

Endocrine Society of Australia Annual Report 2019



20
19

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Who we are

The Endocrine Society of Australia (ESA) is a national non-profit organisation of scientists and clinicians who conduct research and practice in the field of Endocrinology.

The society was founded in 1958 and incorporated in 1986 in the State of Victoria. The Society is governed by the ten members of its Council who are elected by a ballot of the membership in accordance with the Constitution.

Our growth

Our membership continues to grow every year: We currently have 1051 members. This society is strengthened by its composition of both clinicians and basic science members; and we believe that this true integration of disciplines is one reason for its continued success.

Our Mission

The mission of the ESA is to be the premier society in Australia in the field of endocrinology through promoting excellence in research, fostering the integration of clinical and basic sciences, and facilitating the translation of our science to health care and clinical practice.

Key objectives to achieve these goals include the nurturing and developing the future generations of basic and clinical scientists and other health professionals, and the dissemination of new knowledge in endocrinology through our Annual Scientific Meeting and Seminars. The ESA will be proactive in shaping the research and health policies based on scientific advances in our field.

ESA Strategic Plan

Our vision

To be recognised as the authoritative voice for Endocrinology, Endocrinologists and Endocrine Researchers in Australia and Southeast Asia

Our purpose

To educate about, engage in, and promote clinical practice and research in Endocrinology in the region and world-wide

Our values

To be knowledgeable, accessible, sustainable and committed

Our strategic directions

- 1** To maintain financial sustainability for the future
- 2** To promote the education of our current and future endocrinologists and endocrine researchers
- 3** To listen to our membership
- 4** To engage with our members, government bodies, funding bodies and the public to address and resolve issues that affect endocrinology and endocrine research
- 5** To promote the profile of the Endocrine Society of Australia
- 6** To ensure the governance of the society has continuity of knowledge and expertise

Key Areas of Priority

1 Education

Objectives

- 2.1. Provide high quality conferences and meetings that attract international and national interest
- 2.2. Provide support for junior members, both clinical and basic scientists with membership, training, education and scholarships
- 2.3. Support continued training of high quality endocrinologists through work force planning and addressing issues affecting training

2 Internal Engagement: Membership

Objectives

- 3.1. Hear the needs of our members
- 3.2. Retain and ensure sustainability of our expertise within the membership
- 3.3. Communicate and engage other endocrine based societies to increase membership both nationally and internationally
- 3.4. Ensure ESA members are assisting ESA to reach its objectives

3 External Engagement

Objectives

- 4.1. Engage consistently with the RACP for endocrinology training, secretariat business and endocrine advocacy
- 4.2. Engage with industry for sponsorship and financial sustainability
- 4.3. Engage with Government for addressing endocrine issues that affect ESA sustainability and profile
- 4.4. Engage with the NHMRC at every possible level to promote the funding of endocrine research, for endocrine advocacy and for the joint production of position statements
- 4.5. Engage with the public via the media to enhance the ESA profile and opportunities for bequests
- 4.6. Increase our presence and effectiveness on other boards and panels of institutions

4 Governance

Objectives

- 5.1. Maintain a highly skilled and motivated board
- 5.2. Source skilled, motivated and committed consultants with clearly defined roles to drive our objectives
- 5.3. Have the right committees with the right people to deliver strategic objectives
- 5.4. Educate board members in governance so our strategic ability and decision making is enhanced

5 Profile

Objectives

- 6.1. Promote Endocrinology within Australia via our branding
- 6.2. Provide education, networking opportunities and showcase our research
- 6.3. Promote our expert members both nationally and internationally
- 6.4. Be recognised as the authoritative voice for endocrinology, rare endocrine disorders and obesity in Australia and the region

6 Financial Sustainability

Objectives

- 1.1. Achieve a sufficient and more reliable income stream through investments, industry, bequests and conferences
- 1.2. Maintain a productive operating budget
- 1.3. Maintain long term financial sustainability of the scholarship programs

ESA Council & Office Bearers



Associate Professor Timothy J. Cole (President)

Department of Biochemistry & Molecular Biology,
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Monash University, Vic, 3800



Dr Belinda A. Henry (Treasurer)

Senior Lecturer
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Associate Professor Morton Burt (Honorary Secretary)

Southern Adelaide Diabetes and Endocrine Services
Repatriation General Hospital
Daw Road, Daw Park, SA, 5041



Professor Bu Beng Yeap (President-elect)

Medical School, University of Western Australia
Department of Endocrinology and Diabetes, Fiona Stanley Hospital, Perth
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Associate Professor Ann McCormack

Staff Specialist
Department of Endocrinology, St Vincent's Hospital, Sydney
Head, Hormones & Cancer Group, Garvan Institute of Medical Research
384 Victoria St Darlinghurst NSW



Professor Mathis Grossmann

University of Melbourne, Austin Health



Associate Professor (Peter) Shane Hamblin

Department of Endocrinology & Diabetes
Western Health, Sunshine Hospital
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Associate Professor Diana Learoyd

University of Sydney, Northern
Clinical School
Faculty of Medicine and Health



Dr Emily Mackenzie

Department of Diabetes and
Endocrinology
Princess Alexandra Hospital
Ipswich Rd
Woolloongabba QLD 4102



Associate Professor Warrick Inder (Past-President)

(Past President until 20/08/19)
Senior staff specialist
(Endocrinology)
Department of Diabetes and
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President's Report

A huge effort by many people culminated in one of our biggest combined annual scientific meetings for many years. We began on the weekend with the ESA Clinical Weekend which had over 400 registrations and a fantastic clinical program including some fascinating case studies. This was held in Double Bay in Sydney at the Intercontinental Hotel. A big thanks to Anna Story and her team for compiling a wonderful program.

The Combined ESA/SRB/AOTA Annual Scientific Meeting at Darling Harbour had registrations of around 1000 and was also a fantastic combined scientific meeting, offering something for all. A big thanks to our POC Chairs Johanna Barclay and Helen Barrett (and their committee) for their tireless and wonderful preparation of the scientific program. The combined meeting with AOTA brought a focus on thyroid biology and treatment of thyroid disease, and added to the success of the meeting. We had a healthy trade attendance that ASN was instrumental in putting together for the two meetings.

The ASM also included our ECR Career Development Workshop and the first meeting of our inaugural ESA ECR Committee. This committee will drive new initiatives to promote interactions and careers of our young and up-and-coming endocrine researchers/clinicians. We also

ran a publication Symposium supported by Bioscientifica (UK) who operate two of our ESA-affiliated scientific journals. There were also a number of breakfast Symposia and many opportunities for members to meet and network across the week.

There are a number of new ESA initiatives that are ongoing. These include the ESA-SfE ECR exchange program, interactions with the (US) Endocrine Society, such as with their Leadership Development Program at ENDO.

Thanks again to all of Council for their hard work and the tireless efforts of our Program Organising Committees. It has been a very productive year for ESA and I look forward to another successful year in 2020.

Tim Cole



Treasurer's Report

Operating results were \$112,086 (2018) compared to \$122,993 (2017). Increased expenditure has been due to increased costs for the development of the Hormones Australia Website (\$7145), the initiation of the ESA seed grants (\$10,000) and a small increase in rent (\$996) from the RACP.

Income from membership subscriptions has increased with an increase in membership from 875 in 2018 to 909 in 2019. Total amount derived from subscription fees is \$116,944.99

The two funds managed by Jason Dix (Carrington Financial Services) have returned a strong net profit this financial year, increasing in value by 9.1%. This was largely due to growth in international markets after some instability created by changing political leadership. Our portfolio is weighted to a more conservative distribution which has largely protected us from large swings in the market.

The Endocrine Portfolio has increased in value for the financial year from \$1,176,415 (June 30 2018) to \$1,258,508 (June 18 2019). This equates to an annual growth of \$82,082 in the last financial year, a return of 7%. As of August 12th 2019, there has been a further increase in value to \$1,272,952.

The Wynne Portfolio has increased in value for the financial year from \$742,962 (June 30 2018) to \$790,435 (June 18 2019). This equates to an annual growth of \$47,473 in the last financial year, a return of 6.4%. As of August 12th 2019, there has been a further increase in value to \$800,596. This fund was established for the specific purpose of

supporting an annual award (the Wynne Memorial Award), worth \$25,000 (+GST).

Accounts held at the National Australia Bank include a working account balance of \$128,382. We also hold an additional two term deposits, combined value of \$364,200.

Proceeds from meetings are stable 2018-19 (\$66,817) compared to 2017-18 (\$757,744). All meetings remain profitable.

The 2019 award recipients have all received payment. (PhD scholarship, two post-doctoral awards, one co-funded ESA-RACP award, the Wynne Award, four seed grant awardees). Applications for next year will be communicated through the bulletin and website.

Total expenditure was increased in 2018-19 (\$961,876) compared to the previous financial year (\$914,434). Again, this was primarily due to the increased costs arising from the development of the Hormones Australia Website and the additional awards administered.

Overall the Society's net assets have increased from \$2,530,134 in 2017-18 to \$2,642,220 in 2018-19.

Belinda Henry



Medical Affairs Report

The ESA Medical Affairs Committee (MAC) comprises members of ESA Council who are clinical endocrinologists, with additional co-opted clinician members. MAC responds to enquiries to ESA from individuals, professional organisations and government, which request clinical perspectives or expertise. The MAC remains reasonably busy and active over the course of the year. Major issues dealt with in the past year include:

Involvement with RACP initiatives

ESA MAC recommended endorsement by RACP of a Heart Foundation Heart Failure Guideline, and recommended against endorsement of a Heart Foundation Atrial Fibrillation Guideline due to concerns regarding the recommendation for investigation for underlying hyperthyroidism. MAC provided input into an RACP response to a public consultation on labelling of sugars (with input from Caroline Miller and Gary Wittert). MAC provided input into an RACP response to the Diagnostic Imaging Clinical Committee, which clarified the role of diagnostic thyroid ultrasound and advocated the establishment of item numbers for whole body MRI for patients with familial endocrine neoplasms (SDH X, MEN1).

ESA MAC also canvassed and provided feedback to RACP regarding Endocrinology Advanced Training, commenting on the advantages of centralised selection of advanced trainees, issues regarding

ensuring adequate exposure of trainees to a range of endocrine conditions and the variability in the quality of the third (non-core, or “elective”) year, and expressing concerns over the administrative burden on supervisors. The need for sufficient basic science and knowledge of pathophysiology, the provision of flexible training arrangements (particularly for trainees taking maternity leave), and support for ATs after completion of training were mentioned.

Other RACP initiatives: ESA MAC contributed to a RACP response to public consultation by the Medical Board of Australia, supporting strengthening current guidance for medical practitioners who provide complementary and unconventional medicine and emerging treatments.

National Men’s Health Strategy

ESA MAC responded directly to this public consultation, advocating for recognition of the importance of fathering and for increased support for research into diagnosis and treatment of male hypogonadism, referencing the ESA Position Statement on this topic (MJA 2016).

Human Rights Commission: medical intervention for patients with DSD

ESA MAC facilitated a response to this consultation, which focussed on people born with variations in sex characteristics (led by Andrea Cussons, Bronwyn Stuckey, Ee Mun Lim, Jeffrey Zajac and Cathy Choong). This highlighted aspects meriting attention including lack of data on outcomes, privacy, legal consent and barriers to care provision.

Federation of Endocrine Societies of Asia Oceania (FESAO)

ESA MAC supported this regional body, which coordinates the Asia-Oceania Congress of Endocrinology (AOCE), in drafting a new constitution and logo, and its intention to take on a greater regional role in promoting endocrinology practice and research. ESA MAC participated in a planning committee meeting for AOCE in Seoul 2020, hosted by the Korean Endocrine Society. MAC has forwarded a list of potential Australian speakers (plenary/symposium/workshop) for consideration by the planning committee.

Medical Services Advisory Committee stakeholder meeting on vertebroplasty

Resubmission requesting Medicare Benefit Schedule (MBS) relisting for vertebroplasty for the treatment of osteoporotic vertebral fractures was received by the Department of Health from the Interventional Radiology Society of Australasia (IRSA). ESA MAC nominated Prof John Eisman as its representative to a face-to-face stakeholder meeting to discuss this application.

Endorsement of position statement on hormonal management of adult transgender and gender diverse individuals

ESA MAC enlisted external reviewers for, provided comment into, and subsequently endorsed a position statement by Dr Ada Cheung and colleagues on the hormonal management of adult transgender and gender diverse individuals (published in MJA Aug 2019).

Response to National Maternity Clinical Practice Guidelines

ESA MAC made a detailed submission (with the input from Emily Gianatti) to the Department of Health, in response to this consultation. Topics commented on included gestational hyperthyroidism, TSH thresholds for thyroxine therapy, and the gestational diabetes vs diabetes in pregnancy.

PBAC listing for GH therapy in adults with GH deficiency

ESA has made available to all members the use of the QoL AGHDA questionnaire in relation to applications for PBS-subsidised GH therapy in adults with GH deficiency. ESA MAC provided advice to the Department of Health regarding appropriate dosing for GH in adults, citing the US Endocrine Society Guideline (JCEM 2011).

Medical Benefits Schedule (MBS) consultation

This MBS consultation discusses changing current item numbers for physician consultations to a time-tiered system, and removing some incentives e.g. for teleconferencing. ESA MAC sought comments from members with limited response. RACP is making a detailed submission having also canvassed physicians, thus ESA has decided not to pursue this as a society.

Notes for Guidance for Endocrinology conditions for Department of Home Affairs

ESA MAC provided extensive input into this guidance for Commonwealth medical officers, covering care of people with diabetes, Cushing's syndrome, thyroid disease, GH deficiency and osteoporosis.

NDSS consultation

ESA MAC provided a response to the “Gap analysis of the range of diabetes products subsidised through the National Diabetes Services Scheme”, to the Department of Health (with input from Ms Cheryl Steele, Manager, Diabetes Education, Western Health, VIC). MAC recommended that

1. Blood ketone testing strips be made available on NDSS to people living with Type 1 diabetes;
2. CGM should be made available on NDSS to all people living with Type 1 diabetes, on a co-payment basis similar to that provided for pump consumables; and
3. Blood ketone testing strips should be made available on NDSS for people with Type 2 diabetes on SGLT2 inhibitors.

ESA - Ferring Innovation and Clinical Excellence Award in Male Hypogonadism

ESA has been in discussion with Ferring, regarding the prospect of Ferring sponsoring a \$15,000 award for research by an early career member of the ESA into male hypogonadism. This could take the form of a grant-in-aid for clinical research or quality improvement. The final version of the proposal is currently under review by Ferring.

Responses to public enquiries

MAC responds regularly to enquiries from individuals regarding seeking information on a range of endocrine conditions and services. MAC does not provide personalised medical advice, nor does it release any private information regarding ESA members, but it does try to help by providing general information, or drawing attention to relevant information that is in the public domain.

Common enquiries involved where to find endocrinologists in particular locations, or with particular interests, and where to find information on specific conditions. MAC also responds to requests by journalists asking for expert comment for health-related articles.

Thanks and acknowledgements

MAC functions in a collegiate manner, with all its members and other ESA members working together. I would like to thank all of the ESA members and others who contributed to the work of MAC, for their generous assistance, which is much appreciated. My further thanks goes to all MAC members: Morton Burt, Ann McCormack, Mathis Grossmann, Warrick Inder, Emily Mackenzie, Di Learoyd, Shane Hamblin, Leon Bach, John Walsh, and of course our efficient Executive Officer, Ivone Johnson!

Bu Yeap



Scientific Strengthening

Committee Report

The ESA Scientific Strengthening Committee is a subcommittee of ESA Council focused on supporting and building endocrine research and the research careers of ESA members across all the basic and clinical research activities of Endocrinology.

This year the Committee has sought to establish a new ESA Early Career Researcher (ECR) Committee, which we will now work to develop a number of key initiatives that are focused at this member demographic within ESA. We congratulate Dr Sunita de Sousa (SA) and Dr Elizabeth Johnstone (WA) who have been selected as Co-Chairs along with Dr Nicholas Russell, Dr Thaw Htet, Dr Alicia Jones, Dr Kanakamani Jeyaraman and Dr Sahar Keshvari. The first ESA ECR committee meeting will be held on Tuesday afternoon at the Annual Scientific Meeting in Sydney. We look forward to working with this committee to develop a number of ECR-focussed initiatives.

A key session at the Annual Scientific Meeting has been the ongoing Early Career Development Workshop. The 2019 ESA/SRB Early Career Development Workshop will be held on the Tuesday of the Annual Scientific Meeting. This year the workshop will focus on the “Building resilience to stress and obtaining alternative grant funding” and our panellists will include Dr Kelly Walton, Prof Jenny Gunton, A. Prof Natalie Hannan and Prof Andrew Pask. This will be panel discussion that includes academics from both Societies. There will be a final Q & A session and an opportunity for networking. A new research funding initiative

vinroduced by ESA in 2018 was called the ESA Research Seed Grant Scheme. This was developed as a small grant scheme for early-mid career researchers to provide \$10,000 for support of a research project that would lead to pilot data for application to a larger granting body such as the NHMRC. In 2018, we offered three seed grants and this year we have been able to extend this to four grants. Congratulations to the recipients of these awards. The 2019 ESA research seed grants were awarded to Dr Caroline Jung, A. Prof Morton Burke, Dr Adam Rose and Dr Aneta Stefanidis.

Belinda Henry



ESA/SRB/AOTA

Annual Scientific Meeting 2019

19-22 August, Sydney Convention Centre

The 2019 ESA Annual Scientific Meeting took place at the International Convention Centre in Sydney from Sunday 19th August to Wednesday 22nd August, with the Society for Reproductive Biology (SRB) and the Asia and Oceania Thyroid Association (AOTA). There were around 1000 registrants which included 212 student registrations.

This year, ESA Plenary speakers included Professor Daniel Drucker, Associate Professor Angela Leung and Dr Jane Girling who delivered the Harrison lecture, Taft and joint ESA/ADS plenary lecture respectively. The 2018 ESA Senior Plenary was awarded to Professor Susan Davis, the ESA Young Investigator Scientific Article Award to Dr Nandini Narayana, the Mid-Career Award to Dr Kelly Walton, and the Paul Lee Award to Jennifer Chen.

The “Year In” symposium opened the meeting, with 3 speakers who looked at highlights over the past year. Symposium topics included diabetes in pregnancy, diabetes technology and the New Zealand experience of growth hormone therapy replacement for adults. There was also symposiums on topics including menopause, disorders of sexual development, neuroendocrine control of reproduction, and hormone driven cancers amongst others.

The ASM also included a Social Media Workshop combined with SRB which

discussed scientific outreach. Building resilience and alternate grant funding sources were discussed at the ECR workshop. The Meet the Professor sessions included Associate Professor Leung speaking on endocrine disrupting chemicals, and Professor Chris Ormandy speaking on current challenges in the field.

We would like to thank ESA Council, Ivone Johnson, the POC and LOC committee members, as well as ASN events for their support.

Helen Barrett and Johanna Barclay



ESA 2019

Clinical Weekend

17-19 August

This year's clinical weekend was very popular with a full capacity of 415 registered delegates. The Double Bay InterContinental proved a worthy venue with excellent accommodation and conference facilities and proximity to both Sydney Harbour and the CBD.

The Friday night welcome function was held in the Stillery Bar, and with over 290 attendees it was a stand-up cocktail affair with a Jazz Club vibe with gin cocktails and other drinks on arrival. Background music was provided by a jazz trio and there was a selection of food stations catering for cuisines of different countries. The concept was a relaxed Friday night, with the option to catch up with colleagues in the adjacent lounge area and with no formality.

The conference commenced at 8am Saturday. The four clinical themes were in line with the ESA topics of the ASM; Thyroid disease and cancer, Hormone driven cancers, Endocrine disorders of pregnancy and Neuroendocrine tumours. The traditional case format was well organised and the cases were of the usual high standard. There were good interactions from the expert chair-people.

This year we included 2 additional clinical lectures from local experts, covering evolving topics in genetics (Emma Duncan) and personalized therapy for diabetes (Jerry Greenfield).

The esteemed international plenary speakers were inspiring. Angela Leung from UCLA (current editor of Clinical Thyroidology) spoke on hot thyroid topics.

Daniel Drucker from Toronto spoke on obesity and its management in the light of emerging enteroendocrine therapies.

The social programme was a big success. We had the Amazing Race event on Saturday afternoon, with over 30 participants getting to race through some of Sydney's best sites. The conference dinner was held at the waterfront Royal Motor Yacht Club Point Piper. Guest speaker social entrepreneur Ronni Kahn spoke from the heart about her life and the inspiration for her food initiatives to minimize waste and to feed the homeless.

Early risers on Sunday were treated to a sunrise walk from Bondi to Bronte beaches. Cases resumed at 9am and the conference closed at 1230 after the 2 final plenary lectures. Lunch was provided and buses were on hand to transport delegates to the ICC for the Sunday sessions for ESA/SRB/AOTA.

Congratulations to Dr Albert Kim from Westmead Hospital in Sydney. Albert's case of dramatic hyperlipidemia in pregnancy was chosen as the winner from a very high-quality field. Judges Peter Ebeling, Helena Teede and Ann McCormack are thanked for giving their time to a challenging job.

Thank you to the major sponsors IPSEN, Novo Nordisk and iNova who helped to contribute to a healthy profit for the event. Thanks also go to all delegates and to ASN events for their organizational skills.

Anna Story



ESA 2019

Seminar Meeting

3-5 May, Perth

The 2019 ESA Seminar attracted 329 registrants, with major themes of sex hormones in men and women, and sessions on fertility, the clinical-laboratory interface, diabetes and hypoglycaemia, and hot topics.

Thank you to all our expert speakers who made this a very engaging and educational meeting. Prof Shalender Bhasin (Brigham and Women's Hospital, Boston, and Harvard Medical School) was our international keynote speaker, presenting two excellent plenary lectures. The first was on "Testosterone therapy in older men: the lessons learned from the Testosterone Trials" and the second on "The dual epidemics of body image disorders and anabolic steroid abuse among young men". Sophia Zoungas, Jane Holmes-Walker and Mark McLean presented updates on diabetes therapies, and on hypoglycaemia in diabetes and non-diabetes settings. Carolyn Allan and Howard Smith presented updates on male and female fertility, respectively. Ee Mun Lim, David Handelsman, Jun Yang and David Torpy presented in a symposium dedicated to the clinical-laboratory interface, covering analytical issues, testosterone, aldosterone and diabetes insipidus. We had three excellent cases (female hyperandrogenemia, male CAH and transgender hormone therapy) presented by Jenny Ng, Brigitte Clarke and Lachlan Angus and discussed by our expert panel. Anju Joham and Amanda Vincent presented on PCOS and premature ovarian insufficiency,

and the closing session covered functional imaging and therapy for endocrine tumours by David Pattison, an update on thyroid eye disease by Duncan Topliss, and menopausal hormone therapy by Bronwyn Stuckey.

Thank you also to our session chairs who made sure proceedings ran smoothly. The Westin Hotel was a new and very pleasant setting for the meeting, with Saturday afternoon social activities well attended and a great conference dinner with much thanks to our guest speaker Dr Katja Geschke for entertaining us with endocrine tales from the animal kingdom.

Thank you to all our sponsors who supported the seminar and to Jim Fawcett and ASN Events who handled the logistics and ensured things ran well. The POC has been a collaborative WA/SA effort, with Lucy Gagliardi and Liza Phillips from SA, and Emily Gianatti, Jonathan Beilin, Joey Kaye, John Walsh and myself from WA. Having enjoyed three successful Seminars in 2017-19, we have now retired and handed over to the new Seminar POC for 2020-22, led by Di Learoyd. We wish Di and her team all the best and look forward to attending next year!

Bu Yeap



ESA Early Researcher Career Development Workshop

The ESA Scientific Strengthening Committee is a subcommittee of ESA Council focused on supporting and building endocrine research and the research careers of ESA members across all the basic and clinical research activities of Endocrinology. This year the Committee has sought to establish a new ESA Early Career Researcher (ECR) Committee, which we will now work to develop a number of key initiatives that are focused at this member demographic within ESA.

We congratulate Dr Sunita de Sousa (SA) and Dr Elizabeth Johnstone (WA) who have been selected as Co-Chairs along with Dr Nicholas Russell, Dr Thaw Htet, Dr Alicia Jones, Dr Kanakamani Jeyaraman and Dr Sahar Keshvari. The first ESA ECR committee meeting will be held on Tuesday afternoon at the Annual Scientific Meeting in Sydney. We look forward to working with this committee to develop a number of ECR-focussed initiatives.

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a final Q & A session and an opportunity for networking.

A new research funding initiative introduced by ESA in 2018 was called the **ESA Research Seed Grant Scheme**. This was developed as a small grant scheme for early-mid career researchers to provide \$10,000 for support of a research project that would lead to pilot data for application to a larger granting body such as the NHMRC. In 2018, we offered three seed grants and this year we have been able to extend this to four grants.

Congratulations to the recipients of these awards. The 2019 ESA research seed grants were awarded to Dr Caroline Jung, A. Prof Morton Burke, Dr Adam Rose and Dr Aneta Stefanidis.

Belinda Henry



ESA Early Career Committee

In August 2019, the ESA Early Career Committee (ECC) was appointed by the ESA Council. Since then we have been working together to define our aims and objectives and to organise future activities.

We plan to hold a brief introductory session at the ESA Seminar Meeting in Launceston in May 2020, and then follow this up with a workshop at the ESA Annual Scientific Meeting in Christchurch in November 2020. This workshop will be aimed at both clinical and basic Early Career Members (ECMs) and will cover a range of relevant topics.

Definition of an ECM

ECMs of ESA are those who satisfy either or both of the following criteria:

- Current clinical trainees and those within 10 years from the award of FRACP; and/or
- Current higher degree researcher and those within 10 years from the award of a research higher degree e.g. PhD.

Mission

To help advance the clinical and research endeavours of ECMs by creating professional development activities, expanding research opportunities, fostering participation of ECMs within ESA, and facilitating interaction between junior and senior members.

Objectives

- To act in collaboration with the ESA Council and foster active engagement of ECMs within ESA;
- To increase ECM awareness of developments in research, including funding opportunities and the application of new technologies in endocrine research;
- To increase engagement of clinical trainees in ongoing professional development and research;
- To promote activities that engage ECMs and senior members in open dialogue and collaborative initiatives; and
- To raise the national and international profiles of ESA ECMs.

ECC Members



Co-Chair (Clinical): Dr Sunita De Sousa MBBS (Hons) MSc FRACP

Consultant Endocrinologist (Royal Adelaide Hospital), PhD candidate (University of Adelaide)

Researcher profile: https://www.researchgate.net/profile/Sunita_De_Sousa

Dr Sunita De Sousa is a Consultant Endocrinologist and Research Fellow at the Royal Adelaide Hospital. She runs the S.A. Endocrine Genetics Clinic and is involved in the service delivery of genomic testing at SA Pathology. She is currently completing her PhD on clinical and genetic aspects of prolactin hypersecretion through the Royal Adelaide Hospital, the University of Adelaide and SA Pathology's Centre for Cancer Biology. Appreciating the rewarding nature of a combined clinical and academic career, she hopes to support other early career ESA members in engaging in meaningful research.



Co-Chair (Basic): Dr Liz Johnstone PhD

ARC Centre for Personalised Therapeutics Technologies Postdoctoral Fellow (University of Western Australia), Molecular Endocrinology Program Lead (Harry Perkins Institute of Medical Research)

Researcher profile: <https://research-repository.uwa.edu.au/en/persons/liz-johnstone>

Dr Liz Johnstone obtained her PhD in Pharmacology in 2016 from the University of Western Australia. She is currently based at the Harry Perkins Institute of Medical Research (Western Australia) where she studies the molecular pharmacology of G protein-coupled receptors, with a particular focus on angiotensin and chemokine receptors. She also has a strong interest in the translational aspects of medical research, and has been involved in the development of a new therapeutic for the treatment of chronic kidney disease that is currently in Phase II Clinical Trials.



Dr Nicholas Russell MBBS FRACP

Endocrinologist & General Physician (Austin Health); PhD candidate (Department of Medicine, Austin Health, University of Melbourne)

Researcher profile: https://www.researchgate.net/profile/Nicholas_Russell13

Nick Russell is an Endocrinologist and General Physician at Austin Health, the Australian Prostate Centre, and in private practice at the Endocrine Specialist Centre and Warringal Private Hospital, all in Melbourne. His clinical interests encompass all areas of clinical endocrinology. He is completing a PhD on the biological actions of estradiol in men, investigating this question through clinical trials in men receiving androgen deprivation therapy for prostate cancer. In addition to andrology, he has a research interest in hyponatraemia.



Thaw Htet MBBS, MSc

Endocrinology advanced trainee (St Vincent's Hospital, Sydney), PhD candidate (Garvan Institute of Medical Research), Conjoint associate lecturer (University of New South Wales)

Researcher profile: https://www.researchgate.net/profile/Thaw_Htet4, <https://orcid.org/0000-0002-7622-8832>

Dr Thaw Htet is a final year endocrine advanced trainee at St Vincent's hospital, Sydney and a first year PhD candidate at the Garvan Institute of Medical Research through University of NSW. Her PhD project is a study of personalised management of pre-diabetes and type 2 diabetes mellitus. Her other clinical and research interests include obesity, gestational diabetes and osteoporosis. Thaw is passionate about improving the quality of patient management evidenced by her involvement in quality control projects and development of clinical management guidelines. As a member of the ECC, her goal is to develop strategies to promote career opportunities and development for early career members.



Dr Alicia Jones MBBS (Hons), BMedSci

Endocrinology advanced trainee (Monash Health, Vic), PhD candidate (Monash University, Vic)

Researcher profile: https://www.researchgate.net/profile/Alicia_Jones25

Dr Alicia Jones is completing her final year of Endocrinology training at Monash Health, and in her first year of a PhD at the Monash Centre for Health Research and Implementation, through Monash University. Her research focuses on models of care delivery in osteoporosis, focussing on ways to provide equitable access to all. Her interests in Endocrinology include metabolic bone disease and reproductive health.



Dr Kanakamani Jeyaraman MBBS FRACP

Endocrinologist (Royal Darwin Hospital)

Kanaka Jeyaraman is an Endocrinologist at Royal Darwin Hospital and in private practice at the NT Medical Specialist Practice in Darwin. She completed the Endocrine training at the All India Institute of Medical Sciences, New Delhi, India in 2009. She moved to Australis in 2012 and was granted FRACP in 2015. She likes all areas of clinical endocrinology and leads the thyroid clinic at RDH. She is a clinical researcher and her areas of research interest are thyroid cancer and osteoporosis.



Dr Sahar Keshvari

Research Fellow (Mater Research Institute-UQ)

Researcher Profile: <https://www.materresearch.org.au/Researchers/Our-researchers/researcher?r=1574>

Dr Sahar Keshvari is a postdoctoral research fellow in the Macrophage Biology group at Mater Research. She was awarded her PhD in September 2016 where she investigated the molecular characterisation of adiponectin receptors and was awarded the prestigious "2016 Dean's Award for Outstanding Higher Degree by Research Theses" from The University of Queensland. Sahar's main research interest is to investigate the role of macrophages in acute and chronic liver diseases including liver fibrosis and fatty liver diseases.

Recognising ESA Members

Honorary Life Membership

Honorary life membership is granted to members who have made exceptional contributions to the Endocrine Society of Australia. Life members have made an outstanding contribution to research or clinical practice in the field of endocrinology in Australia, and are recognised for their high-quality teaching or mentorship to advance clinical training and/or research in endocrinology.

ESA welcomes Christine Clarke as a new Honorary Life Member.

Christine Clarke completed a BSc (Hons 1) and PhD at the University of NSW in 1981, then undertook postdoctoral work in Etienne Beaulieu's Unit 33 INSERM in Paris, France, and at Penn State University in Hershey, USA. She returned to the Garvan Institute, Sydney, in 1987 to establish a group on hormone action in cancer, and in 1992 moved her group to the University of Sydney at Westmead, now the Westmead Institute for Medical Research.

Christine's research interests centre on ovarian hormone action, in particular the distinct actions of progesterone in normal breast and breast cancer. Her translational contributions have included establishment of the Australian Breast Cancer Tissue Bank, now a major national and international resource for breast cancer research; and founding membership of the Kathleen Cunningham Consortium for Research into Familial Breast Cancer.

Christine has served on numerous peer-review committees, including roles as Chair of the Scientific Advisory Committee, National Breast Cancer Foundation; Chair of the Selection Committee for Translational Research Grants, Victorian Cancer Agency;

and Chair, Register4 Access Advisory Committee.

Contributions to the profession and the community have been a lifelong priority of Christine's, through service to external committees or working parties including advisory roles to government and related bodies, major leadership contributions to national and state peak bodies, through membership of the Boards of the National Breast Cancer Foundation and the Cancer Council NSW, and of the (then) NHMRC principal committee, the Health Advisory Committee, and member, Board of the Cancer Institute NSW. Christine has been a strong advocate for research through her roles on the executive office in ASMR and providing national strategic development through membership of the Commonwealth Cancer Strategies Group, and National Breast Cancer Centre and NBCF working parties.

Christine Clark



Queen's Birthday 2019 Honours - Congratulations to ESA members

Officer (AO) in the General Division



Emeritus Professor Edward William KRAEGEN

Queens Park NSW 2022 For distinguished service to medicine, and to medical education, in the areas of diabetes, obesity and glucose metabolism research.



Professor Richard George PESTELL

United States of America For distinguished service to medicine, and to medical education, as a researcher and physician in the fields of endocrinology and oncology.

Members Passing



Vale Professor Howard Morris PhD, FAACB, FFSc (RCPA).

It is with deep sadness we acknowledge the unexpected and untimely death of our colleague and friend Professor Howard Morris. Howard was participating in a visiting lecture tour representing the International Federation of Clinical Chemistry (IFCC) at a clinical biochemistry conference in Kazakhstan at the time of his passing. Professor Morris was an accomplished medical scientist, educator and administrator. He was an ANZBMS member for many years (council member 97-99) and regularly attended meetings. He received the Career Achievement Award from ANZBMS in 2015.

In 1982, Howard joined the Division of Clinical Biochemistry, at the Institute of Medical

and Veterinary Science (now SA Pathology) in charge of the Endocrine Laboratory. As a Clinical Scientist, he had 30 years' experience working in diagnostic clinical biochemistry in the field of immunoassay and endocrinology including management of a major clinical endocrinology laboratory. In recent years, Howard concentrated most of his efforts on furthering international focus on quality of the complete test cycle from sample collection to patient outcome. He was able to articulate his message through various roles he has had within the IFCC.

Howard brought to Adelaide research skills that he honed during his PhD studies at Sydney University and during his post-doctoral years in St Louis, USA and Brisbane. He was a major contributor to metabolic bone disease research in Adelaide and along with Professors Chris Nordin and Allan Need focussed on detailed characterisation of the patient in order to individualise treatment. Over the next 30 years Howard made major contributions to the development of laboratory models

used to advance research into metabolic bone disease such as the commonly used ovariectomy-induced bone loss model for post-menopausal osteoporosis. He was also recognised internationally as an authority on the role of vitamin D in determining bone health. Howard's work led to the publication of more than 280 scientific and clinical papers and edited books on metabolic bone disease. He was recognised internationally for his contributions to bone and mineral research and education when invited to deliver the Louis V Avioli Memorial Lecture at the American Society for Bone and Mineral Research Annual Meeting in 2009.

Howard made major contributions to science and medical administration. He was the current President of IFCC, the first Australian appointee to this important role. Between 2012 and 2014 he served as IFCC Vice-president; between 2003 and 2008 he was the Secretary of the Scientific Division of the IFCC; served as Chair the IFCC-International Osteoporosis Foundation Joint Working Group on Standardization of Bone Turnover Markers (2012-2017); member of the IFCC Task Forces on the Global Campaign on Diabetes Mellitus (2003- 2008) and on International Clinical Liaison (2009-2011). Within the Asia Pacific Federation of Clinical Biochemistry (APFCB) he served as Chair, Scientific Committee (2002-2004) and Chair, Scientific Organising Committee, Member Organising Committee for the 10th Asian Pacific Congress of Clinical Biochemistry (2002-2005). He was the Australasian Association of Clinical Biochemists (AACB) representative to the Councils of the IFCC and APFCB (1998-2004), served on AACB Council (1998-2002) and Editor of the *Clinical Biochemist Reviews* (1994-2002). He was awarded an AACB Outstanding Service Medallion (2003) and the W. Roman Travelling Lectureship (2004). Between 2003 and 2009 he was the Director of the Hanson Institute which administered infrastructure to support the research of some 300 staff and 100 postgraduate students.

Howard was a passionate educator as a

Professor of Medical Science in the School of Pharmacy and Medical Science, University of South Australia and affiliate title-holder at the University of Adelaide. Howard supervised and mentored numerous local and international honours, Masters and PhD students, with many students going on to successful careers in research and the health sector. Howard also contributed to the programs of undergraduate teaching at UniSA and the University of Adelaide. Howard was always available to staff and students to help them understand challenging physiology and pathology concepts and to discuss issues relating to quality in the pathology laboratory.

While many of us enjoyed discussing science with Howard it may be his demeanour that is remembered by most. His relentless optimism and good humour was a huge support to others looking for encouragement. Howard was intelligent, informed, broadly interested in things and loved stimulating conversation. He was encouraging, energetic, hard-working, and had high standards. He had a larger-than-life sense of humour- not many who worked with Howard would have failed to hear his infectious and frequent laugh.

Howard took up sailing when he was in his forties, and like all things that Howard did, he attacked the challenge, determined to become the best he could be at the task at hand – to focus on the destination; not be put off by the challenges presented by weather and unpredicted obstacles; work with the conditions; reset your bearings and continue to your destination. That character was in Howard's nature.

Above all, he was a gentleman and a professional in all that he did. We extend our deep sympathies to Howard's partner, Helen Martin, his daughter Lisa and to his family.

Peter O'Loughlin, Paul Anderson and David Findlay

2019 ESA

Awards and Fellowships

As usual, the competition for the annual ESA awards and fellowships was fierce in 2019, with a very high standard of applications received by the society. We congratulate all recipients on their success.

ESA Senior Plenary Award

Susan Davis



ESA Mid-Career Award

Kelly Walton



Novartis Award

Adam Hagg



Bryan Hudson Clinical Endocrinology Award

Teresa Lam



Paul Lee Best Abstract Award

Jennifer Chen

ESA Young Investigator Scientific Article Award

Nandini Shankara Narayana



Australian Women in Endocrinology (AWE)

Eleanor Thong
Sunita De Sousa



ESA Postdoctoral Award

Ada Cheung
Moe Thuzar



ESA Ken Wynne Memorial Postdoctoral Research Award

Kelly Walton



ESA Research Higher Degree Scholarship

Monica Kanki



RACP ESA Research Establishment Fellowship in Endocrinology

Jasna Aleksova



ESA/IPSEN International Travel Grant

Sunita de Sousa

Hanh Nguyen

Jun Yang



ESA Research Seed Grants

Morton Burt

Caroline Jung

Adam Rose

Aneta Stefanidis

ESA Asia/Oceania Travel Support Scheme

Anuradha Jayasuriya

Smitha Rao

Udai Wijentunga

Novartis Award

The ESA-Novartis Junior Scientist Award is given for the best presentation at the Annual Scientific Meeting by an advanced trainee or a person enrolled for a higher degree (PhD, MD, FRACP).

I would like to sincerely thank the Endocrine Society of Australia for awarding me the Novartis Junior Scientist award for 2019. My presentation entitled “Interrogating Bone Morphogenetic Protein signalling in cancer cachexia” was selected from four other outstanding presentations.

My PhD project has focused on studying the cellular and molecular mechanisms contributing to cancer associated muscle wasting. The majority of cancer patients suffer muscle weakness and frailty associated with tumor burden; this is known as cancer cachexia. One in three advanced cancer patients die from cachexia and not cancer itself. There are currently no effective treatments for cancer cachexia.

Our team, including international collaborators, previously established a role for Bone Morphogenetic Signalling (BMP) as an essential regulator of skeletal muscle homeostasis. Following on from this work, my studies have demonstrated that this signalling pathway is dysregulated in the muscles of tumor-bearing mice and humans. We have developed gene therapy and pharmacological interventions acting to restore BMP signaling in the muscle of tumor-bearing mice. These treatments effectively reduce muscle wasting and even extend the lifespan of cachectic mice.

Our novel findings highlighting the remodeling of skeletal muscle and its environment during cancer progression will have an impact on how cachexia is approached in the laboratory and in the clinic.

I am extremely grateful for the opportunity to present my work to the broader audience of basic scientists and clinical researchers at the ESA Annual Scientific Meeting. I would also like to recognise the support of my supervisors A/Prof Paul Gregorevic and A/Prof Craig Harrison, the team at the Centre for Muscle Research (Department of Physiology, University of Melbourne) and the Biomedicine Discovery Institute (Monash University).

Adam Hagg



Bryan Hudson Award

The Bryan Hudson Clinical Endocrinology Award will recognize the best clinical research presentation at the Annual Scientific Meeting by an active member of the Endocrine Society of Australia early in their career.

I was extremely honoured to be the recipient of the 2019 Bryan Hudson Clinical Endocrinology Award for the presentation “ADT in prostate cancer patients: the benefits of a 12-month home based progressive resistance training program”. These results encompassed a large part of my doctorate studies examining the relationship between exercise, growth factors, and prostate cancer.

Prostate cancer has the second highest incidence of all cancers amongst men worldwide. Androgen deprivation therapy (ADT) remains the mainstay of treatment but is associated with numerous detrimental effects including changes in body composition and quality of life (QOL). Existing studies show that supervised exercise programs can ameliorate these effects, but have certain limitations including patient access and cost. In-vitro studies on prostate cancer cells show an effect of ADT on IGFBP-3, a pro-apoptotic protein, and IGF-1 which mediates tumour cell growth.

Our randomised controlled trial showed that a home-based progressive resistance training (PRT) program instituted at the start of ADT could reduce its toxic effects on body composition and QOL comparable to that with supervised programs.

Furthermore, a biochemical response to ADT was also associated with an increase in serum IGFBP-3 which is involved in suppression of prostate cancer metastasis. These results are clinically important, as it provides clinicians a less resource-intensive alternative in the treatment of ADT toxicity. This is also the first clinical study to show a significant increase in IGFBP-3 in response to ADT, highlighting the need for ongoing research in this area.

I am sincerely grateful to the Endocrine Society for this prestigious award. I would also like to recognise the ongoing support of my supervisors, Prof Mark McLean and Dr Vita Birzniece, and my collaborators, particularly Dr Bobby Cheema.

Teresa Lam



ESA/IPSEN Travel Award

To support younger members of the society to travel to international meetings, laboratories and/or clinics to further their training and knowledge in Endocrinology.

As a recipient of an International Travel Grant for 2019, I am grateful to both the ESA and IPSEN for their generous support. This award enabled my attendance at the 44th International Aldosterone Conference (IAC) followed by the Annual Meeting of the Endocrine Society (ENDO) held in New Orleans, USA, in March this year.

I had invited chairing roles at both conferences and was able to present outcomes of my research on the topic of primary aldosteronism (PA). PA is a common and potentially curable form of hypertension that is substantially under-diagnosed at present. My oral presentation at the IAC, "Primary Aldosteronism is Common in Australian Primary Care: A Pilot Study", generated much discussion on strategies to improve the detection of PA while my poster at ENDO, "Primary Aldosteronism Has a Distinctive Twenty-four Hour Blood Pressure Profile" was featured on their Daily News.

In addition to chairing sessions and sharing research findings, attendance at these conferences gave me the opportunity to develop new and consolidate existing collaborations. I participated in the General Meeting of the American-Asian-Australian Adrenal Alliance (A5) to develop a range of international projects relating to adrenal hypertension; one study on the genetics of PA in collaboration with Professor William Rainey (University

of Michigan) has progressed to sample submission by October 2019. Additional meetings were held with Professor Gian Paolo Rossi (University Hospital, Padova, Italy) to discuss an existing multi-centre randomized controlled trial of Intra-procedural rapid cortisol in adrenal vein sampling; and Professor Qifu Li (Chongqing Medical University, Chongqing, China) to optimise diagnostic tests for PA which has generated two submitted manuscripts by November 2019.

The ESA/IPSEN travel award, together with the strong mentorship offered by Professor Peter Fuller and Dr Morag Young (Hudson Institute of Medical Research), have been crucial in fostering these scientific and clinical connections. I encourage other endocrine trainees and researchers to attend such international conferences as a way for them to engage proactively with experts in the field, develop innovative projects both nationally and internationally and increase the overall impact of their research.

Jun Yang



ESA Young Investigator Scientific Article Award

The ESA Young Investigator Scientific Article Award is made annually to recognise the best scientific paper published in the 12-month period preceding the closing date for abstracts for the Annual Scientific Meeting by an active member of the Endocrine Society of Australia early in their career.

It has been a privilege and honour to have received the 2019 Young Investigator Award for my publication in *Andrology* titled 'Sperm Cryopreservation Prior To Gonadotoxic Treatment: Experience of a Single Academic Centre Over 4 Decades'. This paper was published as the editor's highlight article in the journal *Human Reproduction*. I would like to thank the ESA for giving me the opportunity to present this work, on behalf of my co-authors, at the 2019 ESA Annual Scientific Meeting. It is a very rewarding experience to share this research which was a part of my PhD work.

Fertility impairment as reproductive dysfunction is almost virtually a universal consequence of gonadotoxic (chemo- and/or radiotherapy) regimens or surgery such as orchidectomy (testis removal). These cause spermatogenic damage resulting from temporary or permanent gamete loss causing male infertility. Sperm cryopreservation is an established technique to preserve male fertility prior to gonadotoxic treatment. This paper describes an effective sperm cryostorage program at Andrology Department, Concord Hospital (and previously Royal Prince Alfred Hospital), operating over 4 decades from the late 1970s in men receiving gonadotoxic treatment or at risk of gamete loss. It was a retrospective review of clinical, anthropometric, semen analysis and hormonal data in 2717 men (2085 with cancer, 234 non-cancer disease and 398 healthy controls), in a single tertiary academic centre with the same clinic and laboratory staff.

We reported pre freeze sperm/seminal parameters in various disease categories, impact of the disease on sperm output, feasibility of sperm cryostorage especially at young age, regional access to the urban cryostorage facility. Sperm output was lower in all categories compared to controls, however, sperm cryostorage was feasible virtually in all men, including sufficiently mature adolescents, who could collect semen to insure future paternity as well as make positive psychological preparation. Disposal of cryostored material when no longer required is efficient with regular follow-up. Cryostorage facilities are not available in remote areas of the state and the proportion of outer regional area residents cryostoring sperm was only about half that compared with urban residents. Sperm cryopreservation should be an integral part of the comprehensive treatment plan in men receiving gonadotoxic treatment but remains underutilised.

I am very grateful to my supervisor Prof Handelsman for his guidance and mentorship. I would also like to acknowledge the support from Sydney Medical School Foundation Scholarship and Andrology Australia.

Nandini Shawnkara Narayana



Australian Women in Endocrinology Travel Award

To provide financial support to younger women involved in Endocrine-related training and/or research.

I was incredibly honoured to be a recipient of the 2019 Australasian Women in Endocrinology (AWE) Travel Award, and would like to thank the Endocrine Society of Australia and the AWE for their generosity. This travel grant supported my attendance at the US Endocrine Society Annual Scientific Meeting (ENDO 2019) in New Orleans, USA, in March 2019 where I was able to present my thesis research findings, entitled “Contemporary risk of menstrual and reproductive dysfunction in women with type 1 diabetes: a population-based study” to a global audience. This work was delivered as an oral presentation at the ENDO pre-conference day session for the Androgen Excess and Polycystic Ovary Syndrome (AEPCOS) Update, in addition to being shortlisted for the Presidential Poster Competition at ENDO 2019.

The opportunity to present my work on an international platform has led to the validation of my research in lesser-known complications of type 1 diabetes, particularly its effects on reproductive and bone health in young adults. Individuals with type 1 diabetes are at high risk of developing reproductive disorders and osteoporosis, yet the mechanisms behind these complications in this cohort remain elusive. I found that clinicians looking after young people with type 1 diabetes were interested in these complexities, which has provided further motivation to continue my clinical research in understanding the link between reproductive and bone

health in women with type 1 diabetes. I was able to discuss my research with like-minded clinicians and academics, and network with potential collaborators for future projects. I also attended several sessions relating to an update in type 1 diabetes management, which helped enhance my clinical practice. A highlight of my experience at ENDO 2019 was the opportunity to attend the Women in Endocrinology Dinner, where I was able to meet with and listen to the experiences of several inspirational female clinicians and researchers. As a young clinician-researcher, it was heartening to be in the company of so many remarkable women and role models in science, and I left with several pearls of wisdom that night.

Once again, I am grateful for the AWE Travel Award, which has allowed me to progress my research interests and enrich my clinical practice. I would also like to acknowledge my PhD supervisors, Prof Helena Teede, A/Prof Frances Milat and Prof Peter Ebeling, for their continued support and mentorship.

Eleanor Thong



ESA/IPSEN Travel Award & Australian Women in Endocrinology Award

I was honoured to receive an ESA/Ipsen International Travel Award and an Australasian Women in Endocrinology (AWE) Travel Award to support my attendance at the U.S. ENDO Meeting and the International Pituitary Congress held in New Orleans, Louisiana in March 2019.

I had the privilege of giving an oral presentation at ENDO detailing our local discovery of the first reported deep intronic mutations in the succinate dehydrogenase genes, for which we received an Endocrine Society Outstanding Abstract Award. Beginning with a family I first saw during my training at the Royal Adelaide Hospital, this expanded into a study involving SA Pathology's Centre for Cancer Biology where I am partly based for my PhD, the SA Adult Genetics Unit where I see patients with related endocrine tumours, and A/Prof Rory Clifton-Bligh and colleagues at the Kolling Institute. Our novel findings have changed how we investigate local patients with paragangliomas and we hope that this will advance the care of patients at other centres.

Another hot topic at both ENDO and the International Pituitary Congress was the risk of dopamine agonist-induced impulse control disorders in patients with prolactinomas. The valuable insights I gained from these meetings informed my own study in this area which has now been published in JCEM.

Thanks to interstate collaborations with A/Prof Warrick Inder and A/Prof Ann McCormack, we conducted the largest cross-sectional analysis on this topic, finding a particularly high risk of hypersexuality amongst dopamine agonist-treated eugonadal men.

The AWE award also gave me the opportunity to attend the annual Women in Endocrinology dinner during ENDO. I enjoyed meeting other endocrinologists and scientists from across the world and it was a pleasure hearing Dr Lila Nachtigall talk about the juggle between clinical and academic work. Because of the birth of my daughter, Clementine, I was unable to attend the AWE awards ceremony in Sydney but I hope to continue my involvement in these societies in the future.

I am incredibly grateful to ESA, Ipsen and AWE for the great opportunities provided by these awards. I am also grateful as always for the support of my primary supervisor, Prof David Torpy, who continues to guide me through both my academic and clinical development.

Sunita de Sousa



RACP Endocrine Society of Australia (ESA) Research Establishment Fellowship in Endocrinology

This fellowship is awarded to further medical research in endocrinology by an ESA member and advanced trainee of the RACP. The fellowship is made available by a grant from ESA matched with funds provided by Fellows of the RACP.

Project: Improving Fracture Prediction and Clinical Care for Patients with Chronic Kidney Disease and Kidney Transplantation

Dr Jasna Aleksova is an endocrinologist and clinician researcher with primary interests in the pathophysiology, risk factors and treatment of bone disorders related to chronic kidney disease (CKD) and renal transplantation. Despite the increasing prevalence of CKD and the disturbingly high fracture rates, there is a paucity of validated diagnostic and treatment avenues to improve bone health in these patients.

During her doctoral studies, Jasna examined the role of novel, non-invasive and inexpensive imaging tools that may improve the ability to predict fractures in this cohort. She was privileged to present her research at multiple National and International conferences and feature in significant publications.

As a practising endocrinologist, Jasna works in the metabolic bone clinics at Monash Health, which provides her the exposure to a diverse range of metabolic bone conditions.

Concurrently, she is a clinician-researcher at the Hudson Institute

and Department of Medicine, Monash University and is part of a large team of successful scientists that perform internationally acclaimed bone and mineral research. This unique partnership supports her involvement in other areas of research including thalassaemia related bone diseases, bone disorders associated with diabetes mellitus, primary ovarian insufficiency, and Turner's Syndrome and chronic neurological disorders in young adults.

Dr Jasna Aleksova



Hormones Australia Website

<https://www.hormones-australia.org.au/>



ESA officially launched its new public-facing website – Hormones Australia- at the ESA Seminar weekend on 3-5 May 2019 and via email to the Membership on June 18.

This site includes information about the endocrine system, endocrine glands and common endocrine conditions. All the information is available in downloadable fact sheets. This content was created through an interactive consultation process, with ESA Council, national leading experts in endocrinology and consumer feedback. During this process, a number of needs were identified, and new initiatives created to address these (outlined below).

Steroid Card: This newly created card for patients taking daily steroid replacement therapy is available for download. It contains the patient's name, medical conditions, medications and dose, and is credit card sized to fit easily in a wallet.

The **Latest Articles** page is regularly updated with new postings created by our content manager, an ESA member or an invited author with specialist knowledge/information/experience. These articles are similar to blogs (<1000 words) and aimed for the general public. They provide information about endocrine conditions, lifestyle advice, new drugs or treatments, or community interest stories. Where possible, articles are released to time with national health days or public events (e.g. diabetes week).

The **Find an Endocrinologist** page includes general information about endocrinologists, how to get a referral, and a tool to locate an endocrinologist. Endocrinologists can be found based on location and/or specialty.

Monthly Updates: At the end of each month, a Hormones Australia Monthly Update is emailed to the membership. This campaign includes an overview with links to new articles posted during the month, general website information and any other relevant updates.

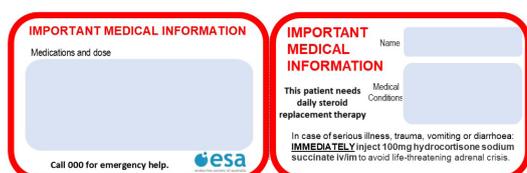




Figure 1: Number of clicks on Hormones Australia site during 2019

Analytics

Since its launch, the Hormones Australia site has appeared in over 245,000 search results and is now viewed over 1000 times a month. Its average search position is 14, although many individual pages have now reached within the top ten positions. This means that the site is frequently visible in the first page of search results.

Acknowledgments

The Hormones Australia Website team would like to thank the following people and groups for their contributions to creation and/or review of website content:

Mathis Grossmann, Rosemary Wong, John Walsh, Don McLeod, Morton Burt, Leon Bach, Ken Ho, Ann McCormack, Carmela Caputo, Sunita De Sousa, Bu Yeap, Gary Wittert, Rob McLachlan, Emma Duncan, Peter Ebeling, Frances Milat, Warrick Inder, Yi Yuen Wang, Peter Fuller, David Henley, David Torpy, Tim Cole, Craig Harrison, Belinda Henry, Jun Yang, Michael Stowasser, Osteoporosis Australia, Melbourne Osteoporosis Support Group, Australian Thyroid Foundation, Australian Pituitary Foundation, The Australian Addison's Disease Association

And thank you to the following people for their contribution and expert review of articles for Hormones Australia:

Bu Yeap, Rob McLachlan, Carolyn Allan, Susan Davis, Jane Holmes-Walker, Yi Yuen Wang, Simon von Saldern & Carmen Broadhurst, Annette Parkes-Considine & Christolyn Raj, Kimberly Cukier, Robyn Perlstein, Bu Yeap, Jade Murray, Shantha Rajaratnamand, Elise Facer-Childs, Lisa Moran, Lin Mo, Teresa Lam, Peter Fuller, Morag Young and Adam Hagg.

The Hormones Australia website team

Council website representative: Dr Belinda Henry

Content manager: A/Prof Nicki Hodyl

Website manager: Manesh Nesaratnam, Whoosh Digital Media

2019 RACP

Webinars

A number of webinars by ESA members were presented during 2019, and have now been published on the RACP website.

Only fellows of the college can access these webinars.

Link - <https://www.racp.edu.au/fellows/resources/specialty-society-webinar-series/specialty-society-webinars/australian-diabetes-society-australian-and-new-zealand-bone-and-mineral-society-and-endocrine-society-of-australia-webinars>

Dr Jun Yang

Primary aldosteronism: a common and potentially curable endocrine cause of hypertension.

Associate Professor Ann McCormack

Update in Acromegaly.

Dr Jui Ho

Endocrine conditions in pregnancy.

Prof Louise Maple-Brown

Musculoskeletal health of Aboriginal and Torres Strait Islander People.

Dr Cherie Chiang

Bone turnover markers in clinical practice – when to order and how to

Patient Resources



A partnership between ESA and the US Endocrine Society

The Endocrine Society of Australia has established an international collaboration with the US Endocrine Society to adapt patient information to the Australian setting and make them readily available.

These resources are rigorously developed, evidence-based and aimed to support patients to understand their endocrine condition with the support of their doctor.

These are available in both English and Chinese.

*This information is designed to be informative and educational. It is not intended to provide specific medical advice or replace advice from your doctor.

*Please note that only the information on the Australian link below is adapted to national settings including medications and tests. Other resources on the US website may be helpful but may not be consistent with Australian practice.

ESA Journals

Clinical Endocrinology

ESA has partnered with the Journal *Clinical Endocrinology*. This will be our Society's journal. ESA members will have electronic access to this journal and will be able to get articles published. The editorial board can be expanded to include more Australian members.

Clinical Endocrinology publishes papers and reviews which focus on the clinical aspects of endocrinology, including the clinical application of molecular endocrinology. It does not publish papers relating directly to diabetes care and clinical management. It features reviews, original papers, commentaries, cases of the month, book reviews and letters to the editor. *Clinical Endocrinology* is essential reading not only for those engaged in endocrinological research but also for those involved primarily in clinical practice.

To access the journal: Use the member log-in on the homepage: <http://www.endocrinesociety.org.au/> | Go to membership then Clinical Endocrinology Journal



Journal of Molecular Endocrinology

Journal of Molecular Endocrinology is the only society-owned journal dedicated to molecular endocrinology.

The journal focuses on molecular and cellular mechanisms in endocrinology, including: gene regulation, cell biology, signalling, mutations, transgenics, hormone-dependant cancers, nuclear receptors, and omics. Basic and pathophysiological studies at the molecule and cell level are considered, as well as human sample studies where this is the experimental model of choice. Technique studies including CRISPR or gene editing are also encouraged.

ESA endorses *Journal of Molecular Endocrinology* entitling the ESA membership to a 25% discount on colour figure charges. Impact Factor: 3.577

Website: <http://jme.endocrinology-journals.org/>



Journal of Endocrinology

Journal of Endocrinology is the highest impact journal dedicated to basic endocrinology. *Journal of Endocrinology* publishes original research articles, reviews and science guidelines. Its focus is on endocrine physiology and metabolism, including hormone secretion; hormone action and biological effects. The journal publishes basic and translational studies at the organ, tissue and whole organism level.

ESA endorses *Journal of Endocrinology* entitling the ESA membership to a 25% discount on colour figure charges. **Impact Factor: 4.706**

Website: <http://joe.endocrinology-journals.org/>



Endocrinology, Diabetes & Metabolism Case Reports

Endocrinology, Diabetes & Metabolism Case Reports is a unique, open-access resource that publishes and links together case reports, enabling practitioners to communicate findings, share knowledge and convey medical experiences efficiently and effectively; furthering both medical education and clinical practice.

The search and browse functionality enables fluid navigation between case reports, facilitating discovery, connections

and comparisons; making it the go-to resource across all the many disciplines intersecting with endocrinology, diabetes and metabolism.

ESA is one of many leading international societies that endorse *EDM Case Reports* in collaboration with Bioscientifica, a publisher wholly owned by the Society for Endocrinology. Members of ESA are eligible for a 25% discount on the publishing fee.

Website: www.edmcase reports.com



Australian Endocrinology Research Review

Australian Endocrinology Research Review is an independent medical update. Each edition features 10 key medical articles from global endocrinology journals with commentary from Professor Cres Eastman and Professor Duncan Topliss on why it matters to Australian practice.

It is free to receive for all Australian health professionals and is delivered by email as a PDF attachment.

Website: <http://www.researchreview.com.au/au/Clinical-Area/Internal-Medicine/Diabetes-Obesity/Endocrinology.aspx>



Find an Endocrinologist

The Endocrine Society of Australia receives regular enquiries to recommend an endocrinologist with particular interests or expertise. Endocrinology is a broad field, which includes some very common conditions, but also some very rare ones. As a result, people who have rare conditions may benefit from seeing a specialist with additional experience or expertise.

In the past, ESA has provided a Find an Endocrinologist function on the society webpages. This function is now transitioning to ESA's new public facing website, Hormones Australia

Website - <https://www.hormones-australia.org.au>

Submit or update your details

Clinical members of the Society have been invited to submit their contact details and self-nominated areas of interest to the Hormones Australia database. To include or update your details, please contact the Hormones Australia content team or the ESA secretariat.

Hormones Australia:

thecontentteam@hormones-australia.org.au

ESA secretariat:

ijohnson@endocrinesociety.org.au

The general public will be able to search for an Endocrinologist in this section:

Website - <https://www.hormones-australia.org.au/find-an-endocrinologist/>

Please note that the Endocrine Society of Australia is providing this as a community service to help patients find a suitable endocrinologist (considering both geographical issues and area of interest). The Society is not endorsing or recommending any of the listed clinicians or their degree of expertise. Only financial members of ESA will be included.

Find a Researcher

ESA Council provides a facility for members to explore research interests represented within the Society, identify researchers who are willing to review manuscripts or grants, and those willing to receive invitations to speak at local or national meetings.

The primary aim is to encourage research interactions and collaborations. The secondary aims of this service are to raise the profile of emerging and early career researchers and establish the Society's membership as a valuable national resource for peer review activities related to research.

Council encourages ESA members to "opt in" by providing details of their qualifications, training, current position, research interests and "top 5" recent publications to a member-access database. The database will provide a means for researchers to identify potential collaborators, and promote interactions between clinical and laboratory-based researchers within the Society.

These data will be accessible only to other members of ESA.

If you would like to be listed in 'Find a Researcher' Log in at the ESA homepage:

Website - <http://www.endocrinesociety.org.au/> and go to resources.

ESA-SRB-APEG-NZSE

ASM 2020

1-4 NOVEMBER

Te Pae, Christchurch, NZ

Save the date!

Early Bird and Abstract deadline:

17th July 2020

Artist: FinDoc | Title: Kaitiaki
Photographer: A Walsh

WWW.ESA-SRB-APEG-NZSE.ORG



Kia Ora!

On behalf of the organising committee, we warmly invite you to attend the 2020 Annual Scientific Meetings of the Endocrine Society of Australia (ESA), the Society for Reproductive Biology (SRB), the Australian Paediatric Endocrine Group (APEG) and the New Zealand Society for Endocrinology (NZSE) to be held at the brand new Te Pae Christchurch Convention Centre from 1-4 November 2020.

The meeting will bring the finest clinical and laboratory researchers in these fields from Australia, New Zealand, Japan, Korea, China, and other Asian countries to Christchurch. This will provide an excellent chance to hear the latest in paediatric and adult endocrinology, reproductive biology, cancer diagnosis and therapy.

With the combined societies, we anticipate in excess of 800 delegates

representing a variety of specialties including endocrinology, cell and molecular biology, diabetes, reproductive biology and pharmacology.

The program organising committee is represented by members from all four societies and will present the latest and most exciting data from these respective fields with a range of international and national leading speakers.

We look forward to seeing you in Christchurch!

Assoc. Prof Tim Cole, ESA President

Prof Moira O'Bryan, SRB President

Dr Helen Woodhead, APEG President

Dr Ryan Paul, NZSE President

ESA CLINICAL WEEKEND 2020

Save the date!

30 OCTOBER - 01 NOVEMBER

Rydges, Christchurch, NZ



www.esaclinicalweekend.org.au

esa
endocrine society of australia

ESA Clinical Weekend

The 2020 Endocrine Society Clinical Weekend will be held in Christchurch, Rydges Latimer Christchurch Hotel 30 October – 01 November 2020.

We invite delegates to join us for this weekend in this beautiful city, known internationally as the “Garden City” in recognition of its spectacular gardens. Christchurch City is alive with colour, atmosphere and world-class attractions, as well as excellent cafes, bars and restaurants. The City has been extensively rebuilt after a series of earthquakes in 2010 and 2012, and is a great destination for those looking for city attractions or as a hub for those wanting to explore the region further.

We look forward to joining you in October 2020!



The annual Endocrine Society of Australia Seminar 2020



SAVE THE DATE
1-3 MAY 2020

ALBERT HALL LAUNCESTON TASMANIA

www.esaseminar.org.au



Launceston: let's make it happen!

The ESA is a community and for our next Seminar meeting we hope you will all come to a new type of meeting; one that enhances our learning while breaking with tradition.

Launceston is a city of contrasts and we aim to showcase the best of Tasmania while bringing you the best of endocrinology. With the main theme of adrenal disease, our Plenary speaker is Prof Gary Hammer, the president-elect of the US endocrine society. We hope you will come as a show of support to the global endocrine community and to celebrate his time down under.

In addition to fantastic plenary presentations and sessions with local experts, there will be case presentations and panel discussions. In particular, the program will cover topics including: diabetes, thyroid, bone and calcium, and will pay homage to the Tasman 1 kindred MEN1 publications. The major difference will lie in the feel of the meeting. Launceston is regional. It is Australia's

third oldest city and has undergone significant urban renewal. While the architecture remains elegant in line with its history, there is a thriving art and design scene. Moreover, the food scene is zesty and the coffee, wine and cheese culture thrives.

We have arranged a variety of accommodations throughout the city, with the conference facilities located at the heart of it all, The Albert Hall. Choose between the glamour of the repurposed Peppers Silo Hotel to the history of the Grand Chancellor Hotel. Bring your walking shoes (and umbrella) to make the most of all that we have planned.

Come and support our society while we support the thriving town of Launceston!

Diana Learoyd and Anna Story
ESA Seminar 2020 Co-convenors

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Secretariat

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Office hours: 10.00am – 4.00pm
Tuesday, Thursday and Friday