

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, Human Health, and Policy		606-609	Dariush Mozaffarian MD, DrPh
0.75	8:45 – 9:30	In-depth Analysis of Carbohydrate Modification in Diabetes		606-609	Andrew Koutnik PhD
0.0	9:30 – 10:00	Break & Vendor Sessions		Ballroom 6A	Vendor Booths
0.75	10:00 – 10:45	Nutrition, Cardiovascular Health, and Food is Medicine		606-609	Dariush Mozaffarian MD, DrPh
0.75	10:45 – 11:30	Fueling Performance for Athletes & Individuals with Metabolic Disease		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: Get Straight to the Source of Hypophosphatasia	604	Alexion: Steven Petak MD, JD, MACE, FACP
Afternoon Session: More Nutrition					
0.75	1:00 – 1:45	Beyond Energy Balance: Physiologic Mechanisms and Clinical Trial Evidence for Ketogenic Diets		606-609	Bret Scher MD, FACC
0.75	1:45 – 2:30	Metabolic Health and Longevity in an Aging Population		606-609	Tommy Wood BM, BCh, PhD
0.0	2:30 – 3:00	Break and Vendor Sessions		Ballroom 6A	Vendor Booths
0.75	3:00 – 3:45	Cardiovascular Safety of Ketogenic Therapy		606-609	Bret Scher MD, FACC
0.75	3:45 – 4:25	Case Discussions		606-609	All Speakers
0.0	4:25 – 4:30	Closing Remarks & Adjourn		606-609	Brent Wisse, Alan Failor, & 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

Dariush Mozaffarian, 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, FACC
Director, Metabolic Mind, San Mateo County, California, United States
Medical Director, Baszucki Group, San Mateo County, California, United States

Vendor Product Theatre Faculty:

Steven Petak, MD, JD, MACE, FACP
Houston Methodist
"Steven Petak is a leading metabolic bone expert and endocrinologist specializing in metabolic bone disease and bone densitometry. He is the retired chief of endocrinology at Houston Methodist Hospital and holds academic appointments at Weill Cornell Medicine and Texas A&M University. Dr Petak received his medical degree from the University of Illinois College of Medicine and completed his residency training at the University of Texas Medical School at Houston. Dr Petak is a past president of the American Association of Clinical Endocrinologists and the International Society for Clinical Densitometry and serves as an endocrine consultant to the NASA Johnson Space Center."

AMA Credit Designation Statement

Metabolic Health Initiative designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM MOC Recognition Statement

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program.

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