

## 10th European Congress of Endocrinology

3–7 MAY 2008, BERLIN, GERMANY



► Dear all,

The 10th European Congress of Endocrinology hosted by the German Society of Endocrinology will be held at Internationales Congress Centrum, Berlin, Germany. The programme is now available at [www.ece2008.com](http://www.ece2008.com). The Programme Committee has prepared a carefully balanced programme that reflects the diversity in geographical location, gender, basic and clinical interests and the different specialties in endocrinology. Moreover, the gold standard has been aimed for in the best scientific quality in any aspect of modern clinical or basic endocrinology. Plenary lectures and symposia on the environmental influence on endocrine autoimmune diseases or male reproduction; on stem cells and their applications in endocrinology; on new insulin analogues or new pharmacological combinations of old drugs; on appetite regulation and obesity; on contraception or hormone-replacement therapy and cardiovascular prevention; or on ageing will run in parallel with the new discoveries in nuclear receptors, epigenetics, miRNAs, proteomics or regeneration. There are hot topics on classical endocrinology areas such as pituitary, PCOS, adrenal or thyroid together with symposia on pediatric endocrinology, puberty or endocrine regulation of sleep.

All around the congress, the satellite symposia on aggressive pituitary tumors, adrenal insufficiency, testosterone deficiency, diabetes mellitus, acromegaly treatment and GH replacement will maintain the scientific excellence.

As a novelty, we will have three Pro vs. Con debates on androgen therapy of the ageing male, the rationale for ISS treatment with GH, and the benefits, if any, of treating subclinical hypothyroidism; attendees will be encouraged to participate and ask difficult questions...

On top of that, special care has been taken to leave time and space for posters and oral communications. We believe that the success of the Congress will be made by your participation, presenting your data and discussing them with other colleagues.

As the political structures that financially support clinical and basic research are being established, it is a must that we make an effort to create big networks of research groups in endocrinology throughout the European Union. Being together in this European forum will provide an excellent opportunity.

Science is important but Berlin is a marvellous city full of history and culture and many parks to walk through. You can visit the Museumsinsel (Museum Island), a UNESCO World Heritage site holding a range of works from the bust of Nefertiti or the "Berlin Green Head" to masterpieces by artists from the 13th to 18th centuries such as van Eyck, Bruegel, Dürer, Raphael, Tizian, Caravaggio, Rubens, Vermeer and Rembrandt; or walk through the best examples of modern architecture in the Potsdamerplatz or visit recent history at the remaining pieces of the Berlin Wall or the Brandenburg Gate, built as a symbol of peace. Berlin has three major opera houses and seven philharmonic orchestras. The Berlin State Opera on Unter den Linden is the oldest and its current musical director is Daniel Barenboim. The Berlin Philharmonic Orchestra is one of the most famous orchestras in the world and its principal conductor is Sir Simon Rattle.

Endocrinology, art, music, and nature are waiting to meet you and all European endocrinologists in Berlin.

Come and join us!

ANNETTE GRÜTERS AND CLARA V ALVAREZ (POC CO-CHAIRS)

### Abstract Submission for ECE 2008:

900 abstracts received;  
540 clinical, 209 basic  
and 151 both.

All presenting authors  
will be notified by the  
end of January 2008.

## EDITORIAL

► I am writing today as the new ESE President; I am grateful to have received the support of the ESE members. For those who are not familiar with my work, I am a specialist in internal medicine, endocrinology and andrology and am the current director of the Institute of Reproductive Medicine at the University of Muenster, Germany. My clinical and research activities concentrate on reproductive endocrinology and andrology, especially treatment of infertility, testosterone substitution, the ageing male and hormonal male contraception.

In my opinion, ESE has the potential to become an enormous force in European science and medicine. Key to this will be the extension of its membership throughout Europe, and for this we need to ensure that our national societies believe, as we do, that membership of ESE is of crucial value to its members in addition to national membership. ESE is not seeking to replace the local needs fulfilled by national societies. Our major objectives are to promote both basic and clinical endocrinology, diabetes and metabolism to the decision makers in Europe, and to direct funds into endocrinology. These objectives work in harmony with, and are supportive of, the aims of national societies. We are also focusing on European guidelines to assist endocrinologists on a pan-European basis to achieve a consistent level of care. If you are not already a member of ESE, we would encourage you to join as your support is needed to help us achieve our aims – please see further details at [www.euro-endo.org](http://www.euro-endo.org).

On an operational level, those who are involved with the *European Journal of Endocrinology* may be interested to learn about some structural internal changes. You may know that previously the journal was run through a separate organisation, the Society of the European Journal of Endocrinology (SEJE). To streamline the internal organisation, SEJE has now been integrated into the new ESE Publications Committee. The funds from SEJE have been protected through setting up an ESE reserve within the ESE, which will be used for development of the journal.

Finally, I hope that many of you submitted abstracts for the fast approaching ECE 2008 which will be held in Berlin from 3–7 May. The early bird deadline is 15 February; register now to obtain reduced registration fees. Further details can be found at [www.ece2008.com](http://www.ece2008.com). In addition, if you are not currently a member of the ESE, the non-members fee includes membership of ESE for 2008. Register now and join our fast-developing organisation.

EBO NIESCHLAG, ESE PRESIDENT

### ESE Annual General Meeting

The Annual General Meeting of the European Society of Endocrinology will be held on Tuesday 6 May 2008 at the congress venue from 18.15–19.30.

## Party time!

### Opening Ceremony and Welcome Reception in the ICC Berlin

SATURDAY 3 MAY 2008, 17.30 – 22.00

Free participation for registered participants.  
Price per additional ticket: €25.

*Following the Opening Ceremony the attendees are invited to a Welcome Reception and to explore Europe in Berlin. European food and entertainment will be at the congress venue.*

### ECE Congress Party at "Wasserwerk"

MONDAY 5 MAY 2008, STARTING AT 20.00

Price per person: €25.

*A party with DJ - dance music in a special location - for all participants - with no age limits! Enjoy a relaxed evening together with colleagues at an old waterworks. The ticket price includes a complimentary drink and finger food.*

### ECE Gala Dinner at "Löwesaal"

TUESDAY 6 MAY 2008, STARTING AT 20.00

Price per person: €90.

*The Gala Dinner will be held at "Löwesaal", an exquisite, unique place. Enjoy the dinner party at the heritage protected Ludwig Löwe-Hall in Berlin's "Tiergarten" district and let us entertain you!*

## EXCURSIONS & TOURS

All tours start at and will return to the ICC Berlin (congress centre). The minimum number of participants for each tour is 25 persons. The quoted prices are inclusive 19% German VAT.

### Berlin City Tour by Multimedia Bus

SATURDAY 3 MAY, 14.00–17.30

SUNDAY 4 MAY, 10.00–15.30

MONDAY 5 MAY, 09.00–12.30

Price per person: €35.

*A different city bus tour! Dive into the history of Berlin – past and present. You will pass by the most interesting sights and locations of the city and relive the most important historical events in audio and video. The exciting city of Berlin – historic, futuristic, always changing.*

### Museum Island Berlin

MONDAY 5 MAY, 14.00–18.00

Price per person: €40.

*One of the world's most important museum complexes is located in the middle of the river Spree: the Museum Island displays valuable treasures of world culture in five buildings. You will visit the Pergamon Museum and the Bode Museum, as well as the local area.*

Further information can be found at [www.ece2008.com](http://www.ece2008.com) or in the preliminary programme.

If you are a member of a national endocrine society as well as an Ordinary Member of ESE you may receive this newsletter twice. If so we apologize for the duplication and ask that you pass a copy to a colleague.

## The Venue

### Congress Venue:

International Congress Center Berlin (ICC Berlin)

### Main Entrance:

Neue Kantstraße / Ecke Messedamm  
D-14057 Berlin

Tel.: +49 (0)30 3038-3000

Fax: +49 (0)30 3038-3030

E-Mail: [info@icc-berlin.de](mailto:info@icc-berlin.de)

Website: [www.icc-berlin.com](http://www.icc-berlin.com)

The International Congress Center Berlin (ICC Berlin) ranks among the biggest, most advanced and most successful congress venues in the world. It was built in just four years under the watchful eyes of architects Ralf Schüler and Ursulina Schüler-Witte. This highly versatile communication complex – 320 metres long, 80 metres wide and 40 metres high – is one of the most outstanding landmarks of postwar German architecture and the model for many new congress centers all over the world.

## Where to stay

Hotel bookings can be made via the online registration form or on the hotel booking form included with the preliminary programme. Rooms will be allocated on a "first come, first served" basis according to availability.

Full details, including a list of hotels and room rates, deposit and cancellation charges, can be found at [www.ece2008.com](http://www.ece2008.com) or in the preliminary programme.

Deadline for room reservations is 29 February 2008. Room reservations after this deadline can only be made on request upon availability.



## ECE 2009

European Congress of Endocrinology 2009 will be held in Istanbul, Turkey, on 25 - 29 April, under the organisation of the European Society of Endocrinology (ESE) and the Society of Endocrinology and Metabolism of Turkey (SEMT).

Visit [www.ece2009.com](http://www.ece2009.com) for more details.



## How to get there

### Travel by Railway

Berlin is easily reached from all directions by rapid InterCityExpress, InterCity, EuroCity and InterRegio trains. An excellent motorway network links Berlin with all major German and European cities. The main railway stations in Berlin are the Hauptbahnhof (Central Station) and the Ostbahnhof.

### Travel by Plane

Berlin can be easily reached from all corners of the globe, 91 different airlines operate flights to Berlin from 157 cities in 49 countries. Berlin has three airports:

- ▶ The busiest Berlin airport is Tegel (TXL), about 8 km northwest of the city centre, which primarily serves destinations within Germany and Western Europe and the rest of the world;
- ▶ Schönefeld (SXF), some 22 km southwest of the city centre, handles most flights to / from Eastern Europe. Schönefeld airport is a popular airport for low cost carriers, like Easyjet or Ryanair;
- ▶ The third airport is Tempelhof airport (THF) in the southern part of the city.

More information on flying to Berlin is available on our tourist information website [www.berlin-tourist-information.de](http://www.berlin-tourist-information.de). Taxis are available at all times of the day from the airport into the city centre.

## IMPORTANT CONTACTS

CONGRESS WEBSITE  
[www.ece2008.com](http://www.ece2008.com)

### PROFESSIONAL CONGRESS ORGANIZER AND EXHIBITION OFFICE

INTERPLAN AG  
Albert-Rosshaupter-Str. 65  
D - 81369 Munich, Germany  
Tel. +49 (0)89 548234-40  
Fax +49 (0)89 548234-44  
E-mail: [ece@interplan.de](mailto:ece@interplan.de)  
Website: [www.interplan.de](http://www.interplan.de)

### SPONSORSHIP AND EXHIBITION SALES

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### HOST SOCIETY

German Society of Endocrinology  
c/o Endoscience Endokrinologie Service GmbH  
Thalkirchner Str. 1  
80336 Munich, Germany  
Phone: +49 (0)89 2323 7570  
Fax: +49 (0)9402 948 1119  
E-mail: [then@endoscience.de](mailto:then@endoscience.de)  
Website: [www.endokrinologie.net](http://www.endokrinologie.net)

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Website: [www.euro-endo.org](http://www.euro-endo.org)

# Registration

► Online registration is available at [www.ece2008.com](http://www.ece2008.com). The deadline for the early bird registration rates is 15 February 2008. There is a reduced rate available to ESE members but you must ensure that your membership renewal payment for 2008 has been paid.



## Registration rates

	Registration form and payment received on or before 15 February 2008	Registration form and payment received after 15 February 2008	On site registration
ESE Members registration fee	€550	€650	€700
Non-members registration fee	€605	€705	€750
Fellow/Student	€300	€370	€400
Economic package	€750	Not available	Not available

Please note: Payment by bank transfer can only be accepted until 18 April 2008. Payments after that date have to be made directly at the registration desk at the ICC Berlin.

The registration fee includes

- Access to all congress sessions and commercial exhibition
- Delegate bag including congress documents
- Abstract book
- Opening Ceremony and Welcome Reception on 3 May 2008
- Coffee breaks as indicated in the programme
- Lunches from Sunday through until Wednesday

## Economic package

(For a limited number of participants and not available on-site)

The Economic package is available to delegates who fulfill both of the following criteria:

- (1) **Their country of residence has a GDP - per capita of below \$15,000 as defined by the CIA World Factbook.** (For further details please visit <https://www.cia.gov/library/publications/the-world-factbook/index.html>)

and

- (2) **They are non-clinically qualified research students or postdoctoral fellows, nurses who have no access to funding, or are retired.**

## The package includes:

- Access to all congress sessions and commercial exhibition
- Delegate bag including congress documents
- Abstract book
- Opening Ceremony and Welcome Reception on 3 May 2008
- Coffee breaks as indicated in the programme
- Lunches from Sunday until Wednesday
- Bed & Breakfast Accommodation for 4 nights in double occupancy in a 3\* hotel

Visit [www.ece2008.com](http://www.ece2008.com) for more details.

## Group registration

A special registration procedure applies for group registrations. For the registration of more than 10 delegates please contact Interplan AG directly. Details for Interplan AG can be found in the Important contacts box on page 2.

## ESE Membership

If you register as a delegate for ECE 2008 at the non-members rate you will be given the opportunity to join the European Society of Endocrinology. You should tick 'yes' on the registration form when asked if you would like to join the ESE. The ESE Secretariat will then contact you and ask you to complete the ESE membership application form. Membership for 2008 will be free to those delegates that register at the non-members rate and return the ESE membership application. For further information please contact the ESE Secretariat on [info@euro-endo.org](mailto:info@euro-endo.org).

## Travel Grants

The *Journal of Endocrinology* offers Travel Grants of €300 each to ten young scientists attending the ECE. Applicants must be a current member of ESE, under 35 years of age and be resident in a country that is not classified by the World Bank ([www.worldbank.org/data/countryclass/classgroups.htm](http://www.worldbank.org/data/countryclass/classgroups.htm) High\_income) as a high income country. The travel grants are available for attendance at the annual congress if the applicant has submitted an abstract. Full details of the eligibility criteria can be found at [http://www.euro-endo.org/about/about\\_prizes.htm](http://www.euro-endo.org/about/about_prizes.htm).

# ESE Membership Renewal for 2008

► ESE Members will have received the membership renewal notice for 2008 membership in October 2007. If you have not already done so please arrange payment for the 2008 membership year as quickly as possible. There is a reduced registration fee for ECE 2008 for ESE members but you must be a current ESE member and have paid your 2008 membership fee for this reduced registration fee to apply. If you have any questions or comments regarding your membership then please contact the ESE Secretariat on [info@euro-endo.org](mailto:info@euro-endo.org).

## CME Credits

ECE 2008 will be credited with CME points from UEMS.

# MUST SEE AT ECE

## Saturday 3 May 2008

### 17:30–19:30 OPENING CEREMONY

Geoffrey Harris Prize Lecture

SUPPORTED BY IPSEN

European Journal of Endocrinology Prize Lecture

## Sunday 4 May 2008

### 10:05–10:50 PLENARY LECTURE 1

Estrogens and cardiovascular disease

Michael E. Mendelssohn (USA)

SUPPORTED BY BAYER SCHERING PHARMA

### 17:15–18:00 PLENARY LECTURE 2

Let's get older – lessons to learn from centenarians

Nir Barzilai (Israel)

## Monday 5 May 2008

### 10:05–10:50 PLENARY LECTURE 3

Central regulation of appetite and body weight

– the role of peripheral signals

Jens Brüning (Germany)

### 17:15–18:00 PLENARY LECTURE 4

Berthold Lecture of the German Endocrine Society (DGE)

## Tuesday 6 May 2008

### 10:05–10:50 PLENARY LECTURE 5

Too little and too much insulin – lessons to learn from newborns

Andrew T. Hattersley (UK)

### 17:15–18:00 PLENARY LECTURE 6

Graves' ophthalmopathy – problems solved and new questions to be answered.

## Wednesday 7 May 2008

### 10:05–10:50 PLENARY LECTURE 7

When and why do we wake up – the endocrine regulation of sleep in humans

Eve van Cauter (USA/Belgium)

### 12:15–12:50 PLENARY LECTURE 8

The red wine hypothesis – resveratrol and human metabolism

Johan Auwerx (France)

## What's hot in EJE?

**Impact of metformin versus the prandial insulin secretagogue, repaglinide, on fasting and postprandial glucose and lipid responses in non-obese patients with type 2 diabetes.**

**LUND, TARNOW, FRANDSEN, SMIDT, PEDERSEN, PARVING AND VAAG**

*European Journal of Endocrinology*  
2008 158 35-46



Many studies have compared the effects of different antihyperglycemic treatment regimens on postprandial glucose metabolism in patients with type 2 diabetes. Of these studies, relatively few have included data on postprandial lipidemia, and most have concentrated on obese patients with type 2 diabetes. The risk of cardiovascular disease is, however, similar in obese and non-obese patients with type 2 diabetes. In the post-prandial state, patients with type 2 diabetes are observed to have greater elevations in levels of glucose, insulin and triglycerides than those seen in non-diabetic individuals. Levels of glycemia, insulinemia and insulin sensitivity are important determinants of postprandial lipidemia, a risk factor for cardiovascular disease.

In this study by Lund *et al.* the effects of two antihyperglycemic drugs were compared in 96 non-obese individuals: metformin, which targets insulin resistance and repaglinide, which controls overall glycemia. The study measured postprandial metabolism by taking blood samples from the patients on the two different drug regimens. It was concluded that levels of glycemia, triglycerides and free fatty acid levels were similar in the two drug groups, while metformin reduced fasting and postprandial cholesterolemia and insulinemia more than repaglinide. This supports the prescription of metformin as the drug of choice to target fasting and postprandial glucose and lipid metabolism in non-obese type 2 diabetes patients.

ESE would like to thank their Corporate Members for their continued support : **CMM Global, Eli Lilly, Ferring, Ipsen, Novartis, Novo Nordisk, Pfizer, Roche, Sanofi-Aventis and Serono**

## ESE News

This document is available on the ESE website at [www.euro-endo.org/news/news.htm](http://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 on BioScientifica's computer for future use.

If you do not wish to receive further mailings, please advise [editorial@endocrinology.org](mailto:editorial@endocrinology.org)

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### Newsletter

Designed by **sublime**



Published by BioScientifica Ltd  
Euro House, 22 Apex Court, Woodlands,  
Bradley Stoke, Bristol, BS32 4JT, UK  
[www.bioscientifica.com](http://www.bioscientifica.com)

ESE News is produced with an educational grant from Pfizer.

## European Journal of Endocrinology

The *European Journal of Endocrinology* begins 2008 on a rising tide of success. Achieving an impact factor of 3.145 placed EJE high in the ranking of European clinical journals. As an official journal of the European Society of Endocrinology the journal is widely respected and supported by ESE members across Europe and will continue to publish a selection of the best papers in clinical and translational endocrinology.

The journal welcomes a new Editor-in-Chief: Professor Christian Strasburger (Charité Universitätsmedizin, Berlin) who takes over from Professor Paolo Beck-Peccoz. Professor Beck-Peccoz leaves the journal enjoying its highest ever profile and reputation in the community.

Professor Strasburger is set to further enhance the reputation of the journal and we confidently expect to see a growth in submissions, a reduction in the already fast publication times and faster online publication for author manuscripts. In future, "Accepted Preprints" will appear online with HighWire Press on the day of acceptance bringing the latest articles to the attention of online readers as fast as possible. Authors can be confident that their accepted manuscripts can be immediately cited and available through PubMed.

As a leading journal, the Editorial Board felt it was important to offer developing countries access to published articles. This has been achieved by joining HINARI (Health International Access to Research Initiative), a project sponsored by the World Health Organisation. Local, not-for-profit organisations in countries with low income are able to access the journal online and also have the option of a 3-month free trial. To read more about HINARI go to [www.who.int/hinari/](http://www.who.int/hinari/).

To find out more about Professor Strasburger's plans for the journal, read his editorial in the January issue of the *European Journal of Endocrinology* or go to [www.eje-online.org](http://www.eje-online.org) to take a look at recent issues. Try EJE and register for free Tables of Contents alerting so that you are always up to date with the latest published articles!

## Forthcoming Meetings and Courses

<http://www.euro-endo.org/meetings>

**1st International Conference on Advanced Technologies & Treatments for Diabetes**  
**Prague, Czech Republic, 27 February-1 March 2008**  
Email: [attd@kenes.com](mailto:attd@kenes.com) Web: <http://www.kenes.com/attd>

**PCICS Europe 2008 - European Symposium of the Pediatric Cardiac Intensive Care Society**  
**Monte Carlo, Monaco, 27-30 March 2008**  
Email: [pcics@kenes.com](mailto:pcics@kenes.com) Web: <http://www.kenes.com/pcics>

**ENDO 2008**  
**San Francisco, USA, 15-18 July 2008**  
Web: <http://www.endo-society.org/educationevents/annual>

**44th EASD Annual Meeting**  
**Rome, Italy, 7-11 September 2008**  
Email: [secretariat@easd.org](mailto:secretariat@easd.org) Web: <http://www.easd.org>

**ESPE 2008**  
**Istanbul, Turkey, 20-23 September 2008**  
Email: [espe2008@congress.com](mailto:espe2008@congress.com) or [espe@eurospe.org](mailto:espe@eurospe.org)  
Web: <http://www.espe2008.org>

**13th Congress of the European Neuroendocrine Association**  
**Antalya, Turkey, 17 Oct - 20 Oct 2008**  
Email: [secretariat@enea2008.org](mailto:secretariat@enea2008.org)  
Web: <http://www.enea2008.org>

**ECE 2009**  
**Istanbul, Turkey, 25-29 April 2009**  
Email: [secretariat@ece2009.com](mailto:secretariat@ece2009.com)  
Web: <http://www.ece2009.com>

## ESE POSTGRADUATE COURSES - SAVE THE DATES

**5th Regional Postgraduate Course in Clinical Endocrinology**  
**Vilnius, Lithuania, 17-19 April 2008**

**6th Regional Postgraduate Course in Clinical Endocrinology**  
**Tbilisi, Georgia, October 2008**