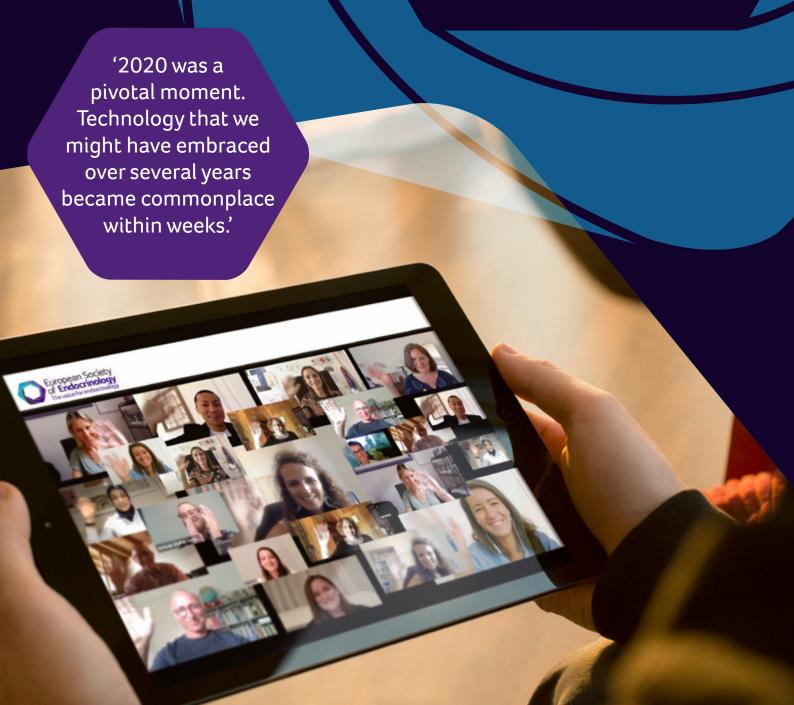


Annual Review 2020



Who we are

The **European Society of Endocrinology** (ESE) is at the centre of Europe's endocrine community, representing over 20 000 endocrinologists across the continent. We are actively shaping the future of endocrinology – the study of hormones – to improve science, knowledge and health throughout Europe and beyond. Our wide inclusion of diverse, innovative, communities is our strength. By uniting, supporting and representing our specialty, we can help drive better medical outcomes for patients.

'There are many health topics where ESE can enrich the policy discussions at the EU level.'

John F Ryan

Director of Public Health European Commission

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2020 in quotes

'We always need to connect, whether in person or virtually: like hormonal systems, we work best at the intersection.'

President, Endocrine Society

'It was both an honour and a challenge to participate in the making of e-ECE 2020.'

Attila Balázs Patócs, Jens Otto Lunde Jørgensen and Riccarda Granata 'Many healthcare professionals could not go home for fear they might spread the virus to their loved ones. We ate together, slept together, wept together, and laughed together.'

Punith Kempegowda Specialist Registrar, UK

Abbreviations used

EARS – ESE Advocacy
Representation Scheme
ECAS – ESE Council of
Affiliated Societies
ECE – European Congress
of Endocrinology
Endo-ERN – European Reference
Network on Rare Endocrine Conditions
ESE – European Society
of Endocrinology
EuRRECa – European Registries
for Rare Endocrine Conditions
EYES – ESE Young Endocrinologists
and Scientists

Quotation on the cover courtesy of Justo P Castaño, Editor, ESE News

Meet the Team

(L-R top) **Dirk De Rijdt** Director of Strategic Partnerships **Andrea Davis** Governance and Office Manager **Claire Arrigoni** Event Manager (L-R middle) **Helen Gregson** Chief Executive Officer **Armelle Mabiala** Executive Assistant **Victoria Withy** Sales and Marketing Manager (L-R bottom) **Vicki Di Guisto** Scientific Programmes Manager **Mischa van Eimeren** EU Liaison Officer



Welcome

Inclusion is our strength, diversity brings opportunity

Dear Friends.

I am proud of all we achieved together in 2020. The year will be remembered forever for the pandemic, which forced us to focus our efforts on addressing the emergency, and which remains a priority. Despite this, with your enormous support, we implemented my vision of a modern, inclusive Society: a great step forward in ESE's history.

The growth in size of ESE, and the large number of endocrinologists it now represents, has raised our profile and that of endocrinology, which was one of my goals. At the end of 2020, **ESE membership stood at 4639** – an increase of 17.9% compared with the end of 2019. Members are attracted by the vast range of benefits, which we are continuously reviewing and improving.

We are working more closely than ever with our National Affiliated Societies through the **ESE Council of Affiliated Societies** (ECAS). In total, these societies have over 20 000 members. They can now speak to European institutions as the one strong voice for endocrinology, thanks to our **ESE Advocacy Representation Scheme** (EARS), which was implemented in 2020 by the new ESE Membership Committee.

This is how we can reach the goal (or the 'dream', if you like, of our forefathers) of being the Society representing ALL endocrinologists in Europe and beyond.

EARS is just part of ESE's exponentially increased policy and advocacy activity in Brussels, led by our ad hoc ESE Policy and Advocacy Task Force. To support this ambitious initiative, we created the European Hormone and Metabolism Foundation, as a true home not only for all endocrinologists, but for all friends of endocrinology. It will increase awareness of our field amongst European institutions and establish an age of 'social endocrinology', sympathetic to the needs of the millions of endocrine patients worldwide. It will advocate for equitable and effective access to care

at the EU level, and for recognition of endocrine diseases in health policies.

The importance of meeting this need has been illustrated by ESE's crucial contribution to understanding the **intersection between endocrinology and COVID-19**, of which I am immensely proud.

Another of my dreams has also been realised through ESE: the creation of a truly global, strong, endocrine community. I am proud of the **unified response to the challenges of the pandemic**, and that our 'inclusion' strategy, based on common values, vision and friendship, was shared by many thoughtful leaders globally. **Agreement on joint clinical guidelines** and inception of the **Transatlantic Alliance Award** with the Endocrine Society are other marvellous steps towards breaking down barriers in the world of endocrinology.

Strengthening ties with other groups further raised the profile of endocrinology. Through our Early Career Member Task Force, the ESE Young Endocrinologists and Scientists (EYES) group has now been consolidated within ESE. The new Rare Disease Committee is working closely with the European Reference Network on Rare Endocrine Conditions (Endo-ERN) and other ERNs, and a strong collaboration with European Union of Medical Specialists (UEMS) has been established. Expansion of our Corporate **Membership** to 17 members reflects ongoing industry engagement in many areas of endocrinology and metabolism.

Despite the challenges imposed by COVID-19 and its effect on our activities, **ESE's financial status remains healthy**. Maintaining ESE's financial sustainability is crucial. Our **Finance Committee**, and the continued support of our industry partners, contributed to this positive outcome.

This year has been exceptional for many reasons, but the COVID-19 pandemic has been the most exceptional of these. **ESE's agile, forward-thinking reaction** gave essential support to the entire

endocrine community. Listening to our members provided crucial guidance and opportunities for education and networking.

At short notice, we created our first online Congress, e-ECE 2020 – with record-breaking attendance – and delivered our ESE Talks, Clinical Update and Postgraduate Course virtually. Publication of an extremely successful ESE statement on COVID-19 and endocrine diseases, and preparation of the ESE White Paper are two other milestones of my presidency. We also thoroughly reviewed our eight Focus Areas, to ensure the ongoing relevance of ESE's work to the whole of endocrinology.

Finally, success is never a one-man show. The secret (and enjoyment) always lies in **great teamwork**. What we achieved would not have been possible without the enormous support of the ESE office, led by our CEO Helen Gregson, as well of that of our President-Elect Martin Reincke and all the Executive Committee members and, importantly, **your contribution and that of every single member of the Society**. ESE is a star that shines brilliantly now and will continue to do so in the future.

Thank you and stay safe, my friends!

Andrea Giustina

President of ESE Twitter: @EsePresident @giustina_andrea



Led by endocrinologists

Supporting growth and development

ESE is set to shape the future of endocrinology. New committees were created in 2020 to support **key areas of growth** and inform the work of the Executive Committee.

With the crucial role of maintaining ESE's financial sustainability, the **Finance Committee**, chaired by the Treasurer, advises the Executive Committee on financial strategy. The inclusion of a non-endocrinologist member provides a wider and stronger financial perspective.

The **International Liaison Committee** increases international involvement in ESE activities, including the membership base and ECE. It actively examines projects to increase worldwide co-operation, and has representatives from around the globe.

By enhancing membership engagement and the National Societies' role in ESE, the **Membership Committee** seeks to boost ESE individual membership numbers. Plans include a review of membership categories and member benefits, to ensure they meet members' needs at different career stages.

The Rare Disease Committee represents rare endocrine and metabolic diseases within ESE, fostering collaboration with Endo-ERN and EuRRECa, the rare disease registries. In 2020, they formed the Rare Disease COVID-19

Task Force to collate data from endocrine patients with COVID-19. This committee's remit spans education, clinical guidelines, representation of Endo-ERN at ECE, and collaboration with other ERNs and specialist societies.

ESE Executive Committee: shaping endocrinology



Andrea Giustina President



Martin Reincke President-Elect



Mónica Marazuela Secretary



Bulent Yildiz Treasurer (until May 2020)



Djuro Macut Treasurer (from May 2020) ECAS Representative (until July 2020)*



Robin Peeters Clinical Committee Chair



Felix Beuschlein Science Committee Chair



Simona Glasberg Rare Disease Committee Chair



Riccarda Granata Congress Committee Chair



Beata Kos-Kudła Publishing & Communications Committee Chair



Camilla Schalin-Jäntti Education Committee Chair (until May 2020)



Mirjam Christ-Crain Education Committee Chair (from May 2020)



Sherwin Criseno Nurse Committee Chair*



Anton Luger ECAS Representative (from July 2020)*



Ljiljana Marina EYES Co-Chair (until May 2020)*



Eva Coopmans EYES Co-Chair (from May 2020)*



Ayse Zengin EYES Co-Chair (from May 2020)*



An evolving society

Staying relevant

Our **Focus Areas** ensure the full spectrum of endocrinology is represented within ESE's activities. A recent careful review and revision have maintained their relevance to our discipline and their ability to support ESE's initiatives. The new Focus Area leads are below. ESE thanks all current and past leads for their dedication and ongoing support.

Adrenal and Cardiovascular Endocrinology



Darko Kastelan Clinical Lead



Maria-Christina Zennaro Basic Lead

Calcium and Bone



Lars Rejnmark Clinical Lead

Martina Rauner Basic Lead

Diabetes, Obesity, Metabolism and Nutrition



Uberto PagottoClinical Lead



Liesbeth van Rossum *Basic Lead*

Environmental Endocrinology



Anna-Maria Andersson



Josef Köhrle

Endocrine-related Cancer



Raul Luque Clinical Lead



Jason Carroll Basic Lead

Pituitary and Neuroendocrinology



Niki Karavitaki



Marily Theodoropoulou

Basic Lead

Reproductive and Developmental Endocrinology



Bulent Yildiz Clinical Lead



Jenny Visser Basic Lead

Thyroid



Rossella Elisei Clinical Lead



Clara Alvarez
Basic Lead

eyes © ESE young endocrinologists and scientists looking forward

Investing in the future

Early career endocrinologists and scientists are the future of our field and we seek to nurture them.

The new **Early Career Member Task Force** supports those embarking in the field. It contributes to plans for our annual Congress (ECE), and ESE's membership review and educational programmes. Task Force members have an ambassadorial role to recruit members in their countries. Shared communications and consolidation of data will strengthen links between early career members of ESE, the EYES community and ECAS.

The EYES Clinical Observership Programme was launched to support development of early career investigators through a onemonth stay in European endocrine centres of expertise. The 2020 winners, Sanja Medenica, Seda Turgut and Vaduva Madalina (pictured below, L–R), each received €1000 towards travel expenses.



by Ljiljana Marina ar is now also distribut members of ESE.

The EYES pilot **Mentoring Scheme** matched 22 mentees from 15 countries in Europe and Asia to mentors (senior members of ESE) from a similar specialty. Mentees ranged from PhD students and physicians-in-training through to postdoctoral fellows. Preliminary feedback highlighted the scheme's benefits.

The successful **EYES Newsletter,** established by Ljiljana Marina and Ayse Zengin in 2018, is now also distributed to early career members of ESE.

The voice for endocrinology

losef Köhrle represented ESE on an

expert panel at the European Commission's second **Annual Forum on Endocrine Disruptors,** which attracted over 500 international participants.



An ESE position paper called on EU institutions to better address the intersection between endocrine conditions and COVID-19 in policy and research.

Our successful outreach programme included meetings between ESE experts and Members of the European Parliament, high level European Commission officials and a wide variety of European non-governmental organisations.

Being heard in Europe and beyond

ESE seeks to raise endocrinology's profile as a key medical discipline in European health policies. The Society aims to extend the ESE network among EU decision makers, contributing to key EU debates around four priority areas: cancer, obesity, endocrinedisrupting chemicals and rare diseases.

It is vital to engage the ESE community in these policy and advocacy activities, involving individual members and National Societies, as well as other societies and nongovernmental organisations engaged with health policy.

'Be it face-to-face or through virtual meetings, it remains critically important to come together, to exchange ideas, new concepts, and to foster collaborative endeavours.'

Thierry Brue, President, European Neuroendocrine Association



Our new ESE Advocacy Representation Scheme (EARS) enables National Societies and individuals to shape European endocrinology by influencing the ESE policy and advocacy agenda. By working together, our actions will have much greater impact.

The endocrine patient is central to the aims of the European Hormone and Metabolism Foundation, launched in 2020. As well as raising and distributing funds to improve research and clinical outcomes, the Foundation will support the endocrine community's policy and advocacy needs at the EU level and have a focus on public engagement.

ESE has generated position papers and **statements** regarding key EU strategic documents, including comments on Europe's Beating Cancer Plan and the EU Chemical Strategy for Sustainability.

A strong community of endocrinologists

The societies that make up the **ESE Council** of Affiliated Societies (ECAS) represent over 20 000 endocrine professionals.

Together, ESE and ECAS developed the **ESE Advocacy Representation Scheme** (EARS), so the voices of all these members could be heard at the level of the European institutions.



ECAS supports ESE's policy and advocacy objectives by:

- contributing to **development of the** approach and the forthcoming White Paper
- providing ECAS representatives for the **ESE Policy and Advocacy Task Force**
- planning for expansion of the Centres of **Special Interest**
- liaising with the National Societies, for example to distribute the

Hypoparathyroidism Emergency Card across Europe.



'The current times are challenging in any respect but, at the same time, ESE is building up strong political representation at the European level in Brussels, and this needs the strong support of all **National Societies.**'

Anton Luger, ECAS Representative to

Swift support during COVID-19

Leadership in an emerging crisis

On 23 March 2020, less than two weeks after COVID-19 was declared a pandemic, ESE issued its statement **COVID-19** and endocrine diseases, on the role of endocrinologists worldwide during the outbreak, including a 'decalogue' for endocrinologists. Within a matter of weeks, it had been downloaded 10 000 times.

April saw ESE and Endo-ERN launch an initiative to collect data on patients with rare endocrine conditions and COVID-19, which were added to **EuRRECa**, the rare disease registries.

Publications and webinars developed by ESE supported the endocrine community during the pandemic.

ESE's numerous COVID resources can be found at

www.ese-hormones.org/covid-19-and-endocrine-disease.

Andrea Giustina spoke to members in a video statement www.youtube.com/watch?v=-OMy3aW219c.





Guidance, education and support

In April, *European Journal of Endocrinology* commissioned a review series, freely available online, entitled **Endocrinology** in the time of COVID-19. This supported the management of patients when endocrinologists' diagnostic and therapeutic capacity faced unprecedented restrictions.

ESE Talks: Endocrine conditions in the COVID-19 era was a series of live webinars in May, featuring the latest endocrine science, presented by the world's leading experts. The content remains available to watch on demand.

The **ESE COVID-19 Research Grant** provided support to address scientific questions in COVID-19 research that relate to endocrinology and metabolism.



A listening ear

ESE News, our newsletter for members, carried articles on the perspectives of clinicians, researchers and patients throughout the crisis: this ensured their voices did not go unheard.

'A patient with active Cushing's syndrome had a severe pneumonia and was intubated. We managed to control the cortisol excess, but the patient progressively worsened due to a bacterial infection. She eventually died in intensive care, alone, and had no funeral ceremony: a sad fate shared by many in that period.'

Massimo Terzolo Professor of Internal Medicine, Italy

'It has been confusing to hear different attitudes from different endocrinologists in Denmark, England, Norway and especially their health authorities. So what is the right thing to do?'

Tina Schrøder KallestrupPatient with Addison's disease and vitiligo

'I came in to a post-take ward round on 28 March where the night team had been overwhelmed in a way never seen before. Hypoxic patients were arriving in large numbers. It became clear that my hope of coping without major change would not be possible.'

Karim Meeran
Professor of Endocrinology,

Connecting and collaborating



A virtual Congress with a global reach

Commitment and enthusiasm rapidly transformed our premier annual event, the **European Congress of Endocrinology** (ECE 2020), into a virtual event, in the face of the pandemic. Reborn as **e-ECE 2020**. it gifted us with the opportunity to reach an expanded geographical spread of both delegates and faculty.

Participants from across endocrinology and at every career stage benefited from outstanding presentations by leading clinicians, scientists and young researchers. Early career researchers had multiple opportunities to engage – through the EYES Session, the EYES Quiz, plus abstracts, posters with recorded commentary and oral communications. Industry partners swiftly adapted their educational engagement to the online world.

nd European Congress of Endocrinology

5 days

3 channels

Coverage of

ESE Focus Areas plus

COVID-19

4675

submitted

This extremely successful meeting spread science and created a sense of community in a time of physical separation.

Our grateful thanks are due to Riccarda Granata (Congress Committee Chair) and all of the Programme Organising Committee, particularly Attila Balázs Patócs (Basic Science Co-Chair) and Jens Otto Lunde Jørgensen (Clinical Co-Chair), as well as our industry partners.

of attendees said they would attend ECE again

Moving endocrine education online

During the COVID-19 outbreak, we continued our educational events as well-received webinars.

ESE quickly produced two topical series of **ESE Talks**. The COVID-19 series attracted an average of almost 400 registrants per talk. All were free to attend, with recordings available online:

- six talks on Endocrine Conditions in the COVID-19 Era
- three talks on How to Survive the System: Practical Skills for Researchers.



Clinical Update on Acromegaly 2020

moved online from an in-person format. Three webinars, each two hours long, were held on three consecutive days, with recordings available for attendees to revisit:

- over 450 people registered
- grant support from Pfizer included bursary places
- a meeting report was mailed to ESE members.

'It was a good overview of the main areas in endocrinology with up-todate guidelines on diagnosis and management. Very good recap for a young clinician.'

Delegate, Postgraduate Training Course



The 26th ESE Postgraduate Training **Course** also moved to a webinar format,

as five, two-hour sessions, held daily for a week:

- there were almost 300 registrants from over 50 countries
- delegate engagement typically led to **over** 100 questions perwebinar
- support came via an unrestricted grant from NovoNordisk.

Communicating high quality research

Publishing the latest endocrinology

ESE's peer-reviewed journals provide a **respected home for the latest research and reviews**. Members receive free online journal access, reduced rates on print subscriptions and discounts on open-access publication fees. Newwebsites were launched for our journals in 2020.



European Journal of Endocrinology published 199 papers in 2020, an increase of 22% since 2018. It has seen a 47% increase in submissions over the same period. 36% of published articles were from members of ESE.

The review series, **Endocrinology** in the time of COVID-19, has attracted over **66 000** article level views. The ESE Clinical Guideline: **Endocrine Work-up in Obesity** was the most popular individual article, so far viewed more than **27 000** times.



Highest ever impact factors

European Journal of Endocrinology

5.308

Endocrine Connections

2.592

Endocrine Connections received 645 articles in 2020, a 20% increase over 2018. Of these, 144 papers were published, a 25% decrease since 2018, reflecting the journal's focus on high quality research. 34% of published articles were by members of ESE or the Society for Endocrinology.

Well-connected and entering a challenges, such emicals or disease, with pandemic manual challenges, such emicals or disease, with the challenges of the challenges or disease, with the challenges of the

Endocrine Connections is a gold open access journal, jointly owned by ESE and the Society for Endocrinology. Its success exemplifies what endocrinology is all about: communication and connections. Connections are those between different tissues, organs and cells of intact organisms, and hormones constitute their systemic and local communication signals.

new era

For almost a decade, Endocrine Connections has connected authors from all continents with the Editorial Board who recruit motivated, expert reviewers for the broad spectrum of submissions. Topics covered connect classical endocrinology with neighbouring disciplines, but also include endocrine aspects of the nervous system and behaviour. They embrace emerging global

challenges, such as endocrine-disrupting chemicals or the endocrinology of chronic disease, with the ongoing COVID-19 pandemic making its importance felt.

The journal not only connects two scientific societies and their members, it will help strengthen their links, especially after the Brexit decision. The Editorial Board includes top international scientists, who ensure the scientific rigour of a fair and competent review process for submissions. In my opinion, this is a key prerequisite for a successful open access scientific journal, communicating endocrine science with global societies more connected than ever before.

As I reach the end of my term, we welcome the journal's third Editor-in-Chief, Adrian Clark, to steer *Endocrine Connections* further along the road to success.

Josef Köhrle

Former Editor-in-Chief, Endocrine Connections

Working for nurses

The Competency Framework for Adult Endocrine Nursing focuses on skills relevant to nurses caring for adult patients. ESE has translated the guidance into French and German, with agreement from the original publishers, the Society for Endocrinology. The Framework will benefit nurses internationally, when read in conjunction with local and national guidelines. Further languages are in development.



Society finances

ESE's vision is to shape the future of endocrinology, and our mission is to advance the field. To be successful in these aims, our strategy is to establish financial sustainability and develop excellent commercial relationships with a long term perspective.

Treasurer's report

Due to the pandemic, 2020 saw a focus on ensuring the financial sustainability of ESE in the face of potentially very significant financial challenges. The budget that had originally been approved underwent intensive review by the Finance and Executive Committees, to ensure that the finances were as secure as possible.

Expenses were significantly cut, due to the reduction in travel expenses. Revenue was also significantly reduced, mainly because there were no face-to-face events. The Society was in a relatively good position, as the reserve policy was in place to support ESE's activities if the pandemic had resulted in a major detrimental change to revenue or costs. Eventually, due to careful management by the trustees, there was a positive net movement in funds for the year to 31 December 2020, which showed an increase of €51 343 from the previous year.

Funds carried forward were €4 829 000 (2019: €4 777 000).

The ESE trustees are aware that at the end of 2020 significant funds were being held above the reserves. They will take this into account when reviewing the strategy and investment in activities for future years. A relatively careful approach will be necessary, due to the continuing uncertainty in relation to the pandemic and to ensure ESE's financial stability.

'We are delighted that ESE has shown financial resilience and would like to thank everyone for their support during this challenging period.'

Financial headines 2020

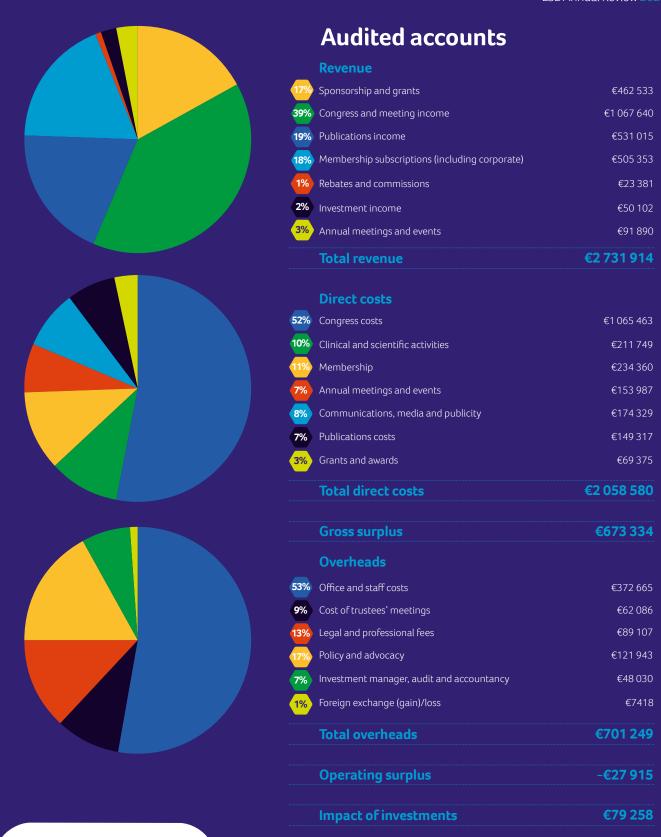
- ESE's main income continues to be derived from individual and corporate membership fees, sponsorship of activities, Congress and publishing revenue and grant support.
- The major items of expenditure were support of activities such as the annual Congress, awards, the newsletter and website, and European Journal of Endocrinology.
- The European Congress of Endocrinology was transformed from a physical to a virtual event which was successful and ensured that the Congress activity still produced a financial surplus.
- A number of educational events shifted from physical to virtual events to ensure that our educational objectives were still met; the costs were supported through registration fees and grants.
- The most significant overheads were related to running secretariat services and for outsourced and in-house staff.
- An increase in individual membership of nearly 18% generated additional revenue, as did an increase in corporate membership.
- We continued to invest in our policy and advocacy work, with the appointment of agency Hill and Knowlton and a part time consultant. The main focus of activity was the development of a White Paper for Endocrinology in Europe, launched in May 2021.

- 2020 overall was relatively unstable for investments in the early part of the year, but then recovered by the end of the year, resulting in an eventual gain of €79 258. We follow a medium-low risk category with a balanced investment objective and monitor this area closely.
- We have continued to improve our financial processes and reporting, to achieve the highest possible standards, and to ensure that we can deal effectively with sometimes complex accounting and VAT issues.
- We retain a Finance Director on a consultancy basis for valuable advice, and our auditor is Moore Kingston Smith, a top 20-rated accountancy firm, who deliver an excellent service.

We are delighted that ESE has shown financial resilience and would like to thank everyone for their support during this challenging period. We look forward to seeing everyone in person very soon!

Djuro Macut, Treasurer, European Society of Endocrinology





With grateful thanks

Expansion of our Corporate Membership basis to **17 members** reflects ongoing industry engagement in endocrinology and development of new diagnostic and therapeutic approaches. Despite COVID-19's impact on ESE activities, **our Corporate Members pledged their continued support for ESE activities**. This included e-ECE 2020, the Postgraduate Training Course and the Clinical Update in Acromegaly.

Surplus/deficit on ordinary activities

ESE Premium Corporate Members: *Akcea, Ipsen, Pfizer, *Recordati Rare Diseases, Takeda **ESE Corporate Members:** Advanced Accelerator Applications, Amryt Pharmaceuticals, *Diurnal, HRA Pharma, *Kyowa Kirin, Novo Nordisk, Sandoz International, Siemens Healthineers, Uni-Pharma **ESE Supporters:** Chiasma, *Crinetics, *Isotopen Technologien Munchen (ITM)

€51343

Recognising excellence

Our prestigious awards recognise world-leading scientists and clinicians across the field of endocrinology, whilst our early career awards provide support for the next generation, to help them achieve their potential. ESE thanks Ipsen for supporting the Geoffrey Harris Award, and Novo Nordisk for supporting the Jens Sandahl Christiansen Awards.



Geoffrey Harris Award



European Journal of **Endocrinology** Award Davide Calebiro (UK)



European **Hormone Medal**



Clinical Endocrinology **Trust Award**



Honorary Membership John Wass (UK)



Special Recognition Award



Special Recognition Award



Jens Sandahl **Christiansen Award**



Jens Sandahl **Christiansen Award** Maria Yavropoulou

Young Investigator Award winners

Poster Award winners

Clinical posters: Anna-Karin Åkerman Francesca Tozzi (Italy).



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