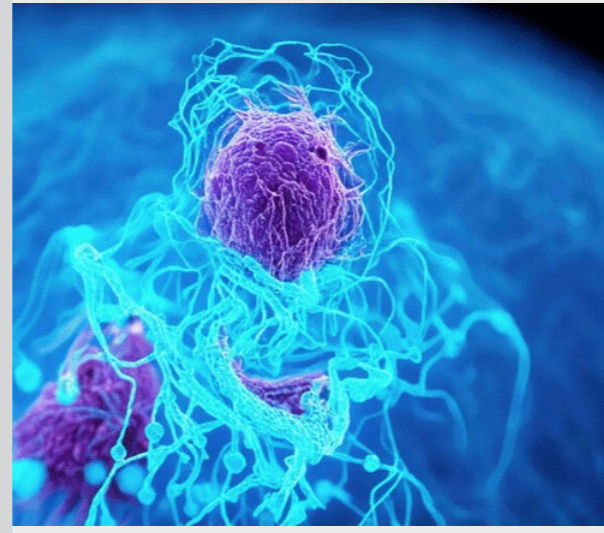


Endocrinology Physician Update

April 2026

Patient Care



The next frontier for management of thyroid autoimmunity

Endocrinology is currently experiencing a major recalibration toward highly targeted, pathophysiology-guided immunotherapies designed to spare organs and directly address the root causes of autoimmune thyroid disease.

[Read the article](#)

[Refer a Patient](#)

[See more Endocrinology news](#)

[View Endocrinology specialty videos and Grand Rounds presentations](#)

Research



Mayo Clinic study suggests meal fatty acid metabolism is associated with long-term weight gain in women

A recent retrospective cohort study suggests that interindividual variations in how women process dietary fat can influence long-term energy balance.

[See the research](#)



Serum steroid profiling in the diagnosis of adrenocortical carcinoma (ACC)

A recent Mayo Clinic study finds metabolic steroid profiling improves detection of ACC in indeterminate adrenal masses.

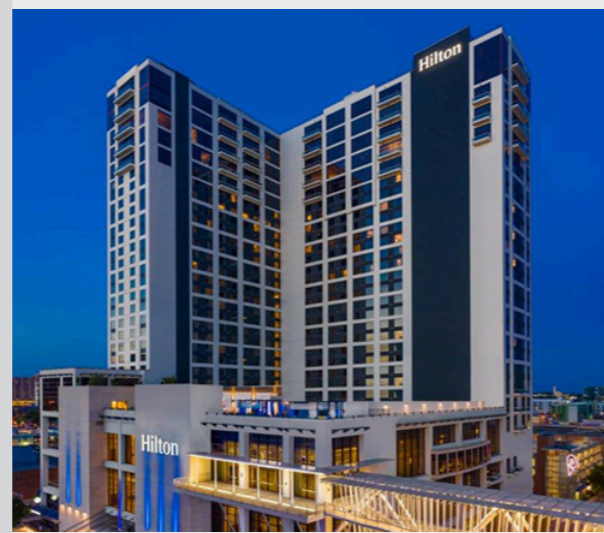
[See the research](#)

[See all Endocrinology Clinical Trials at Mayo Clinic](#)

Education

Mayo Clinic School of Continuous Professional Development offers [live courses](#), [livestreaming courses](#), [online continuing medical education \(CME\) courses](#) and [podcasts](#) to meet your CME needs.

[See all Endocrinology Continuing Medical Education courses](#)



26th Annual Nutrition and Wellness in Health and Disease 2026

Sept. 24-26, 2026
Austin, Texas, and Livestream

This program highlights ambulatory nutrition and wellness topics with multidisciplinary faculty. Current clinical topics are highlighted through presentations, interactive case studies and panel discussions.

[Register Now](#)



7th Annual Mayo Clinic Thyroid and Parathyroid Disorders Course 2026

Oct. 15-17, 2026
Newport Beach, Calif., and Livestream

This course offers a comprehensive review of diagnostic techniques and medical and surgical management of thyroid and parathyroid disorders. Featuring a multidisciplinary approach, the course offers cutting-edge insights into diagnostic techniques and both medical and surgical management strategies.

[Register Now](#)



Endocrine Update 2027

Feb. 1-5, 2027
Paradise Island, Bahamas, and Livestream

This comprehensive endocrinology course provides state-of-the-art updates in managing complex endocrine disorders across the lifespan. Participants explore advances in obesity treatment, including physiologic adaptation to weight loss and novel pharmacotherapies targeting appetite regulation.

[Register Now](#)

Consults and Referrals

Phoenix/Scottsdale, Arizona
866-629-6362

Jacksonville, Florida
800-634-1417

Rochester, Minnesota
800-533-1564

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