

Early bird registration deadline 16 March 2012 www.ice-ece2012.com

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 honoured to welcome a confirmed scientific programme faculty of over 400 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 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 inter-join, so you can book a whole table for your friends and colleagues or a whole room for your company. Please contact the secretariat for more details.

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

MARTIN REINCKE
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 ISE

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

CONGRESS SECRETARIAT:



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EDITORIAL

► 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, Monogenetic Metabolic Bone Disorders and Endocrine Hypertension/Cardiovascular Endocrinology. Findings from these SIGs will be communicated to our membership in due course.

Finally, it was with great sadness that we had to announce that Professor Rolf-Christian Gaillard, one of our Executive Committee members, passed away in November.

Rolf was everything we expect from a great endocrinologist: he had passion, competence and above all he was a gentleman. We will not forget him, and the Society will pay a special tribute to Rolf in Florence at our next European Congress. I hope you will join us there.

PHILIPPE BOUCHARD, ESE PRESIDENT

Closing date 28 February 2012 for Geoffrey Harris Prize 2013

Nominations are now open for the 2013 Geoffrey Harris prize. This prestigious prize for neuroendocrinologists is worth €12,000 and is generously sponsored by Ipsen.

The 2013 prize will be presented at the 15th European Congress of Endocrinology to be held in Copenhagen, Denmark on 27 April – 1 May 2013, where the winner will be asked to give one of the main lectures, in addition to two other lectures at future ESE scientific meetings.

Nominations can be made by any scientific organisation or administrative group. The application documents consisting of a letter of support, CV, list of publications and merits of the candidate should be sent in an electronic format by email. Self-proposal is not allowed. Nominations should be sent to the ESE Secretariat (info@euro-endo.org) by **28 February 2012**.

NEW FOR 2012

All ESE Members will receive free online access to all four of its official journals: *European Journal of Endocrinology*, *Journal of Endocrinology*, *Journal of Molecular Endocrinology* and *Endocrine-Related Cancer*.

Members have already received their renewal notice with details on how to pay, and we ask that you arrange prompt payment. New members are always welcome, for full details of how to join, please see the membership section of the ESE website www.euro-endo.org/membership

If you have not received your renewal information then please contact the ESE Secretariat at info@euro-endo.org.

Let's meet!

Opening Ceremony & Welcome Reception

SATURDAY 5 MAY 2012, 17:30–19:30

Following the Opening Ceremony the attendees are invited to the Welcome Reception.

ESE Presidential Address

SATURDAY 5 MAY 2012, 17:45–17:55

All congress delegates are invited to the ESE President's speech.

ESE New Members Welcome Reception

MONDAY 7 MAY 2012, 12:30–13:00

The ESE President and Executive Committee will welcome all new ESE members. Invitations will be issued before the congress with further details.

Congress Dinner

SUNDAY 6 MAY 2012, 20:30

ICE/ECE 2012 delegates are invited to attend a Congress Dinner to be held at the spectacular Palazzo Corsini. Demand for tickets is expected to be high so you are asked to register as soon as possible in order to ensure your place. For full details of the evening, including prices, please refer to the website www.ice-ece2012.com/social.aspx

Congress Concert

MONDAY 7 MAY 2012, 20:30

We are extremely pleased to announce that ICE/ECE 2012 will host a Congress Concert at the Basilica di San Lorenzo on Monday 7 May 2012 from 20:30 – 21:00. For full details of the evening, including prices, please refer to the website www.ice-ece2012.com/social.aspx

Excursions & Tours

PRE-/POST-CONGRESS TOURS

Pre-, during and post-congress tours are also available, including the Chianti Tour with wine tasting in a castle and the Medieval Florence Gastronomic guided tour. Further information on all of the excursions and tours can be found at www.ice-ece2012.com/tours.aspx

The Venue

CONGRESS VENUE:

Fortezza da Basso
Viale Filippo Strozzi 1
50129 Firenze, Italy
00 39 (055) 49721

ABOUT THE VENUE:

The venue is conveniently close to the airport, the main railway station of Santa Maria Novella and to all principal hotels, and is also within easy walking distance of major tourist attractions.

Visitors and their accompanying partners to ICE/ECE 2012 will appreciate that the area of Fortezza da Basso is close to the historical centre of Florence, allowing them to combine their congress activity with a great experience in one of the most famous places in the world, renowned for its artistic beauty, museums, churches and shopping, in addition to its high quality wine and food.

Where to stay

AIM, the appointed official hotel accommodation agent for ICE/ECE 2012 will handle all related arrangements.

For a full list of accommodation options, availability and booking information, please visit the website www.ice-ece2012.com/accommodation.aspx.



How to get there

AIR TRAVEL

Florence Airport "Amerigo Vespucci" (FLR) connects with all major Italian airports and 13 European destinations: Amsterdam, Barcelona, Brussels, Bucharest, Frankfurt, Geneva, London Gatwick, Madrid, Monaco, Paris, Timisoara, Tirana and Vienna.

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.

The deadline for the early bird registration rate is 16 March 2012. Online registration is available at www.ice-ece2012.com/registration.aspx

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.

Registration rates

	Early Bird Registration to 16 March 2012	Standard Registration 17 March - 16 April 2012	Onsite Registration
ESE members	€450	€550	€600
Non-members	€750	€850	€900
ESE member Fellow/Student	€225	€275	€325
Non-member Fellow/Student	€500	€600	€650
NEW - reduced nurse rate	€100	€150	€200
Accompanying Person	€100	€125	€150

Please note: onsite registration is available, subject to place availability. It is strongly recommended that you register in advance for the meeting. Payment will be required at the time of registration.

Registration applications received after 16 April 2012 will not be processed. Attendees should register onsite after this date.

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).

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.

DR FABIO LANFRANCO, UNIVERSITY OF TURIN, ITALY

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>

Save the Dates! <http://www.euro-endo.org/meetings>

Summer School on Endocrinology

Bregenz, Austria
29 July–2 August 2012

ECE 2013

15th European Congress of Endocrinology
Copenhagen, Denmark
27 April–1 May 2013



12th ESE Postgraduate Course in Clinical Endocrinology

Antalya, Turkey
18–21 October 2012

ECE 2014

16th European Congress of Endocrinology
Wroclaw, Poland
3–7 May 2014



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)*

17:00–17:45 PLENARY LECTURE 2

Testosterone – more than sex *M Maggi (Italy)*

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)*

17:00–17:45 PLENARY LECTURE 5

Why your bones break – from childhood to old age
E Seeman (Australia)

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)

IMPORTANT CONTACTS

CONGRESS WEBSITE:

www.ice-ece2012.com

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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.

ESE would like to thank its Corporate Members for their continued support:

Amgen, CMM Global, DuoCort AB, Eli Lilly, Ipsen, Laboratoire HRA Pharma, Merck-Serono, Novartis, Novo Nordisk, Otsuka Pharmaceuticals Europe Limited, Pfizer, Roche, Sandoz International GMBH

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.

If you do not wish to receive further mailings, please advise editorial@endocrinology.org

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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

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 pressor 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 synthesised 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. Heyrovský for his extraordinary discovery in chemical sciences.



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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.



ENDOCRINE CARE