

THE ENDOCRINE SOCIETY OF AUSTRALIA NEWSLETTI

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ESA President

Unfortunately, I was unable to attend the recent Clinical Weekend or Annual Scientific Meeting in Christchurch for personal reasons. However, I have received an enormous amount of extremely positive feedback for both meetings. Many members told me that they were the best meetings that we've had for many years, and that the plenary speakers were especially outstanding. I'd like to thank the Program and Local Organising Committees for both meetings, ably led by Helen Maclean, Jeffrey Zajac and Warrick Inder. I'd also like to thank Mark Maclean for representing

Jenny Conn has finished a very successful 3 year stint as chair of the Organising committee for the Annual Seminar Meeting, for which we thank her. The next 3 year cycle will run out of NSW and will be led by Drs Mark Maclean and Rory Clifton-Bligh. The next meeting will be held from May 9-11 in Sydney.

On the clinical front, we have been busy liaising with the Royal Australasian College of Physicians regarding our future involvement in endocrine training as part of a major College overhaul of training. We have also been active in exploring solutions to outdated product information for endocrine-related drugs, a problem that Prof Iim Stockigt alerted us to earlier this year.

Following last year's successful launch of the ESA research higher degree scholarship, we are pleased to launch the inaugural ESA postdoctoral award this year. As I write, we have received a large number of excellent applications for each award, which emphasises their value to our members and also makes me feel confident that endocrine research in Australia is alive and well.

I am sure that most of you already realise that we are celebrating our 50th anniversary next year, centring around our Annual Scientific Meeting in Melbourne from August 25-27. A subcommittee (Tim Cole, Jeffrey Zajac and myself) has started planning for this important milestone and we have already received a number of excellent suggestions from members. However, we are still looking for more ideas as we start to focus on the details, so please feel free to contact us with your suggestions.

Professor Leon Bach

ESA CLINICAL WEEKEND 22-24TH AUGUST 2008

In 2008 the ESA Clinical Weekend will be held at the Cumberland Lorne Resort.

The Cumberland Lorne Resort was established in 1989 on the site of the original Cumberland Guest House. Cumberland Lorne Resort has become one of the regions most well known and popular resorts. Located in the heart of Lorne opposite the famous main beach, the Resort combines outstanding accommodation and leisure facilities and a purpose built Conference Centre.

Refresh your mind, relax your body and rejuvenate your spirit. A truly exceptional resort with luxurious and spacious accommodation, a spectacular seaside location and comprehensive leisure, business and conference facilities.

Website:

http://www.esaclinicalweekend.org.au/

REPORT ON THE ESA CLINICAL WEEKEND 2007

The Clinical Weekend was held at the spectacular Peppers Clearwater Resort just outside Christchurch, New Zealand between the 31st August and the 2nd September.

The gorgeous venue and great food set the scene for a very successful clinical meeting. The two plenary lecturers, Robert J. Smith and Anna-Maria Colao gave informative and well received presentations, but as always the highlight of this meeting was the registrar initiated case discussions.

This year the cases ranged from genetic causes of hypertension to adrenal tumours as well as the more basic diabetic foot.

The quality and clarity of the registrar's presentations allowed the audience to refresh their knowledge or learn new elements of endocrinology.

The social events were well received and in particular the trivial pursuit run by Elke Hendrich was very successful. Trivial pursuit has been missing for several years, but has returned with a vengeance in a new innovative style.

All the feedback was positive. I congratulate Emma Hamilton who was awarded the prize for the best presentation. Next years meeting will be in Victoria in 2008 and we encourage everyone to attend.

Yours sincerely,

Professor Jeffrey Zajac



Gerard Karsenty (Harrison Lecturer, Jeffrey Zajac Past President and Helen MacLean POC Chair At Scientific Meeting Dinner



Mark McLean and Mike Pickford.



Peppers Clearwater Resort just outside Christchurch, New Zealand



Peppers Clearwater Resort just outside Christchurch, New Zealand

AWE REPORT 2007

The 8th meeting of the "Australasian Branch of Women in Endocrinology" (AWE) was held on Sunday 2nd September at the Christchurch Convention Centre in New Zealand. This was our largest reception to date, with over 70 people registered for the event. Once again we thank DSL-Australasia, and in particular their Managing Director Dr Sylvia Johnson, for their continued support and sponsorship of the reception.

The 2007 AWE-DSL New Investigator Travel Award was awarded to Sue Mei Lau of the Garvan Institute of Medical Research, and was presented by Dr Sylvia Johnson of DSL-Australasia. Helen Blanchfield from Novo Nordisk presented the 2007 AWE-Novo Nordisk New Invetigator Travel Grant to Dr Ashwini Chand of Prince Henry's Institute of Medical Research. Prof Helena Teede accepted the 2007 AWE-Abbott Diabetes Care New Investigator Travel Grant from Campbell Spence of Abbott Diabetes Care on behalf of her student Samantha Hutchison, who was unable to fly to New Zealand at 7 months pregnant! AWE-Merit certificates were awarded to Jennifer Miles, Jenny Chow, Caroline Larsen (University of Otago, Dunedin, NZ) and Dr Martina Kocan. We sincerely thank DSL-Australasia, Novo Nordisk and Abbott Diabetes Care for their sponsorship of the three major travel awards.

Annual AWE Travel grants of \$1500 each should be available again to attend ENDO 2008 in San Francisco. These awards are to assist senior PhD students and post-doctoral fellows who are AWE members (and financial members of either the ESA or NZSE) to attend the meeting, and also provide a great networking opportunity with tickets to the Women in Endocrinology dinner at the US ENDO meeting! Application forms will be available from the ESA website in January 2008, and the deadline for receipt of applications is April 18th 2008. The 9th meeting of AWE will be held on Sunday 24th August 2008, in conjunction with the commencement of the 2008 ESA-SRB conference at the Melbourne Convention Centre.

Kathy Gatford



AWE - DSL award



AWE Abbott Diabetes Care award



AWE Novo Nordisk award

ESA SEMINAR MEETING 9-11TH MAY 2008

Sydney Harbour Marriott In 2008 the ESA Seminar will be held at the Sydney Harbour Marriott Hotel in the heart of the business, financial and tourist area of Sydney at Circular Quay. The world famous Sydney Opera House and Harbour Bridge are 300 & 500m away.

In addition, museums, galleries, cinemas, theatres, the Royal Botanic Gardens, duty free shopping, bus, train and ferry transport and the historic area of The Rocks are all on your door step.

The serene, friendly atmosphere makes it a welcome oasis in an often hectic city. With its lavishly appointed rooms, renowned restaurants and intimate bars, the Sydney Harbour Marriott offers the ideal combination of sublime luxury and obliging service in a central location - as is expected from a world class hotel.

Website: www.esaseminar.org.au

Media Release 6 June

NEWREPORTHIGHLIGHTS CHALLENGE OF DIABETES TRANSITION CARE

Diabetes Australia and Eli Lilly have launched the first ever National Review of Transitional Care, a review of current initiatives and resources in the area of transitional care for young adults with Type I Diabetes. The Review which researched the areas of transitional planning, mental health and peer support for young adults with type I diabetes, provides stakeholders with insight into the issues facing this group, along with recommendations and opportunities for consideration.

The transition from a paediatric to an adult diabetes care setting is already well documented as a challenging time for young adults with type I diabetes I due to significant physiological, emotional and environmental changes happening during this period of life.2,3 It is a time when for different reasons many young adults 'drop out' of the healthcare system and subsequently put themselves at risk of developing complications from their diabetes.

To discuss these issues, a national forum for young adults with type I diabetes was held in August 2006 bringing together young adults, health professionals and key stakeholders. As one of the outcomes of the forum, the National Review of Transitional Care was commissioned by Diabetes Australia, with support from Lilly to review what resources and initiatives are in existence and identify gaps and opportunities to explore.

The review consulted young adults with type I diabetes, endocrinologists, diabetes nurse educators, mental health specialists and representatives from Diabetes Australia (DA), Juvenile Diabetes Research Foundation (JDRF), Australian Diabetes Society (ADS) and Australian Diabetes Educators Association (ADEA).

The key findings of the review highlighted:

- The 'ad-hoc' nature of transition from paediatric to adult care settings
- The gaps in information available for young adults as they transition
- The need for sharing 'best practice approaches' and useful materials at a national level
- The significant lack of mental health resource for young adults with type I diabetes

"The National Review of Transitional Care is an important step in helping us identify what resources are currently available and what else we need to be doing to encourage a more successful transition for young adults with type I diabetes," commented Gary Deed, National President from Diabetes Australia.

"The key thing now is ensuring that the greater diabetes community works collectively to consider these issues and share best practice in an effort to develop a more consistent approach to transition care and ensure young adults are accessing the best possible standard of care," he added.

As a result of the review and to confirm Diabetes Australia and Eli Lilly's commitment to improving transitional care, Eli Lilly has announced its sponsorship of the development of a transitional information kit to be available to all diabetes centres across Australia. The kit, a recommendation from the review, is currently in development with Diabetes Australia and in consultation with other partners and will be launched later in 2007.

The review will be issued to members of ADEA, ADS and DA over the coming weeks. To request a copy of the National Review of Transitional Care please contact Diabetes Australia. Phone 02 6232 3800

Issued on behalf of Diabetes Australia and Eli Lilly by Cube. For further information contact Mardi Stewart on 0402 231 142

References:

- I. Australian Paediatric Endocrine Group for the Department of Health and Ageing (2005) National Health and Medical Research Council (NHMRC) Clinical Practice Guidelines: Type I diabetes in children and adolescents Canberra. Available at: www.nhmrc.gov.au/publications, p75, and other pages
- 2. Fleming, et al., (2002) The transition of adolescents with diabetes from the children's health care services into the adult health care service: a review of the literature. Journal of Clinical Nursing 2002; 11: 560-567
- 3. Blum R.W., Garell, D., Hodgman, C.H., Jorissen, T.W., Okinow, N.A., Orr, D.P. and Slap, G.B (1993) Transition from Child–Centred to Adult Health Care Systems for Adolescents with Chronic Conditions. Journal of Adolescent Health, 14, 570-576

ESA 2007 AWARD WINNERS

NOVARTIS JUNIOR SCIENTIST AWARD

Marianne Elston

SERVIER YOUNG INVESTIGATOR AWARDKirsten McTavish

ESA MAYNE PHARMA BRYAN HUDSON CLINICAL ENDOCRINOLOGY AWARD Morton Burt

ESA IPSEN INTERNATIONAL TRAVEL GRANT AWARD

Elspeth Gold, Michael Stark, Lisa-Marie Atkin

ESA IPSEN INTERNATIONAL TRAVEL GRANT AWARD 2008

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 awarded to assist with the costs of international travel to a European destination - **Deadline 1st March 2008.**

One award of \$3500 will be awarded to assist with the costs of international travel - **Deadline 1st March 2008**

One award of \$3500 will be awarded to assist with the costs of international travel - **Deadline 1st August 2008**

Visit ESA website:

http://www.endocrinesociety.org.au/awards.htm#ipsen

REPORT ON THE ESA ANNUAL SCIENTIFIC MEETING 2007 HELD IN CHRISTCHURCH, NEW ZEALAND

The 2007 ESA/SRB Annual Scientific Meeting was held from the 2nd -5th of September in Christchurch, NZ as a combined meeting with the New Zealand Society of Endocrinology. The meeting was a great success with a large number of registrants from both countries and some outstanding plenary and combined sessions. It was headed by an exciting line-up of plenary speakers. The Harrison Memorial Lecturer was delivered by Prof Gerard Karsenty from Columbia University (USA) and provided insights into endocrine regulation of energy metabolism by the skeleton. The Pincus Taft Lecture by Dr Robert Smith addressed a molecular journey from insulin and IGFs to neurodegenerative diseases. The ESA Japan-Australia Lecturer, Prof Takashi Kadowaki discussed adiponectin and its receptors in insulin resistance, diabetes, and metabolic syndrome, and obesity. Dr. Jeff Keelan delivered the ESA/NZSE Nancy Sirett lecture on placental mediators of pregnancy and parturition.

Congratulations to the recipients of the following highly competitive ESA awards at the Meeting. The Novartis Junior Scientist Award was won by Marianne Elston. The 2007 ESA Mayne Pharma Bryan Hudson Clinical Endocrinology Award was won by Morton Burt. Kirsten McTavish received the Servier Award. Many thanks to the Programme Organising Committee, comprising of Helen MacLean (Chair), Warrick Inder, Mathis Grossmann, Carolyn Allan, Vince Russo, Brian Oldfield, and Greg Anderson, for this outstanding meeting. Thanks also to our principal and major sponsors and supporters of the ESA awards. Many registrants took advantage of the breathtaking scenery and activities of the South Island of New Zealand both before and after the meeting.

NEW MEMBERS

Elaine Barrington-Ward Kristy Brown Larissa Christophidis Hui Chua Catherine Conway Renata Ganko Gerard Gibbs Belinda Henry Nicolette Hodyl Viive Howell Louise Hutley Trina Jorre de St Jorre George Kalogerakis

Wee-Ching Kong
Yan Lam
Wai Lau
Heather Lee
Judy Luu
Peak Mah
Deborah Marsh
Sybil McAuley
Mark McCabe
Roland McCallum
Keely McNamara
Sarah Meachem
George Muscat

Stephen Myers
Jyotsna Pippal
Tuan Quach
Kesha Rana
Jyothsna Rao
Debra Renouf
Lisa Rodgo
John Schjenken
Katherine Scott
Brett Sillars
Ulla Simanainen
Jeremy Smith
Sarah Spencer
Jorge Tolosa

Michelle Van Sinderen Alexander Viardot Kirsty Walters Shu-Ching Wang Kun Wang Guam Wang Phillip Wong Christopher Yates Fiona Young Dina Zebian Yufeng Zhao Sophia Zoungas

ESA ANNUAL SCIENTIFIC MEETING 25-28 AUGUST 2008

ESA 50th Anniversary Melbourne Convention Centre Website: www.esa-srb.org.au

Abstract, early bird and ESA award deadline 16th June 2008.

MINUTES FOR ENDOCRINE SOCIETY OF AUSTRALIA ANNUAL GENERAL MEETING

CHRISTCHURCH CONVENTION CENTRE, NEW ZEALAND MONDAY 3rd SEPTEMBER 2007 6.15-7.15pm

Attendance:

Mark McLean, David Phillips, Vicki Clifton, Cathie Choong, George Muscat, Chris Gilfillan, Evan Simpson, Tim Cole, Helen MacLean, Christine Clarke, Peter Leedman, Wayne Tilley, Peter Ebeling, Ben Canny, Brian Hirschfeld, David Hurley, Jeffrey Zajac, Shane Hamblin, Walter Plehwe, Dennis Engler, Tamas Zakar, Paul Williams, Bu Yeap, Brendan Waddell, Gail Risbridger, David Handlesman, Mark Hedger, Ken Ho, Lois Salamonsen, Roger Smith

I. Apologies

Leon Bach, Alan Tilbrook, Peter Fuller, Ivone Johnson

2. Confirmation of Minutes

 21st August 2006, Gold Coast Convention Centre Minutes of the Annual General Meeting that was held on 21st August 2006 were accepted as a true and accurate record.

Proposed by Ben Canny and seconded by Peter Ebeling.

3. Business Arising

Largely dealt in other agenda items.

4. President's Report

Mark stated that he has taken the role of acting President in Leon's temporary absence. He thanked David Phillips, Vicki Clifton, Jeffrey Zajac and the secretariat Ivone Johnson.

The core ESA business remains strong with very successful ASM, Clinical Weekend and Seminar meetings. ESA have also supported its members with travel grants to attend the ASM. The ESA scholarships, which were initiated in 2007, will build up to 3 PhD's and 2 Post Doctoral. Priya Sumithran was awarded the inaugural scholarship for her PhD project with Prof Joe Proietto at the University of Melbourne. This year we are advertising the ESA Postdoctoral Award for ESA members within 5 years of their higher degree. Funding of \$25000 pa for 2 years will be available either for salary support or research expenses. Members discussed the scholarships and will be further discussed at next year's AGM.

At last year's AGM there was talk of a possible merger/marriage with the New Zealand Endocrine Society. This initiative will not happen in the near future.

5. Treasurer's Report

5.1 Audited Accounts

FINANCIAL REPORT FROM THE AUDITOR

Our auditor has indicated that they have been advised by their corporate law accountants that the audits conducted on the ESA finances for the last two years have been wrongly interpreted and that there have been further adjustments to their accounting practices. As a result of this, the audit report indicated the net profit for this financial year was \$69 134 which is significantly less than last years profit of \$219 657. Cash flows are slightly reduced to \$355 302 as we withdrew money from the NAB account last financial year to place in the Asgard investment (\$120 000) resulting in a reduced amount of cash in the bank overall. We also commenced our PhD scholarship scheme at the beginning of this year resulting in a decrease in the income. The main reason our profit is reduced relates to a reduced income recorded from the 2006 Clinical Weekend. This is related to the time that the ASN accounts were audited which covered Jan-Dec 06 and does not reflect ASN account cash flows or earnings in the first 6 months of 2007.

Overall there is a 13% increase in expenses relative to last financial year. Increases in expenses relate to increased funding in scholarships and awards, a pay rise for the secretariat, an increase of expenses from the 2006 ASM relative to the 2005 ASM.

Corporate sponsorship

Corporate sponsorship has increased slightly this year. The sponsors for this financial year are Servier Laboratories, Alphapharm Pty Limited, Eli Lilly Australia, Ispen Pty Ltd, Novartis Pharmaceuticals Australia Pty Limited and Mayne Pharma Pty Ltd.

Membership subscriptions

Subscription payments are reduced since last financial year. The Secretariat has sent reminders to unpaid members requesting their contribution. Members with unpaid subscriptions of greater than two years were removed from the membership list. We have abolished the fee for late subscriptions in an effort to encourage members to pay anytime. The ESA late fee has been cancelled.

Society's investments

Asgard Investment portfolio

The ESA funds are presently allocated to a number of different managed investment profiles which include 12.3% in a Cash account, 11.8% in Australian fixed interest deposits, 6.4% international fixed interest deposits, 27.5% in Australian shares, 29.4% in International shares, 11.9% in property. The total value of these investments is \$1 052 228.47 and the investment has a net earnings of \$128 453.62 for the 06/07 financial year. This is an overall return of 12.9% for this financial year. A summary of the returns for 06/07 financial year for each profile is detailed in the attachment.

PhD and Postdoctoral Scholarships

ESA funded its first PhD scholarship in 2007 at a cost of \$22 500 for three years to Dr Priya Sumithran. The scholarship will be offered annually to either a clinical or basic science project in endocrinology.

Applications for a Postdoctoral scholarship are now available on the ESA website for commencement in 2008 and it will also be offered annually. The Postdoctoral Scholarship will be for two years at a sum of \$25 000 per year. The funds for these scholarships will be derived from the Asgard Investment and the scholarships will consume approximately 11% of the

investment each year from 2009. Based on the presumption that most years we will have a 12% return it is likely that the investment will not be depleted significantly.

Approval for the Treasurer's Report was moved by Jeffrey Zajac and seconded by Ken Ho.

6. Medical Affairs Report

Mark stated that the main item in regards to the RACP is the training of endocrinologists.

The college gives out the diploma which certifies training as specialist endocrinologist. The training is delivered by ESA clinicians, however the college certifies when the trainee has done sufficient time. There is no formal curriculum. The college wants to redefine the relationship between the special societies in regard to designing a curriculum, assessment, developing and owning intellectual property. Mark McLean is the ESA representative on the specialties board. This board has been embarked and Mark will be the ESA representative on the Adult Medicine Division. Ken Ho stated that a curriculum officer needs to be appointed. ESA needs to think how best to manage these issues. Council will look into and discuss these items and report back to the

7. Report on 2007 ESA Meetings

• Seminars • Clinical weekend • ASM

The 2007 Seminar, Clinical weekend and ASM have shown near record numbers of registrants and were very successful.

8. Future Meetings

membership.

ESA ASM 2008, Melbourne Convention Centre 25th-28th August The 2008 meeting will begin at lunchtime on the Monday and finish on Wednesday afternoon as we do not have access to the Convention Centre on the weekend prior to the meeting. This meeting is ESA's 50th Anniversary. We hope to have a reception at Government House hosted by David de Kretser. ESA are beginning to plan a special program and have received suggestions from several members. More suggestions are needed. The 50th Anniversary committee comprises Leon Bach, Tim Cole and Jeff Zajac.

ESA Clinical Weekend 2008, Melbourne 23-24th August

The venue of Hilton on the Park, has been provisionally booked. An organising committee will shortly be appointed.

ESA Seminar Meeting 2008, Sydney 9-11th May

This meeting will be held at the Marriott Hotel in Sydney. Rory Clifton Bligh is the Chair and the committee includes Mark McLean.

ESA ASM 2009, 30th August-2nd September

This meeting will be held at the Adelaide Convention Centre.

9. Other business

David Philips, honorary secretary, to send letters from ESA to Leon Bach and Ivone Johnson Nominated: Ben Canny Seconded: Walter Plehwe

10. Date of next meeting:

Melbourne, 26th August 2008

ESA 50TH ANNIVERSARY YEAR IN 2008.

Next year the Society will be celebrating its 50th year of existence (the inaugural meeting where the Society was formed was on June 2, 1958) and in the Program Book for next year we will be having a supplement with transcripts of the defining documents and a short history of the Society. If any members have photos taken at significant ESA events over the years or have copies of documents that record important events in the Society's history, please contact Ivone Johnson at the Secretariat.

We have some of these documents already, but would like to hear of other materials that you may have, particularly photos. If possible, we would like to borrow these treasures temporarily to make copies and potentially include in this short addendum to the abstract book for next year. We will keep you informed in the next Newsletter about how our celebratory Annual Scientific Meeting is coming along and how you can be involved.

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FUTURE MEETINGS -2008

World Endometriosis Society / AGES **WCE 2008**

11-14 March 2008 Melbourne Website: www.wce2008.com

ESA Seminar Meeting

9-11th May 2008 Sydney Harbour Marriott Website: www.esaseminar.org.au

ENDO 2008

15-18 June 2008 San Francisco. California Website: www.endo-society.org

ESA Clinical Weekend

22-24 August 2008 Hilton on the Park, Melbourne Website www.esaclinicalweekend.org.au

ESA/SRB ASM

25-28 August 2008 Melbourne Convention Centre Website: www.esa-srb.org.au

ANZBMS 18th Annual Scientific Meeting

28-31 August 2008 Hilton on the Park, Melbourne, VIC Website: www.anzbms.org.au

ADS/ADEA ASM

28-30 August 2008 Melbourne Convention Centre Website: http://www.ads-adea.org.au/