



# ASEPA Newsletter

August 2023

## Message from the President

Amy Butts, ASEPA President, PA-C, CDCES, BC-ADM



### We are Better Together

By: President Amy Butts PA-C, CDCES, BC-ADM

As I start my new term as President of ASEPA, I have taken the time to reflect upon my career. For those of you who don't know me, I hope to get to meet or know you better over the next two years. I have practiced for 22 years in endocrinology. The road has not always been easy. At times it has been very lonely. I worked for a solo private practice for 18 years. Although it was a great collaboration and I developed a deep, impactful relationship with my collaborating physician, I still often found myself feeling alone. Why is that? I didn't have a great network of other PAs to discuss the trials and tribulations that I was experiencing as a new PA. It was also in 2001 which the profession was still in a stage of growth and understanding. I often questioned if I chose the right career path.

It is through ASEPA and networking over the years that I have found connection, growth, and friendship. I have had the opportunity to meet and get to know so many other endocrinology PAs like me that have the same concerns, fears, and obstacles.

This is what I want to focus on during my term as President of ASEPA. I am so thankful for a strong past president and new board to support me. We will work together to help all members have access to opportunity, networking, and support. As they always say, there is no I in TEAM. We all need support at times. So my fellow ASEPA members, I am here to support you. If you need anything, please do not hesitate to reach out. Together we are stronger. Together we are better! Together we are ASEPA!

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## Secretary's Update



Hello ASEPA members! I'm excited about my new role as Secretary in this wonderful and innovative organization. I look forward to what the next two years will bring. It has been great to see our members in action, giving presentations at local and national conferences, doing webinars for our members, publishing articles, among other important work in addition to caring for patients. Please reach out anytime that you may have questions or are interested in volunteering with the organization.

Cheers!

Justine Herndon

## Treasurer's Update



Sean Flynn, PA-C

Available on request [asepamembership@gmail.com](mailto:asepamembership@gmail.com)

## HOD Update from AAPA

Stephen Willis, PA-C

Once again it was an honor and a privilege to be able to represent ASEPA at AAPA 2023 HOD. This was a very busy 3-day meeting reviewing expiring bylaws, policy and adding policy.

Each year I continue to learn more about the process of the HOD and the value this organization brings to our profession. Moving forward it would be nice to have a group from ASEPA review AAPA policy and bylaws which will be up for renewal in 2024 to share our perspective collectively.

## ASEPA Brings Benefits to Members

Sonia Bahroo, ASEPA Vice President, PA-C

Congratulations to the following members who received complimentary registration to our 2023 partner conferences:

- Cardiometabolic Health Congress (CMHC) Spring 2023: Ashleigh Westfall and Joanna Gonzalez
- CMHC Women's Masterclass: Carlos Flores
- Annual CMHC: Heidi Webb and Ashleigh Westfall
- Heart in Diabetes (HiD): Carlos Flores
- Association of Diabetes Care & Education Specialists (ADCES): Lisa Carlson

Make the most of your membership by taking advantage of all that ASEPA has to offer.

See our membership page at <https://www.endocrine-pa.com/membership> to view a full list of member benefits, which include exclusive monthly webinars led by PAs for PAs!



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## 2023 ASEPA Committee Updates

ASEPA would like to welcome and thank the new volunteers to our board and committees.

### New Board Members Positions:

Amy Butts, President  
Sonia Bahroo, Vice president  
Justine Herndon, Secretary  
Sean Flynn, Treasurer  
Nicole Rivera, 1<sup>st</sup> year student representative

### New Committee Member Positions:

Jennifer Becker, Newsletter  
Sydney Franco, Education  
Benny Lopez, Education  
Katharine Patrick, Education  
Jesse Lyons, Finance

ASEPA would like to also take a moment to thank all of our ongoing volunteer board/committee members. This organization's survival is based upon this foundation and we thank you! A special thank you to Courtney Wilke who has been filling in as Newsletter Chair until this position can be filled.

## 2023 ASEPA Webinars

Dear Members, the Education Committee welcomes you this new board year.

These past several months our members have been busy sharing their wealth of knowledge, with the presentations including the following:

April: Powerfully Simple Diabetes Management: Dexcom G7 is Made for More by Scott Urquhart, PA-C  
May: Diabetes Tech, by Benny Lopez, PA-C  
June: PTH Mediated Hypercalcemia, by Ashleigh Westfall, PA-C  
July: SGLT2 Inhibitors, by Heidi Webb, PA-C  
August: Endocrine Hypertension, Jesse Lyon, PA-C

We are thrilled to have everyone at our future webinars. For the remainder of the year our schedule is:

September 19<sup>th</sup>: Tzield, Potential to Delay Stage 3 T1D  
October 24<sup>th</sup>: Professional Development  
Nov 8<sup>th</sup>: Obesity Medicine  
Dec 5<sup>th</sup>: Endocrine Workup of Obesity

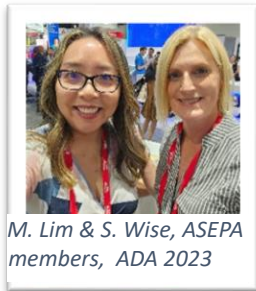
Keep an eye out as we plan next year's agenda. As always anyone interested in learning more about our Education committee and being involved is welcome! We would be happy to have you join us.



# ASEPA Newsletter

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## ASEPA in Action



M. Lim & S. Wise, ASEPA members, ADA 2023



ASEPA members, ENDO 2023



H. Webb, AAPA 2023



J. Herndon, AAPA 2023 1



ASEPA members, AAPA 2023

We are looking for volunteers for the Newsletter and Social Media/Web committee. Those interested can reach out to: [asepaemail@gmail.com](mailto:asepaemail@gmail.com)

## PRESENTATIONS

### ADCES

- Member Jennifer Boyd presented at the Center Stage of the exhibit hall
- President Amy Butts: "Continuous Glucose Monitoring Use in Type 2 Diabetes: Pearls for Your Practice"

### MEDS Summer Presenters

- Member David Doriguzzi: "New-Onset Type 2 Diabetes: Which Med(s) First, and Why"
- President Amy Butts: "Cost Considerations in Diabetes Treatments"
- Secretary Justine Herndon: "Pituitary Adenomas" and "Adrenal Adenomas"
- Immediate Past President Ashlyn Smith: "Endocrine Emergency: What Not to Miss in Adrenal Insufficiency"
- Past President Scott Urquhart: "Cushing's Disease/Syndrome: A Practical Approach"

### AAPA

- Member Heidi Webb: "Diabetes Updates: A Comprehensive Update of New Developments in Treatment of T1DM and T2DM" ; "Advancements and Management in Lipid Therapy"
- Immediate Past President Ashlyn Smith chaired the symposium "Moving Beyond HbA1c: New Standards for Assessing Glycemic Control"
- Secretary Justine Herndon: "Endocrine Incidentalomas: What to Do When You Find One (And You Will!)"

## PUBLICATIONS

### JAAPA

- Secretary Justine Herndon: "Diagnosing and Managing Adrenal Incidentalomas"

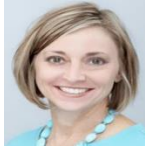




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## Service Recognition



Karen Annette Beer

August 13, 1969 – January 20, 2023

It is with great sadness that we report the passing of our fellow ASEPA colleague, Karen Beer.

Karen was born in Kingman, AZ to Paul and Margaret Larmour and raised in Tucson, AZ. She attended Rincon High School (1987) and the University of Arizona, and earned a degree in Nutrition and Dietetics before completing an internship at Barnes Hospital (St. Louis, MO). After working as a dietician at Yavapai Regional Hospital in Prescott, AZ, she attended A.T. Stills University of Health Sciences (Mesa, AZ) where she earned an MPAS in Endocrinology. This led to a 16-year career at Mayo (Scottsdale) and Oregon Medical (Eugene, OR) where she was a beloved, caring and gifted healer. She loved to travel the world (kick-started by her travels in Up With People, 1989-90). She enjoyed photography, jewelry-making, soap-making, reading, hiking, dancing, working out, gardening and learning Spanish. Following a diagnosis of glioblastoma in June of 2022, Karen returned to sunny Tucson.

Our thoughts and prayers go out to all of her family and friends.

## MEDS Update

Scott Urquhart, PA-C



This is the 13<sup>th</sup> year of Metabolic and Endocrine Disease Summit (MEDS), celebrating our 25<sup>th</sup> and 26<sup>th</sup> summits. MEDS Summer had a fabulous turn-out with 670 virtual attendees. MEDS Fall live event will be held October 12-14<sup>th</sup> 2023 in Lake Buena Vista Fla. As always, you can expect a comprehensive agenda from our renowned faculty. We Look forward to your attendance and hope we will see you at the live event in October.

Please visit: <http://www.medscapelive.org/meds>

In addition, we have a discount code created for MEDS Fall.

ASEPA - 40% OFF (for ASEPA members)

## Job Postings

See website for the latest job opportunities: <https://www.endocrine-pa.com/jobs>



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## Upcoming Conferences

MEDS - <http://www.medsapelive.org/meds> (use code **ASEPA** for 30% off)

- MEDS Fall (In-Person) - Lake Buena Vista, Florida, 10/12/2023 – 10/14/2023

AACE – <https://pro.aace.com/events/2024/annual-meeting>

- AACE Annual Meeting – New Orleans, Louisiana, 5/9/2023 – 5/11/2024

CMHC - <https://www.cardiometabolichealth.org/18th-annual-cmhc/>

- CMHC Annual Health Conference – Boston, Massachusetts, 10/18/23 – 10/21/23

WCIRDC - <https://www.wcir.org/program-description>

- World Congress Insulin Resistance Diabetes & Cardiovascular Disease – Universal City, CA  
12/7/23- 12/9/23

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ASEPA Online

