

ECE 2008

A great success for European Endocrinology



► The 10th European Congress of Endocrinology, organised jointly by ESE and the German Society of Endocrinology, was held in Berlin from 3–7 May 2008. The ICC was a magnificent venue, and the conference ran smoothly as a result of careful planning. More than 3000 endocrinologists from Europe, as well as from other parts of the world, attended the meeting and acknowledged the high scientific standard of the lectures, symposia and original contributions in their evaluations.

The POC is very grateful to all the speakers who accepted the invitation to contribute to the programme and their efforts are recognised as the main cause for the success of the congress. The scientific programme included many well attended basic and clinical symposia, covering topics such as: research showing which specific groups of postmenopausal women should be treated with HRT to prevent cardiovascular disease; how a cell is able to sense nutrients through sirtuins and AMPK; reinforcement of the idea that leptin could help obese people to maintain weight loss induced by diet; that both the incidence and prevalence of Grave's disease is decreasing; and new data showing central actions of insulin in the CNS regulate lipogenesis at the peripheral level.

The organisation of the meeting was almost perfect, although the large number of unexpected on site registrations were a challenge to the organising staff. In addition, there was a great contribution from the pharmaceutical industry, both in organising scientific satellites and in the commercial stands.

The weather was beautiful and the attendees enjoyed the visit to the changing places in Berlin and many of them, who had not visited Berlin for some years, were amazed by the many changes that had taken place.

With delegates from 80 different countries, ECE 2008 has been a great success for European and worldwide endocrinology. The ESE and the annual congresses will certainly grow and the spirit and friendly atmosphere of the Berlin meeting will be there again in Istanbul 2009.

CLARA ALVAREZ AND ANNETTE GRÜTERS, POC CO-CHAIRS



ECE 2009 – IMPORTANT DATES

Abstract submission now open

ABSTRACT DEADLINE: 24 November 2008

EARLY REGISTRATION: 16 February 2009

EDITORIAL

► The 10th European Congress of Endocrinology in Berlin was a great success, with over 3000 delegates and an excellent scientific programme. I would like to thank the POC for all their hard work and the speakers for their contributions.

During the ECE the ESE held their Annual General meeting and I would like to thank members for attending and their contribution. During the AGM the members voted to extend the Secretary's term of office for an extra year until 2010. This will help our young society with continuity and stability while we work towards a rhythm of three to four Executive committee retirements and elections each year. The members also voted to change the process of approving all new member applications and further details can be found on page 3. I would like to welcome all new members and encourage them to take an active part in their Society. I would also like to welcome Professor AJ van der Lely to the Executive Committee. AJ has taken on the role as Chair of the ESE Publications Committee and will be developing the publications strategy.

We introduced two new features at the ECE: a meeting of the Presidents of the Affiliated Societies and a new members welcome reception. The meeting of the Presidents was a valuable exchange of information and ideas, and further meetings will be included in future ECE programmes. The new members welcome reception will also be included in future ECE programmes as this provides an opportunity for new members to meet the Executive Committee and become an active part of the Society.

I am pleased to announce a collaboration with Young Active Research, a group of young endocrine researchers that has been operating for 10 years. The ESE looks forward to the collaboration and supporting the young European endocrinologists. I would encourage you to visit the website (www.junge-forschung.de) for further information and to join the young researchers.

The next ESE Postgraduate Training Course will take place in Tbilisi, Georgia from 2–4 October 2008. Further information can be found on the ESE website and hopefully we will see you in this undiscovered exotic country.

Finally, our membership now totals over 1000 Ordinary members, 44 Affiliated Society members and 11 Corporate members – together we will become the voice of European endocrinology.

EBO NIESCHLAG, ESE PRESIDENT

STAY IN TOUCH

We would be pleased to hear from you regarding any aspect of ESE activities. Send your comments to info@euro-endo.org.

ESE remembers

John-Frederik Dymling

John-Frederik Dymling, who died last October, was the first President of the European Federation of Endocrine Societies.

John was a Swedish endocrinologist who worked in Malmo. In 1984 he represented the Committee of Acta Endocrinologica Countries (CAES) at the meeting of the European endocrine societies in Quebec, which was called to consider the merits of forming a European society of endocrinology. At that time, the only grouping of European societies was the CAES, which comprised the Scandinavian, German, and Swiss endocrine societies, and they had been reluctant to incorporate into a larger European organisation since they had for many years collaborated successfully in organising congresses and publishing *Acta Endocrinologica*. At the meeting in Quebec, John was persuaded of the benefits of forming a European grouping of endocrine societies, and later that year he convinced the CAES of these advantages. The consequent support from the CAES opened the door to the formation of a federation, and John was appointed as chairman of a committee representing several European endocrine societies with the brief to plan the first congress and to draw up the constitution. The first congress was held in Copenhagen in 1987, and there the European Federation of Endocrine Societies was inaugurated. John was elected as President, a fitting tribute to his efforts in helping to bring EFES into being.

John was a skilful and effective chairman, with a pleasant personality and faultless command of the English language. Under his chairmanship, EFES started to develop and implement the ideas and policies that formed the basis for the eventual successful conversion into the European Society of Endocrinology.

John lived and worked in Malmo, and was deeply interested in local politics. He was also a very keen golfer, who played off a low handicap, and shared with his wife, Birgit, a great enthusiasm for the game. I shall remember him as an informed, intelligent, and supportive colleague, but particularly as a good friend.

VIVIAN JAMES

The ERCUSYN Project

► The ERCUSYN project began when a number of leading European endocrinologists teamed together to apply to the European Union (EU) call under the Public Health Program to set up a European Register on Cushing's Syndrome (the acronym of which is ERCUSYN) and succeeded in being funded for three years.

Establishing a European register will lead to increased knowledge on this syndrome, and consequently to improved treatment and care for patients. The aims of the project include: to increase the awareness among general practitioners or primary care physicians throughout Europe, to make an earlier diagnosis and hopefully improve the long term prognosis and "normalise" the increased morbidity and mortality associated with this syndrome, and to set up European guidelines for the diagnosis and treatment of these patients. Furthermore, special attention will be devoted to evaluating and preventing the impairment in quality of life associated with this syndrome. In order to appreciate the long term impact of Cushing's syndrome on quality of life and mental health, one of the additional objectives of the project is to develop a disease generated tool, the CushingQoL questionnaire, to be available in as many different languages as possible. This will be an important tool to evaluate psychological impairment associated with Cushing's syndrome, even if the patient is biochemically cured.

From the beginning it was clear that this should be a European initiative and currently involves more than 30 colleagues from over 20 countries (see map); the European Society of Endocrinology is also an associated partner, giving a scientific backing to the project and facilitating its extension throughout Europe. Any centre of excellence interested in including new patients into the registry is very welcome, and should register on the project web page www.ercusyn.eu or send an e-mail to the project manager (asantos@ercusyn.eu).

The ERCUSYN web page includes a public area devoted to patients (with brochures translated into as many European languages as possible; your collaboration in translating texts into your own language will be greatly appreciated), and another for the investigators (to collect data from leading endocrine centres on a specially designed database), as well as links to the EU, Orphanet, the Rare Disease Task Force, the European Society of Endocrinology, the Pituitary Society and patient support organisations, among others. For further information, please visit www.ercusyn.eu.

SUSAN WEBB, CHRISTIAN STRASBURGER, PETER TRAINER, JOHN WASS AND STEVEN LAMBERTS

PROJECT MANAGER: ALICIA SANTOS



IMPACT FACTORS

We are pleased to announce the new impact factors for our journals. *The European Journal of Endocrinology* is now at **3.239**, its highest ever value; the *Journal of Endocrinology* is now at **2.636**; *Endocrine-Related Cancer* has been returning strong results for the past few years and this year is **5.193**, and the *Journal of Molecular Endocrinology* is now at **2.801**. Although JOE and JME have returned slightly lower values than previous years, they continue to show keen interest amongst readers and researchers.

Congratulations to ECE 2008 prize winners

The ESE would like to congratulate all the prize winners from ECE 2008. The Geoffrey Harris Prize was awarded to Professor George Chrousos (Athens, Greece) and the *European Journal of Endocrinology* prize was awarded to Professor Claes Ohlsson (Göteborg, Sweden).

Six Young Investigator awards were presented to Dr Julie Acunzo (France) for S20.1, Dr Davide Calebiro (Italy) for S14.1, Ms Inga Johnsen (Germany) for OC4.3, Dr Rossella Libé (France) for S14.3, Dr Nicole Reisch (UK) for OC4.2 and Dr Agatha van der Klaauw (The Netherlands) for OC1.3.

Four poster prizes were also awarded to Dr Laure Cazabat (France) for poster P656 (Basic), Dr Inka Gotthardt (Germany) for poster P269 (Basic), Dr Maria Cristina De Martino (Italy) for poster P4 (Clinical), Dr Oliver Blankenstein (Germany) for poster P587 (Clinical).

Meet your new Executive Committee member

► Professor Aart van der Lely was elected as an Ordinary Executive Committee member in April and the ESE would like to welcome him to the Society.

Professor van der Lely serves as Chief and Professor of Clinical Endocrinology at the Department of Medicine, Section of Endocrinology and Head of the Clinical Research Unit at the Erasmus MC in Rotterdam, The Netherlands. He is also Scientific Director of the Erasmus Institute of Neuro-endocrinology (ERINE) in Rotterdam. His areas of research are neuroendocrine disorders, pituitary disease, clinical and basic aspects of the role of gut hormones in metabolism. Professor van der Lely has published many papers and book chapters and he serves as continental editor of *Clinical Endocrinology* (Oxford) and on the editorial board of the *Journal of Endocrinological Investigation*, *Clinical Interventions in Aging*, *Journal of Clinical Endocrinology and Metabolism* and *Nature Clinical Endocrinology and Metabolism*. He is president of the Dutch Endocrine Society and secretary of the European Union of Medical Specialists (UEMS), section of endocrinology. In that position he is also responsible as secretary for the CME accreditation via UEMS in the field of Endocrinology.



ESE Honorary Members

► The ESE have introduced a category of Honorary membership and is pleased to announce that this was awarded two candidates during ECE 2008.

Professor Luciano Martini (Italy) for recognition of his tremendous achievements in the early days of EFES and significant contributions to European endocrinology and to Professor Gabriella Morreale de Escobar (Spain) for recognition of her tremendous achievements and significant contributions to European endocrinology.

The Executive Committee would like to thank Professors Martini and Morreale de Escobar for attending the presentation given at the ECE 2008 Opening Ceremony.



ECE 2009 11th European Congress of Endocrinology

► The 10th European Congress of Endocrinology was held with remarkable success in Berlin 3–7 May 2008. And now, the 11th Congress, ECE 2009, is on its way to be held in Istanbul on 25–29 April 2009.

News from the Programme Organising Committee

The Programme Organising Committee has been formed by 15 distinguished scientists, chaired by Prof. Vera Popovic from Serbia and co-chaired by Prof. Sevim Gullu from Turkey. The Committee had its first meeting in Istanbul last March and abstract categories have been decided. One hundred and fifty speakers from Europe and overseas have been invited to cover clinical, basic and translational symposia along with pro-con sessions and debates.

Detailed information is available on the congress webpage at www.ece2009.com along with contact information for further questions.

The ECE 2009 is expected to contribute to the ever-increasing success of the ECE congresses by being the most successful congress ever held and you are cordially invited to take part in this major event of endocrinology.



BETTER HEALTH THROUGH HORMONES

Professor Peter Trainer from the ESE explains how the study of hormones could be key in the fight against obesity. The full article is available at http://www.publicservice.co.uk/article.asp?publication=European%20Union&id=327&content_name=Biotechnology%20and%20Microtechnology&article=9398.

Annual General Meeting

The last AGM took place on Tuesday 6 May 2008 at the ECE 2008 in Berlin. Thanks to those members who attended and their participation. The draft minutes are now available on the Meetings page in the Members Section of the ESE website.

Becoming an ESE member is now even easier

The ESE Executive Committee have discussed ways on how to simplify the membership application procedure. The Executive Committee proposed to approve all new member applications at the regular Executive Committee meetings, rather than just once a year at the Annual General Meeting. The members voted unanimously to approve this at the 2008 AGM (6 May 2008, Berlin).

A copy of the ESE Memorandum, Articles of Association and Byelaws are available to view on the ESE website.

Welcome to new Ordinary members

At the Annual General Meeting (6 May 2008) in Berlin, 382 new member applications were approved. Following the new approval process, a further 134 were approved by the Executive Committee at their meeting on 7 May 2008. The ESE would like to welcome all new members.

Welcome to new Affiliated Society members

The ESE would like to welcome the Macedonian Endocrine Society as an Affiliated Society member.

Welcome to new Corporate member

The ESE would like to welcome DuoCort AB as a Corporate member.

How to join the ESE

The online application and payment form is available at www.euro-endo.org/membership/membership_ordinary.htm. Membership for 2008 is €50 or €25 for reduced rate countries, under 35 years and retired. If you have any questions or comments please contact the ESE Secretariat on info@euro-endo.org.

For those last few members - remember to pay your membership fee for 2008.

A last call for those members who have not yet paid their membership fee for 2008. For a quick and secure method of payment, members can pay online, at http://www.euro-endo.org/membership/membership_renewal.htm.

What's hot in EJE?

Insulin resistance in preterm and small for gestational age young adult males

ROTTEVEEL, VAN WEISSENBRUCH AND DELEMARRE-VAN DE WAAL

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Low birth weight has been considered a risk factor for developing insulin resistance. This association has been examined further in a study by Rotteveel et al. Four groups of young male adults were compared: 10 born small for gestational age who had been treated with growth hormone therapy, 15 males born prematurely appropriate for gestational age, 13 males born prematurely small for gestational age, and 15 males born at term with normal birth weight. The hyperinsulinaemic-euglycaemic clamp was used to determine insulin sensitivity by peripheral glucose uptake in the subjects. Insulin sensitivity was found to be lower in all adults born prematurely and in those treated with growth hormone, compared to those born at term with normal birth weight. The study concludes that growth hormone therapy requires careful monitoring in children born prematurely.

ESE would like to thank their Corporate Members for their continued support : **CMM Global, DuoCort AB, Eli Lilly, Ferring, Ipsen, Novartis, Novo Nordisk, Pfizer, Roche, Sanofi-Aventis and Serono**

ESE News

This document is available on the ESE website at www.euro-endo.org/news/news.htm.

The address lists used to mail this issue of *ESE News* were supplied by the member societies of ESE and are stored on BioScientifica's computer for future use.
If you do not wish to receive further mailings, please advise editorial@endocrinology.org

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Newsletter

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ESE Postgraduate course 2008

One spring weekend, when the long winter nights and cold were over, and the sun, albeit shyly, managed to coax plums and sakura into blossom, a high-level meeting on Endocrinology – the 4th Baltic Congress and the 5th ESE Postgraduate Course – took place in Vilnius, Lithuania. The date was 17–19 April 2008. The European Society of Endocrinology and its Lithuanian counterpart, headed by Professor Antanas Norkus, organised a memorable meeting and strong support was provided by Valdis Pirags, Jens Christiansen and John Wass.

Over two hundred participants and lecturers were present, including colleagues from Belarus, Belgium, Denmark, Estonia, France, Germany, Greece, Latvia, Lithuania, The Netherlands, Serbia, Spain, Sweden, Switzerland, Turkey and the UK. The course covered a good combination of basic and clinical science and among the topics were pituitary and adrenal tumours, reproductive endocrinology, thyroid diseases, the genetics of diabetes, insulin action and the treatment of type 2 diabetes, obesity, and the endocrinology of bone and adipose tissue. In addition to 18 excellent lectures the programme included six 'Meet-the-Expert' sessions covering diagnosis and management issues.

One important aspect of the meeting was the opportunity to meet new people, both senior and junior, to hear new ideas and to share results of one's own research. The three Baltic States presented 11 of the newest studies recently conducted in Estonia, Latvia and Lithuania. All this created a good atmosphere of discussions, exchange of ideas and information, as well as better interaction among endocrinologists coming from different European countries.

In our everyday life we often refer to family, friends and work as of the highest importance. I truly believe that our guests, especially the young ones, not only gathered invaluable scientific information but made many new friends. Not just friends with whom to exchange academic knowledge, but simply friends. We often say that friends are like stars: not always easy to reach but very comforting to know that they are around.

The combination of an excellent breadth of scientific information, an amazing city and a warm and genuine people made this meeting a truly memorable one.

LINA ZABULIENE, CONSULTANT IN ENDOCRINOLOGY; VILNIUS, LITHUANIA

Save the Dates!

FORTHCOMING MEETINGS AND COURSES

<http://www.euro-endo.org/meetings>

44th Annual EASD Meeting Rome, Italy, 7-11 September 2008

Email: secretariat@easd.org Web: <http://www.easd.org/>

33rd Annual ETA Meeting Thessaloniki-Chalkidiki, Greece, 20-24 September 2008

Email: info@globalevents.gr Web: <http://www.eta2008.gr/>

ESPE 2008 Istanbul, Turkey, 20-23 September 2008

Email: espe2008@congrex.com
Web: <http://www.congrex.com/espe2008/>

13th ENEA Meeting Antalya, Turkey, 17-20 October 2008

Email: secretariat@enea2008.org Web: <http://www.enea2008.org/>

6th Annual ENETS Conference Granada, Spain, 5-7 March 2009

Email: enets.office@charite.de
Web: <http://www.neuroendocrine.net/re/>

11th European Congress of Endocrinology Istanbul, Turkey, 25-29 April 2009

http://www.euro-endo.org/meetings/meetings_conferences.htm

12th European Congress of Endocrinology Prague, Czech Republic, 24-28 April 2010

http://www.euro-endo.org/meetings/meetings_conferences.htm

Courses

6th Regional Postgraduate Course in Clinical Endocrinology Tbilisi, Georgia, 2-4 October 2008

Web: http://www.euro-endo.org/meetings/meetings_courses.htm

7th Regional Postgraduate Course in Clinical Endocrinology Bucharest, Romania, 28-30 May 2009

http://www.euro-endo.org/meetings/meetings_courses.htm