

# eyes NEWS



The newsletter of the European Young Endocrine Scientists

## ESE SUMMER SCHOOL ON ENDOCRINOLOGY

A while ago I decided to participate in the ESE Summer School of Endocrinology as my research interests were broadly covered in the meeting. To my surprise, it was unlike any other workshop, as it did not focus on basic endocrinology, but presented the current advances with a good introduction to the physiology and regulation of the area of interest. As a young researcher, I was very surprised by the lack of the “speaker table” and the kindness and availability of the main organizer, Prof. Josef Köhrle. One of the School’s mottos is “everyone is a student and everyone is a teacher” which significantly reduces the hierarchical tension, allowing you to chat to the speakers during the breaks, meals, sports and networking evenings.

The topics of the summer school are on a rotation, allowing an update on all of the endocrine organs in a cycle every 4-5 years. Participating in such a meeting supports the life-long learning and expands the knowledge from beyond one’s scope. Another thing that positively surprised me was the poster session. During most meetings when you have your poster up, there is a huge chance that no one will actually come to talk with you on this subject, which I find quite discouraging as it seems as though other delegates do not consider my poster interesting enough. During the ESE Summer



School, every participant is allocated 2 minutes for a brief description of their poster and the young investigators have priority in asking questions. This setup teaches young researchers to appreciate someone else’s work, raise questions and defend their scientific opinion. Networking with speakers as well as students is a priceless experience that broadens the horizons of the young researcher, allows to look critically at your own results, discuss pitfalls, troubleshoot, make new collaborations and even find post-doc positions. After my first ESE Summer School I’ve joined the young organizing committee and since then I have been working on the programme and enjoying the company of the School’s participants over the last 5 years. It has been a wonderful adventure and I’ve learned a great deal scientifically, organizationally and socially. If you’d like to get a taste of the fantastic spirit of ESE Summer School follow the programme and registration updates on the ESE webpage.

Milena Doroszko, Uppsala, Sweden

## 54<sup>TH</sup> EASD MEETING, BERLIN 1-5 OCT '18.

An exciting Annual Meeting of the European Association for the Study of Diabetes (EASD) took place in Berlin, Germany during 1-5 October 2018. A total of 15,699 participants from around the world attended the meeting, while 1,218 studies were accepted and presented from 2,030 abstracts submitted in total. The results of major clinical diabetes trials were announced, while fascinating lectures on pathophysiology, complications and therapeutics of diabetes were delivered by renowned experts. Professor David Matthews from the University of Oxford, UK was unanimously voted the EASD President by the Executive Committee.



The new ADA/EASD consensus report on the management of hyperglycemia in type 2 diabetes was also presented during the final day of the EASD Meeting and simultaneously published in both *Diabetes Care* and *Diabetologia*.

Professor Apostolos Tsapas from Aristotle University of Thessaloniki, Greece is one of the consensus report authors and commented for us: "The new report really puts patients at the centre of treatment decisions. It underlines the importance of lifestyle interventions with emphasis on weight loss and obesity management, including bariatric surgery. Furthermore, the new consensus report highlights that the choice of second-line glucose-lowering agents after metformin should be driven by new evidence from cardiovascular outcomes trials, taking into account the presence of atherosclerotic cardiovascular disease, heart failure or chronic kidney disease."

Stavroula Paschou, Greece

## POSTGRADUATE COURSE IN CLINICAL ENDOCRINOLOGY ZAGREB

We are delighted to announce that the 9th Postgraduate Training Course in Clinical Endocrinology, endorsed by the European Society of Endocrinology, will take place in Zagreb from 5 to 6 April 2019. The goal is to provide participants with an opportunity to meet distinguished international speakers as well as to network with colleagues.

The course structure is based on meet-the-expert sessions and workshops during which young endocrinologists present interesting cases from their clinical practice. Course fee is 150€. Special accommodation grants are available for EYES members. More information on: [www.endocrinology-zagreb.com](http://www.endocrinology-zagreb.com)



## JOIN ESE!

EYES is supported by the European Society of Endocrinology (ESE), who provide resources and opportunities for early-career endocrine scientists. Visit the ESE website and find out how to join the Society from as little as €10: [www.ese-hormones.org](http://www.ese-hormones.org)



## EYES NEWS

We are happy to announce three new members on the EYES board: Daniele Santi (Italy), Eva Coopmans (The Netherlands), and Stavroula Paschou (Greece).

Looking forward to creating new memories together!





## EYES INDIA CORRESPONDENCE

I'm in India currently on a 5-month travel fellowship from the Australian Academy of Sciences for a research project investigating the prevalence of osteoporosis and sarcopenia in ageing Indian men and women. India is very diverse with different dietary intakes (veg and non-veg) and lifestyles across the country. With a population of 1.3 bn, the majority of the ageing population worldwide will be living in India. Falls and fractures can be prevented, yet they have been overlooked in India. My aim during this visit is to determine suitable cut-points for sarcopenia for the Indian population, as the current definitions have been developed in Caucasian populations within Europe and USA. My preliminary analyses have shown that these definitions do not accurately detect sarcopenia in the Indian population. Additionally, I'll be looking into how body composition (muscle & fat mass) effects bone health and fracture risk. Sorting through all the data has been quite a task, but equally rewarding!

Apart from my primary research focus, I have been lucky enough to meet some of the leading scientists in India. I met the vitamin D pioneer of India, Prof. Raman Marwaha (Delhi) who has not only identified vitamin D deficiency as a huge problem and generated awareness, but has also taken his findings to the industry to have milk products and oils fortified in vitamin D. Although we get a lot of our vitamin D from the sun (UVB rays), Prof. Marwaha showed that in some parts of India, no UVB rays were even emitted throughout the year. A very high proportion of the population is vitamin D deficient with mean concentrations of 9 nmol/L in the majority of children and adults, which is super low!

The research life in India is very progressive and there are huge population cohorts in all areas of medicine! If you have an interest in any of the studies you come across in the literature from India, I would definitely recommend contacting the Investigators – as my experience has shown, that they are very keen for collaborations.

Ayse Zengin, UK/Australia



## KEY DATES

**11 - 12 Jan 2019**

11th ESE Clinical Update, Abu Dhabi, UAE

**20 - 23 Feb 2019**

12th International Conference on Advanced Technologies & Treatments for Diabetes (ATTD 2019), Berlin, Germany

**7 - 10 Mar 2019**

24th ESE Postgraduate Training Course on Endocrinology, Diabetes and Metabolism, Bled, Slovenia

**4 - 6 Apr 2019**

9th Baltic Congress of Endocrinology and ESE Clinical Update, Riga, Latvia

**18 - 21 May 2019**

21st European Congress of Endocrinology, Lyon, France

**13 - 15 Sep 2019**

7th European Young Endocrine Scientists (EYES) Meeting, Athens, Greece

**13 - 17 Nov 2019**

10th International Prader-Willi Syndrome Organisation Conference, Havana, Cuba

For more information on these events, visit the Events and Deadlines page of the ESE Website:

[www.ese-hormones.org/events-deadlines/](http://www.ese-hormones.org/events-deadlines/)

# MY FIRST TIME AT THE EYES MEETING

It is never about the form, it is always about the context.

Clouds over Poznań were letting just a bit of sunshine through, making a fresh day full of vivid color, like it was frozen in time, just for us. When I started medical school, I used to think that love towards work was manifested in explosive outbursts of neurotransmission, just like during the creation of an artwork. But during the EYES meeting in Poznań, I realized another deeper context of medicine, love and excitement.

The new EYES merchandise has a bright smiling face on it, and even though it is simple, it actually portrays the exact emotion of participating in a special gathering of creative intellectuals that embrace your work and energy with no reserve. It unveils a special, long lasting emotion you can only realize when you are presenting the results of a study/experiment that took months or even years to complete. This gathering helps us communicate the real lives of people that we were lucky enough to meet, heal and spend time with.

Before coming to EYES, I heard about the famous EYES social networking event - where you can connect with fellow scientists and relax after a hard working day. But my conclusion is that a much more serious event starts the moment the welcome words are being said in the opening ceremony, and lasts all the way to the sound of plane wheels screeching the runway during takeoff. I am talking about an emotion within ourselves and an event in our neurons, in which we dance altogether with our energies combined, to better our work and patient's lives.

You leave with a smile on your face, just like the smiley face on the bag and keychain, and a permanent place you can turn to for answers, incredible people and new ideas that give peace to your science.

I learned that medicine is captivating in its purity, precision, reach and the ability to bring together, in one conference hall, the knowledge of centuries and creativity of the future.

I could write more, but I guess it is better we meet at the next EYES meeting and have a long conversation! I know that it will be amazing whichever city it is next, because, it is never about the form, always about the context.

Antoan Stefan Šojat, Serbia



## 7th EYES Meeting Athens, Greece

13-15 September 2019  
Royal Olympic Hotel

[athens2019eyesmeeting.gr](http://athens2019eyesmeeting.gr)



# PRESENTING ESE FOCUS AREAS: ADRENAL AND NEUROENDOCRINE TUMOURS

The area of adrenal and neuroendocrine tumours is very dynamic and rapidly growing, so it is a great honour for us to be nominated as the leaders of the respective Focus Area. This is a new and important project initiated by the European Society of Endocrinology (ESE) in order to more effectively cover and address the needs within a certain field of endocrinology. Being responsible for the Focus Area may be compared to starting a new chapter in the book, and much work is ahead of us in order to make the project successful.

Our perception of the mission of the Focus Area is to promote and facilitate clinical and scientific interactions within the field and to disseminate new scientific information about adrenal disorders and neuroendocrine tumours. We are intended to have an advisory position in designing future ESE activities and projects within our Focus Area such as establishing and developing communication and collaboration with related specialist societies (European Network for the Study of Adrenal Tumours - ENSAT, European Neuroendocrine Tumor Society - ENETS) and patient support groups, as well as participating in the creation of scientific content provided at meetings organized by ESE. We also need to serve as the 'public face' of ESE within our focus area in order to better define endocrinology in the community.



Our first step was to establish an Expert Panel consisting of basic science and clinical specialists in the field (listed below) with the aim to ensure the best expertise across the Focus Area topics. The first meeting of our Focus Area Expert Panel was held this year in Barcelona, alongside the European Congress in Endocrinology, which we discussed our strategy and further activities. Members of the Focus Area Expert Panel will be actively participating in the development of the scientific program for the next European Congress of Endocrinology to be held in Lyon 2019. Accordingly, specific sections on adrenal and neuroendocrine tumours will be covered - from both basic and clinical aspects.

Early career endocrinologists are definitely in our focus, and providing a platform for their professional growth is one of the main goals of all ESE Focus Areas. Accordingly, young endocrinologists who are interested in adrenal disorders and neuroendocrine tumours, either as clinicians or scientists, are welcome to share their thoughts to help us create a community which will best meet their needs. We need their ideas, creativity and enthusiasm as an inspiration and motivation to move forward.

## Focus Area Adrenal and Neuroendocrine Tumour Expert Panel

Guillaume Assie, Oriol Casanovas, Ashley Grossman, Leonardo Guasti, Tatjana Isailovic, Darko Kastelan, Thomas Krause, Mathias Krois, Ljiljana Marina, Attila Patocs, Andreas Schedl and Eva Tiensuu Janson.

Darko Kastelan, Clinical Lead, *Croatia*

Attila Patocs, Basic Lead, *Hungary*

## Editorial board

**Ljiljana Marina**, Serbia

**Ayse Zengin**, UK/Australia

**Stavroula Paschou**, Greece

**Srdjan Pandurevic**, Serbia

**Antoan Stefan Sojat**, Serbia



[twitter.com/eyescientists](https://twitter.com/eyescientists)



[fb.com/groups/eyes.endo](https://fb.com/groups/eyes.endo)

## Discover ECE On Demand

Missed ECE this year?

All videos, abstracts, ePosters and interviews  
are now open access - available to all

[www.eceondemand.org](http://www.eceondemand.org)

European Society  
of Endocrinology

Sharing knowledge  
enabling collaboration



# LATEST RESEARCH

## [Coagulation and fibrinolysis in hyperparathyroidism secondary to vitamin D deficiency](#)

This paper by Elbers et al. investigated the previously observed abnormal coagulation tests in patients with primary hyperparathyroidism (HPT) suggesting a prothrombotic effect of parathyroid hormone (PTH). The results, however, showed that relative changes in PT, aPTT, fibrinogen, Von Willebrand factor, factors VII, VIII and X, thrombin generation, TAFI, clot-lysis time and d-dimer were not different between patients with VIDDD with HPT or all VIDDD vs controls.

## [One-hour glucose value as a long-term predictor of cardiovascular morbidity and mortality: the Malmö Preventive Project](#)

The objective was to examine the predictive capability of a 1-h vs 2-h post load glucose value for cardiovascular morbidity and mortality. Nielsen et al. conducted this prospective study on 4934 men without known diabetes and cardiovascular disease over 27 years. The conclusion was that fasting blood glucose test (FBG) and 2-h post load blood glucose did not independently predict cardiovascular events or death. Conversely, 1-h postload blood glucose predicted cardiovascular morbidity and mortality and remained an independent predictor of cardiovascular death and all-cause mortality after adjusting for various traditional risk factors.

## [Statin Use Is Associated With Decreased Osteoporosis and Fracture Risks in Stroke Patients](#)

Post stroke osteoporosis and consequent fractures increase the risk of morbidity and mortality and cause considerable socioeconomic burden. Shu-Man Lin et al from Buddhist Tzu Chi General Hospital, Hualien, Taiwan, have conducted a study on 5254 patients measuring hazard ratios (HRs) for poststroke osteoporosis, hip fracture, and vertebral fracture and statin use. In the results, post stroke statin use was associated with a lower overall risk of the primary outcome. In sub analyses, statin use was associated with a decreased risk of all individual outcomes, including osteoporosis, hip fracture, and vertebral fracture. A dose-effect relationship was identified.

## [Severe Congenital Adrenal Hyperplasia Presenting as Bilateral Testicular Tumors and Azoospermia in the Third Decade of Life](#)

Here, we have an interesting case study from Sarfati et al. presenting a 32-year-old male patient with azoospermia and bilateral testicular tumors. His gonadotropins were undetectable. He had a high serum progesterone level, high 17-hydroxyprogesterone, and high levels of 17OHP metabolites, suggesting a classic form of 21 $\alpha$ -hydroxylase (21OHD). His blood pressure was normal. Molecular analysis showed a homozygous large 21-hydroxylase gene (*CYP21A2*) conversion. Furthermore, an adrenal CT scan revealed voluminous, heterogeneous bilateral and asymmetric adrenal masses containing calcifications. Their case report illustrates the fact that a classic form of 21OHD can be diagnosed in late adulthood, manifested by azoospermia and large adrenal tumors, associated with elevated 17OHP.

## [Hormone-related tumors in transsexuals receiving treatment with cross-sex hormones](#)

This interesting research by Mueller and Gooren assessed the risk of developing hormone-related tumors in transsexuals receiving treatment with cross-sex hormones. Malignancies related to cross-sex hormone treatment of transsexuals have so far, fortunately, been a rare occurrence. Most transsexuals undergo treatment well before middle age and as that population starts to age, the implications of hormone exposure over three or four decades begin to emerge. In male-to-female transsexuals receiving estrogen administration, lactotroph adenomas, breast cancer, and prostate cancer have been reported. In female-to-male transsexuals receiving treatment with testosterone, a single case of breast carcinoma and several cases of ovarian cancer have been reported. So far, endometrial cancer has not been encountered though it remains a potential malignant development.

