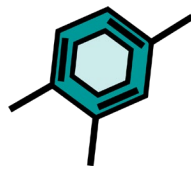


Endocrine Days Educational Institute Fall Conference Agenda

Location: Seattle Convention Center | Address: 705 Pike Street, Seattle, WA 98101-2310

Date: Friday, November 20, 2026 | Time: 7:00 AM – 4:15 PM PT

Credits	Start - End	Session Title/Description		Room(s)	Speaker(s)
0.0	7:00 - 7:55	Registration & Continental Breakfast		Lobby	--
0.0	7:55 - 8:00	Welcome & Introduction		606-609	Brent Wisse, Alan Failor, Jonathan Halldorson
Morning Session: Nutrition and Exercise					
0.75	8:00 – 8:45	Ultra Processed Foods		606-609	Dariusz Mozzafarian MD, DrPh
0.75	8:45 – 9:30	In In-depth Analysis of Carbohydrate Modifications in Diabetes		606-609	Andrew Koutnik PhD
0.0	9:30 – 10:00* *Concurrent Sessions	9:30 – 10:00	Break & Vendor Sessions	Ballroom 6A	Vendor Booths
		9:40 – 9:55	Product Theater	604	Vendor TBD
0.75	10:00 – 10:45	Nutrition and Cardiovascular Disease		606-609	Dariusz Mozzafarian MD, DrPh
0.75	10:45 – 11:30	Exercise Strategies in Diabetes, Athletes and at Risk for Pre-DM/DM		606-609	Andrew Koutnik PhD
0.0	11:30 – 1:00* *Concurrent Sessions	11:30 – 1:00	Lunch & Vendor Sessions	Ballroom 6A	Vendor Booths
		12:00 – 12:45	Product Theater	604	Vendor TBD
Afternoon Session: More Nutrition					
0.75	1:00 – 1:45	Efficacy of Ketogenic/ Very Low-Carb Diets & Physiologic Mechanisms: The Clinical Trial Evidence		606-609	Bret Scher MD
0.75	1:45 – 2:30	Metabolic Health and Longevity in an Aging Population		606-609	Tommy Wood PhD
0.0	2:30 – 3:00	Break and Vendor Sessions			
0.75	3:00 – 3:45	Cardiovascular Safety & Risk Assessment for Ketogenic/ Very Low-Carb Diets		606-609	Bret Scher MD
0.50	3:45 – 4:15	Case Discussions		606-609	All Speakers
0.0	4:15 – 4:30	Closing Remarks & Adjourn		606-609	Brent Wisse, Alan Failor, and Jonathan Halldorson



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Visiting Faculty:

Andrew Koutnik, PhD

Research Faculty, Institute for Sports Science and Medicine, Department of Health, Nutrition, and Food Sciences, Anne's College of Education, Health and Human Sciences, Florida State University. Tallahassee, FL

Dariusz Mazzaferian, MD, DrPh

Director, Tufts Food is Medicine Institute

Professor, Tufts University, Friedman School of Nutrition Science and Policy, Nutrition Epi & Data Science, 150 Harrison Ave, Boston, MA 02111

Bret Scher, MD

Director, Metabolic Mind, San Mateo County, California, United States

Medical Director, Baszucki Group, San Mateo County, California, United States