



CAPSTONE
OBESITY DIABETES &
ENDOCRINE SCIENCES

in affiliation with



THYRO FACTS

2026

Annual
Thyroid Update

25th
January 2026
9 AM - 4.30 PM

Hotel Residency Tower
Thiruvananthapuram

Session 01

GENERAL THYROIDOLOGY

9.00 AM - 9.30 AM

ATA 2025 Management Guidelines on DTC: 5 Point Discussion from Physician's Perspective: A Dialogue (25+5 minutes)

Dr. Sinju Sankar. P MD, DM
Dr Reshma. M MD, DM
Thiruvananthapuram

9.30 AM - 9.50 AM

Challenges in Newborn Thyroid Screening & Diagnosis of Congenital Hypothyroidism (15+5 minutes)

Dr. Nandini Prasad MD, DM
Thiruvalla

Moderator

Dr P.K. Jabbar MD, DM, Thiruvananthapuram

Session 02

WOMEN IN THYROIDOLOGY

9.50 AM - 10.10 AM

Thyroid Dysfunction and Menstrual Irregularity: Fixing the Responsibility (15+5 minutes)

Dr. Nivethitha Karthika MD, DM,
Madurai

10.10 AM - 10.30 AM

Hypothyroidism in Post-Menopausal Women: Why is it Unique ? (15+5 minutes)

Dr. Lavanya Bonny MD, DM,
DrNB, MRCP(UK)
Thiruvalla

10.30 AM - 10.50 AM

Hypothyroidism and Female Infertility- An Evidence Based Approach (15+5 minutes)

Dr Anjali Sathya MD, DNB
Chennai

Chairperson

Dr Tittu Oommen MD, DM, Thiruvananthapuram

Session 03

SYSTEMIC THYROIDOLOGY

10.50 AM - 11.10 AM

**Hypothyroidism and Cognitive Function,
What Do We Know ?** (25+5 minutes)

Dr. Lekshmi. S MD, DM
Thiruvananthapuram

11.10 AM - 11.30 AM

**Anaemia and Thyroid Dysfunction:
Coexistence By Chance ?** (15+5 minutes)

Dr. Nivethitha Karthika MD, DM,
Madurai

Chairperson

Dr Thushanth Thomas MD, DM, Thiruvananthapuram

Session 04

ADVANCED THYROIDOLOGY

11.40 AM - 12.00 PM

**Long Term Management of Patients with
Differentiated Thyroid Cancer Post Surgery:
A Practical Approach** (15+5 minutes)

Dr. Subramanian Kannan
MD, AB [ENDO], ECNU
Bengaluru

12.00 PM - 12.20 PM

Thyroxin and Thyromimetics in MASLD
(15+5 minutes)

Dr. Swati Ramteke Jadhav MD, DM
Bengaluru

Chairperson

Dr Thushanth Thomas MD, DM, Thiruvananthapuram

Session 05

CLINICAL THYROIDOLOGY

12.20 PM - 12.40 PM

An Approach to Unilateral Proptosis in Antibody Positive Euthyroid Individuals
(15+5 minutes)

Dr. Archana. M. P MD, DM
Thiruvananthapuram

12.40 PM - 01.00 PM

An Approach to Thyroid Dysfunction and Muscle Weakness (15+5 minutes)

Dr. Swati Ramteke Jadhav MD, DM
Bengaluru

01.00 PM - 01.20 PM

An Approach to Hypocalcemia After Thyroid Surgery (15+5 minutes)

Dr. Anjali Sathya MD, DNB
Chennai

Chairperson

Dr. Sasikumar. V MD, DM, Thiruvananthapuram

LUNCH BREAK | 1.20 PM - 2.20 PM

Session 06

THYROID PANEL DISCUSSION

02.30 PM - 03.15 PM

New Insights in the Evaluation & Management of Solitary Thyroid Nodule

Dr. Subramanian Kannan
MD, AB [ENDO], ECNU

Dr. Praveen Kesav. R
MD, EBIR-ES, EDIR, DICR

Dr. Arun Sasikumar MD

Dr. Athulya Laila MS, MCh

Moderator

Dr. Karthik MD, DM

Session 07

LIVE THYROID ULTRASONOGRAPHY WORKSHOP

03.15 PM - 04.15 PM

Real Time Thyroid Sonography Training for Clinicians [Covers Normal Thyroid, MNG and Hashimoto's Disease]

Dr. Vijayarathinam DMRD
Thiruvananthapuram

Moderator

Dr. Aneesh Ghosh MS MD, DNB

VALEDICTORY FUNCTION | 4.15 PM

Dear Doctor,

As you know the month of January signifies The World Thyroid Awareness Month and it is our pleasure to invite you to **"Thyro Facts 2026"**, our sixth annual thyroid update slated on **25th January 2026, Sunday**. This time we have included real-world case discussions and dialogues apart from a panel discussion, recent advancements and a real-time thyroid sonography training cum workshop to facilitate learning a more interesting affair. You are eligible to get academic credits for attending this conference. We request you to block the date in advance and be a part of this academic feast.

Team

Thyro-Facts 2026

Organising team

Chairman : Dr Aneesh Ghosh. MS

Secretary : Dr Thushanth Thomas

Scientific Committee

Chairman : Dr Jabbar. PK

Advisors : Dr Sasikumar. V

Dr Tittu Oommen

Dr Karthik



REGISTRATION

Please register using the link:

www.codeskowdiar.com/event-registration/



CONFERENCE SECRETARIAT

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