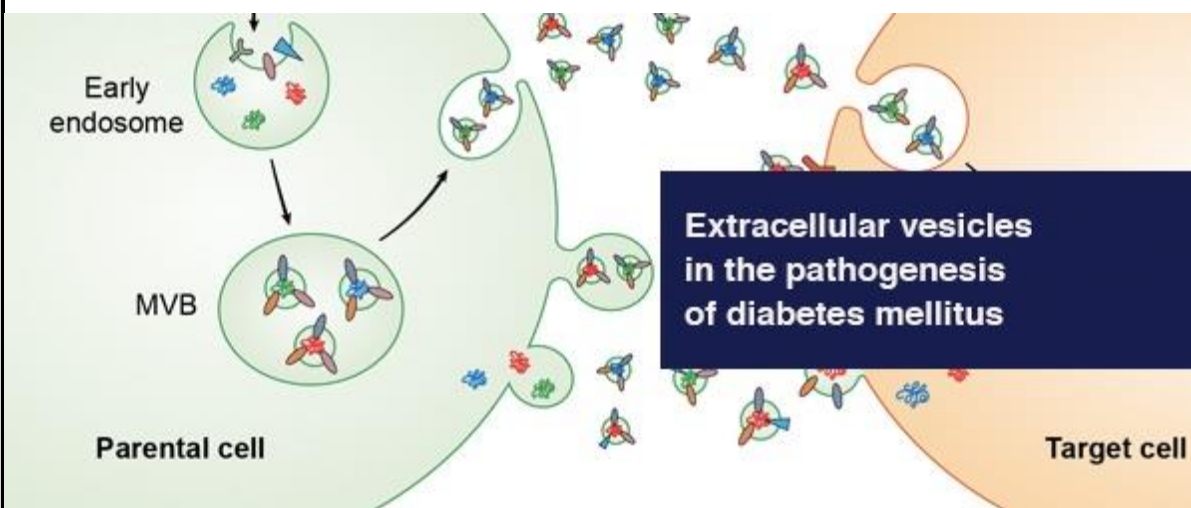


February 2021

## COVID-19 Updates

Find [resources for providers](#) and answers to questions on [referrals and testing](#) on the Medical Professionals Resource Center



## Patient Care

### [Cortical-sparing adrenalectomy improves quality of life for selected patients requiring bilateral adrenalectomy](#)

In cortical-sparing bilateral adrenalectomy, some cortical adrenal tissue is preserved, sparing patients the dependency of exogenous steroids and potential lifelong, life-threatening risk of an adrenal crisis.

### [Specialists address thymic hyperplasia in severe Graves' hyperthyroidism](#)

Endocrinologists John C. Morris III, M.D., and Dingfeng Li, M.D., M.S., discuss care for a patient with chest pressure, palpitations, insomnia, weight loss — and no known family history of thyroid dysfunction.

### [ASMBS guidelines recommend bariatric surgery for adolescents who are obese](#)

In Mayo Clinic's adolescent bariatric surgery program, adolescent patients with severe obesity receive education and support to facilitate lifestyle modifications before surgery and close follow-up after.

See more [Endocrinology news](#) and view [Endocrinology specialty and Grand Rounds presentations](#)



## Research

### [Research explores extracellular vesicle biology to monitor \$\beta\$ cell function in diabetes mellitus](#)

Research indicates that  $\beta$  cells play a more critical role in their own active demise than previously appreciated, making them prime targets for therapeutic intervention.

### [Adrenal masses require full investigation at the time of discovery](#)

Researchers using Rochester Epidemiology Project data have identified a population-based proportion of malignant tumors and other information helpful when discussing management with a patient newly diagnosed with an adrenal mass.

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



## Education

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

Medical education from Mayo Clinic experts is also available through GIBLIB, a new on-demand medical education library. [GIBLIB](#) provides a free 7-day trial and 25% discount on premium annual subscriptions including unlimited CME for Mayo Clinic learners. Simply enter code **MAYOCPD2021** to access this offer.

### [Endocrine Update 2021 — LIVESTREAM](#)

March 1-5, 2021

This course addresses gaps in medical knowledge to improve patient outcomes. The program covers best practices, barriers to optimal patient outcomes and new approaches to evaluation and management of complex and common endocrine disorders.

### [21st Annual Nutrition and Wellness in Health and Disease 2021 — LIVESTREAM](#)

Sept. 20-21, 2021

Nutrition, physical activity and other healthy lifestyle behaviors are vital components in both the promotion of health and the treatment of disease. This program highlights ambulatory nutrition and wellness topics.

See all [Endocrinology Continuous Professional Development courses](#)

## Consults and Referrals

Phoenix/Scottsdale, Arizona  
866-629-6362 (toll-free)

Jacksonville, Florida  
800-634-1417 (toll-free)

Rochester, Minnesota  
800-533-1564 (toll-free)

[Online Referrals](#)

## Resources

[Careers: All Physician Specialties](#)

[Clinical Trials](#)

[Mayo Clinic School of Continuous Professional Development](#)

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