

# Meet Richard Ross, our 2023 Clinical Endocrinology Journal Foundation Awardee



*Professor Richard Ross is a Professor of Endocrinology at the University of Sheffield, and is a consultant for Diurnal, he will be delivering a lecture on Chronotherapy in Congenital Adrenal Hyperplasia at Istanbul for ECE 2023. Read on to find out about his career highlights, what he enjoys about the field, and his words of advice for future endocrinologists.*

## **Tell us a little about your current position and research:**

I retired from clinical work 2 years ago and now work part-time for the University of Sheffield as Professor of Endocrinology. I was CSO of Diurnal Plc, which I founded until it was bought last year and I am now a consultant to Diurnal. My clinical research is around optimising the diagnosis and treatment of congenital adrenal hyperplasia and adrenal insufficiency. My basic research has focused on making long acting biologicals and we are currently developing a delayed clearance parathyroid hormone.

## **Tell us about your career path so far, and what you're most proud of:**

I am proud to have founded two companies, Asterion and Diurnal, and seen two drugs developed from bench to market, Alkindi and Efmody. I am privileged to have worked with a large number of excellent academics and seen students from around the world pass through our department and go on to have excellent careers in endocrinology.

**What are you presenting at ECE 2023?**

Chronotherapy in Congenital Adrenal Hyperplasia

**What are you looking forward to at ECE 2023?**

I'm looking forward to interacting and meeting with colleagues from across Europe and the world.

**Who has had the most impact on your career?**

Professors Michael Besser and Martin Savage at Barts who inspired me to take up research and taught me all I know about endocrinology.

**What are the biggest challenges in your field right now?**

Raising the money to translate good research ideas in to new therapies for patients.

**What do you think will be the next major breakthrough in your field?**

The prevention and treatment of autoimmune disorders.

**Could you tell us what you most enjoy about your work?**

I enjoy writing and the interaction it brings with colleagues to solve complex problems. It's the creativity of research that motivates me.

**Any words of wisdom for aspiring endocrinologists?**

Endocrinology is a great specialty. We see patients of all ages, all genders, we can usually treat them, improve their quality of life and they rarely die.