



American Association of Clinical Endocrinology (AACE) Annual Meeting 2026

April 22-24, 2026; Las Vegas, NV; Preview – Draft

### Executive Highlights

- **The 2026 American Association of Clinical Endocrinology (AACE) Annual Meeting will be held in Las Vegas, NV, from April 22-24.** The conference features a highly diverse scientific program across all fields of endocrinology, spanning 14 tracks including diabetes, cardiometabolic health and lipids, nutrition and obesity, endocrinology, thyroid, and bone and parathyroid. This year’s program spans global health, emerging technologies, and evolving care models with a strong emphasis on translating innovation into practical clinical workflows. We look forward to gaining practical insights across diabetes care, obesity management, and cardiometabolic disease. See the [conference website](#) and [agenda](#), and register [here](#).
- **In cardiometabolic disease and global health,** Wednesday’s program highlights the growing need for coordinated, multidisciplinary care models. An AACE Talk Show on MASLD and MASH will feature Dr. Kenneth Cusi (University of Florida), Dr. Scott Isaacs (Emory University), Dr. Holly Lofton (NYU Grossman School of Medicine), and Dr. Mary Rinella (University of Chicago), who will discuss how fragmented care pathways and inconsistent screening continue to delay diagnosis. Later, a global forum moderated by Dr. Elias Siraj (Eastern Virginia Medical School) will bring together Dr. Roopa Mehta (INCMNSZ, Mexico), Dr. Subhankar Chowdhury (Manipal Hospital, India), and Prof. A.H. Aamir (Peshawar General Hospital, Pakistan) to examine how diabetes and obesity vary across regions, highlighting differences in epidemiology, healthcare infrastructure, and management strategies.
  - **On Friday, sessions will continue this theme of implementation science,** with case-based discussions on MASLD/MASH led by Dr. Aman Raipal (Alameda Health System) and Dr. Javier Morales (Advanced Internal Medicine Group), focusing on translating screening, monitoring, and treatment strategies into real-world clinical workflows.
- **In diabetes technology and therapeutic innovation,** multiple sessions will examine how emerging tools are being integrated into clinical care. Wednesday afternoon will feature a session on continuous ketone monitoring (CKM), where Dr. Rodolfo Galindo (University of Miami) will review early accuracy data, insulin suspension studies, and potential clinical applications, including integration with automated insulin delivery (AID) systems. On Thursday morning, Dr. Lubaina Presswala (Memorial Sloan Kettering Cancer Center) will discuss the perioperative management of CGM and AID, including current guidelines, institutional variability, and findings from a multi-center survey on clinical practice. Running concurrently, a debate featuring Dr. Sarit Polsky (Barbara Davis Center for Diabetes) and Dr. Kevin Borst (Cleveland Clinic) will examine the role of CGM in gestational diabetes, weighing potential benefits against ongoing uncertainties in evidence and implementation.
  - **Late Thursday’s program will focus on inpatient and broader technology use.** An oral presentation by Dr. Alaa Almallouhi (Naples Comprehensive Hospital) will evaluate the continuation versus discontinuation of insulin pump therapy during hospitalization, showing improved glycemic outcomes and a shorter length of stay with continuation. In a subsequent case-based session, Dr. Diana Isaacs (Cleveland Clinic) and Dr. Grazia Aleppo (Northwestern University) will provide practical guidance on the use of insulin pumps and AID systems in T2D, including patient selection, initiation, and ongoing management. These sessions collectively highlight both the promise of diabetes technology and the operational challenges that remain in scaling adoption across care settings.

For more, see our AACE coverage from previous years: [2025](#), [2024](#), [2023](#), [2022](#), [2021](#), [2019](#), [2018](#), [2017](#), [2016](#), [2015](#). All times below are in PDT.

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### Wednesday, April 22<sup>nd</sup>

- **(8 – 8:45 am) Multidisciplinary Approach to MASLD and MASH.** This session features Dr. Kenneth Cusi, Dr. Scott Isaacs, Dr. Holly Lofton, and Dr. Mary Rinella in an interactive AACE Talk Show exploring multidisciplinary approaches to MASLD and MASH. Together, they will examine how the growing MASLD epidemic demands coordinated care across primary care, endocrinology, obesity medicine, and hepatology. The discussion will highlight the gaps that currently impede timely diagnosis, including inconsistent testing standards, unclear referral pathways, and limited cross-specialty collaboration. They will emphasize how integrated, team-based models can improve screening, risk stratification, and long-term management. Through a dynamic, audience-engaged format, the panel will outline practical strategies for implementing non-invasive diagnostic tools, strengthening inter-specialty communication, and reducing stigma, ultimately illustrating how dissolving professional silos is essential for delivering earlier, more person-centered, and more effective MASLD care.
- **(8 – 8:45 am) DSN Year in Review: Diabetes.** This engaging Wednesday morning session will feature reviews of the year’s major advances in diabetes care, along with clinical implications of emerging therapies by Drs. Priya Velanki (Emory University) and William Horton (University of Virginia). Specifically, both speakers will highlight key publications related to diabetes specialist nurse practice in a didactic format, with commentary from Drs. Velanki and Horton to provide context and impact on clinical practice.
- **(11:15 am – 12 pm) Advances in prediabetes and diabetes prevention.** In this practical, case-based session, Dr. Scott Isaacs (Emory University) will discuss the [2026 AACE Diabetes Algorithm](#) which was recently published in [March 2026](#). The session promises real-world strategies and clinical pearls on screening, risk stratification, patient communication, and individualized therapy selection – all aligned with implementing the updated algorithm in practice.
- **(1:30 – 2:30 pm) Global perspectives on diabetes and obesity.** This global symposium will take a broad look at how diabetes and obesity emerge across different regions, highlighting important differences in epidemiologic patterns, disparities, and management. The session will bring together perspectives from Mexico, India, and Pakistan to contextualize how local health systems and diet shape disease burden and management. Dr. Roopa Mehta (INCMNSZ, Mexico) will discuss regional trends in Latin America, while Dr. Subhankar Chowdhury (Manipal Hospital, India) and Prof. A.H. Aamir (Peshawar General Hospital, Pakistan) will discuss the growing diabetes burden across South Asia.
- **(2:45 – 3:30 pm) Continuous ketone monitoring: Current state of affairs and potential clinical implications.** With continuous ketone monitoring (CKM) expected to enter clinical practice within the next 12-18 months, this session will offer a timely look at where the field stands today and how CKM might be used moving forward. Moderated by Dr. Viral Shah (Indiana University), Dr. Rodolfo Galindo will review early data on CKM accuracy and performance, including findings from insulin suspension studies where ketone dynamics are particularly relevant. He will also be reviewing recent international expert recommendations and early guidelines for using CKM.

### Thursday, April 23<sup>rd</sup>

- **(8 – 8:45 am) Perioperative management of continuous glucose monitoring and automated insulin delivery systems.** In this “Meet the Professor” session, Dr. Lubaina Presswala (Memorial Sloan Kettering Cancer Center) will review current evidence and emerging practice for managing CGM and AID systems around surgery. The discussion will cover guideline-recommended glycemic targets, practical considerations for insulin pump continuation or adjustment, and variability in institutional protocols. Dr. Presswala will also

present results from a multi-center survey examining how different hospitals approach the use of AID in perioperative settings, highlighting both consensus areas and ongoing gaps.

- **(8 – 8:45 am) Should CGM be used for gestational diabetes?** This morning point-counterpoint debate will tackle the important question of whether CGM should play a routine role in the management of gestational diabetes (GDM). Dr. Sarit Polsky (Barbara Davis Center for Diabetes) and Dr. Kevin Borst (Cleveland Clinic) will present contrasting perspectives on the clinical utility of CGM in this population. This debate will be focused on benefits and limitations, as well as the optimal glucose targets for using CGM in GDM management. We anticipate a discussion that balances improved glycemic insights and patient engagement against practical challenges, including the interpretation of data and variability in outcomes.
- **(9 – 10 am) Early-stage type 1 diabetes: Screening, monitoring, treatments, and future directions.** This keynote features Dr. Linda DiMeglio (Indiana University), who will deliver a forward-looking overview of early-stage T1D, covering who should be screened, how presymptomatic stages are monitored, and where disease-modifying therapies are heading. The session will synthesize current evidence on identifying at-risk individuals, structuring metabolic follow-up, and understanding the potential of emerging interventions to delay progression. Attendees can expect a high-level, clinically grounded update on the future of screening, monitoring, and treatment in early-stage T1D.
- **(11:15 am – 12 pm) Where are we with weekly insulin? The pros and cons.** Drs. Cecilia Low Wang (University of Colorado) and Carol Wysham (University of Washington) will offer an broad overview on once-weekly insulins, including commentary on: (i) pharmacokinetic and pharmacologic properties; (ii) three types of patients who might benefit; and (iii) safety and efficacy for T1D. Notably, Novo Nordisk’s insulin icodex is approved in the EU, Canada, Australia, Japan, Switzerland, and – as of [March 2026](#) – the US.
- **(3:30 – 3:45) Clinical outcomes associated with continuation versus discontinuation of insulin pump therapy.** This oral abstract presentation will examine whether continuing personal insulin pump therapy during hospitalizations improves outcomes compared to discontinuation. Presented by Dr. Alaa Almallouhi (Naples Comprehensive Hospital) and Dr. Mustafa Sadek (Santa Clara Valley Medical Center), the study reports that pump continuation is associated with improved inpatient glycemic outcomes and shorter length of stay. The presentation will address a highly relevant clinical question as hospitals grapple with how to safely integrate outpatient diabetes technologies into inpatient workflows.
- **(3:45 – 4 pm) Diabetic ketoacidosis and safety outcomes with GLP-1 RAs in type 1 diabetes.** In this Thursday afternoon oral session, Dr. Viral Shah will chair a data presentation of a study evaluating the risk of DKA and other safety concerns with GLP-1 RA use in T1D. As background, off-label GLP-1 RA use in T1D has prompted concerns of increased DKA risk in cases of severe gastrointestinal adverse reactions. We are curious to learn more about how clinicians are thinking of adjunctive therapy in this cohort, especially when it comes to risks specific to reducing insulin levels.
- **(4:30 – 5:15 pm) Insulin pumps for type 2 diabetes.** In this late afternoon, case-based discussion, speakers will provide an overview of AID systems for individuals with T2D. Dr. Diana Isaacs (Cleveland Clinic) and Dr. Grazia Aleppo (Northwestern University) will review current AID systems approved for T2D by the FDA. Despite growing evidence supporting use of AID in this population, adoption still remains relatively low. Through clinical cases, Dr. Isaacs and Dr. Aleppo will provide practical guidance on patient selection, AID initiation, and ongoing management to optimize patient outcomes.
- **(4:30 – 5:15 pm) Beyond type 2: Evaluating GLP-1 use in type 1 diabetes and obesity.** In this Thursday evening “Meet the Professor” session, Dr. Viral Shah will deliver a critical evaluation of GLP-1 RA use in people with T1D and obesity. Specifically, Dr. Shah plans to review the prevalence of overweight and obesity in T1D, the rationale for adjunctive therapies in T1D, and available evidence for the therapeutic class in this patient population. This session will certainly be of interest following Dr. Shah’s as chair on DKA and safety outcomes for GLP-1 RAs and T1D earlier in the afternoon.

## Friday, April 24<sup>th</sup>

- **(8 – 8:45 am) Cell therapies in T1DM: Are we close to a cure?** We’re excited to attend this Friday morning

session on the latest updates in cell therapies for T1D. Breakthrough T1D's CEO Dr. Aaron Kowalski will present on innovative strategies for beta cell replacement, including generating these beta cells, cell delivery technologies, and immune modulation to build tolerance. By the end of the session, Dr. Kowalski aims to have educated participants on the differences between primary pancreatic islets and stem cell derived islets, as well as some of the safety and optimal functional capabilities of groundbreaking therapies. Lastly, Dr. Kowalski will touch on financial considerations, including the development of large-scale, cost-efficient manufacturing for accessible and sustainable cell therapies.

- **(8 – 8:45 am) Pediatric obesity: From diagnosis to long-term care.** This session features Dr. Alaina Vidmar (Children's Hospital Los Angeles), who will examine how clinicians can recognize pediatric obesity early, frame it as a chronic and relapsing condition, and support families through long-term, developmentally appropriate care. The learning objectives include understanding the principles of comprehensive, family-centered management, as well as knowing when and how pharmacotherapy can be used safely and effectively. In addition, the session will review how candidates for metabolic and bariatric surgery are assessed and prepared. We look forward to clinical insights on pediatric obesity that meaningfully improve long-term outcomes for children and adolescents living with obesity.
- **(9 – 10 am) From insight to action: Tackling the MASLD and MASH epidemic.** In this session, Dr. Aman Raipal (Alameda Health System) and Dr. Javier Morales (Advanced Internal Medicine Group) will lead an interactive, case-based discussion designed to translate MASLD and MASH strategies into real-world clinical decision-making. The session will cover when and how to screen patients at risk, how to use validated clinical, laboratory, and imaging tools to monitor progression, and applying therapeutic approaches that address liver disease within the broader cardiometabolic picture.
- **(10:15 – 11 am) The do's and don'ts of microdosing GLP-1 RA.** Dr. Anne Komé (University of North Carolina) will examine the growing use of microdosed GLP-1 RA formulations and the clinical questions that this trend raises. She will help attendees understand how the incretin peptide landscape is evolving, comparing alternate dosing strategies for GLP-1 RAs and multi-agonist peptides, and assessing the benefits and risks associated with off-label dosing techniques. We look forward to a discussion that helps clinicians navigate product selection, patient safety, and emerging data in this rapidly shifting area of obesity and diabetes care.

-- by Riya Chatterjee, Kayla Mathieu, Elizabeth Rose, Nour Khachemoune, Monica Oxenreiter, and Kelly Close