

**PRESS RELEASE
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Contact: Victoria Withy
Head of Membership, Marketing and Communications
European Society of Endocrinology
Phone: +44 (0) 7761 800855
Mail: media@ese-hormones.org

The European Society of Endocrinology (ESE) announces Revised Clinical Practice Guideline for the Treatment of Chronic Hypoparathyroidism in Adults

The European Society of Endocrinology (ESE) has published an open access Revised Clinical Practice Guideline for the Treatment of Chronic Hypoparathyroidism in Adults in the [European Journal of Endocrinology, Volume 193, Issue 5, November 2025](#).

The Revised Guideline has been developed by an expert multidisciplinary panel chaired by Professor Jens Bollerslev, Faculty of Medicine, University of Oslo, Norway. It is intended as practical guidance for health care providers involved in the diagnosis, management and monitoring of chronic hypoparathyroidism in adults.

The Revised Guideline has been endorsed by the European Society of Endocrine Surgeons and the Endocrine Society of Australia.

Professor Bollerslev said: "These guidelines have been developed as the management of hypoparathyroidism has changed since the first ESE clinical guideline was published in 2015, as has the knowledge on patient burden of the disease, and the understanding of morbidities.

"The Revised Guideline is a true collaboration between clinical endocrinologists, methodologists, patient representatives and the various disciplines involved in hypoparathyroidism such as nephrology and endocrine surgery."

A key difference in the Revised Guideline is the redefinition of chronic hypoparathyroidism.

Jens Bollerslev added: "In the original Guideline, the definition of chronic hypoparathyroidism was persisting post-surgery for six months or longer. After a systematic review of the literature, including 14 studies with almost 9,000 patients after neck surgery, the panel saw that the incidence of recovery of parathyroid function increased by almost 7.5% between six months and 12 months. So, in the Revised Guideline, we define chronic hypoparathyroidism after 12 months or longer post-surgery."

The Guideline also provides a very clear treatment algorithm for moving from conventional treatment to cases where parathyroid hormone (PTH) replacement therapy might be introduced, and how to do it.

European Society of Endocrinology

Redwood House, Brotherswood Court, Great Park Road, Bradley Stoke, Bristol, BS32 4QW, UK info@ese-hormones.org www.ese-hormones.org

Patients with hypoparathyroidism and their support networks are invited to attend the free online [ESE Hypoparathyroidism Patient Forum](#) on Saturday 15 November 2025 from 10:00-13:00 CET, where Professor Bollerslev will present the Revised Guideline.

ESE's Clinical Committee leads on guideline development, with input from experts in other ESE committees as appropriate. All guidelines are subject to a rigorous review process before being published, with input from ESE's Members and relevant parties such as patient support groups.

ESE's Clinical Guideline programme is expanding to provide physicians and patients with guidance in key areas. We will also soon publish Joint Guidance for Healthcare Transition from Paediatric to Adult Endocrine Care jointly with the European Society for Paediatric Endocrinology (ESPE) and in 2026, a Joint Guideline with the Endocrine Society (US) on arginine vasopressin deficiency (AVP-D).

More information: <https://www.ese-hormones.org/publications/guidelines/>

Guideline link: <https://doi.org/10.1093/ejendo/lvaf222>

Video interviews: https://youtu.be/_NksFuh1gVE (long) <https://youtu.be/IG-Rfk0vKcs> (short)

About ESE

The [European Society of Endocrinology](#) (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. As a focal point for endocrinology and hormone research in Europe, ESE produces [clinical guidelines](#) with recommendations for patient care, either in collaboration with other Societies or independently.

Through the 51 National Societies involved with the [ESE Council of Affiliated Societies](#) (ECAS) and partnership with specialist endocrine societies, ESE and its partners jointly represent a community of over 20,000 European endocrinologists.

ESE and its partner societies work to promote knowledge and education in the field of endocrinology for healthcare professionals, researchers, patients and the public.

ESE informs policymakers on health decisions at the highest level through advocacy efforts across Europe.

Find out more: www.ese-hormones.org

More resources and briefings for press and media are available at <https://www.ese-hormones.org/contact-us/>

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