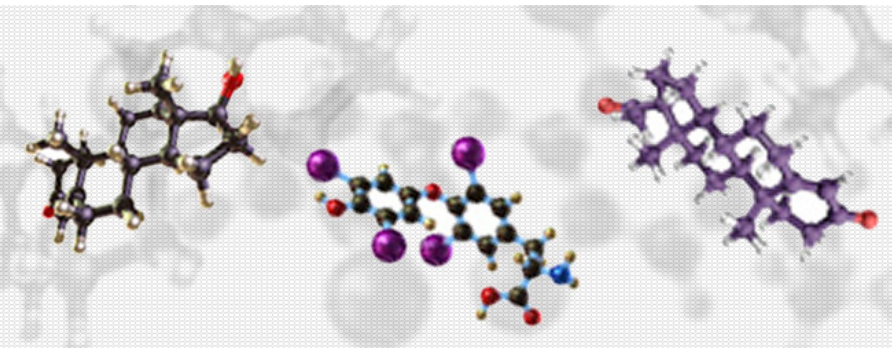




# ANNUAL REPORT 2018



## 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. An election, if needed, is held every 2 years 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 internationally.

### 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. 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

#### 2. 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

## ESA STRATEGIC PLAN

### 3. 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

### 4. 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

### 5. 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

### 6. 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

The 2018 Annual Scientific Meeting and Clinical Weekend are upon us, and my term as President of the Society is drawing to a close.

The current executive team has consisted of Warrick Inder as President, Tim Cole as president-elect and chair of the scientific strengthening sub-committee, Morton Burt as secretary, Craig Harrison as Treasurer and Bu Yeap as chair of the Medical Affairs sub-committee.

We are about to say farewell to Craig Harrison and Chen Chen whose time on ESA Council has come to an end and welcome newly elected Council members Diana Learoyd, Emily Mackenzie and Shane Hamblin.

From a clinical perspective, the Medical Affairs Committee continues to be busy and thanks to Bu Yeap for his tireless efficiency in his role as chair. All researchers face testing times, particularly with respect to obtaining research funding. There are signs that basic science research in particular is struggling outside of a few key centres of excellence. These and other issues are being addressed head on by the Society via the Scientific Strengthening Committee chaired by Tim Cole. Tim and Belinda Henry have put together another fantastic Early Career Development Workshop at this year's annual scientific meeting.

ESA is hosting the 2019 AOTA meeting (Asia & Oceania Thyroid Association) in conjunction with the 2019 ASM in Sydney. Thanks go to Duncan Topliss who is the Australian AOTA Council representative and submitted the bid on our behalf. We will be putting together a Local Organising Committee for this meeting shortly and volunteers are always appreciated. We are hopeful of securing another joint international meeting, this time with the Growth Hormone Research Society and IGF Research Society for 2022.

2019 will be the last occasion where the ESA/SRB ASM immediately precedes the ADS/ADEA (now Australian Diabetes Congress). All parties have agreed on a three year trial of separating the meetings. After consultation with the members of both Societies, the ESA/SRB meeting will take place in late October/early November commencing in 2020.

ESA continues to support Clinical Endocrinology as the Society's official clinical journal, Journal of Endocrinology and Journal of Molecular Endocrinology as the Society's official basic science journals and Endocrinology, Diabetes and Metabolism Case Reports as the Society's official case report journal.

To this point the 2018 meetings have progressed smoothly. Bu Yeap is the convenor of the Seminar Weekend POC and he and his team organised a terrific program for the May meeting in Canberra with a major diabetes focus. The 2019 meeting is on track and will be held in Perth. The Annual Scientific Meeting POC chairs, Renea Taylor and Fran Milat have excelled again in putting together this year's program. We also farewell Fran and Renea who have done an amazing job working together as co-chairs of the POC over the last 3 years. The next POC will be Queensland-based, and following this successful model, co-chaired by Helen Barrett and Johanna Barclay. The Clinical Weekend, this year organised by Anthony Zimmermann has (as usual) attracted the best and trickiest cases around the country with the registrars putting together some high-quality presentations to test and educate us all. This year it is based in central Adelaide and the social programme promises to include a highlight for sports fans.

As reported last year, ESA has been working to establish a public domain of the ESA website, aiming to provide a more user-friendly interface, including more educational and patient-focused material. This is being ably led by Belinda Henry and former ESA Treasurer Nicki Hodyl has been the chief medical writer. Patient education sections have been written, edited, externally peer reviewed and are now undergoing a consumer review before finalising and release.

In another initiative, we have established Travel fellowships for endocrinologists and endocrine scientists from Asia-Oceania region countries to attend the ESA Annual Scientific Meeting. This allows colleagues from less well-off areas to attend our meeting and hopefully encourage more overseas memberships. Our first three recipients are to attend the 2018 meeting.

The Society is maintaining its finances well, as outlined in the Treasurer's Report and the audited accounts. This has enabled us to offer more research funding including the Seeding Grants awarded earlier this year, the Joint fellowship with the RACP and an extra post-doctoral fellowship in 2018. We will continue to examine this on an annual basis, depending on the ambient financial situation but are committed to providing ongoing research funding support as well as excellence in education and scientific meetings.

With Helena Teede moving on as past president and Nicki Hodyl resigning last year, ESA Council has been down to only two women in the last 12 months. This has been improved by the addition of Diana Learoyd and Emily Mackenzie who are about to join. The clinical Endocrinology specialist workforce (latest available figures) is almost exactly 50:50 male:female, however among those in training, the figure was 78% female. The society will only flourish and develop if our women clinicians and scientists come through into leadership positions.

Finally, I would like to thank the current ESA Council for their hard work and support. This year marks the 10th year I have been on Council and we have gotten through the global financial crisis, increased our research support, fostered new initiatives and strengthened our educational and scientific meetings. ESA has a prominent voice in many national initiatives and reviews, work which goes on behind the scenes and undoubtedly benefits from our input. Maintaining and strengthening basic and translational research is a priority. An impending review of ESA policy regarding the submission and approval of Guidelines and Position Statements will clarify what is required for groups looking to contribute to this area. The Society will be in excellent hands with the incoming President Tim Cole.



*Warrick Inder*



**A/Prof Warrick Inder (President)**  
(President until 21/08/18)  
Senior staff specialist (Endocrinology)  
Department of Diabetes and Endocrinology  
Princess Alexandra Hospital  
Ipswich Rd  
Woolloongabba QLD 4102



**A/Prof Timothy Cole (President Elect)**  
(President from 21/08/18)  
Department of Biochemistry & Molecular  
Biology,  
Bld 76, level 3,  
Monash University, Vic, 3800,



**Dr Belinda Henry (Treasurer)**  
(Treasurer from 21/08/18)  
Research Fellow  
Department of Physiology  
Building 13 F, Wellington Road  
Monash University, 3800



**A/Prof Morton Burt (Honorary Secretary)**  
Southern Adelaide Diabetes and Endocrine  
Services  
Level 1, 10 Milham St  
Oaklands Park. SA. 5046



**Professor Chen Chen**  
(Councillor until 21/08/18)  
Chair of Endocrinology  
School of Biomedical Sciences  
Room 409A, Sir W. MacGregor Building 64  
The University of Queensland  
St Lucia. QLD. 4072



**Professor Bu Beng Yeap (President-elect)**  
Harry Perkins Institute of Medical Research  
Fiona Stanley Hospital  
Murdoch. WA. 6150.





**A/Prof Craig Harrison**

(Treasurer until 21/08/18)  
Head, Growth Factor Signalling Laboratory-  
MIMR-PHI Institute of Medical Research  
27-31 Wright St,  
Clayton VIC 3168



**Dr Ann McCormack**

Staff Specialist, Department of Endocrinology,  
St Vincent's Hospital, Sydney  
Head, Hormones and Cancer Group,  
Garvan Institute of Medical Research  
384 Victoria St Darlinghurst NSW 2010



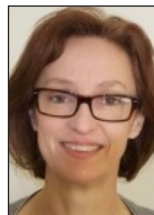
**Professor Mathis Grossmann**

University of Melbourne, Austin Health



**AA/Prof (Peter) Shane Hamblin**

(Councillor from 21/08/18)  
Department of Endocrinology & Diabetes  
Western Health, Sunshine Hospital,  
176 Furlong Road  
St Albans VIC 3021



**A/Prof Diana Learoyd**

(Councillor from 21/08/18)  
University of Sydney,  
Northern Clinical School  
Faculty of Medicine and Health



**Dr Emily Mackenzie**

(Councillor from 21/08/18)  
Department of Diabetes and Endocrinology  
Princess Alexandra Hospital  
Ipswich Rd  
Woolloongabba QLD 4102



**ESA Secretariat**

Ms Ivone Johnson-Executive Officer  
145 Macquarie Street  
Sydney. NSW. 2000.  
Ph: +61 2 9256 5405  
Fax: +61 2 9251 8174  
Email: [ijohnson@endocrinesociety.org.au](mailto:ijohnson@endocrinesociety.org.au)



**Administrative Assistant**

Ms Melissa Dupavillon  
145 Macquarie Street  
Sydney. NSW. 2000.  
Ph: +61 2 9256 5405  
Fax: +61 2 9251 8174



**SECRETARIAT**

145 Macquarie Street  
Sydney. NSW. 2000.  
Ph: +61 2 9256 5405  
Fax: +61 2 9251 8174

Email: [ijohnson@endocrinesociety.org.au](mailto:ijohnson@endocrinesociety.org.au)

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

### **ESA/SRB ASM 2018 Programme Organising Committee**

The 2018 ESA Annual Scientific Meeting will take place at the Perth Convention and Exhibition Centre from Sunday 19th August to Wednesday 22nd August, with the Society for Reproductive Biology (SRB). Registration numbers have significantly exceeded expectation, with 700 registrants, including 199 students!

This year we have several outstanding ESA Plenary speakers with Professor Peter Fuller, Professor Susan Mandel and Professor Rohit Kulkarni delivering the Harrison lecture, Taft and joint ESA/ADS plenary lecture respectively.

This 2018 ESA Senior Plenary was awarded to Professor Robert McLachlan, the Servier Award to Dr Sabashini Ramchand and the Mid-Career Award to Dr Kirsty Walters. We have continued the “Year In” symposium to open the meeting. This session will have 3 speakers, who will look at highlights over the past year across a range of endocrine conditions including Cushing’s, osteoporosis and obesity. There will also be a clinical “Meet the Professor” thyroid ultrasound workshop delivered by Professor Mandel. The ECR/Mid-Career workshop continues, though time was limited in the program this year. In addition, several translational sessions and lectures highlighting scientific advances have been woven into the program.

2019 saw a resurgence in high quality basic abstracts and competition for the ESA Novartis Junior Scientist awards. In contrast, though clinical abstracts were numerous, there were less applications for competitive awards. The Australian Women in Endocrinology Outstanding Abstract Award was popular, with many women ‘opting in’ during abstract submission.

Financially, ASN events estimates a surplus of \$60,000 for the meeting this year.

Following the 2018 meeting, we will be asking ESA members to put forward symposium suggestions including topics and potential speakers for the next ASM to be held in Sydney in 2019.

As this is our final year, we would like to especially thank ESA Council, Ivone Johnson, the POC and LOC committee members, as well as ASN events (Jim Fawcett in particular) for their tremendous support and assistance over the past 3 years.



*Fran Milat, Renea Taylor  
joint POC Chairs*

### **ESA Seminar Meeting May 26-28, QT Hotel, Canberra**

The 2018 ESA Seminar attracted 400 registrants, with major themes of diabetes, cardiovascular disease and endocrine disorders in pregnancy. Prof Irl Hirsch from University of Washington, Seattle, was an excellent international invited speaker giving two plenary lectures, the first on managing type 1 and type 2 diabetes in 2018, and the second on technology in diabetes. Irl also was an expert panellist on the “difficult cases” session, where cases of drug-induced diabetes, SGLT-2 inhibitor induced ketoacidosis and MODY were ably presented and discussed. Irl’s expert contributions in both his plenary lectures and his contributions to the case discussions were very much valued. Other sessions covered diabetes, diet and exercise, diabetes “out of the ordinary”, an update on assessing and managing cardiovascular risk, and updates on thyroid disorders and diabetes in pregnancy. All of these sessions received very positive feedback. Thank you to Irl Hirsch and also Joe Proeitto, Grant Brinkworth, Tim Jones, Spiros Furlanos, Steve Twigg, Girish Dwivedi, Jerry Greenfield, David Sullivan, Markus Schlaich, Shane Hamblin, Don McLeod, Glynis Ross, David McIntyre and Helen Teede for their generous and much appreciated contributions to the Seminar. Thanks also to Lydia Lamb, Emily Meyer and Stephanie Johnson for three excellent presentations of illuminating cases, and a special thanks to our two guest speakers for the Saturday evening conference dinner, Lucy Walczak and Duncan Read, for sharing their insights into living with type 1 diabetes.

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 is 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. We are taking on board the feedback received and we look forward to welcoming everyone to the 2019 ESA Seminar at the new Westin Hotel in Perth.



*Bu Yeap*

### ESA CLINICAL WEEKEND

This year's ESA Clinical weekend returned again to Adelaide on the 17th to the 19th of August. 300 Delegates participated in the weekend, eclipsing the number attending when this meeting was last held in Adelaide.

Over 200 Delegates attended the welcome function held at the iconic Adelaide oval where they enjoyed the company of South Australia's Maggie Beer, past Senior Australian of the Year. A special visit from Adelaide's Panda pair, Wang Wang and Funi occurred later in the evening thanks to some light comedy provided by 3 of SA's Endocrine Advanced trainees. Adelaide Oval Historic Scoreboard welcomed delegates with a welcome message.

Saturday morning formalities located in the Riverbank rooms at the Adelaide Convention centre started with a Welcome to Country performance by local Aboriginal group Yellaka. Susan Mandel, current President of the Endocrine society spoke in the opening Plenary about Thyroid disease in Pregnancy which was received well by all audience members. Sunday morning's 2nd Plenary lecture titled "Slow K, Special K, low K, OK?" was delivered by Peter Fuller from Monash, chaired by Tim Cole, ESA President Elect. As in previous years Registrar Case presentations remained an important component of the ESA Clinical weekend program. The best 12 abstracts of 42 submissions were selected and presented by trainees from around the country and New Zealand.

One unifying theme was selected for all presentations this year, "Lessons learned from unusual presentations of everyday Endocrine Problems". A first for the ESA Clinical weekend, all 12 finalists were presented with an engraved glass memento acknowledging their achievement of case selection for presentation, at Saturday night's conference dinner. These mementos were presented by Warrick Inder, outgoing ESA President. Dr Emily Brooks' case titled "Is ping pong bad for your bones?" was judged as best case presentation by our 3 judges Warrick Inder, Steve Stranks and Helena Teede. Saturday nights conference dinner was held at the Australian Wine centre where the Barossa Valley was brought to our guests with a special treat of a local wine maker matching and speaking to 6 wines selected to match the meal, and enjoyed in moderation during the evening. 150 delegates attended the evening, with interstate guests transported to and from North Terrace by bus for the event.

Other social calendar events included an afternoon of cryptic clue and puzzle solving in South Australia's State Library, hosted by Hazard Games. Embedded in this activity was a Historic Endocrine Quiz. Over 40 delegates formed teams to (mostly young, but pleasingly more some mature members) participated in this event. Winners to both activities were announced at the Saturday night conference dinner.

### ESA CLINICAL WEEKEND

A group of 20 enthusiastic delegates, including Susan Mandel participated in a “Walk of Adelaide” departing at 7am the following morning along the River Torrens followed by a light breakfast before conference proceedings began again.

In another first for the ESA Clinical weekend, immediately following closure of the ESA Clinical weekend Sunday morning program, Helena Teede lead a workshop titled “Women, leadership, careers and life: a leadership development workshop”. Over 150 delegates registered their interest in attending this workshop which was open for 120 delegates, some of whom had registered for ESA SRB which followed the Clinical weekend event.

Our gratitude was extended to our Major sponsors Ipsen and Novo Nordisk and other sponsors Inova pharmaceuticals, MSD and Novartis at our conference opening on Saturday morning, Saturday night Conference dinner and again at conference close. Fund aising exceeded our budgeted target.

I would like to extend my thanks to my organising committee members Jessica Stranks, Sunita DeSousa, Anjana Radhakutty, Kirsten Campbell and Parind Vora; as well as Jim Fawcett and ASN; all of our Chairs who accepted our invitation to supervise presentations; and our special guests, organisers and participants of our social activities scattered throughout the weekend.

Our goal as a committee was to try something new and refresh people’s interest in participating in the ESA Clinical weekend.

I think we have achieved our objective.



*Anthony Zimmerman*

### ESA EARLY CAREER RESEARCHER CAREER DEVELOPMENT WORKSHOP

The 2018 ESA/SRB Early Career Development Workshop will be held on the Wednesday of the meeting and has attracted close to 200 registrants. This year the workshop will focus on the impending changes to the NHMRC research funding system and we have Prof Zane Andrews from Monash University and a recent NHMRC panel member who will outline the proposed new funding system and what it means to the future funding and careers of early-mid-career researchers. A second discussion topic will be on 'Academic Life', how to position yourself for a tenured teaching/research position in the current Australian system. This will be a panel discussion that includes academics from both Societies. There will be a final Q & A session and an opportunity for networking.



*Tim Cole*

## CONGRATULATIONS TO ESA MEMBERS

### CONGRATULATIONS TO ESA LIFE MEMBER

#### **Professor George Werther**



*Professor George Werther*

### OFFICER (AO) IN THE GENERAL DIVISION

#### **Professor Creswell Eastman**

For distinguished service to medicine, particularly to the discipline of pathology, through leadership roles, to medical education, and as a contributor to international public health projects.



*Professor Creswell Eastman*

### OFFICER (AO) IN THE GENERAL DIVISION

#### **Professor David Handelsman**

For distinguished service to medicine, particularly to reproductive endocrinology and andrology, as a clinician, author and researcher, to the science of doping in sport, and to medical education.



*Professor David Handelsman*



**CONGRATULATIONS TO ESA MEMBERS – QUEEN’S BIRTHDAY 2018 HONOURS**

**MEMBER (AM)  
IN THE GENERAL DIVISION**

**Professor Iain James CLARKE**

Malvern East Vic 3145 For significant service to medicine in the field of endocrinology and neuroendocrinology, and to medical research into reproductive biology.



*Professor Iain James CLARKE*

**MEMBER (OAM)  
IN THE GENERAL DIVISION**

**Dr Simon John GRANT**

Mittagong NSW 2575 For service to medicine, particularly to endocrinology.



*Dr Simon John GRANT*

**CONGRATULATIONS TO ESA MEMBERS – QUEEN'S BIRTHDAY 2018 HONOURS**

**MEMBER (OAM)  
IN THE GENERAL DIVISION**

**Mr Ian Starr WHEATLEY**

Tea Gardens NSW 2324  
For service to pharmaceutical  
science.

**MEMBER (OAM)  
IN THE GENERAL DIVISION**

**Professor Margaret Rosemary ZACHARIN**

Surrey Hills Vic 3127 For service to  
medicine, particularly to paediatric  
endocrinology.



*Professor Margaret Rosemary ZACHARIN*

## **Obituary Notice, John Coghlan 22/3/1934 – 19/5/2018**

### **Former ESA President and Life Member**

At the height of the depression John Coghlan's parents Jack and Myrtle (nee Foo) lived in a cottage in the back streets of Jolimont. Sensing the imminent arrival of the first of their four sons, Myrtle walked to the Queen Victoria Hospital, then in William Street, where John was born on March 22, 1934. The family moved to Strathmore, not far from Essendon airport, despite which - perhaps the first signs of contrarianism - John became a lifelong Richmond supporter. He was educated at CBC North Melbourne, and after leaving school did his National Service, a source of occasionally hair-raising reminiscence.

In 1956 he became a part-time junior animal technician (his word: 'dogsbody') in the Melbourne University Physiology Department, allowing him to enrol in a science degree. Part-time notwithstanding, he graduated B.Sc. in 1958, M.Sc. in 1961, and PhD in 1964. No longer dogsbody, he worked with Professor RD (Pansy) Wright and Dr Derek Denton on aldosterone, the hormone from the adrenal glands which retains salt and is essential for life. It is made in tiny amounts, so that low levels - the normal state when salt is plentiful

- were impossible to measure. John went off for 3 months to New York, and developed the 'double isotope derivative dilution' method, which was labour intensive, but it worked, and was the 'gold standard' for decades.

Aldosterone was a lifelong interest, but not by any means his sole focus. John worked with Bryan Hudson, inaugural Professor of Medicine at Monash, on testosterone. He worked with Kevin Catt at Prince Henry's Hospital on angiotensin, which stimulates aldosterone secretion. At the Howard Florey Institute, with Hugh Niall and Geoff Tregear, he was involved in studies on various protein hormones; most notable was relaxin, without which normal childbirth would be near impossible. A second major contribution was, with John Shine at ANU, to pioneer the techniques of 'hybridization histochemistry'. This enables scientists to measure levels of messenger RNA, the intermediary code for protein synthesis, by looking down a microscope at slides of very thin tissue sections.

### **John Coghlan 22/3/1934 – 19/5/2018** **Former ESA President and Life Member**

John was appointed Deputy Director of the Howard Florey Institute in 1972, and succeeded Derek Denton as Institute Director from 1990-1996. In his spare(?) time he filled the roles of Deputy Vice Chancellor (Research) at Melbourne University from 1987-1990, and as Deputy Chair (1995-1997) and Chair (1988-1990) of the key Medical Obituary Notice, John Coghlan 22.3.1934 - 19.5.2018

Research Committee of NHMRC. Over the decade before he assumed the latter role, he was a key (and ultimately successful) driver of an appropriate first world level of funding for medical research – not just for the institute or the university, but for medical research – basic, translational, clinical – across all of Australia.

His scientific contributions are widely recognized. They include award of his D.Sc. from Melbourne University, at the age of 36; the Dale Medal of the UK Society for Endocrinology in 1988, the first Australian to be so honoured; in 1995 the award of MD (Honoris Causa, UNSW), only the second non-medical graduate to be so honoured, the other being the King of Thailand: and in

the same year the inaugural Ramaciotti Foundation Medal for Excellence in biomedical research.

In 1997 John was made an Officer in the Order of Australia (AO). The citation ends with "...endocrinology, and to the arts". John served on various boards – ballet, museum, university art gallery. In 1986 he and Bill Louis set in place (and funded, in large part) the R.D. Wright Lecture series, to commemorate his friend and mentor. Since that time there have been 18 occasional lectures: tellingly, the first was on medieval art, the second on Minoan civilization.

From the outset John has been a man fiercely devoted to his family – his wife and fellow scientist Marelyn Wintour-Coghlan, and their children Mark, Karen, Johanna and Daniel. He was also fiercely devoted to an extended family in research, many of whom he mentored, including the writer of this obituary. We'd meet shopping at the Victoria Market and he'd ask, "Are you free tonight?" He'd tell Marelyn, and all afternoon would be devoted to preparing delicious Chinese food; on occasion we may have had rather too much wine.

### **John Coghlan 22/3/1934 – 19/5/2018** **Former ESA President and Life Member**

With us, his extended family, he was never grumpy, as he could be on occasion; his black and white approach was attributed, as his daughter Karen said at John's funeral, as probably inevitable given his Irish and Chinese background. For us, he was loyal, funny, passionate and a great friend.

After leaving the Florey John worked three days a week for a decade as Director of the Menzies Foundation. He then formally retired, but spent five days most weeks in an office at the university, surrounded by vertiginous stacks of books, journals and offprints. He co-authored over 500 scientific papers; the second last appeared just before his death (on evolutionary cosmology) and the last just after (an obituary for the Obituary Notice, John Coghlan 22.3.1934 - 19.5.2018

Royal Society of his friend James Tait, co-discoverer with his wife Sylvia Simpson of the hormone aldosterone). Right up to his final hospital admission John was forwarding links to articles in Nature and Science that had piqued his interest. The last two were terrific.

One was a study showing that the connections (nerve cells in the brain, synapses, muscles) for hind limb activity were the same in humans (walking) as in the skate: this came complete with a marvellous video of a baby skate 'walking' – one flat tail end fin then the other – across the seabed. The second was on paramedic ants. A strain of African ants eat termites which not unexpectedly reciprocate by biting the ants' legs. If an ant loses 3 or more of their six legs they're history: if they lose 1 or 2 they are rescued, and have an 80% chance of survival: the paramedic ants ignore the pleas of the more severely damaged.

Why did John send these on? The answer is that he had a sense of deep wonder about the world around us, undiminished in his 85th year. Most good scientists, and all great scientists, have a driving sense of wonder. John Coghlan was a great scientist.



John Funder, with the assistance of  
Marelyn Wintour-Coghlan

*John Coghlan*

### **Vale Associate Professor J Dennis Wilson – Passed 29/01/18**

With much sadness to inform you, Dennis Wilson, Clinical Director of Endocrinology, The Canberra Hospital 1990-2016, passed away in the early hours of Monday 29th January, after an 18 month illness. His passing was peaceful, surrounded by family.

Dennis graduated Medicine at Queen's University, Belfast in 1972. He completed his training as an endocrinologist (MRCP - UK) at the Royal Victoria Hospital in 1979. He completed a MD at Queen's that same year and moved to Melbourne as a Clinical Fellow at the Medical Research Centre, Prince Henry's Hospital. He was awarded Fellowships with the Royal Australasian College of Physicians in 1983 and the Royal College of Physicians in 1997. Dennis was appointed Staff Endocrinologist at the Woden Valley Hospital, Canberra, in

1980. He became Clinical Director of Endocrinology from 1990, continuing in that role until becoming unwell in 2016. From 1983, he was involved in diabetes research (pancreatic islet), as a Visiting Fellow at the John Curtin School of Medical Research at ANU. Dennis was awarded academic title of Clinical Associate Professor in Medicine, University of Sydney 1995 – 2006 and Associate Professor in Medicine, ANU from 2002.

Professionally, Dennis will best be remembered for his contribution to patient care as a clinical endocrinologist in Canberra and the surrounding region of NSW.

As Director of Endocrinology, his greatest legacy is a long list of endocrinology trainees he supervised, now consultant endocrinologists, including five who now work as endocrinologists in Canberra. He highly valued the nursing and allied health staff working along side him within the service. He contributed in so many other ways, including as President of the Australasian Diabetes in Pregnancy Society 1990–94, Chairman, Royal Australian College of Physicians (ACT Branch) 1990–94, Senior Vice President Diabetes Australia (ACT) 1982–89 and Chairman of the Medical Staff Committee, Woden Valley Hospital 1992–96.

Dennis will be sadly missed, as a colleague and friend. We will miss his sharp wit, the odd Irish tale, his kindness and generosity. He enriched all our lives.

We extend our thoughts and condolences to Dennis' three children Helen, Sharon and Michael and to his partner Kirsti.



Funeral arrangements are in progress.

Chris Nolan  
(on behalf of all staff of  
Endocrinology and Diabetes,  
The Canberra Hospital)

*Associate Professor J Dennis Wilson*

### **Harald Dean Breidahl** **MD FRACP FRCP**

Died 28 January 2018 aged 93.

Hal, for many years, was one of the foremost diabetes physicians and endocrinologists in Melbourne and in Australia. He, with Pincus Taft, Bryan Hudson, and Skip Martin, established clinical endocrinology including diabetology, as a medical specialty in Melbourne.

He trained at the Alfred and Baker Institute in Melbourne, the Mayo Clinic, and the Hammersmith and Kings College Hospitals, London.

He was a senior physician, in charge of the diabetes clinics within the Diabetic and Metabolic Unit at the Alfred Hospital, Melbourne (1963-1984), and the Queen Victoria Hospital (1962-1983). He had a large and varied private practice in endocrinology and diabetes.

Hal, along with Pincus Taft, Bryan Hudson, and Ewen Downie, were among the founders of the Endocrine Society of Australia in 1957.

Hal was the first President of the Australian Diabetes Society in 1972-3. Hal was vice-president of the International Diabetes Federation 1976-1982. He served on the board of Diabetes Australia Victoria for many years.

With his passing marks the end of the generation of physicians who established endocrinology and diabetes as a great medical specialty in Melbourne and to whom their successors owe so much.

Obituary written by:  
Professor Duncan Topliss  
Director, Department of Endocrinology & Diabetes  
The Alfred



*Harald Dean Breidahl*

### Audited Accounts

Operating results were \$122,993 (2018) compared to \$261,502 (2017). The lower result on the previous year was due to a reduction in revenue (-\$42,000) and increases in administration expenses (\$18,000), meeting expenses (\$20,000) and award expenses (\$60,000).

Income from membership subscriptions increased since last financial year: \$127,798 (2018) compared to \$105,544 (2017). ESA had 875 financial members in 2018, compared to 786 in 2017.

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 \$1,077,995 (June 30 2017) to \$1,176,415 (June 30 2018). **This equates to an** annual growth of \$98,420 in the last financial year, a return of 9.1%. As of August 17th 2018, there has been a further increase in value to \$1,190,830.

The Wynne Portfolio has increased in value for the financial year from \$681,588 (June 30 2017) to \$742,962 (June 30 2018). **This equates to an** annual growth of \$61,374 in the last financial year, a return of 9.0%. As of August 17th 2018, there has been a further increase in value to \$751,962.

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 \$132,703. We also hold an additional two term deposits, combined value of \$355,893.

Proceeds from meetings increased slightly in 2017-18 (\$757,744) compared to 2016-17 (\$754,086). All meetings remain profitable. These was also a small increase in meeting costs of 3.6%.

The 2018 award recipients have all received payment. (PhD scholarship, two post-doctoral awards, one co-funded ESA-RACP award and the Wynne Award). Applications for next year will be communicated through the bulletin and website.

Total expenditure was increased in 2017-18 (\$914,434) compared to the previous financial year (\$818,077). Again, this was primarily due to the increased cost of meetings and the increased number of awards.



Overall the Society's net assets have increased from \$2,407,141 in 2016-17 to \$2,530,134 in 2017-18.

*Craig Harrison*



## 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 helped to develop new ESA funding initiatives and to enhance the outcome of our research meetings to members.

A new research funding initiative was introduced by ESA this year 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. We offered three grants in 2018. We received 11 applications and the top 3 applications awarded a seed grant. These went to Kirsty Walters (UNSW), Mitchell Lawrence (Monash University) and Jun Yang (Hudson Institute).

We have also begun to enhance our interaction with other International Endocrine Societies such as The Endocrine Society (USA), The British Endocrine Society & The Chinese Endocrine Society, where we hope to develop speaker exchange programs for our meetings that will provide ESA members an opportunity to present their work overseas at the best Endocrinology Conferences. I would like to thank members of the committee for their input and work on these initiatives through the year.



*Tim Cole*

### 2018 ESA AWARD WINNERS

As usual, the competition for the annual ESA awards was fierce in 2018, with a very high standard of applications received by the society. We congratulate all award recipients on their success.

#### **Congratulations to ESA 2018 award winners**

##### **Servier Award**

Sabashini Ramchand

##### **ESA Senior Plenary Award**

Robert McLachlan

##### **ESA Mid-Career Award**

Kirsty Walters

##### **Novartis Award**

Laura H Porter

##### **Bryan Hudson Clinical Endocrinology Award**

le-Wen Sim

##### **ESA/IPSEN International Travel Grant**

Jasna Aleksova

Matti Gild

Emily Meyer

##### **Australian Women in Endocrinology**

Sophie Lee

Matti Gild

Hanh Nguyen

##### **Paul Lee Best Abstract Award**

Warrick Inder

##### **ESA Postdoctoral Award**

Luba Sominsky

Jean Winter

##### **ESA Research Higher Degree Scholarship**

Angela Chen

##### **ESA Ken Wynne Memorial Postdoctoral Research Award**

Frances Milat

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

Mark Ng Tang Fui

##### **ESA Research seed grants**

Mitchell Lawrence

Kirsty Walters

Jun Yang

##### **ESA Asia/Oceania Travel Support Scheme 2018**

Jinbo Hu

Udai Wijetunga

### THE ESA SERVIER 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.*

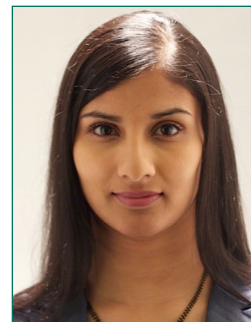
#### **ESA Servier Young Investigator Award 2018 – Sabashini Ramchand**

I was honoured to receive the 2018 Servier Young Investigator Award for a recent publication in Bone titled “Premenopausal women with early breast cancer treated with estradiol suppression have severely deteriorated bone microstructure”. I would like to sincerely thank the ESA and Servier for giving me the opportunity to present this work, on behalf of my co-authors, at the 2018 ESA Annual Scientific Meeting.

This is the first study to quantify changes in bone microstructure in premenopausal women with non-metastatic breast cancer receiving concurrent ovarian suppression and aromatase inhibition. This study demonstrated that premenopausal women receiving oestradiol suppression therapy for a median duration of 17 months had severely deteriorated bone microstructure compared to age-matched controls and microstructure similar to women 20 years older.

Given the near-normal life expectancy of premenopausal women with non-metastatic breast cancer, the findings of this study provide a compelling rationale to investigate the efficacy of therapeutic interventions in preventing bone structural decay and ultimately reducing fracture burden in these women.

Based on these findings, we are currently conducting a double-blind randomised controlled trial evaluating the efficacy of denosumab, given at the onset of oestradiol suppression therapy, in preventing bone microstructural decay in premenopausal women with early breast cancer. In addition, this study provided a major impetus in formulating a position statement on assessment and management of bone health in women with oestrogen receptor-positive breast cancer receiving endocrine therapy on behalf of the ESA and other key Australian Stakeholder Societies



*Sabashini Ramchand*

I am grateful to my PhD supervisors, Prof Mathis Grossmann, Prof Ego Seeman and Prof Jeffrey Zajac, for their ongoing support and mentorship. I would also like to acknowledge the NHMRC and NBCF for my postgraduate scholarship funding. Once again, thank you to ESA and Servier for this prestigious award.

### ESA MID- CAREER AWARD

*This award is designed to recognise an outstanding mid-career researcher in endocrinology.*

I would like to sincerely thank the Endocrine Society of Australia (ESA) for selecting me as the recipient of the 2018 Endocrine Society of Australia's MidCareer Award, for my work in androgen actions in ovarian health and pathogenesis. I am very honoured to receive this award.

I was awarded my PhD in 2005 from Edinburgh University, Scotland, and was then recruited as a Postdoctoral Research Fellow at the ANZAC Research Institute, Sydney, specialising in the field of female reproduction. Currently, I am a Senior Lecturer and head of the Ovarian Biology Laboratory at the University of New South Wales, where my research group is focused on unravelling the role of androgens in female fertility and polycystic ovary syndrome (PCOS).

Highlights from my group's current work include findings from our research into the origins of PCOS. We used a PCOS mouse model in combination with a unique transgenic androgen receptor knockout mouse model (ARKO) to establish that androgen-driven mechanisms are key mediators in the development of PCOS. These key findings were published in *Endocrinology* (2014; 2015). Following this discovery, in 2017, my group gained worldwide attention in the PCOS field by publishing in *PNAS* a significant breakthrough, described in a linked commentary by an international leader in the field as potentially revealing the 'ground-zero' for PCOS-like pathogenesis. We showed that blocking the effects of androgen excess solely in the brain (using tissue-specific androgen receptor (AR) silencing) protects against PCOS development in a mouse. This finding strongly implies that androgen actions in the brain play an important role in the evolution of PCOS,

and has now opened up new treatment avenues targeting AR-mediated neuroendocrine mechanisms.

Other highlights include my work exploring the influence of diet on female and male reproductive function. I combined my expertise in reproduction with experts in nutrition to identify how macronutrient balance impacts reproductive function and lifespan in aging mice. In this landmark study, we proved for the first time in a mammal that macronutrient balance has marked and opposing effects on reproduction and longevity. In 2015 I published this research as a joint co-author in *PNAS* and this research was reported in international and national media outlets. This work has now led on to a further publication in *Cell Metabolism* (2016) and a successful ARC Discovery grant (2018-20).

I am grateful for the financial support NHMRC, ARC, Centre for Research Excellence in PCOS, ESA and the Society for Reproductive Biology has given me to undertake this research program. I would like to thank my mentors who has continually provided me with research and career support and advice: these include Professor Evelyn Telfer, Professor David Handelsman, Professor Robert Gilchrist, Professor William Ledger and Professor Helena Teede.



I also wish to extend a special thank you to Professor David Handelsman for his continual encouragement, time and guidance, which have been invaluable to my research and career.

*Kirsty Walters*

### 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 incredibly honoured to be the recipient of the 2018 Bryan Hudson Clinical Endocrinology award for my presentation entitled “Teriparatide improves healing of medication-related osteonecrosis of the jaw: a placebo-controlled randomized trial”. The clinical trial data that I presented at the Annual Scientific Meeting was a significant component of my doctorate studies, which has been focused on medication-related osteonecrosis of the jaw (MRONJ).

MRONJ is an uncommon, but potential debilitating and greatly feared, condition that has been associated with medications including antiresorptive drugs used in the treatment of osteoporosis and metastatic bone disease. Significantly, whilst the emphasis has been on the prevention of MRONJ, management of established cases remains challenging.

Our randomised controlled trial demonstrates the efficacy of teriparatide in improving the rate of healing of established MRONJ and represents the first therapy that has been shown to accelerate healing.

Our clinical trial is directly applicable to the clinical setting and may provide immediate benefits to patients who have developed MRONJ. Further, the availability of a safe and efficacious treatment may also ameliorate the perceived risk of developing MRONJ amongst both patients and clinicians, and thus ultimately increase clinical use of effective osteoporosis therapies.

I am sincerely grateful to the Endocrine Society of Australia for this prestigious award. I would also like to recognise the ongoing support of my supervisors and collaborators, especially Professor Peter Ebeling. Finally, I must acknowledge the generous funding support provided by the National Health and Medical Research Council.



Li-Wen Sim

### 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 2018 I would like to sincerely thank both the ESA and IPSEN for their generosity. This award supported my attendance at the 100th Annual Meeting of the Endocrine Society (US ENDO) held in Chicago, USA earlier this year.

I was a first-time attendee at US ENDO and I gave an oral presentation on corticosteroid-binding globulin (CBG) in sepsis. Cleavage of high-affinity CBG (haCBG) by neutrophil elastase at inflammatory sites causes cortisol release into tissues, facilitating immunomodulatory effects. In patients admitted to Intensive Care, depletion of high affinity CBG is strongly associated with mortality in septic shock. These findings suggest that low haCBG leads to ineffective targeted cortisol delivery which protects tissues and averts multiorgan failure, the sine qua non of septic shock. This work, undertaken as part of my PhD, was recently published in *Clinical Endocrinology (Oxf)* 2018 Aug 30 [Epub ahead of print]. The research was an international collaborative effort with colleagues from The Netherlands, and Dutch collaborator Dr Richard Feelders from Erasmus MC also attended the meeting.

Further, it was fitting that Professor David Torpy, my PhD supervisor, was invited to speak at US ENDO on the topic of CBG.

I attended the Early Career Forum held in conjunction with US ENDO, a prestigious opportunity offered exclusively to early career professionals. I received mentoring from leading endocrinology experts from both clinical and research fields and networked with international colleagues alike. I also had one on one tutoring on competitive grant writing through the Specific Aims Evaluation program from Dr Kirsta Suggs, Associate Director, Professional Development, Endocrine Society. This was a highly valuable experience that I would recommend to all young researchers.

I would also like to acknowledge my PhD supervisors Professor David Torpy and Dr Wayne Rankin for their support and infectious enthusiasm for academia and research.



Emily Meyer

### 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.***

#### **Dr. Jasna Aleksova**

I would like to thank the ESA and Ipsen for their generosity in providing me with the international ESA/IPSEN travel grant for 2018 that allowed me the opportunity to attend and present my research at the US ENDO conference in Chicago 2018.

I am an endocrinologist and clinician researcher currently completing the third year of my PhD studies at Monash health and Monash University. My research interests are 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 my doctoral studies, I have examined the role of novel, non-invasive and inexpensive imaging tools that may improve our ability to predict fractures in this cohort.

I was privileged to present some of this research during the US ENDO conference in Chicago. I presented a study that examined the associations of the trabecular bone score, a novel imaging technique using lumbar spine DXA images to provide information on trabecular microarchitecture, with bone and

mineral metabolites, bone density, vascular calcification and fractures in patients with end stage kidney disease.

Additionally, I attended the Endocrine Fellows' Forum, where I was fortunate to listen to presentations from established clinician researchers and engage in discussions about strategies to further enhance my own research profile. I took the opportunity to meet with collaborators and attend pertinent sessions relating to topics in bone health directly related to my PhD. As an endocrinologist, I also benefitted from the diverse and up to date meet the professor sessions relating to common and uncommon endocrine disorders which were engaging and insightful.

The conference provided me with invaluable opportunities to progress my clinical, academic and research interests and I am very grateful to have received this prestigious travel award. In addition to the ESA and Ipsen, I would also like to thank my PhD supervisors, Associate Professor Frances Milat, Professor Peter Ebeling, Professor Grahame Elder and Professor Robert McLachlan for their continuous support, guidance and mentorship in my personal and academic development.



Jasna Aleksova



### ESA/IPSEN TRAVEL AWARD AND AWE 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.***

These awards supported my travel to my first US ENDO conference in Chicago, USA in March 2018. It was an incredible experience where I was able to connect with researchers in similar areas and also broaden my clinical knowledge.

I had abstracts accepted at US ENDO for two oral presentations and a poster presentation, all based on clinical research and patients with whom I had been involved during my advanced training at Royal North Shore Hospital. The first oral presentation explored a fascinating case of two sisters harbouring PTH mutations identified through homozygosity mapping. For this presentation I was awarded an Outstanding Abstract Award from the US Endocrine Society. The second oral presentation was a clinical study we performed demonstrating the utility of DOTATATE-PET in the diagnosis of pheochromocytomas and paragangliomas. This was recently published in *Clinical Endocrinology*. My poster presentation was a case report identifying the first case of hypercalcaemia in association with glucagon cell hyperplasia and neoplasia (Mahvash syndrome) which has subsequently been published in *JCEM*.

Attending the Women in Endocrine dinner in Chicago was an excellent networking opportunity. I am so grateful to the AWE, ESA and IPSSEN for supporting me to attend such an amazing conference and present my work to an international audience. I would like to thank my supervisor A/Prof Rory Clifton-Bligh at Royal North Shore Hospital for his guidance and support in my academic and professional growth.



*Matti Gild*



### AWE TRAVEL AWARD

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

I would like to thank the Endocrine Society of Australia and the Australasian Women in Endocrinology for the Travel Award to attend the 2018 US-ENDO Annual Meeting in Chicago. This award provided me the opportunity to present the findings from the final year of my PhD to an international audience.

In Chicago, I presented a poster on my work focusing on the role of hormones in prostate smooth muscle contractility. During my presentation, I had the opportunity to interact with both clinicians and basic researchers, and receive constructive feedback regarding my work. These discussions were crucial in shaping my manuscript, which I have recently submitted for publication. During the conference, I had the opportunity to attend the Early Career Forum, a one-day workshop regarding career opportunities within the field of endocrinology, with my fellow peers from around the globe.

In receiving the AWE award, I was invited to attend the Women in Endocrinology dinner, held during the conference. This was an amazing opportunity to interact with women with a wide range of experience within the field, and provided me a boost of motivation to commence my career in endocrinology.

Finally, I would like to thank my supervisors, Betty Exintaris and Gail Risbridger, for their support throughout my candidature. I look forward to pursuing my career in endocrinology research, and hope to attend many more ESA and AWE events in the future.



*Sophie Lee*

### AWE TRAVEL AWARD

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

#### **Dr Hanh H Nguyen**

I am honoured to be a recipient of the 2018 AWE Travel Award. I would like to sincerely thank the Endocrine Society of Australia and the Australasian Women in Endocrinology for providing this award to support my attendance at the US Endocrine Society Annual Scientific Meeting in Chicago, USA, 17-20th March 2018. My attendance at this conference has provided great benefits to me as a clinician and researcher.

At the conference, I presented a poster titled "Trabecular bone score provides additional fracture prediction in Turner Syndrome", which forms part of my doctoral studies in the Department of Medicine, School of Clinical Sciences, Monash University. Osteoporosis is a feared long term complication in women with Turner Syndrome, and my work examined the longitudinal changes in bone and the role of Trabecular Bone Score, a novel bone imaging tool, as a useful adjunct in assessing skeletal fragility in Turner Syndrome women. It was a pleasure to have my work recognised with an Outstanding Abstract Award, and I was selected as a finalist for the Presidential Poster Award in the area of Bone and Mineral Metabolism. My work has since been published in JCEM October 2018 103(10):3792-3800.

Attending the conference was also valuable in expanding my clinical knowledge and to meet with field leaders, as well as international peers. I was fortunate to meet with Prof Claus Gravholt, an international leader in Turner Syndrome research, to discuss my poster and future research opportunities. I enjoyed attending the Endo Early Career Forum, where I had the chance to network with like-minded peers. Further, as an AWE Awardee, I was invited to attend the Women In Endocrinology Dinner, which I found to be an impressive event. It was inspiring to hear successful female clinicians and researchers reflect on the challenges they faced and overcame during their professional careers.

Overall, this was a very rewarding experience and I am grateful to the societies for affording me this opportunity.



I would like to acknowledge my PhD supervisors A/Prof Amanda Vincent, A/Prof Fran Milat, and Prof Peter R Ebeling for their generous mentorship and guidance during my PhD journey. I would also like to thank my family for their continued support in my career.

*Hanh H Nguyen*

**ESA POSTDOCTORAL AWARD**



*Luba Sominsky*

**ESA RESEARCH HIGHER DEGREE SCHOLARSHIP**



*Angela Chen*

**ESA POSTDOCTORAL AWARD**



*Jean Winter*

**ESA KEN WYNNE MEMORIAL  
POSTDOCTORAL RESEARCH AWARD**



*Frances Milat*

The ESA 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 active and busy over the course of the year. Major issues dealt with in the past year include:

### **Medicare Benefits Schedule Review**

MAC responded via RACP to amend the recommendation for Short Synacthen Test, to include performance of the test in a patient who is acutely unwell where adrenal insufficiency is suspected, and to qualify that a 9 am serum cortisol >400 nmol/L may not exclude adrenal insufficiency in women on oral contraception where cortisol levels may be higher due to increases in cortisol-binding globulin.

Subsequently MAC suggested to the MBS Review chair that the wording could be modified to accommodate screening serum cortisol to taken at or before 9 am rather than 08.30-09.30 h.

MAC responded to an approach by A/Prof Matthew Foote, Co-Director of the Gamma Knife Centre of Queensland and Staff Specialist in Radiation Oncology, Princess Alexandra Hospital, Brisbane, and submitted a recommendation to

the MBS Review chair, that Gamma Knife should be specified as being covered by the MBS item number for stereotactic radiosurgery.

### **International PCOS Guidelines**

MAC responded via RACP seeking clarification regarding criteria for diagnosis of PCOS based on follicle numbers using advanced ultrasound transducers and commented on the practical aspect of letrozole being recommended for ovulation induction but not being TGA-approved or PBS-listed for infertility. The final version of the guideline was endorsed by both RACP and ESA.

### **National guide to preventive health assessment for ATSI people**

Areas of interest for ESA were overweight and obesity, osteoporosis risk, prevention and management of type 2 diabetes, and antenatal care. MAC via RACP provided comment re bariatric surgery and endorsed the guide.

### **Discussion paper on “Future development of health and support services for trans and gender diverse Victorians”**

MAC with input from Dr Ada Cheung and Prof Jeffrey Zajac provided feedback to this consultation emphasising the importance of access to comprehensive care, with a continuing role for tertiary and multidisciplinary services to support GPs, and involvement of mental health practitioners where appropriate

prior to commencement of hormones therapy as well as surgery. Important considerations highlighted were the need for accurate diagnoses, provision of training for health professionals and public funding for specialist transgender services which would involve GPs and serve as hubs for a “hub and spoke” model for care provision.

### **Consultation on Standard Clinical Definitions for coverage of MBS items**

MAC responded directly after this request for feedback was forwarded to ESA by RACP. Additional input was received from A/Prof Jane Holmes-Walker and Dr Joey Kaye. MAC advocated creation of 4 MBS item numbers for initial provision of an insulin pump, replacement of an insulin pump once out of warranty, physician (and diabetes educator) billing for pump commencement and supervision of pump changeover. MAC supported insulin pumps being mandatory for all “Gold” health insurance policies and provided as an additional option for “Silver” policies.

### **Therapeutic Guidelines revision: endocrinology topics**

MAC provided input for the forthcoming revision of these topics in Therapeutic Guidelines. The ESA Position Statement on the management of male hypogonadism (2016), endorsement of PCOS guideline (2018), joint position

statement regarding bone health in women with breast cancer (2018), endorsement of the American Thyroid Association guidelines for management of thyroid disease during pregnancy (2017) and previous recommendations re bone and metabolic health in men with prostate cancer (2011) were recommended to the writing group. MAC also drew attention to European Society of Endocrinology guidelines on the management of adrenal incidentalomas (2016) and aggressive pituitary tumours (2018). MAC also drew attention to the availability of ESA issued or endorsed position statements available on the ESA website, and the Endocrine Society (USA) guidelines and position statements on their website.

### **RANZCO screening for diabetic retinopathy referral pathway**

MAC provided feedback to the RANZCO working group, highlighting the need to differentiate people with Type 1 diabetes (commence screening after 5 years duration or at puberty in children) vs Type 2 diabetes (commence at diagnosis) and the availability of Canadian guidelines (2017) and a recent NEJM publication from DCCT/EDIC (2017) re personalisation of screening.

## **Medical Research Futures Fund: RACP submission to AMRAB**

MAC responded to a request for input by the RACP for submission to a consultation by the Australian Medical Research Advisory Board (AMRAB) on priorities for the Medical Research Futures Fund (MRFF) 2018-20. ESA recommended that RACP advocate for clinical researchers via prioritisation of Fellowships and consideration of near miss funding for Project grants relevant to MRFF, support collaboration between clinical and basic researchers to enhance translational outcomes, and support provision of funding as well as infrastructure for clinical trials. ESA also suggested that research into diagnostics and cost-effectiveness of MBS items could fit a priority regarding improvement of patient outcomes and optimal usage of health care resources, and would be relevant to the RACP EVOLVE recommendations. ESA Council are developing a separate ESA submission to AMRAB which will focus on priorities to be advocated by ESA.

## **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. Common enquiries involved where to find endocrinologists in particular locations, or with particular interests, and where to find information on specific conditions.

## **Other ongoing work**

MAC is considering a call from RACP for comments regarding labelling of sugar and added sugar content in food, to be fed back to the Food Regulation Standing Committee (Department of Health, Australian Government), and is currently reviewing a request by RACP for comment on published guidelines for management of atrial fibrillation (including screening for hyperthyroidism) and heart failure (use of SGLT2 inhibitors in patients with diabetes) published by the National Heart Foundation of Australia.



*Professor Bu Yeap*

### 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 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/>

### 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/>

### 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.edmcasereports.com](http://www.edmcasereports.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. Sign Up here to receive the publication on a regular basis.

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





endocrine society of australia

Home

About Us

Membership

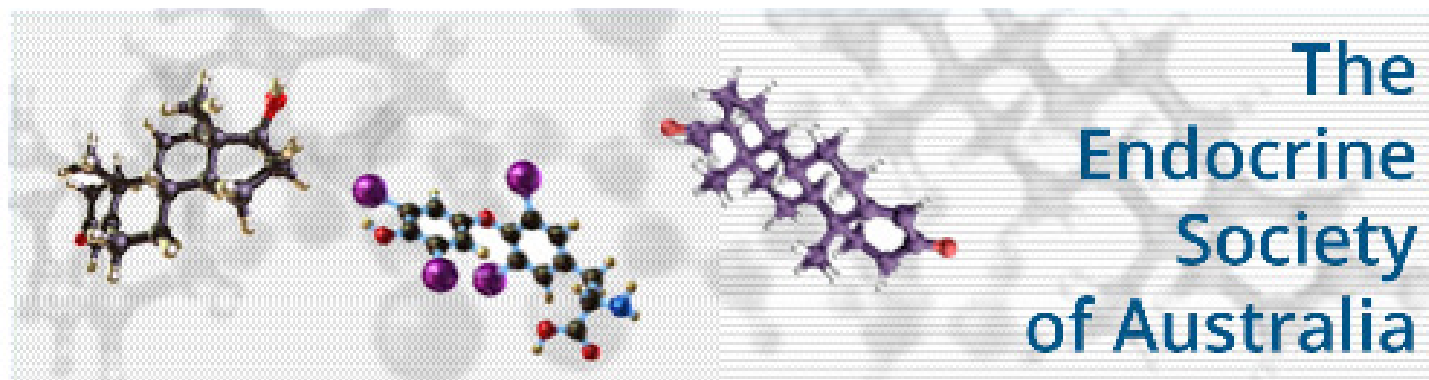
News

Meetings

Awards

Resources

Contact Us



<https://www.endocrinesociety.org.au/Index.asp>



@EndoSocAUS

Please follow our Twitter feed and encourage others to do so. We will be using this site to update everyone on news, events, and relevant funding opportunities

## “FIND A RESEARCHER”

ESA Council would like to provide 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 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: <http://www.endocrinesociety.org.au/>

Go to resources.

## “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. The Society comprises clinical endocrinologists and also scientists, who research endocrine disorders but do not see patients. Clinical members of the Society have been invited to submit their contact details and self-nominated areas of interest. 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.

The general public will be able to search for an Endocrinologist in this section: <http://www.endocrinesociety.org.au/search-for-an-endocrinologist.asp>

If you would like to be listed in ‘Find an Endocrinologist’ Log in at the ESA homepage: <http://www.endocrinesociety.org.au/>  
Go to edit my details

## 2018 RACP Webinars

20 November 2018 – Professor Emma Duncan – Topic POI, Pre-menopausal osteoporosis, excessive exercise and eating disorders

13 November 2018 – Dr Donald McLeod - Topic - Update in Differentiated Thyroid Cancer: Concepts in risk stratifications and future directions

17 October 2018 – Professor John Eisman – Topic - Stopping osteoporosis medications- when, why and how.

22 August 2018 – Associate Professor Carolyn Allan – Topic- Androgens and Androgen Deficiency

18 July 2018 – Professor Peter Ebeling - Topic - Post-transplant Bone Disease

27 June 2018 – Dr Ada Cheung – Topic - Transgender Medicine

Please find the link below to the recording that has now been published on the College website. Only fellows of the college can access the webinar.

<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>

## PATIENT RESOURCES IN ENDOCRINOLOGY

### A partnership between ESA and the US Endocrine Society

The Endocrine Society of Australia have 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.

[Click for resources](#)

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.

### **HORMONES-AUSTRALIA WEBSITE**

The “Hormones-Australia” website is a new initiative by ESA council designed to provide accurate and up to date information to the general lay public. Information provided on the website will detail the endocrine system, describe hormones and their function, and will highlight a number of endocrine disorders and diseases. The website will be routinely updated with short blog articles to disseminate innovative research or clinical updates to the community.

The website will also include a ‘Find an Endocrinologist’ function to assist the public as well as General Practitioners in identifying and contacting Endocrinologists in their local area. A huge thank you to Dr Nicki Hodyl from Vertex Health who has been instrumental in driving and preparing the written content for the website. ESA members will be notified of the anticipated upcoming launch date for the Hormones-Australia website via the Newsletter.

**Dr Belinda Henry**

## THE CEN EDUCATIONAL MODULES

In 2013, the Endocrine Society of Australia joined the Society for Endocrinology (UK) in adopting Clinical Endocrinology (CEN) as their Society's official journal. This was a stimulus for the Editors to activate an initiative, which had been planned for 2 years to "unlock the educational potential" of the Journal. Although the Journal's Impact factor (currently 3.4) remains the key benchmark, the Editors believe that articles published in a Society's clinical journal should also be tailored for continuing education and specialist training.

CEN Educational modules are based on articles which are in press or recently published in CEN. The module expands the paper into a topic by including: Revision Material to provide background, Take Home messages to emphasise the clinical points, Expert Commentary to integrate the material from the article into the current literature - useful for preparation of Journal Club presentations. Multiple Choice Questions (using FRACP format and standard) to test understanding of the module content.

Historical Context to provide a broader understanding of the Art and History of Endocrinology. The modules identify the components of the RACP and RCP's curricula which are covered by the module and each module has clearly defined Learning Objectives. On completion of the module, a printed certificate documenting time spent on the module can be downloaded for CPD purposes.

The modules are accessible by registering at:  
[www.wileyhealthlearning.com/cen](http://www.wileyhealthlearning.com/cen)



### ESA-SRB-AOTA 2019



On behalf of the organising committee we warmly invite you to attend the 2019 Annual Scientific Meetings of the **Endocrine Society of Australia**, the **Society for Reproductive Biology**, and the **Asia and Oceania Thyroid Association** to be held at the **International Convention Centre** from **18-21 August 2019**.

With the combined societies, we anticipate in excess of 900 delegates in attendance. The programme organising committee, represented by members from all societies, will present the latest and most exciting data from their respective fields with a range of international and national speakers.

One of the most beautiful cities in the world, from splendid Sydney Harbour, idyllic beaches and great national parks, to the marvellous creativity of the Sydney Opera House, dazzling entertainment and fascinating heritage, discover all the things to do and see. In the heart of the city are world-class restaurants, grand shopping arcades and other top tourist attractions. The city fans out from the sparkling harbour to iconic Bondi Beach in the east and golden Palm Beach in the north.

We look forward to welcoming you to New South Wales for what will be an engaging and informative combined meeting between the ESA, SRB and AOTA.

See you in Sydney!

**Veronica Preda, ESA LOC Chair**

**Laura Lindsay & Angelique Riepsamen, SRB LOC Chairs**

**Duncan Topliss, AOTA LOC Chair**

**ESA Clinical weekend**



The 2019 Endocrine Society Clinical Weekend returns early to the city of Sydney, Intercontinental Hotel, Double Bay on August 16-18.

We invite delegates to join us in one of the most beautiful cities in the world, from splendid Sydney Harbour, idyllic beaches and great national parks, to the marvellous creativity of the Sydney Opera House, dazzling entertainment and fascinating heritage, discover all the things to do and see.

In the heart of the city are world-class restaurants, grand shopping arcades and other top tourist attractions. The city fans out from the sparkling harbour to iconic Bondi Beach in the east and golden Palm Beach in the north to the iconic Sydney Opera House in Circular Quay.

This years program will feature two additional plenary sessions including:

Genetics for the Endocrinologist (**presented by Dr Sunita De Sousa**) &  
Diabetes for the Endocrinologist (**presented by Prof Jerry Greenfield**).

I look forward to you joining us in August 2019!

Kind Regards

**Anna Story**, ESA Clinical weekend convenor

**ESA Seminar meeting**



ESA Seminar 2019 will be held from the 3 - 5 May 2019 at The Westin, Perth.

This years topics include:

- Diabetes and hypoglycaemia
- Fertility for endocrinologists
- Clinical-laboratory interface (assay interference, testosterone, primary hyperaldosteronism, nuclear medicine)
- Female sex hormones
- Hot topics (including thyroid)
- & a clinical case discussion

We look forward to seeing you in Perth 2019!

**Bu Yeap**

With best wishes



**SECRETARIAT**

145 Macquarie Street

Sydney, NSW, 2000.

Ph: +61 2 9256 5405

Fax: +61 2 9251 8174

Email: [ijohnson@endocrinesociety.org.au](mailto:ijohnson@endocrinesociety.org.au)

Office hours: 10.00am – 4.00pm

Tuesday, Thursday and Friday