

Meet Gudmundur Johannsson, our 2024 European Hormone Medallist



Professor Gudmundur Johannsson, from Gothenburg, Sweden, is our 2024 European Hormone Medallist. He will deliver his Award Lecture in Stockholm at ECE 2024. Read on to learn more about his career in endocrinology, his advice for future endocrinologists, and what you can look forward to hearing him talk about at the Congress.

Please tell us about your current role

I am a senior consultant in an academic hospital, the Sahlgrenska University Hospital in Gothenburg, Sweden. As such, I see patients with rare adrenal and pituitary disorders and participate in multidisciplinary meetings related to pituitary and adrenal tumours on a weekly basis.

How were you inspired to work in endocrinology?

I graduated from medical school at the University of Iceland, and completed my training in internal medicine at local and regional hospitals in Sweden, followed by training in clinical endocrinology at Sahlgrenska University Hospital. My PhD was undertaken at the University of Gothenburg, as were my postdoctoral studies, except for a period as a visiting professor at the Garvan Institute of Medical Research in Sydney, Australia. I chose endocrinology because of a very early project related to pheochromocytoma and other forms of secondary hypertension. The diagnostic challenges and the close patient interaction in the management of many endocrine disorders were inspiring.

What will you discuss in your Award Lecture at ECE 2024?

The outcome and prognosis for patients with rare endocrine disorders are not well known. Due to the low incidence and prevalence of these diseases, very few clinicians will know whether the outcome is poorer than expected.

I will show data from specially designed epidemiological studies which have helped us to understand that, in some patient groups that were considered to have an excellent

outcome, it was in fact poor, with excess co-morbidities and mortality. My focus will be on patients with hypopituitarism or primary adrenal insufficiency.

These studies have shown that further improvement in management is needed. This includes development of new therapeutic options, improved overall structure of care, with formation of dedicated multidisciplinary care teams, and improved patient education. The results of adopting these interventions suggest that improvement in outcome can be obtained.

What is likely to be the next breakthrough in your area of interest?

We are aiming for more individualised management of patients with pituitary tumours, and more sophisticated management options and monitoring of patients with adrenal insufficiency and glucocorticoid replacement therapy.

What are you most proud of in your career, and in life in general?

I have, together with others, been able to develop an interest in adrenal insufficiency, which has increased the focus on improving its management and outcome.

What is the most enjoyable aspect of your work?

I am delighted to have the opportunity to work with very talented colleagues.

What are you most looking forward to at ECE 2024?

I will enjoy meeting colleagues and hearing about new and interesting discoveries in endocrinology.

Why should people join ESE?

I consider ESE to be an important European endocrine community which allows us to collaborate more and, in particular, to increase the movement of young colleagues in endocrinology within Europe.

What words of wisdom do you have for aspiring endocrinologists?

Endocrinology is a cognitive speciality with a lot of diagnostic and therapeutic challenges, and a close clinical and translational scientific backbone.