

# The MAGIC Foundation

presents:

The 11th Annual Convention  
for Adults with  
Pituitary Disorders

Including:

Adult Growth Hormone Deficiency,  
Panhypopituitarism & Cushings

Thursday - Sunday

July 21 - 24, 2016

*Westin Yorktown  
Lombard, Illinois*

# General Convention Information

## Dates:

Thursday, July 21, 2016 - Sunday, July 24, 2016

## Location:

The Westin Lombard Yorktown Center  
70 Yorktown Center  
Lombard, IL 60148  
630-719-8000

## Convention Registration Fee:

\$175 includes a 1 year membership, breakfast and lunch both Friday and Saturday. Additional attendees in your family can attend for an additional \$75 per person.

*Registration deadline: June 29, 2016 (No refunds after deadline date)*

## Daycare:

Since our adult program is in conjunction with our pediatric program this year, daycare is available if needed. Contact MAGIC for additional information on daycare.

## Hotel Room Rates & Reservations:

\$ 104 per night (**\$115.44 with tax**)

All rooms have refrigerators!! To make reservations call the Westin at 888-627-9031, and mention The MAGIC Foundation block, or book online at:

<https://www.starwoodmeeting.com/events/start.action?id=1602112093&key=3A0B99EE>

## Hotel Transportation:

Free shuttle service is provided by Windy City to the Westin Lombard from O'Hare Airport only!

The shuttle schedule is as follows:

O'Hare Airport to the Westin - **Thursday** - 11 am, 1 pm, 3 pm, 5 pm and 7 pm

Westin to O'Hare Airport - **Sunday** - Pickups at 8 am, 10 am, noon, 2 pm and 4 pm

Buses will have a MAGIC sign in the window and will pick up at the following O'Hare locations:

**Terminal 1, Door 1G \* Terminal 2, Door 2E \* Terminal 3, Door 3G \* Int'l Terminal, Door 5E**

**Pick up will be in the middle aisle when you exit the doors from baggage claim.**

If you are unable to find the shuttle, contact Windy City at 866-949-4639. You may also arrive at Midway Airport but there is no free transportation available and a taxi will cost approximately \$40.

## MAGIC Contact Information

MAGIC Foundation  
6645 W. North Avenue  
Oak Park, IL 60302  
[www.magicfoundation.org](http://www.magicfoundation.org)  
800-3 MAGIC 3  
708-383-0899 fax

# Faculty

**Jessica “Jessie” Ferris, M.D.**

Fellow in Pediatric Endocrinology  
Children’s Hospital Los Angeles  
Keck School of Medicine  
University of Southern California  
Los Angeles, California

**Randy Fishburn**

Affected Adult  
Thornton, Colorado

**Theodore C. Friedman, M.D., Ph.D.**

Chairman, Department of Internal Medicine  
Chief, Division of Endocrinology, Metabolism and Molecular Medicine  
Endowed Professor of Cardio-Metabolic Medicine  
Lead Physician, Endocrinology, Martin Luther King, Jr. Outpatient Center  
Chairman, DHS Endocrinology Work Group  
Professor of Medicine - Charles R. Drew University of Medicine & Science  
Los Angeles, California

**Kyle S. Gillett, Ph.D., LMFT**

Executive Director, Founder  
Solstice East  
Weaverville, North Carolina

**Anthony P. Heaney, M.D., Ph.D.**

Associate Professor, Medicine & Neurosurgery  
Co-Director, Pituitary & Neuroendocrine Tumor Program  
David Geffen School of Medicine at UCLA  
Los Angeles, California

**Laura Knecht, M.D.**

Endocrinologist  
Barrow Neurological Institute  
Phoenix, Arizona

**Robert Levine, M.D., Ph.D.**

Pediatric Endocrinologist  
Winthrop - University Hospital  
Mineola, New York

**Mark E. Molitch, M.D.**

Martha Leland Sherwin Professor of Endocrinology  
Division of Endocrinology, Metabolism and Molecular Medicine  
Northwestern University Feinberg School of Medicine  
Chicago, Illinois

**Jason J. Schlaffer**

Founder, ExerVolve  
Lafayette, New Jersey

**Scott Spann, M.D.**

Westlake Orthopaedics Spine & Sports  
PAN Grandparent  
Austin, Texas

**FRIDAY**

|                                   |   |  |
|-----------------------------------|---|--|
| <b>9:00</b><br>-<br><b>10:00</b>  | Pituitary 101<br><br><b>Knecht</b>  |  |
| <b>10:15</b><br>-<br><b>11:15</b> | Living with a<br>Cortisol Pump<br><br><b>Fishburn</b>                         | Familial Cushings:<br>Could it Be Genetic?<br>&<br>What To Do When<br>Cushings Return<br><br><b>Friedman</b> |
| <b>11:15</b><br>-<br><b>12:15</b> | <b>Lunch</b>  |  |
| <b>12:15</b><br>-<br><b>1:15</b>  | How Pituitary Hormones<br>Affect Weight and Sleep<br><br><b>Friedman</b>      |  |
| <b>1:30</b><br>-<br><b>3:00</b>   | Oxytocin:<br>The Forgotten Hormone<br><br><b>Ferris</b>                       |  |
| <b>3:00</b><br>-<br><b>4:00</b>   | Taking Back the Driver's Seat<br>in Your Emotional Life<br><br><b>Gillett</b> |  |
| <b>5:30</b>                       | MAGIC Around the World Dinner<br>or<br>Dinner on your own                     |  |

## Pituitary 101

Dr. Knecht will speak to us about the pituitary, the master gland and how it impacts the entire endocrine system. While you may think you know about this pea sized gland, you will need to attend this presentation to prepare yourself for understanding the rest of the sessions.

## Living with a Cortisol Pump

MAGIC's division consultant for Adult Growth Hormone Deficiency, Randy Fishburn, will share his experiences with living life with a cortisol pump.

Familial Cushings: Could it Be Genetic? - In this comprehensive session on Familial Cushing's syndrome, Dr. Friedman will discuss the genes believed to be involved in Cushing's syndrome. He will explain the different genetic syndromes that include Cushing's syndrome. He will explain what a patient with Cushing's syndrome should be on the look out for family members that might develop Cushing's syndrome. He will explain the tests to be done if a family member also has symptoms of high cortisol.

What to Do When Cushings Return? - Dr. Friedman will go over with patients and their families the follow-up he recommends after surgery for Cushing's syndrome. He will explain the signs and symptoms to look for to determine if Cushing's syndrome may be returning. He will go over how and when to test for recurrent hypercortisolism. He will then go into the options for treating recurrent Cushing's syndrome. He will discuss the pluses and minuses of new and old medicines for treating Cushing's syndrome. He will discuss pituitary surgery, bilateral adrenalectomy and radiation therapy as options for recurrence. There will be ample time for questions and Dr. Friedman will be available after to briefly discuss your case.

How Pituitary Hormones Affect Weight and Sleep - In this jam-packed session, Dr. Friedman will explain the hormones that lead to both weight loss and weight gain. He will especially focus on pituitary hormones and why patients with hypopituitarism and Cushing's syndrome have such troubles with weight loss. He will discuss how to optimize your hormone health to lead to weight loss. Dr. Friedman will discuss the hormonal link between sleep and weight gain and how to treat hormonal disorders to optimize sleep. He will introduce the concept of social jetlag and explain why this disorder, which is probably hormonally mediated is so important. Afterwards, Dr. Friedman will be happy to entertain all questions related to hormones and weight and sleep.

Oxytocin: The Forgotten Hormone - Dr. Ferris will discuss the role of Oxytocin, an often overlooked hormone which plays an important role in child-bonding, social interactions, and behavior. She will provide an overview of the current roles and potential uses of oxytocin, as well as a review of the research on its other possible benefits.

Taking Back the Driver's Seat in Your Emotional Life - Dr. Gillett will address a variety of topics involving emotional health in adults. Adults with adrenal insufficiency must often provide explanations and self-advocacy around their illness. This can lead to feelings of loneliness, rejection, and misunderstanding due to others lack of knowledge surrounding adrenal insufficiency. This session will discuss ways to remain emotionally healthy and take back the driver's seat in our emotional lives.

## MAGIC Around the World or Dinner on your own

You have the option to join the large pediatric program's group dinner. We will have tables specifically for our adult group. It is a fun themed party with a DJ and buffet dinner. Costumes are "encouraged" but not mandatory. Choose a country or region to represent and have fun! Prizes will be awarded. Cost is \$15 per person. Or you can choose to have dinner on your own at the hotel or a nearby restaurant.

**SATURDAY**

|                                   |  |  |
|-----------------------------------|--|--|
| <b>9:00</b><br>-<br><b>10:15</b>  | Exercise & Mobility<br><br><b>Schlaffer</b>  |  |
| <b>10:30</b><br>-<br><b>11:30</b> | Hypopituitarism,<br>Growth Hormone<br>Deficiency and You:<br>What Do I Need to Know?<br><br><b>Molitch</b> | Medical vs.<br>Surgical Treatment<br>for Pituitary Cushings<br><br><b>Heaney</b> |
| <b>11:30</b><br>-<br><b>1:00</b>  | Lunch  |  |
| <b>1:00</b><br>-<br><b>2:00</b>   | Compliance:<br>How Much Does it Matter<br>if I Miss a Dose?<br><br><b>Levine</b>                           |  |
| <b>2:15</b><br>-<br><b>3:15</b>   | Defying the Odds!<br><br><b>Spann</b>  |  |
| <b>5:30</b>                       | Networking<br>Pizza Party Dinner   |  |

## **Exercise & Mobility**

Dive into an in-depth presentation about the importance of Exercise and Mobility through any and all phases of life. Learn exercises, stretches and drills to perform anywhere at any time to enhance your health and wellness. Discover how to gain more energy, less pain and better mobility with Jason of ExerVolve.

## **Hypopituitarism, Growth Hormone Deficiency and You: What Do I Need to Know?**

Hypopituitarism almost always has a cause which it is important to determine. In children it may be from a developmental disorder but in adults it can be caused by pituitary tumors, surgery/irradiation to that area or other problems. Hormone testing can determine which pituitary hormones are deficient and which need to be replaced. It is important to not skip doses of any hormone replacement treatments. Growth hormone (GH) is one of the pituitary hormones that can be deficient and testing proving GH deficiency is necessary before replacing GH with daily injections of GH.

## **Medical vs. Surgical Treatment for Pituitary Cushings**

Dr. Heaney will discuss the ways of treating Cushing's Disease from the surgical perspective, as well as the medical perspective.

## **Compliance: How Much Does it Matter if I Miss a Dose?**

Dr. Robert Levine will speak to us on the importance of compliance in growth hormone therapy. He will discuss the effects of non-compliance which include poor growth & the fluctuation of regular hormone balance.

## **Defying the Odds!**

Dr. Scott Spann will share with us the inspiring story of his life journey of 'Defying the Odds'. From a devastating bicycle accident that left him paralyzed, to the journey back to the operating room as a surgeon, to completing an aquabike Ironman. Dr. Spann is also a seven-time NCAA swimming champion who tells us "None of us leave the world without a story. We will all have some story of loss in our lives. It's about taking our own individual story and writing it the way we're going to end up the happiest".

## **Networking Pizza Party**

Join other adult attendees for a networking pizza party. A buffet dinner of pizza, salad and more will be served. \$12 per person.

## Schedule of Events

### Thursday, July 21, 2016

12:00 pm - 9:00 pm      Registration and Exhibits

### Friday, July 22, 2016

8:00 am - 9:00 am      Breakfast included  
9:00 am - 4:00 pm      Educational Segments  
11:15 am - 12:15 pm    Lunch included  
5:30 pm                  MAGIC Around the World or Dinner on your own

### Saturday, July 23, 2016

8:00 am - 9:00 am      Breakfast included  
9:00 am - 3:15 pm      Educational Segments  
11:30 am - 1:00 pm     Lunch included  
5:30 pm                  Networking Pizza Party

**The Westin hotel is located right next door to Yorktown Mall. The mall has a large food court with many options to eat. There is also a target right behind the hotel which has a grocery store. Each hotel room has a refrigerator so this is a good option to purchase food/snacks to keep in your room.**



## Registration Form

Name (Affected Adult) \_\_\_\_\_

Names of Other Adults Attending \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Disorder \_\_\_\_\_ Your Endocrinologist \_\_\_\_\_

***Make checks payable to: The **MAGIC** Foundation***

**Mail or fax registration form by June 29, 2016 along with payment to:**

MAGIC Foundation  
6645 W. North Ave., Oak Park, IL 60302  
or Fax 708-383-0899

**NOTE:** MAGIC will be taking pictures throughout the convention Your participation in The MAGIC Foundation's 11th Annual Adult Convention gives us permission to use these pictures in our scrapbooks, website and other publications. If you do not want MAGIC using your photographs you need to send a written request to MAGIC.

|  | <u>Total # Attending</u> | <u>Cost</u>     |
|--|--------------------------|-----------------|
| <b>Registration</b><br>\$175 Affected Individual/Caretaker             | <u>  1  </u>             | <u>\$ 175</u>   |
| \$75 Additional Attendees in your immediate family                     | <u>      </u>            | <u>\$      </u> |
| <b>Friday ~ MAGIC Around the World Group Dinner</b><br>\$15 per person | <u>      </u>            | <u>\$      </u> |
| <b>Saturday ~ Pizza &amp; Networking Party</b><br>\$12 per person      | <u>      </u>            | <u>\$      </u> |
| <b><u>TOTAL AMOUNT ENCLOSED:</u></b>                                   |                          | <u>\$      </u> |

|  |                               |
|--|-------------------------------|
| If paying by credit card, please complete: Visa ___ MC ___ DISC ___ AMEX ___ |                               |
| Number _____   |                               |
| Exp. _____   | Code _____ Name on card _____ |
| Signature: _____   | Amount: \$ _____              |