

# eyes NEWS



The newsletter of the European Young Endocrine Scientists

## EYES at ECE BARCELONA 2018

Every year, EYES is given the opportunity to organize a Symposium during the ECE. This is a forum where we give young scientists the opportunity to present their work at a prestigious congress. The EYES Committee is involved in the entire process – from selecting the speakers, moderating the Symposium to organizing the social event.

This year, I had the pleasure of organizing the Symposium with Manuel Gahete from Spain. We started organizing the 2018 Symposium immediately after ECE 2017; our first task was to decide on a “theme”. Since both Manuel and myself work on neuroendocrine tumors, we found a theme quite easily: “New aspects in the study of neuroendocrine tumors”. Both of us selected a speaker each, while the third speaker was the winner of the best oral presentation at the last EYES congress, and the fourth speaker was selected from the abstracts submitted for the ECE as “best poster”. All speakers had very interesting data and delivered cutting edge findings and engaging presentations. The audience was very active which made the moderation of the discussion easy and enjoyable. Overall, we received many great comments, including that this was one of the best EYES Symposium's so far!

Of course, it wouldn't be complete without the famous EYES party, for which all credit goes to my co-chair Manuel, for organizing the best ever EYES party! The beach, great music and the atmosphere - who could ask for more? Even though it was a long and stressful road, ultimately we both felt the final event was a huge success and worth all the effort we both put in.

*Tatjana Isailovic, Serbia*  
EYES board member



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## ECE 2018: EYES in ACTION

During the ECE in Barcelona, I had the honor to chair a debate regarding the role of anti-Mullerian hormone as the primary marker of fertility. The experience was fantastic, as the room was crowded and the atmosphere unique. Initially I was in awe of the whole experience, but very soon this sentiment turned into pure enthusiasm. During the debate, my experienced co-chair helped me, as this was my first experience chairing a debate. At the beginning of the session, the audience voted on a few questions, and then the “battle” commenced. We listened to two brilliant and energetic speakers who delivered evidence-based lectures with a great sense of humor. When the lectures had finished, the audience decided whether the “for” or “against” lecture had delivered a convincing argument. The responses from the audience actually changed a lot, proving that the real winner of the debate was - all of us, where we all had the opportunity to increase our knowledge in such a stimulating way.

In my opinion, debates are the most exciting congress sessions, as they provide great fun and intellectual stimulation.

*Stavroula A. Paschou, Greece*

## EYES NEWS

Since launching the website at ECE we have had over 150 official members join in just 6 weeks. With over 600 members on our EYES Facebook page and hundreds of other early career endocrinologists across Europe we expect this number to rise further in the coming months. In future, official membership will be needed for EYES meetings and related courses so we ask you all to promote EYES and encourage anyone and everyone to become an official member:

[Join now!](#)

Peter Aldiss, EYES board member



## 3<sup>rd</sup> RYES ABROAD MEETING: 20-21 Oct 2018 Minsk, Belarus

The Russian Young Endocrinologists Society (RYES), uniting young researchers and clinicians within Russia and neighboring countries, has a good tradition of annual international meetings, which provide more collaboration, discussion and are a great opportunity to “get together” with fellow early career researchers.

The first meeting was held in Tbilisi, Georgia, in 2016 with the help of the local Ministry of Health. Inspired by positive feedback, a second meeting took place in 2017 in Yerevan Armenia, with around 150 participants! The meeting covered most fields in clinical endocrinology and basic science; invited speakers from Poland, UK and USA delivered brilliant talks!

In 2018, the torch is passed on to Minsk, Belarus, the 3rd RYES Abroad Meeting will take place during 20-21 October. All young basic and clinical researchers, clinicians, PhD-students are welcomed to participate and present either original work or clinical cases. Participation is free with no registration fees; the meeting has a friendly atmosphere, there will be hot topics and a fun social programme.

Abstract submission is now open; for further details [click here](#).



## 6<sup>th</sup> SLOVENIAN CONGRESS of ENDOCRINOLOGY

The organizing committee of the 6th Slovenian Congress of Endocrinology with International Participation has kindly invited young endocrine scientists/clinicians in training to register at a reduced rate of 100 Euros!

Take the opportunity to present your work at one of the most beautiful and mesmerizing places – Bled.

Abstract deadline is approaching fast – **31 July**, so hurry up!

All further information at [6sek.si](http://6sek.si).



## 20<sup>th</sup> YARE ANNUAL MEETING

This year YARE Annual Meeting is taking place in "Herrsching am Ammersee" near Munich, October 5 - 7th. The conference will cover all fields of endocrinology, basic and clinical projects.

Abstract submission deadline is **19 August**. Don't miss the opportunity to present your data (experimental, clinical, case reports) at one of the most exciting and successful meetings for young endos.

Registration fee for YARE members is only 50 Euros and non-members 100 Euros.



## LATEST RESEARCH

### **Short-term effects of transdermal estradiol in men undergoing androgen deprivation therapy for prostate cancer: a randomized placebo-controlled trial.**

According to Russell et al. daily transdermal E2 gel treatment reduced hot flushes and bone resorption in men with prostate cancer with suppressed endogenous E2 production arising from androgen deprivation therapy.

### **Low Dose Levothyroxine Reduces Intrahepatic Lipid Content in Patients with Type 2 Diabetes Mellitus and NAFLD**

Eveline Bruinstroop et al. have performed the first study demonstrating the efficacy and safety of low dose thyroid hormone (TH) therapy for non-alcoholic fatty liver disease (NAFLD) in man, and suggests that TH or TH analogs may be beneficial for this condition.

### **Relationship Between 12 Adipocytokines and Distinct Components of the Metabolic Syndrome**

Adipose tissue-derived signals (adipocytokines) potentially link obesity and adipose tissue dysfunction with metabolic and cardiovascular diseases. Thomas Ebert et al. have found that adiponectin, AFABP, chemerin, and FGF21 showed the strongest associations with MS components in a general population, suggesting that adverse adipose tissue function is a major contributor to these metabolic abnormalities.

### **Unveiling "Musica Universalis" of the Cell: A Brief History of Biological 12-Hour Rhythms.**

In this amazing review Zhu et al. hypothesize that the mammalian 12-hour clock may have evolved from the circatidal clock, which is entrained by the 12-hour tidal cues orchestrated by the moon.

## SHARING OUR EXPERIENCES - PCOS

When talking to a patient with polycystic ovary syndrome (PCOS), it is quite challenging to provide not only the right information on metabolic, cardiovascular and possible fertility issues but also to understand and support these women, which is something they often need. There is not much that you can offer as her treating physician, that would bring an immediate solution. Very often it's a young woman, only starting her school and she has to bear with it all: obesity, acne, excess hair and often aforementioned cardiovascular, metabolic and fertility issues.



*The famous Venus from Willendorf, 25 000 years old*

is awfully similar to what we would now call the polycystic ovary syndrome: “But those women whose menstruation is less than three days or is meagre, are robust, with a healthy complexion and a masculine appearance; yet they are not concerned about bearing children nor do they become pregnant.”

That quote, and many more since, imply that not only was PCOS recognized, but also frequent enough to be written down for future generations of healers (1).

In a search for answers authors go further back – before recorded history. They suggest that, given the fact that humans migrated from a single population in Africa ~50 000 years ago, PCOS genotype(s) are at least that old.

This is where Azziz et al. wonder, if PCOS is that old, then why wasn't a disorder that reduces reproductive potential removed from our gene pool by now?

They offer the explanation in the life of scarcity our Paleolithic ancestors led, which gave rise to the thrifty genotype: the genes that increase risk for metabolic diseases also increase body capacity for energy storage, crucial when food is hard to find, and can't be preserved for later use, as suggested by Chakravarthy et al. (2). Azziz et al further suggest that the subfertility of PCOS patients relied on the reduced obstetrical morbidity/mortality; also fewer kids meant that they would have more time and resources to care for them, increasing their survival.

Learning that it's not their “appetite” they are fighting against, but more than 50 000 years old machinery of metabolic mechanisms built in their genes, our patients say it's like someone lifted a “burden” off of their shoulders. They say it “stops them from feeling alone” and by understanding “the enemy” they realize how important this condition is and why changing the lifestyle is crucial as the first step in fighting the PCOS.

Taking the time to listen to our patients and explain the roots of PCOS brings the much-needed understanding to PCOS women, giving them strength and motivation to cope with this very often debilitating condition.

*Srdjan Pandurevic and Ljiljana Marina*  
*Serbia*

Sources:

1. Azziz R, Dumesic DA, Goodarzi MO. Polycystic ovary syndrome: An ancient disorder? Fertil Steril [Internet]. Elsevier Ltd; 2011;95(5):1544–8.
2. Chakravarthy M V. Eating, exercise, and “thrifty” genotypes: connecting the dots toward an evolutionary understanding of modern chronic diseases. J Appl Physiol [Internet]. 2003;96(1):3–10.

## KEY EYES DATES



- 31 Aug - 02 Sep 18. [6<sup>th</sup> EYES Annual Meeting, Poznan, Poland](#)
- 05 Oct - 07 Oct 18. [20<sup>th</sup> annual YARE meeting, Munich, Germany](#)
- 10 Oct - 13 Oct 18. [43<sup>rd</sup> Symposium on Hormones and Cell Regulation, Mont Ste Odile, France](#)
- 20 Oct - 21 Oct 18. [October 3<sup>rd</sup> RYES Abroad Meeting, Minsk, Belarus](#)
- 25 Oct - 28 Oct 18. [EndoBridge 2018 Antalya, Turkey](#)
- 08 Nov - 10 Nov 18. [23<sup>rd</sup> ESE Postgraduate Training Course on Endocrinology, Diabetes and Metabolism, Minsk, Belarus](#)
- 22 Nov - 24 Nov 18. [6<sup>th</sup> Slovenian Congress of Endocrinology, Bled, Slovenia, Abstract deadline: July 31<sup>st</sup>](#)

## CONTRIBUTE



Up on its feet and now in its second iteration, this is the official newsletter of EYES.

We aim to cover the latest EYES news, important dates, events and funding opportunities. EYES newsletter is coming out every two months. If you feel you can contribute, or you have an announcement you'd like us to publish, feel free to contact:

[young.endocrine.scientists@gmail.com](mailto:young.endocrine.scientists@gmail.com)

Yours sincerely,  
EYES Newsletter editorial board

## EYES ANNUAL MEETING PROPOSALS

The European Young Endocrine Scientists (EYES) invites Ambassador Societies and local Groups to submit expression of interests to hosting upcoming EYES congresses (years 2020/2021/2022).

The EYES congress combines the latest cutting-edge basic, clinical, translational and preclinical research, encouraging scientific networking and opportunities for collaboration in a unique and friendly environment. It is a Congress for early career researchers (ECR) who are < 10 years post-PhD, Masters/PhD student or a clinician in-training.

Further details on the congress requirements, including management structure and venue can be found [here](#).

All expressions of interest should be submitted to the EYES Secretary at: [young.endocrine.scientists@gmail.com](mailto:young.endocrine.scientists@gmail.com)

## JOIN the EYES COMMITTEE

We are now recruiting 2 new board members.

Please see the application form on our website and submit by **July 31st** along with a 2 page CV to the EYES secretary at:

[young.endocrine.scientists@gmail.com](mailto:young.endocrine.scientists@gmail.com)

## BECOME A MEMBER OF ESE

European Society of Endocrinology (ESE) continuously supports EYES by providing resources and opportunities for early-career endocrine scientists.



European Society of Endocrinology

Visit the new ESE website and find out how to join the Society from as little as €10: [www.eese-hormones.org](http://www.eese-hormones.org)

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