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### from the president

Our recent meetings were highly successful with a strong contingent of presentations at the clinical weekend and the Annual Scientific Meeting (ASM). The ASM attracted 722 registrants and presentations were well attended across the board from plenaries, symposia and oral presentations. The inaugural US Endocrine ESA symposia focused on early to mid-career members of both societies and has generated further collaborative work and new initiatives to support early to midcareer clinicians and researchers.

ESA continues to strengthen international collaborations. We have strong committee representation, editorial board membership, program organising committees and a number of joint initiatives including shared journals jointly sponsored symposia across meetings and education initiatives. Professor Vicki Clifton has been appointed to the International Society of Endocrinology (ISE) Executive committee, a competitive and prestigious appointment and we offer our congratulations and know she will represent ESA well in this role.

ESA's collaboration with Clinical Endocrinology as our official Society Journal is working well and Australian publications are common, high caliber and have a higher than average acceptance rate. ESA members have free access to the online version of the Journal via the ESA member site. We have several members on the editorial board. Clinical Endocrinology also now publishes the abstracts from the ASM. We continue to encourage you to consider submitting your work here along with the other two partner journals, Journal of Endocrinology and Journal of Molecular Endocrinology, for basic and translational research members. Also a reminder that ESA members are eligible for a discounted publishing fee when publishing case reports in the open access publication, Endocrinology, Diabetes & Metabolism Case Reports (submit online via [www.edmcasereports.com](http://www.edmcasereports.com)).

Our early Academic Career Development meeting continues to evolve and has now been moved to integrate with the ESA ASM. This year it will be a collaborative enterprise across ESA, SRB and ANZBMS.

Our scientific strengthening committee chaired by Tim Cole continues to build momentum and to promote our best internationally. A range of initiatives are emerging from our national survey of early to midcareer members also.

ESA financial position is solid with growing support for ESA Scholarships, Fellowships, awards and travel support. The ESA Founder, Dr Ken Wynne's bequest continues to support the \$25,000 Ken Wynne Memorial Scholarship. In 2016 we will be offering 2 PhD scholarships and 2 Post-doc fellowship top ups as well as the Wynne Scholarship. We are also supporting our seminar, clinical weekend, scientific meeting, early academic career sessions, state based meetings and more recently our midcareer focused sessions starting with a leadership forum at this year's clinical weekend.

ESA continues to engage strongly in areas of interest in research, clinical care and education in endocrinology. The Evolve disinvestment initiative with the RACP is gaining significant traction with government, our ESA androgen replacement position paper is complete and will be published in the near future, whilst our Council members are engaged in a national initiative to improve the accuracy of IGF-I assays. ESA members are also leading an international evidence based guideline in PCOS expanding the 2011 NHMRC approved guideline, and engaging US Endocrine Society, ESHRE, and other major international societies.

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**Helena Teede,  
President ESA**

## SCIENCE STRENGTHENING COMMITTEE

The ESA Scientific Strengthening Committee is an ESA Council sub-committee focused on supporting and building endocrine science and research across all the basic and clinical research activities of ESA. The committee will support the ESA POC, support local scientific strengthening activities in endocrine research, further development of the ECR Career Development Workshop, improve evaluation of ESA's awards, promote Australian engagement at international meetings, committees and awards, and foster links with international scientific societies. The sub-committee is chaired by Tim Cole (current ESA Hon Secretary) and includes the following Council members Belinda Henry, Nicolette Hodyl, Craig Harrison, Chen Chen, and Bu Yeap, and also two co-opted senior ESA members, Peter Fuller and Gail Risbridger.

### VALE ZYGMUNT (ZIGGY) KROZOWSKI: OCTOBER 4 1951 - APRIL 25 2016.

It is with sadness for a life cut short that we note the recent death of Dr Ziggy Krozowski, who made ground-breaking contributions to steroid receptor biology in general, and to aldosterone action in particular.

Ziggy grew up in Perth, part of the post-war Polish diaspora, where he did his undergraduate degree and Ph.D. His first post-doctoral position was with the late Rob Sutherland at the Garvan Institute, working on oestrogen receptors in breast cancer. He then moved to the Medical Research Centre at Prince Henry's Hospital in Melbourne, to work with John Funder on mineralocorticoid receptors and aldosterone. In 1991 he published two papers in *Endocrinology*, on MR in pituitary and lung, questioning their then undisputed uniquely epithelial location; in 1982 a *JCI* paper distinguishing classical GR from the "corticosterone-preferring receptors" in the pituitary; and in 1983 a seminal *PNAS* paper showing the identity of hippocampal "corticosterone-preferring" receptors and renal MR. Given the known equivalent affinity for the physiological glucocorticoids and aldosterone for MR, this posed the question - fair and square - of how aldosterone could selectively activate renal MR, in the face of ~1000-fold higher circulating glucocorticoid levels.



*Varuni Obeyesekere, Kevin Li, Robin Smith & Ziggy Krozowski – Molecular Hypertension Lab at the Baker Institute, 1994*

Ziggy put the question on hold, and went off on a CJ Martin Fellowship to Pierre Chambon's laboratory in Strasbourg, one of the epicenters of receptor molecular biology. Here he learned high-end molecular techniques, and wrestled with the French language and the eventful cloning of the progesterone receptor.

The first major activity of the committee has been liaising with the ESA POC to organise the ESA ECR Career Development Workshop that will take place during the society's Annual Scientific Meeting in Adelaide in late August. This will be a joint workshop with SRB and ANZBMS, and will provide a forum for PhD students and ECRs to discuss important issues related to career development and planning in the current Australian research environment. We strongly encourage all ESA postgraduate students and ECR members to attend this workshop on the Gold Coast. Finally the committee welcomes ideas and suggestions from all ESA members on the approaches and initiatives we can develop to support the scientific endeavours of ESA and its members.

**Tim Cole,**  
**Chair, ESA Scientific Strengthening Committee**

Back home at Prince Henry's he returned to the enigma of the epithelial selectivity of the MR for aldosterone. This had become clearer despite his absence by the identification of the crucial role of the enzyme 11-beta hydroxysteroid dehydrogenase (11BHS) in the kidney tubule, converting cortisol but not aldosterone to receptor-inactive metabolites. Ziggy set to isolate and then clone 11BHS, at Prince Henry's and subsequently at the Baker Institute. The way was not easy. What was initially considered a single enzyme was in fact two - the 'liver' enzyme 11BHS1, and the 'renal' enzyme 11BHS2, with very different activities. Ultimately he succeeded, publishing the human gene sequence of 11BHS2 before a group in Texas published that in the sheep, a nice inversion of national stereotypes.

Ziggy was quiet, undemonstrative and generous to a fault. He collaborated freely and widely - while at Prince Henry's with the inhibin group; from the Baker providing reagents for the MR/HSD2 community world-wide; in studies with Maria New in New York on HSD2 mutations leading to Apparent Mineralocorticoid Excess; on studies during brief sabbaticals with Paul Stewart in Birmingham, and with Elise and Celso Gomez Sanchez in the USA. He brought molecular biology to the Baker, mentored a group of very successful (and on occasion difficult) post-docs and devoted research assistants, and published a total of 140 papers - 80 of which are on 11BHS2.

He retired early, not long after the untimely death of his first wife Sabina. Ziggy loved fishing, and had divided football allegiances - to soccer, in the broad, and the AFL (Eagles, of course). Like many quiet achievers he was much better recognized internationally than in Australia. He will live on, in the memory of Barbara, his wife of the precious few last years; in the many memories of his family, colleagues and friends; and in his monumental contribution to one of the key questions in cardiovascular endocrinology.

**Tim Cole/Peter Fuller/John Funder.**

## The Joint Annual Scientific Meetings of the Endocrine Society of Australia, the Society for Reproductive Biology and the Australian and New Zealand Bone and Mineral Society

Gold Coast Convention and Exhibition Centre | 21st -24th August, 2016



### ESA Annual Scientific Meeting

The program for this year's ESA Annual Scientific Meeting appeals to both basic and clinical members of the ESA community and explores themes of adrenal disease, endocrine complications of cancer therapy and nuclear receptors. The meeting will be held on the Gold Coast, from Sunday August 21st to Wednesday August 24th 2016, running concurrently with the Society for Reproductive Biology and the Australian and New Zealand Bone and Mineral Society.

Plenary speakers hold exceptional international profiles and include Professor Steve Franks (Imperial College London) who will deliver the Harrison Lecture on "Anti-Mullerian Hormone (AMH), from benchtop to bedside". Professor Constantine Stratakis (National Institute of Child Health and Human Development) will present the Taft Lecture titled "Genetics of Adrenal Disorders". The clinical 'Meet the Professor' session will be delivered by Professor Michael Stowasser who will give us an update on primary hyperaldosteronism while Professor George Muscat will give a "Year In" session examining nuclear receptors in human health and disease. The basic science program will highlight advances in communication between endocrine tissues, nuclear receptor biology and endocrine disrupting

chemicals. In addition, there will be multiple joint plenaries with SRB, ANZBMS and ADS, with exceptional local and international speakers exploring effects of cancer therapy on fertility and bone as well as adipocyte regulation of systemic insulin sensitivity. This year, we will also host the launch of the new Position Statement on the assessment and management of male hypogonadism: the Endocrine Society of Australia

For early career researchers, there will be career development workshops as well as interactive poster sessions. Abstracts can now be submitted online, and details of award categories are also available. We encourage our newest clinical and basic members of our society to attend and present their work. This meeting will be our largest to date, with an exciting, diverse program to cater for our rapidly growing society.

We look forward to seeing you on the Gold Coast.

**Renea Taylor and Frances Milat**  
Co-Chairs, ESA POC

**Website:** <http://www.esa-srb.org.au/>

### ESA Early Career Development Workshop

In 2016, the ESA Early Career Development Workshop will be incorporated into the program at the Annual Scientific Meeting. The workshop will be held on Tuesday afternoon (1.30pm-3pm) and will provide opportunities for students and early career researchers to discuss career development and progression with a number of leading senior members of our Society. The session will involve mentor discussion groups. There will be a research strategy presentation by a mid-career scientist and a research career and progression seminar from an outstanding senior member of the society.

In both seminars, the scientists will highlight hurdles in the careers and how mentorship allowed goals to be achieved. The workshop will be followed immediately by an afternoon tea for all attendees and speakers to allow further networking, interaction and collegiate discussion between, students, early career researchers and senior members. We invite all members of ESA to attend this year's Early Career Development Workshop.

**Dr Belinda Henry**  
Chair, Organising Committee





# ESA Clinical Weekend 2016

19th - 21st August 2016

Crowne Plaza, Surfers Paradise

## ESA Clinical Weekend

Planning for the Clinical weekend to be held at the Crowne Plaza, Surfers Paradise 19th – 21st August is well under way. Professors Constantine Stratakis and Stephen Franks will be our guest lecturers and contribute to the case discussions during the meeting. Professor Stratakis has a wide range of expertise especially in the paediatric area, endocrine genetics and adrenal disorders. Professor Frank's particular interest is reproductive medicine. We will have a dedicated session to bone cases. The always popular Endocrine Trivia night will open the meeting on Friday night. The Crowne Plaza, Surfers paradise is well located to provide plenty of opportunities to enjoy all the Gold Coast has to offer.

Peter Davoren, Chair

## ESA Clinical Weekend 2016 – Case studies

Case Study Submission Deadline: Friday 3 June 2016  
Endocrinology advanced trainees are invited to submit cases for presentation in Surfers Paradise at the ESA Clinical Weekend meeting to be held 19-21 August 2016.

Similar to 2015, if your case is selected for presentation, a pdf copy of your powerpoint presentation will be made available to registered delegates following the meeting. By submitting your case you are agreeing to this.

You will be notified of the outcome of your submissions in June 2016.

Submit your case study: <http://www.esaclinicalweekend.org.au/case-study-submissions/>

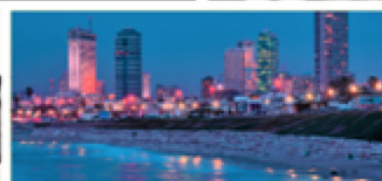
Website: <http://www.esaclinicalweekend.org.au/>



## THE 8<sup>th</sup> INTERNATIONAL CONGRESS OF THE GRS AND IGF SOCIETY



6-9  
NOVEMBER  
2016  
TEL AVIV



Website: <http://grs-igf2016.com/>

Abstract deadline: 1 June 2016



## Bioscientifica's journal-based learning programme

Bioscientifica's journal-based learning programme supports the education of clinicians-in-training and early-career scientists, as well as keeping senior healthcare professionals up-to-date with the latest knowledge in their speciality.

Questions are based on selected articles published in journals such as the European Journal of Endocrinology and Reproduction. The online portal keeps track of progress and provides downloadable certificates of completion, providing evidence of learning.

The portal can be explored by registering for free at <http://bioscientifica.knowledgedirectweb.com>.

## MEDICAL AFFAIRS SUB-COMMITTEE REPORT 2016

The Medical Affairs Sub-committee continues to have a moderately high workload. The major issues which have been commented on include:

### EVOLVE

This is the RACP's initiative relating to the Choosing Wisely campaign, a program to guide clinicians on low value practices and interventions to avoid.

ESA have surveyed the clinical members and come up with a list of 5 clinical scenarios to avoid:

1. Don't routinely order a thyroid ultrasound in patients with abnormal thyroid function tests if there is no palpable abnormality of the thyroid gland
2. Don't prescribe testosterone therapy unless there is evidence of proven testosterone deficiency
3. Do not measure insulin concentration in the fasting state or during an oral glucose tolerance test to assess insulin sensitivity
4. Avoid routine multiple daily self-glucose monitoring in adults with stable type 2 diabetes on agents that do not cause hypoglycaemia
5. Don't order a total or free T3 level when assessing thyroxine dose in hypothyroid patients

146 respondents:

12% advanced trainees (17)

19% academic clinicians (27)

36% clinician in private practice / VMO (52)

33% public hospital clinician (48)

Sub-specialty interest:

General endocrinology 44%

Diabetes 20%

Others 3-6%

This has now been published on the RACP website, with ESA being one of the first specialty societies to complete their list.

### RACP - Capacity to Train

A submission from the ESA was made, contributing to this important area. Physician training is now a more prevalent option than general practice among medical graduates.

## ESA JOURNALS

Access all journals at <http://www.endocrinesociety.org.au/esa-journals.asp>

- Clinical Endocrinology
- Journal of Endocrinology
- Journal of Molecular Endocrinology
- EDM Case Reports
- Australian Endocrinology Research Review
- Australian Endocrinology Research Review

### Testosterone prescribing

The Androgen Working Group was set up, chaired by Professor Henry Burger to create a position statement for ESA on the assessment and management of male hypogonadism. The group have drafted their report which is being submitted for publication to the Medical Journal of Australia.

### Issues with medication supply

Early in 2015 there was a national shortage of cabergoline, caused not by a lack of drug, but an issue with the drug not being supplied in child-proof containers. After liaison with the TGA, members were alerted to this issue. A review was undertaken to facilitate better communication between Pharmaceutical companies and the ESA to enable members to be alerted about supply issues in the future. Every Pharmaceutical company who manufactures or supplies an endocrine-related product in Australia has been written to asking specifically that ESA be notified if there are any issues with supply of their products.

### Other issues

Other issues which ESA have been asked to comment on include revision to the PCOS Guidelines, newborn screening, endorsing American Thyroid Association Guidelines, Menopause resource for primary care, National Diabetes strategy, stem cell therapies, biosimilar medications and sexual orientation, gender identity and intersex rights.

### Patient Enquiries

ESA also fields a number of direct patient enquiries, often asking for recommendations for expertise in a particular field. Clinicians are asked to list their areas of expertise/interest in the relevant section of ESA website.

Thanks to all Council members on the sub-committee and special thanks to the two co-opted non-Council members Leon Bach and John Walsh for their much-appreciated contributions.

**A/Professor Warrick Inder**

## ESA AWARDS

### Website:

<http://www.endocrinesociety.org.au/awards-and-grants.asp>

### ESA Senior Plenary Award

This award recognises an outstanding research career in the field of Endocrinology in Australia. The award comprises a plaque and a plenary lecture at the Annual Scientific Meeting, and complimentary meeting registration.

### Eligibility:

Active ESA member with extensive research experience, output and impact in any field of Endocrinology post-higher degree (PhD, MD or FRACP). The awardees must attend the ASM to present their lecture.

**Applications Close: 17 June 2016**

### ESA Mid-Career Research Award

This award is designed to recognise an outstanding mid-career researcher in endocrinology. The award comprises a plaque and 20-minute lecture at the Annual Scientific Meeting, and complimentary meeting registration.

Eligible applicants are active ESA members with five to 12 years' research experience post-higher degree (PhD, MD or FRACP) at the deadline of application (exceptions can be made for career interruptions). The winner must attend the ASM to present their lecture. The award will be made by a selection committee comprising the ESA Council members and the Chair of the ESA POC.

Applicants will be notified at the close of abstract submissions for the ASM, and the winner will be asked to provide an abstract for their lecture within three weeks of notification, to be included in the ASM Proceedings.

The ESA encourages all eligible members to apply for this new award.

**Application Deadline: 29 May 2016**

### Bryan Hudson Clinical Endocrinology 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. It will be made on an annual basis.

### Eligibility:

Society members who are less than 45 years of age, or are within 10 years of obtaining professional qualifications and who are current financial members of at least 12 months standing.

**Applications Close: 17 June 2016**

### ESA Travel Grants to attend the ASM

The ESA will provide funds to support travel to the 2016 Annual Scientific Meeting of the Endocrine Society of Australia, to be held 21-24 August 2016, Gold Coast, Australia. The amount of funding and the individual success of applicants will be decided by Council. Preference will be given to full time students funded by a scholarship and presenting an abstract at this meeting.

**Applications Close: 17 June 2016**

### ESA / IPSEN International Travel Grant Award

#### Aim:

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

#### Awards:

One award of \$3500 will be granted to assist with the costs of international travel.

#### Deadline:

1 August 2016

#### Further information:

<http://www.endocrinesociety.org.au/awards-and-grants.asp#esa>

### ESA-Novartis Junior Scientist 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). Applicants will be judged initially on the basis of their Abstracts and a short list of applicants will be chosen to present in a special session. Applicants will be informed of the session in which they are to present when acceptances of Abstracts are sent out.

### Eligibility:

Nominees must be members of the Endocrine Society of Australia and be an advanced trainee or a person enrolled for a higher degree (PhD, MD, FRACP).

**Application Deadline: 17 June 2016**

### Servier Young Investigator Award

The 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.

The award is given for a single publication although up to two additional papers may be submitted in support of the application.

### Eligibility:

Society members who are within 8 years of having obtained a higher degree or diploma (i.e. PhD, MD, FRACP) and who are currently financial.

Application Deadline: 17 June 2016

**Application Deadline: 12 June 2015**

### ESA Outstanding Clinical Practitioner award

#### Purpose:

To acknowledge members of the ESA who are recognised as outstanding clinicians, teachers and clinical mentors to trainees.

**Application Deadline: 17 June 2016**

## 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

## FIND A RESEARCHER

### NEW ESA INITIATIVE!

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

## PATIENT RESOURCES IN ENDOCRINOLOGY

A partnership between ESA and the US Endocrine Society



<http://www.endocrinesociety.org.au/patient-resources/index.asp>

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.

<http://www.hormone.org/audiences/international-resource-center/australia>

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 above 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.**



# NEW ZEALAND SOCIETY OF ENDOCRINOLOGY

Website: <http://nzse.science.org.nz/2016-medsci-congress-and-nzse-clinical-endocrinology-conference>

Registration will shortly be opening for the New Zealand Society of Endocrinology (NZSE) **2016 Clinical Endocrinology Conference**.

This will take place in **Nelson** from **Friday 26th August to Sunday 28th August 2016**.

Please note the venue change from The Trailways Hotel to The Rutherford Hotel.


**The programme** will include talks from internationally recognised speakers on obesity, testosterone replacement, osteoporosis, reproductive endocrinology and Cushings syndrome. International guest speakers include Professors Gary Wittert and Mary Jane de Souza.

**Social highlights** include a “Meet and Greet” function followed by the Kaye Ibbertson lecture on Friday, and the conference dinner on Saturday. Highlights of Nelson include acclaimed restaurants catering to a wide variety of tastes, farmers and craft markets, the World of Wearable Art museum, easy access to Marlborough’s excellent wineries, and a wide range of outdoor activities including tramping, bicycle tours, kitesurfing and paragliding.

A **trainee’s day** and the inaugural **NZSE Endocrinology Nurse’s meeting** will be held on the morning of Friday the 26th of August with shared symposia.

## ISE Member Registration – Early Bird Deadline 15th July 2016

Individual members of ISE Member Societies are eligible for the ‘ISE Member’ registration rate, saving \$150! Simply select your country when registering and the National Member of ISE discount will be applied, register here: [http://www.ice-cse2016.org/user/en\\_reg.asp](http://www.ice-cse2016.org/user/en_reg.asp)



17<sup>th</sup> International Congress of Endocrinology  
15<sup>th</sup> Annual Meeting of Chinese Society of Endocrinology

Beijing, China • August 31 – September 4, 2016



## ANNUAL GENERAL MEETING

The Annual General Meeting of ESA will be held at Gold Coast Convention Centre on Tuesday 23rd August 2016 at 4.30pm.

All members are encouraged to attend this meeting.

## ESA WOULD LIKE TO THANK ESA AWARD SPONSORS

Ipsen Pty Ltd

Novartis Pharmaceuticals Australia Pty Ltd

Servier Laboratories (Australia)

**INFORMATION:** Access to TOUJEO® (insulin glargine 300 units/mL)

Sanofi, the manufacturer of Toujeo® (insulin glargine 300 units/mL), wish to update you regarding access in Australia.

[Download letter](#)

### IMPORTANT DEADLINES:

<b>ESA Mid-Career Award</b>	<b>29 May 2016</b>
<b>Clinical weekend case studies</b>	<b>3 June 2016</b>
<b>Abstract deadline</b>	<b>17 June 2016</b>
<b>Novartis Junior Scientist Award</b>	<b>17 June 2016</b>
<b>Servier Award</b>	<b>17 June 2016</b>
<b>ESA Bryan Hudson Clinical Endocrinology Award</b>	<b>17 June 2016</b>
<b>ESA Travel Grants</b>	<b>17 June 2016</b>
<b>ESA Senior Plenary Award</b>	<b>17 June 2016</b>
<b>ESA Outstanding Clinical Practitioner Award</b>	<b>17 June 2016</b>
<b>ESA IPSEN International Travel Grant Award</b>	<b>1 August 2016</b>
<b>ESA Postdoctoral Award</b>	<b>31 October 2016</b>
<b>ESA Research Higher Degree Scholarship</b>	<b>31 October 2016</b>
<b>The ESA Ken Wynne Memorial Postdoctoral Research Award</b>	<b>31 October 2016</b>

## ENDOCRINE SOCIETY OF AUSTRALIA STATEMENT ON THYROXINE PREPARATIONS AVAILABLE IN AUSTRALIA

For many years, two thyroxine preparations have been marketed in Australia, Oroxine and Eutroxsig (both marketed by Aspen Pharmaceuticals), available in 50, 75, 100 and 200 µg tablets. These preparations are identical, and so it has been immaterial which is dispensed to patients, and brand switching has not been problematic. A new preparation, Eltroxin (also marketed by Aspen) is now available which features a wider range of tablet strengths (25, 50, 75, 100, 125, and 200 µg) and (unlike Oroxine/Eutroxsig) does not require refrigeration. This may allow more accurate daily dosing for patients and may be more convenient.

The product information for Eltroxin states that it is not bioequivalent to Oroxine and Eutroxsig. This is based on a bioequivalence study using an FDA-approved protocol in which single doses of 600 µg of Eltroxin and Oroxine were administered in turn to healthy volunteers and serum total T4 concentrations measured. For Eltroxin, the uncorrected area under the curve was 89.1% of that for Oroxine (90% CI: 84.7%, 93.7%), whereas for peak concentration (C<sub>max</sub>) it was 86.2% (82.1%, 90.6%). This suggests that Eltroxin may be less bioavailable than Oroxine/Eutroxsig.

This approach to determining bioequivalence of thyroxine preparations has been criticised (1, 2). It takes no account of baseline serum T4 concentrations (an important confounder, since participants have intact thyroids), involves a single dose of T4 rather than steady state pharmacokinetics, and takes no account of serum TSH, the usual clinical measure of thyroxine action. There are conflicting data as to whether bioequivalence differences found using this approach predict clinically relevant differences during steady state treatment of hypothyroid patients (1).

Based on the available data, and clinical experience from countries where different thyroxine brands are available, the

ESA recommends the following:

1. Patients who are established on stable Eutroxsig/Oroxine dosage with serum TSH at target and who do not wish to change preparation should continue it unchanged.
2. Patients should not be switched between Eutroxsig/Oroxine and Eltroxin (eg by pharmacists) without the consent of the patient and the prescribing doctor.
3. If patients are switched between Eutroxsig/Oroxine and Eltroxin, thyroid function should be assessed six weeks later, and dosage adjusted if necessary.

### References

1. Jonklaas J, Bianco AC, Bauer AJ, Burman KD, Cappola AR, Celi FS, Cooper DS, Kim BW, Peeters RP, Rosenthal MS, Sawka AM; American Thyroid Association Task Force on Thyroid Hormone Replacement. Guidelines for the treatment of hypothyroidism: prepared by the American Thyroid Association task force on thyroid hormone replacement. *Thyroid*. 2014; 24:1670-751.
2. American Association of Clinical Endocrinologists, the Endocrine Society, and the American Thyroid Association Joint Position Statement on the Use and Interchangeability of Thyroxine Products, 2004. [www.thyroid.org/thyroxine-products-joint-position-statement](http://www.thyroid.org/thyroxine-products-joint-position-statement) (accessed 3 December 2014).

### REMINDER TO PAY YOUR SUBSCRIPTION DUES

#### ESA membership subscriptions are now due.

Please ensure that the Secretariat has all the correct mailing and contact details, particularly email addresses, as we rely on these to maintain contact with you and keep you informed of ESA activities.

Membership to the ESA permits access to all meetings, obtaining membership registration, opportunity to apply for the various ESA awards/Travel Grants and the ESA newsletter and journals.

Please renew your subscription by logging in at [www.endocrinesociety.org.au](http://www.endocrinesociety.org.au) and selecting Subscription Renewal from the menu.

## DATES FOR THE DIARY

### 2016

#### 28 May – 1 June 2016

18th European Congress of Endocrinology (ECE 2016)

Munich, Germany

Website: <http://www.esa-hormones.org/meetings/>

#### 19-21 August 2016

ESA Clinical Weekend

Crowne Plaza, Surfers Paradise, Queensland

Website: <http://www.esaclinicalweekend.org.au/>

#### 21-24 August 2016

ESA/SRB/ANZBMS Annual Scientific Meeting

Gold Coast Convention Centre

Website: <http://www.esa-srb.org.au/>

#### 25-28 August 2016

ADS/ADEA Annual Scientific Meeting

Gold Coast Convention Centre

Website: <http://www.ads-adea.org.au/>

#### 31 August – 4th September 2016

ICE/ENDO

Beijing, China

Website: <http://www.endosociety.com/events.html>

#### 16-19 September 2016

ASBMR Annual Meeting

Atlanta, Georgia, USA

Website: <http://www.asbmr.org/meetings/annualmeeting.aspx>

#### 28 September-1 October 2016

World Congress on the Menopause, International

Menopause Society

Prague, Cz

[http://www.imsociety.org/world\\_congress.php](http://www.imsociety.org/world_congress.php)

#### 19-21 October 2016

ANZOS ASM

Brisbane Convention and Exhibition Centre

Website: <https://www.anzos.com/>

#### 6-9 November 2016

8th International Congress of the GRS and IGF

Society

Tel Aviv, Israel

<http://www.grs-igf2016.com/>

#### 13-15 November 2016

AHMRC

Gold Coast Convention Centre

Website: <http://www.ahmrccongress.org.au/>

### 2017

#### 10-12 February 2017

Third World Congress of Clinical Lipidology

Brisbane, Australia

Website: <http://clinical-lipidology.com/>

#### 16-19 March 2017

Asia Oceania Thyroid

Association (AOTA) Congress in conjunction with the Annual

Scientific Meeting of the

Korean Thyroid Association (KTA)

Busan Lotte Hotel, Busan, Korea

Website: [www.aota2017.com](http://www.aota2017.com)

#### 1-4 April 2017

ENDO

Orlando, Florida

Website: <https://www.endocrine.org/meetings/endo-annual-meetings>

#### 17-21 June 2017

ANZBMS/IBMS Joint Meeting

Brisbane, Queensland

Website: <https://www.anzbms.org.au/>

#### 27-30 July 2017

3rd World Congress on Thyroid Cancer

Boston, USA

Website: <http://thyroidworldcongress.com/>

#### 27 August – 2nd September 2017

ESA/SRB ASM

Perth Convention Centre

Website: <http://www.esa-srb.org.au/>

### 2018

#### 1-4 December 2018

ICE 2018

Cape Town, South Africa

Website: <http://www.endosociety.com/events.html>

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