ICE/ECE 2012
15th International Congress of Endocrinology &
14th European Congress of Endocrinology
5–9 MAY 2012, FLORENCE, ITALY

With less than 7 months to go until the joint International and European Congress of Endocrinology, we are pleased to report that the organisation is progressing swiftly and that registration and abstract numbers are already showing signs that this congress is likely to exceed all previous ECE congress’ attendance records.

We are delighted to announce that the Endocrine Society President, Professor Janet Hall (USA), joins our faculty as a prestigious plenary lecturer. The full scientific programme is available online on the congress website www.ice-ece2012.com which will be updated to link to all accepted oral presentation abstracts and posters.

Our colleagues from the industry have been busy working with us to create a wonderful exhibition, the largest at any ECE to date. We will be joined by a plethora of global companies providing not only a truly exhilarating exhibition and poster centre but also hosting a very busy schedule of industry symposia; further details about each of the individual symposia will be released in the New Year.

Further to our confirmation of the two pre-congress courses in Proper Medical Writing and Thyroid Ultrasound, we are extremely pleased to announce the creation of 3 dedicated nurse sessions within the main congress programme and a revision to the congress registration fees for nurses. Our nurse strand leaders have scheduled two morning clinical sessions and one evening professional development session, where there will also be an opportunity to present dedicated nurse abstract submissions and network with nursing colleagues from around the world. Further information, including the nurse registration fees, can be found on the congress website.

As a special addition to our congress programme, we are finally able to announce that ICE/ECE 2012 is hosting a Congress Concert in the spectacular Basilica di San Lorenzo at 20:30 on Monday 7 May. Details about the concert and ticket information are available on the congress website’s social programme pages. We are also now taking bookings for the Congress Dinner on Sunday 6 May at the Palazzo Corsini. The venue is made up of individual rooms that offer great space for your company. Please contact the secretariat for more details.

Finally, it was with great sadness that we had to announce that Professor Rolf-Christian Gaillard, one of our esteemed colleagues from over 40 countries worldwide. We are delighted to confirm that the Endocrine Society President, Professor Janet Hall (USA), joins our faculty as a prestige plenary lecturer. The full scientific programme is available online on the congress website www.ice-ece2012.com which will be updated to link to all accepted oral presentation abstracts and posters.

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We hope you will join us in Florence for what promises to be a vibrant and significant joint congress.

Martin Reineck
Chair of the Programme Organising Committee, ICE/ECE 2012

Gianni Forti
Chair of the Local Organising Committee, ICE/ECE 2012

Philippe Bouchard
President of ESE

Paul Stewart
Secretary General of ESE

New in November: the ICE/ECE 2012 congress blog, available via the homepage of the congress website.

Editorial

1. I would like to start by wishing you all a happy and peaceful 2012. This issue of ESE News is dedicated to the upcoming Congress in Florence, Italy, from 5–9 May 2012, and you will find it packed with information on what’s in store, including details on pre-congress courses, prize and plenary lectures, excursions and tours, social events and much more! The 7th ESE Annual General Meeting will also be held during the Congress on Tuesday 8 May at 12:30. All ESE members are welcome!

Members should by now have received their 2012 membership renewal notice. The annual membership fee for 2012 remains unchanged from 2011 and is €70 for Full members and €35 for Reduced Rate members. Members are also able to pay for a 3 year membership at the discounted rate of €190 or €95 for reduced rate OR a Lifetime membership at €1120 or €560 for Reduced Rate members.

Please encourage your colleagues to join our growing Society as, following the strategic review in 2011, there are many new initiatives being developed including Special Interest Groups (SIGs) in PCOS, Monogenic Metabolic Bone Disorders and Endocrine Hypertension/Cardiovascular Endocrinology. Findings from these SIGs will be communicated to our membership in due course.

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Registration

There is a reduced rate available to ESE members, saving €300 on the registration fee. To be eligible for the ESE members’ rate you must ensure that your membership renewal payment for 2012 has been paid.

<table>
<thead>
<tr>
<th>Registration rates</th>
<th>Early Bird Registration to 16 March 2012</th>
<th>Standard Registration 17 March - 16 April 2012</th>
<th>Onsite Registration</th>
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<td>NEW - reduced nurse rate</td>
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<td>€125</td>
<td>€150</td>
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</table>

The registration fees include:
- Access to all congress sessions and commercial exhibition
- Delegate bag including all congress materials and a name badge
- Endocrine Abstracts, in print
- Meet-the-Expert Handbook
- Entrance to the Opening Ceremony and Welcome Reception
- All refreshment breaks during the congress

Registration does not include accommodation, tickets to social events (unless stated) or optional excursions.

The registration fee for an accompanying person includes:
- Entrance to the Opening Ceremony and Welcome Reception
- Access to the commercial exhibition
- All refreshment breaks during the congress

Further details are available at www.ice-ece2012.com/registration.aspx

CME Credits

ICE/ECE 2012 has applied for accreditation from the European Accreditation Council for Continuing Medical Education (EACCME).

How to get there

AIR TRAVEL


The centre can be reached in about 15 minutes by taxi, and in about 20 minutes with the SITA/ATAF “Vola in Bus” bus shuttle operating between the airport and the central railway station of Santa Maria Novella. For more information, visit the airport’s website at: www.aeroporto.firenze.it.

Pisa’s international Airport “Galileo Galilei” (PSA) is the most important in Tuscany: it links the city with major Italian and European destinations. The airport of Pisa is connected to Pisa Central Station by many routes, among which there are eight direct trains from the airport of Florence.

BY CAR

From Rome (274 Km) or Naples (472 Km) use the highway A1 to reach your destination; exit at Firenze Sud. From Milan (305 Km) the same highway A1 will bring you to Florence travelling via Bologna (110 Km). From Venice (261 km) and from the Northeast take the A13 Padova-Bologna route then continue on the A1 to Florence. Those coming from the Tyrrhenian coast, from Genoa, Pisa or Lucca, must use the A11 Pisa-Firenze highway.

RAILWAY LINKS

Florence is situated on the Milan–Rome line, with frequent and rapid connections both ways. For train times please consult the Trenitalia site http://trenitaliaplus.com/.

A Florentine Village will be located in the ICE/ECE 2012 Exhibition Hall to bring the very best of Florentine specialities to our congress.
HORMONES AND ATHLETIC PERFORMANCE

Physical activity exerts an important influence on the endocrine system, modulating synthesis and secretion of several hormones. The mode, intensity, and duration of exercise and the age, gender, and fitness level of the exercising subject, as well as environmental and psychological factors, may affect the endocrine response to physical activity. On the other hand, several hormones are able to influence physical performance and body composition. Thus, a two-way relationship exists between exercise and hormones.

In the past decades, hormone abuse has become a widespread habit among professional and, more frequently, recreational athletes. Anabolic androgenic steroids (AAS), GH and erythropoietin (EPO) are the most frequently misused hormonal substances in sports. The use of AAS as performance enhancing drugs dates back to the 1936 Olympics in Berlin, two years after testosterone was first isolated and synthesised. GH was introduced to the world of sport by the Underground Steroid Handbook, a leaflet published in California in 1982 and was used in the 1988 Olympic Games. Recombinant human EPO has been imputed to be abused by athletes in aerobic sports early after its marketing as an erythropoiesis-stimulating drug.

AAS are chemically modified analogs of testosterone which act on the skeletal muscle as a primary target tissue. The anabolic effect of testosterone is dose dependent, and significant increases in muscle size and strength occur only with supra-physiological doses. The side effects associated with AAS include testicular atrophy, infertility and cardiovascular disease, among others.

GH is used as a drug of abuse in sports, despite no proper scientific studies demonstrating GH to be performance enhancing in normal subjects. The only controlled studies on the effects of GH on muscle function in experienced weightlifters or power athletes have not been able to show a significant positive effect of GH on muscular protein biosynthesis or strength.

Erythropoietin (EPO) stimulates an increase in haemoglobin, thus increasing the oxygen-carrying capacity of the blood. Artificially raising levels can have dangerous consequences such as heart failure and pulmonary embolism.

During the next ICE/ECE 2012 two Symposia discussing the effects of hormones as performance enhancing drugs are scheduled: Symposium 35 “Endocrinology and the Olympics: will hormones help to win?” and Symposium 60 “Performance enhancing hormones in sports”. These symposia are intended to provide all participants involved in sports medicine and endocrinology an overview of the complex interactions between physical activity and the endocrine system and to focus on hormone abuse in sports at competitive and recreational levels, highlighting its negative consequences for long-term health.

The following grants are available to ESE members attending the Congress:

**NEW FOR 2012**

**Basic Science Meeting Grant**
ESE is making every effort to bring basic scientists to its annual meeting by introducing the ESE Basic Science Meeting Grant. ESE offers 100 ESE Basic Science Meeting Grants per year worth up to €450 each for ESE members who are basic scientists to attend the congress. Application for the Basic Science Meeting Grant is through the online abstract submission system.

**ESE Meeting Grant**
ESE offers 50 Meeting Grants per year worth up to €400 each for ESE members to attend an ESE meeting.

**Journal of Endocrinology Travel Grants**
For ICE/ECE 2012, the Journal of Endocrinology is offering 16 Travel Grants of €300 each to young scientists attending the congress.

Other prizes and awards are available, please visit the ESE website for further information, including details of the eligibility criteria and how to apply. http://www.euro-endo.org/prizes/default.htm

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**Save the Dates!**

**Summer School on Endocrinology**
Bregenz, Austria
29 July–2 August 2012

**12th ESE Postgraduate Course in Clinical Endocrinology**
Antalya, Turkey
18–21 October 2012

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**ESE News**

**MUST SEE AT ICE/ECE 2012**

**Saturday 5 May 2012**
17:30–19:30 OPENING CEREMONY
Geoffrey Harris Prize Lecture SUPPORTED BY IPSEN
The 2012 Geoffrey Harris prize will be awarded to Professor Jonathan Seckl. Professor Seckl’s lecture is titled ‘Glucocorticoid metabolism and the brain, from fetal programming to senescence’

**European Journal of Endocrinology Prize Lecture**
The winner of this prestigious prize will be announced in due course.

**Sunday 6 May 2012**
08:30–09:15 PLENARY LECTURE 1
Red wine endocrinology D Sinclair (USA)

**Monday 7 May 2012**
08:30–09:15 PLENARY LECTURE 3
Mating, sex and the immune system in humans and fish M Milinski (Germany)

**Tuesday 8 May 2012**
08:30–09:15 PLENARY LECTURE 4
Lecture from The Endocrine Society President, J Hall (USA)

**Wednesday 9 May 2012**
08:30–09:15 PLENARY LECTURE 6
Maternal nutrition, metabolism and fetal programming CS Yajnik (India)

**10:45–11:30 PLENARY LECTURE 7**
Diabetes as a gut disease M Nauck (Germany)

**12:30–13:15 PLENARY LECTURE 8**
Circadian clock genes and hypertension H Okamura (Japan)

**CONGRESS WEBSITE:**
www.ice-ece2012.com

**LOCAL ORGANISING COMMITTEE**
Gianni Forti, Chair
University of Florence, Endocrinology Unit, Viale Pieraccini 6, 50139 Florence, Italy

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What's hot in EJE?

Diabetes reduces left-ventricular ejection fraction - irrespective of CAD presence and extent

NIKLAS F EHL, MICHAEL KÜHNE, MIRIAM BRINKERT, JAN MÜLLER-BRAND AND MICHAEL J ZELLWEGER

European Journal of Endocrinology
2011 165 945—951
DOI: 10.1530/EJE-11-0687

The association between diabetes and congestive heart failure (CHF) is well known; large epidemiological studies have confirmed diabetes mellitus to be an independent risk factor for the development of heart failure. Results concerning systolic function in CHF are inconclusive.

Ehl et al. studied on a large cohort of 2635 patients comparing the left-ventricular ejection fraction (LVEF) between diabetic and non-diabetic patients. They found that diabetics had a lower LVEF compared with non-diabetics. This difference could be demonstrated regardless of coronary artery disease (CAD) extent and may in part explain the poor cardiac survival of diabetics compared with non-diabetics on an epidemiological level.

Young Active Research in Endocrinology (YARE) meeting 2011 STOCKHOLM, SWEDEN

2011 was the year that the YARE went international!

For the very first time the 13th Annual YARE meeting was held outside of Germany at the Karolinska Institutet in Stockholm, Sweden, from 7—9 October. This meeting was kindly supported by several pharmaceutical companies, as well as the European Society of Endocrinology (ESE) and the German Society for Endocrinology (DGE) and was attended by 66 participants from 14 different countries. We started with two very exciting talks from two invited speakers. First Björn Vennström told us everything we needed to know about the Nobel Prize. Unfortunately there is no 10-step plan explaining how to obtain this prestigious award, so we have to work on that ourselves! Next Kirsty Spalding gave a very interesting talk about the method used to measure ($^{14}$C) derived from above ground nuclear bomb tests, explaining that the method can be used to investigate the time it takes for adipocytes and lipids to be replaced during an average lifespan. Of course this day could only end by getting to know each other, while enjoying a few drinks in the students’ bar at the Karolinska Institutet.

On the Saturday most attendees presented their work on the adrenal, thyroid hormones, metabolism, female reproduction, neuroendocrinology, pharmacology and endocrine cancer. The talks ranged from basic via translational to clinical, enabling clinicians to learn from basic researchers and vice versa. Despite this broad range of endocrine topics, the informal atmosphere made this meeting the ideal place to ask questions and learn from each other. The day ended with a stroll through Stockholm city centre, followed by a Dinner Cruise on the Mälarsea.

The final talks were given on the Sunday about growth hormone, bone and reproduction. The meeting ended with a delicious lunch at the institute. We would like to congratulate Mona Mischke for the Speakers prize for ICE/ECE 2012 and Julia Mueller for her Speakers prize for the DGE 2012. We can all look back on a very successful YARE meeting. I hope to see you all at the next meeting which will be held in Dresden in 2012.

LEONIE VAN HOUTEN, YARE MEMBER AND ESE NEWS EDITORIAL BOARD MEMBER

In memory of Ing. Milan Zaoral, DrSc – the discoverer of desmopressin

On 4 January 2011, at the age of 84 years, one of the most successful Czech scientists, Milan Zaoral (1926—2011), passed away.

Milan Zaoral led the Institute of Organic Chemistry and Biochemistry at the Czechoslovak Academy of Sciences in the research of analogs of vasopressin, which would have strong and pure antidiuretic effect with prolonged effectiveness and diminished pressoric effects. In 1966 his effort was crowned by the synthesis of the first super active analog – desmopressin – which, after testing, was found to be the best of the synthesized molecules. This nine-amino-acid peptide was, after necessary preclinical and clinical tests, introduced into clinical practice in 1972. Today, it is used in medicine worldwide, and has never been surpassed by another drug. It is used in the treatment of diabetes insipidus, primary nocturnal enuresis, von Willebrand disease, haemophilia A and for diagnostic uses. According to WHO desmopressin was ranked among the most important developed medicines. In 1986 Milan Zaoral was awarded the Gold Plaque of J. Heyrovsky for his extraordinary discovery in chemical sciences.

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 in BioScientifica’s database for future use.

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Published by BioScientifica Ltd

European Journal of Endocrinology


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The Society welcomes contributions and article suggestions; contact the Editorial office at info@euro-endo.org. Deadline for news items for the next issue, issue 18 is 18 May 2012.