandalay East
4:30pm-4:45pm	Break	Foyer
4:45pm-5:30pm	Doing Well with Diabetes - A Patient's Perspective on Thriving with T1D Rob Howe, Host of The Diabetics Doing Things Podcast	Salons E-F
5:30pm-6pm	Abstract Presentation (Top 3 Winners)	Salons E-F
6pm-7:30pm	Reception and Poster Viewing (Food & Drinks Served)	Salons A-D

AGENDA

Sunday, April 6, 2025		
8am-9:30am	Registration & Breakfast	Foyer
8:30am-1pm	Poster Viewing and Expo	Salons A-D
9am-9:45am	Precision Medicine in Skeletal Growth Disorders Nadia Merchant, MD, Children's Health, UT Southwestern	Salons E-F
9am-9:45am	Endocrine Starter Kit: Type 2 Diabetes Heba El Ayash, MD, Arkansas Children's	Mandalay East
9:45am-10am	Break	Foyer
10am-11am	Menstrual Problems in Adolescents Shanna Combs, MD, Cook Children's Medical Center	Salons E-F
10am-11am	Endocrine Starter Kit: Obesity Stephanie Sisley, MD, FAAP, Baylor College of Medicine	Mandalay East
11am-11:15am	Break	Foyer
11:15am-12pm	Humanity's Last (Board) Exam Yaa Kumah-Crystal, MD, MPH, MS, Vanderbilt University Medical Center	Salons E-F
12pm-1pm	Box Lunch	Foyer
12pm-1pm	Closing Remarks and Farewell	Salons E-F
1pm-2pm	PESTOLA Business Meeting (PESTOLA Committee Only)	Salons E-F

Blue and green are accredited presentations.

Agenda is subject to change



[Click Here to See Speaker's Presentation Notes](#)



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With Us!

DURING THE BREAKS EACH DAY!

www.pestola.org

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MEET OUR FACULTY



Joni Beck, PharmD, OU Health

Topic: Experiences in Approval and Treatment with Teplizumab in Stage 2 Type 1 Diabetes



Bethany Cartwright, MD, PhD, Children's Health, UT Southwestern

Topic: Patient Access to Anti-Obesity Medications: a Practical Panel Discussion



Luke Cielonko, DO, Cook Children's

Topic: Work Smarter, Not Harder: Optimizing Diabetes Control with Technology
Topic: A New Stage in Type 1 Diabetes Care: Strategies for Incorporating Screening for Type 1 Diabetes



Shanna Combs, MD, Cook Children's Medical Center

Topic: Menstrual Problems in Adolescents

PESTOLA 2025

MEET OUR FACULTY



Heba El Ayash, MD, Arkansas Children's

Topic: Endocrine Starter Kit: Type 2 Diabetes



Rob Howe, Host of The Diabetics Doing Things Podcast

Topic: Doing Well with Diabetes - A Patient's Perspective on Thriving with T1D



Sowmya Krishnan, MD, UT Southwestern, Children's Health

Topic: Endocrine Starter Kit: Calcium



Yaa Kumah-Crystal, MD, MPH, MS, Vanderbilt University Medical Center

Topic: Humanity's Last (Board) Exam

PESTOLA 2025

MEET OUR FACULTY



Rachel Lombardo, MD, Phoenix Children's
Topic: Genomic Approaches to Rare Endocrine Disorders: A Discussion on How Genomics is Transforming Diagnosis and Treatment of Rare Pediatric Endocrine Conditions



Daniel Mak, MD, Arkansas Children's
Topic: Patient Access to Anti-Obesity Medications: a Practical Panel Discussion



Brynn Marks, MD, MSHPEd, Children's Hospital of Philadelphia
Topic: What can we Learn from Real-World Use of Automated Insulin Delivery Systems?



Nadia Merchant, MD, Children's Health/UT Southwestern
Topic: Precision Medicine in Skeletal Growth Disorders

PESTOLA 2025

MEET OUR FACULTY



Stephanie Ogburn, CDE, Cook Children's Medical Center
Topic: Work Smarter, Not Harder: Optimizing Diabetes Control with Technology



Mary Rossi, MD, Children's Hospital New Orleans
Topic: Patient Access to Anti-Obesity Medications: a Practical Panel Discussion



Stephanie Sisley, MD, FAAP, Baylor College of Medicine
Topic: Endocrine Starter Kit: Obesity
Topic: Patient Access to Anti-Obesity Medications: a Practical Panel Discussion



Joel Steelman, MD, Cook Children's Medical Center
Topic: Endocrine Starter Kit: Growth
Topic: Pediatric Bone Disorders: Horses to Unicorns

PESTOLA 2025 MEET OUR FACULTY



Jeanie Tryggstad, MD, OU Health
*Topic: Youth Onset Type Diabetes:
Treatments, Complications, and the Path to
Improved Outcomes*



Ashley Weedn, MD, MPH, FAAP, OU Health
*Topic: Patient Access to Anti-Obesity
Medications: a Practical Panel Discussion*



Perrin White, MD, Children's Health, UT Southwestern
*Topic: Updates on Congenital Adrenal
Hyperplasia: Diagnosis, Care, and
Transition*



Ming Yang, MD, Children's Health, UT Southwestern
*Topic: Endocrine Starter Kit: Monitoring
and Management in Congenital Adrenal
Hyperplasia*



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Thank you to our hosts - Cook Children's Medical Center & UTSouthwestern Children's Health

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



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**SEE YOU IN SPRING 2026 FOR THE
NEXT PESTOLA CONFERENCE IN
NEW ORLEANS, LA.**