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eyes NEWS

The newsletter of the ESE Young Endocrinologists and Scientists

Sun, heat and hormones



European Society
of Endocrinology



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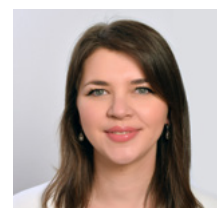
Editorial



Juan Manuel Jiménez Vacas



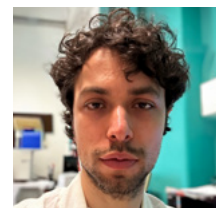
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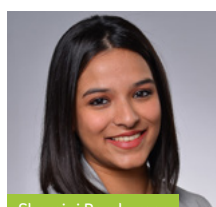
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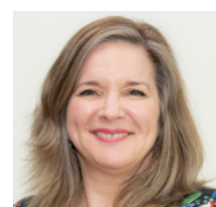
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Victoria Withy

It's a pleasure to welcome you once again to our beloved newsletter. I hope the end of the academic year has treated you kindly, and whether you've already had your well-deserved break or are counting down the days, don't forget that switching off is vital. Rest is productive too!

Summer often brings with it more time, and motivation, to get moving. That's why, in this issue, we dive into the fascinating ways physical activity affects the endocrine system. Hormones, as we know, respond powerfully to exercise, and we explore those connections here. But summer doesn't just mean movement, it also means heat! And rising temperatures can influence not only hormone levels but also cellular behaviour. Curious? You'll find all the details inside.

This issue highlights the fantastic [EYES Symposium and social event](#) at the Joint ESPE-ESE Congress in May. We're also thrilled to announce all the details you need to know about the much-anticipated [EYES Annual Meeting in Milan](#). We're looking forward to seeing you all there, so make sure you register today!

This time, our 'Meet the Society' column spotlights the [Korean Endocrine Society](#), and we bring you updates from [activities that have kept your EYES Committee busy](#).

Lastly, I'm delighted to welcome three new faces to our Editorial Board: [Mirjana Đukić \(Croatia\)](#), [Lorenzo Marinelli \(Italy\)](#) and [Petros Papalexis \(Greece\)](#). Their enthusiasm and fresh ideas will help us keep delivering vibrant, engaging content for you, our community of early-career endocrinologists.

Happy reading, stay curious and enjoy the sunshine!

Juan Manuel Jiménez Vacas
Editor
EYES News

eyes
ESE young endocrinologists
and scientists
looking forward



You can flick through past and
present issues of *EYES News* at
www.es-e-hormones.org/eyesnews



From your EYES Co-Chairs

Summer is here, but many of us are still riding the wave of excitement from the unforgettable Joint Congress of ESPE and ESE in Copenhagen! What a blast, from brilliant science and inspiring talks to meaningful networking, laughter and unforgettable moments at the EYES Symposium and social event. These memories remind us of why we do what we do ... and why the EYES community never stops.

That's right, there's no slowing down! The highly anticipated **EYES Annual Meeting** [📅](#) is just around the corner and, this time, we're heading to Milan. Known for its style, food and warm hospitality, Milan will be the perfect backdrop for days filled with cutting-edge endocrinology, networking and social events we've only dreamed of. You'll find everything you need to know about the meeting on **page 4**. Don't miss it!

Speaking of opportunities, keep an eye out for the next round of the **EYES Observership Programme grants** [📅](#), opening later in the year. Want to gain hands-on experience at a top European endocrine centre for 1–3 months? This is your chance! With more host centres than ever before, now's the time to start planning.

Of course, this season also brings change. We're sad to say goodbye to two amazing members of the EYES Committee – former Co-Chair Walter Vena and Barbara Altieri. Both have worked tirelessly to advocate for early-career endocrinologists and scientists, and we're incredibly grateful for their dedication. As they move on to exciting new roles, we celebrate their achievements and cheer them on in their next chapters.

With farewells come fresh beginnings. We're thrilled to welcome Francesco Costantino, Tamara Dojcinovic and Dorota



The new EYES Committee: (L–R) Karin Zibar Tomšić, Julia Beck, Francesco Costantino, Juan Manuel Jiménez Vacas, Kristina Saravinovska, Dorota Filipowicz, Jonathan Mertens, Tamara Knezevic Dojcinovic, Victoria Withy and Clara Lazzaretti

Filipowicz as EYES Committee members, bringing new energy, ideas and a shared commitment to growing the EYES community and championing early-career voices across ESE.

Following the EYES Committee reshuffle, it is exciting to have Kristina Saravinovska as our new Co-Chair. We will work together with passion and dedication, and the journey will be a joy. Don't doubt we'll keep doing our very best to provide as many opportunities as possible for the early-career community, and to ensure your voices are heard.

See you in Milan!

Juan Manuel Jiménez Vacas, UK
Kristina Saravinovska, Serbia

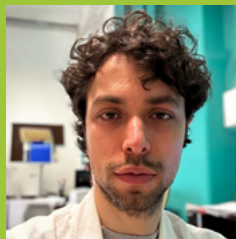
New EYES News Board members

We look forward to working with our three new Editorial Board members on future issues of *EYES News*.



MIRJANA ĐUKIĆ

Born and raised in Croatia, I graduated from the Faculty of Medicine in Osijek, and am in my fourth year of an endocrinology residency at the University Hospital Centre Zagreb. As Vice President of the Young Endocrinologists' Section of the Croatian Society for Endocrinology and Diabetology, I contribute to its public health and educational initiatives, and to social media management and content creation. I'm communicative, curious and always open to new ideas – which is why I joined the *EYES News* team. My goal? To bring fresh, relevant and inspiring content to young endocrinologists across Europe.



LORENZO MARINELLI

I am an endocrinologist born in Rome and professionally raised in Turin, Italy. During my residency, I developed a strong interest in reproductive endocrinology, with a focus on andrology, female endocrinology and transgender health. I had the chance to further explore these areas both clinically and through research during my PhD. I am honoured to be part of the EYES family and to finally contribute in a more substantial way, now as part of the editorial team. I look forward to helping share the latest updates with young professionals in our community through *EYES News*!



PETROS PAPALEXIS

I am a graduate of the Medical School of Thessaloniki, Greece, with a PhD on breast cancer research from the National and Kapodistrian University of Athens. My work is as a resident physician in Endocrinology–Metabolism–Diabetes at the General Hospital 'Laiko' and I am Secretary of the Education Committee of the Hellenic Society of Endocrinology. As a member of the Editorial Board of *EYES News*, I am looking forward to continuing the team's successful and creative work alongside my valued colleagues, to meet the magazine's aims. Our active participation will surely contribute to its success.



ESE diary dates

Keep up to date with the latest **ESE activities** online [📅](#)



Make your way to Milan

The most anticipated event of the year for the early-career community is just around the corner. We can't wait to welcome you to Milan for a weekend full of science, fun and networking!

12th EYES Annual Meeting

Milan, Italy

26–28 September 2025

[Find out more](#)

Milan from the Cathedral

The 12th EYES Annual Meeting will cover all major areas of endocrinology – from neuroendocrinology to thyroid diseases, reproductive disorders to bone metabolism, adrenal diseases to endocrine-related cancers.

Things will kick off on Friday 26 September at Milan's Humanitas Congress Center with the Opening Ceremony at 14.00 CEST. We'll be joined by representatives from the Italian Society of Endocrinology (SIE) and the Association of Medical Endocrinologists (AME), the main Italian scientific societies that are supporting the event.

Be inspired by great science

The scientific programme begins with an inspiring talk from our first invited speaker, Professor Constantine Stratakis (Greece), who will give us an overview of the role of 'omics' in pituitary and adrenal diseases. That will be followed by the first of many oral communications sessions – a great opportunity for many young researchers to present their work in a relaxed and friendly setting. In addition to oral abstract presentations, there

will be dedicated poster sessions with open discussions.

Among our other invited speakers, Professor Sadaq Farooqi (UK) will give us an up-to-date perspective on obesity management, and Professor Guillaume Assié (France) will share his personal tips on making the most of opportunities and building a successful career.

Last but not least, Professor Roberto Vettor (Italy) will close with a fascinating talk on the role of adipose tissue dysfunction in the complications of obesity.

On Sunday morning, we'll present the awards for the best contributions of the meeting, especially the most eagerly anticipated award for 'best presentation', which is worth a ticket to next year's EYES Symposium during ECE 2026 in Prague, Czech Republic!

Take time to network

But there's more to the 12th EYES Annual Meeting than just science! We've made plenty of room for socialising and fun, with two informal evening events. One of these will take place right on the Humanitas University Campus, with food trucks and a live DJ set to create the perfect vibe for a memorable night together.

Don't miss this unique chance to connect with your peers from all over Europe and beyond. Expand your network, and spark new collaborations and opportunities for exchange.

Walter Vena, Italy
Local Organising Committee



Join us in Milan for the
12th EYES Annual Meeting
on 26–28 September!

[Register today](#)

[Apply for an ESE Meeting Grant](#)

Deadline 25 July 2025



Milan's Navigli district

'Don't miss this unique chance to connect with your peers from all over Europe and beyond.'



Bosco Verticale, Milan



Sun, heat and hormones

We look at the endocrine impact of getting out in the sunshine.

Summertime fun and adrenaline

How does getting outdoors and active interact with your endocrine system?

Nicole Bechmann explains.

The summer season is known for a significant increase in high-energy, outdoor and risk-taking activities, often associated with thrill-seeking, such as extreme sports, travel and intensive physical exertion. Cultural and social factors play an additional role in the development of seasonal behaviour patterns. These phenomena are also influenced by neurobiological and endocrinological mechanisms, particularly those involving the sympathoadrenal system.

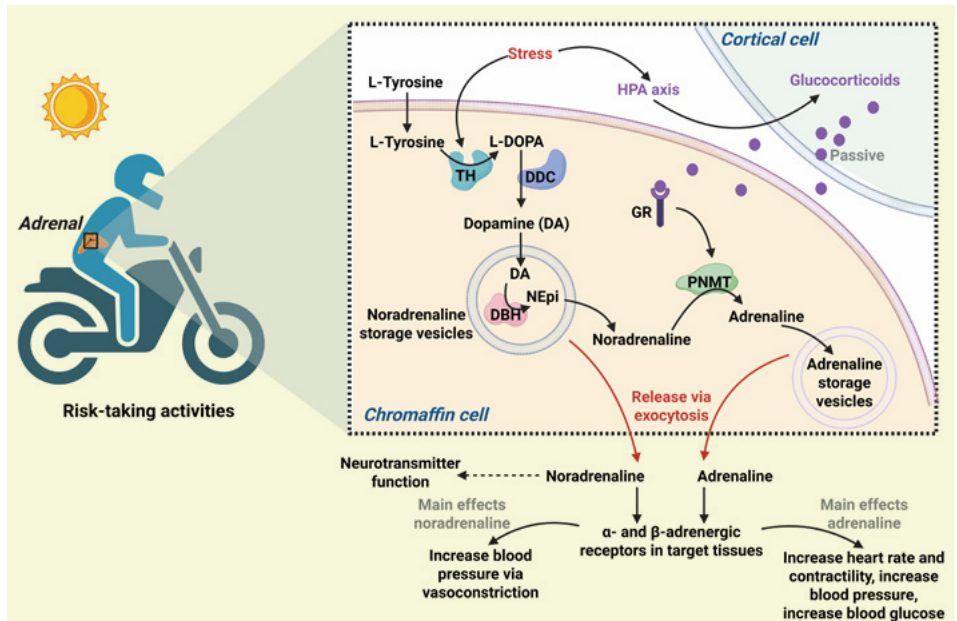
The catecholamines, adrenaline and noradrenaline, are central mediators of the acute stress response (the fight-or-flight response) and are secreted by chromaffin cells of the adrenal medulla, after activation of the sympathetic nervous system (Figure).

L-Tyrosine is an amino acid either derived from dietary intake or synthesised from phenylalanine. Its hydroxylation by tyrosine hydroxylase to form L-DOPA (L-3,4-dihydroxyphenylalanine) is the rate-limiting step in catecholamine biosynthesis. L-DOPA is then converted to dopamine, which is actively transported into catecholamine storage vesicles, where it gets converted to noradrenaline. In adrenal chromaffin cells, noradrenaline is further metabolised to adrenaline by phenylethanolamine *N*-methyltransferase (PNMT), and is afterwards stored in specific adrenaline storage vesicles.

The calcium-dependent release of noradrenaline and adrenaline (exocytosis) leads to a series of physiological effects – including increased cardiac output, bronchodilation and mobilisation of glucose – which collectively enhance the body's ability to respond to perceived challenges or new stimuli. Adrenaline also interacts with the central nervous system, influencing attention, alertness and emotional arousal through interactions with limbic and cortical pathways.¹ The catecholamines exert their physiological effects by binding to α - and β -adrenergic receptors across multiple organ systems.

Seasonal effects

In summer, environmental factors such as longer daylight hours and higher ambient temperatures affect the hypothalamic-pituitary-adrenal (HPA) axis and the circadian system, promoting increased alertness and activity.² While direct measurement of circulating adrenaline in seasonal studies remains limited, due to its short half-life and the instable nature of catecholamines, indirect evidence is provided by measuring catecholamine metabolites. Higher levels of vanillyl mandelic acid and homovanillic acid were observed in summer compared with



Risk-taking activities during summertime and the sympathoadrenal system. In response to acute stress, catecholamine biosynthesis is induced by the upregulation of tyrosine hydroxylase (TH), which converts L-tyrosine to L-DOPA. L-DOPA is converted to dopamine (DA) by DOPA decarboxylase (DDC). Dopamine is then actively transported into catecholamine storage vesicles where dopamine β -hydroxylase (DBH) catalyses the conversion of dopamine to noradrenaline (NEpi). In the chromaffin cells of the adrenal medulla, noradrenaline is further metabolised to adrenaline by PNMT. Adrenal biosynthesis is thereby highly dependent on noradrenaline leakage from storage vesicles and glucocorticoid release from the adrenal cortex in response to stress-induced activation of the HPA axis. Glucocorticoids, such as cortisol, induce PNMT expression after binding to the glucocorticoid receptor (GR). Secretion of catecholamines from storage vesicles occurs via calcium-regulated exocytosis. In the target organ, catecholamines bind to adrenergic receptors and exert their physiological function. Created using BioRender.com.

spring, possibly due to increased physical and environmental stimulation.³ Another study found that urinary adrenaline concentrations were higher in June and July compared with the rest of the year, while urinary cortisol concentrations were higher in December and January compared with the rest of the year in healthy women.⁴

Glucocorticoids, such as cortisol, produced by the adrenal cortex in response to stress, induce the expression of PNMT, catalysing the conversion of noradrenaline to adrenaline. Given this close physiological link between the two adrenal hormone systems, a parallel seasonal modulation of sympathoadrenal activity can be assumed, but these studies point to additional influencing factors. While catecholamines are primarily involved in the acute stress response, cortisol plays an important role in chronic stress, which may explain the differences in seasonal levels. Furthermore, prolonged exposure to daylight increases serotonin and dopamine activity, which in turn improves mood, motivation and reward sensitivity – conditions that increase the likelihood of adrenaline-fueled or curious behaviour.⁵

The summer season favours ecological and physiological conditions that increase sympathoadrenal activity, with catecholamines and the HPA axis playing a key role. More

daylight, heat and physical stimulation influence the biosynthesis and release of catecholamines, preparing the body for increased alertness, energy consumption and risky behaviour.

In summary

The relationship between summer and adrenaline reflects a complex interplay between neuroendocrine regulation, environmental seasonality and psychological traits. Understanding these dynamics may inform not only behavioural science and neurobiology, but also public health, sports medicine and affective neuroscience, particularly in contexts where seasonal patterns influence well-being, risk behaviour and performance.

Nicole Bechmann
Germany

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Genital heat and male infertility

Research shows a strong link between heat and reduced sperm production and fertility, which is important to understand, in order to protect male reproductive health.

The main job of the scrotum is to keep the testicles cooler than the rest of the body, usually about 2–8°C lower. This lower temperature is important because it helps the testicles make healthy sperm.

Research shows that even a small but steady rise in testicular temperature can harm the process of sperm manufacture, and reduce a man's fertility.

Insights into the mechanisms involved

Heat stress affects sperm in several ways. For example, one study looked at men who used the sauna regularly for three months. After this period, their sperm count and sperm movement had dropped a lot compared with before, with a lower impact on sperm morphology. The shape and health of the sperm did not change much.¹ Another study looked at taxi drivers, who sit for long periods. While this study didn't find major differences in sperm count or movement, it did find that the drivers had more sperm with abnormal shapes.²

Heat can also damage the DNA integrity in sperm. In the sauna study, researchers found problems with the way sperm DNA was packed. Normally, sperm DNA goes through a change where histones are replaced by protamines, which helps protect the DNA. The study found fewer sperm with normal DNA packaging, meaning that the DNA might be less stable.¹

Similar problems with DNA have been seen in men with conditions such as varicocele, which is a swelling of the veins near the testicle, and in men with obesity.³ Both of these conditions are known to raise the temperature of the scrotum. In addition, men with varicocele and a low sperm count were found to have more sperm with abnormal chromosome numbers.

Certain types of cells in the testicles are especially sensitive to heat, such as pachytene spermatocytes and round spermatids. These are early forms of sperm cells, and they often die through apoptotic mechanisms when exposed to higher temperatures.³ In the sauna study, there was a rise in the number of sperm with poor mitochondrial function, which may explain why their movement was worse after heat exposure.¹



'Research shows that even a small but steady rise in testicular temperature can harm the process of sperm manufacture, and reduce a man's fertility.'

When the body detects heat stress in the testicles, it tries to protect them. In men who used the sauna, the activity of certain genes increased. These genes are linked to the body's reaction to heat and low oxygen. For example, genes such as *HIF1A* and *VEGF* became more active. These help with blood flow and cell survival, and this response seems to be the body's way of compensating for the harm caused by the temperature rise.

Impact of health and lifestyle

Importantly, many health conditions and habits can raise the temperature in the scrotum. Varicocele is a well-known condition that increases scrotal temperature, especially on the left side. This might be caused by problems in blood flow to the testicle.⁴ Obesity also leads to higher scrotal temperatures, probably because of fat around the testicles. Men with obesity or varicocele also tend to have less variation in scrotal temperature during the day, which suggests that their bodies are not able to cool the testicles properly.

Several everyday behaviours may raise the temperature of the scrotum. Sitting for long periods, for instance during office work or long drives, is one example. Wearing tight underwear or trousers also raises the temperature, especially when compared with loose clothing or no underwear. Using a laptop on your lap causes a noticeable rise in scrotal temperature. Sitting on heated seats or floors, or taking hot baths,

can have the same effect. Some people have even looked at hot baths as a way to prevent pregnancy by reducing sperm temporarily, but this method is not considered safe or reliable.

Having a fever also causes a short-term drop in sperm quality. After a fever, sperm count, movement and shape can worsen for one to three months. Some jobs that expose men to high temperatures, such as welding or working in factories, may affect fertility, though the results from studies are not always consistent.³

Reversing the effects

The good news is that most of the problems caused by heat seem to go away once the heat exposure stops. In the sauna study, sperm quality returned to normal within six months.¹ Other studies that tested heat as a method of male birth control also found that the effects were temporary and reversed after the heat was removed.³

Because heat can lower fertility, it may help to monitor scrotal temperature in some men, especially those with risk factors such as varicocele or obesity. Cooling the scrotum has also been tested as a way to improve sperm quality, although more studies are needed.

Overall, the research shows a strong link between heat and reduced sperm production and fertility. While most effects are reversible, it is important to understand and manage the factors that can cause scrotal overheating, to protect male reproductive health.

Walter Vena, Italy

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'Using a laptop on your lap causes a noticeable rise in scrotal temperature. Sitting on heated seats or floors, or taking hot baths, can have the same effect.'



Physical activity and women's reproductive health

Regular physical activity is vital in maintaining overall health, with benefits extending significantly to women's reproductive health.

Engaging in moderate exercise helps regulate hormonal balance, maintain a healthy weight and reduce the risk of reproductive disorders. However, excessive or intense physical activity can have adverse effects, making it important for women to find a balanced approach to fitness.

For women with polycystic ovary syndrome (PCOS), regular physical activity can reduce insulin resistance and lower androgen levels, thereby improving ovulatory function and increasing the chance of natural conception.¹ Resistance training, on the other hand, increases testosterone levels in well-trained women, which is considered beneficial in high-performance sports.²

Maintaining a healthy weight is another key factor. Being overweight or underweight can disrupt hormone production and affect menstrual regularity. Physical activity, combined with a balanced diet, helps women achieve and maintain a body mass index conducive to reproductive health. In fact,

studies show that women with ovulatory infertility who engage in regular exercise are more likely to conceive naturally.³

Furthermore, exercise has psychological benefits that indirectly impact reproductive health. Physical activity reduces stress and anxiety, both of which can negatively influence fertility. Lower stress levels support hormonal balance and may improve the outcomes of fertility treatments.⁴

On the other hand, excessive or high-intensity training, particularly when coupled with inadequate caloric intake, can lead to relative energy deficiency in sport (RED-S). This condition is associated with increased secretion of cortisol and prolactin, which disrupts the release of gonadotrophin-releasing hormone. As a result, women may experience anovulatory cycles, menstrual irregularities, or even amenorrhoea. RED-S also affects the somatotrophic and thyrotrophic axes, leading to disturbances similar to those seen in anorexia nervosa.⁵

Therefore, it is crucial for women to tailor their physical activity to their individual health needs and reproductive goals.

In conclusion, physical activity is a powerful tool for enhancing women's reproductive health, and further research is needed in this



area. Women are encouraged to incorporate regular, moderate exercise into their lifestyles to promote both general and reproductive health.⁶

Nadia Sawicka-Gutaj, Poland

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The link between exercise and testosterone

Daniele Santi gives an insight into what clinicians should know about exercise's role in regulating testosterone.

Physical activity is a powerful tool for optimising both endocrine and vascular health, with compelling evidence supporting its role in regulating testosterone levels and enhancing sexual function in men.

In this context, it's important to recognise that testosterone is not only central to male reproductive health, but also closely tied to muscle mass, energy levels, mood and physical performance. As such, a close, bidirectional relationship between testosterone and physical activity has been well established.

Numerous studies, including comprehensive meta-analyses,^{1,2} have demonstrated that both moderate and high-intensity exercise can induce a short-term increase in testosterone, often described as a 'transient' or 'acute' rise. This is more than anecdotal; both total and free testosterone levels have been shown to peak within the first 30 minutes post-exercise, before gradually returning to baseline. The effect is most pronounced with intense workouts or those involving large muscle groups, such as squats or high-resistance training. This temporary hormonal surge supports muscle protein synthesis, enhances libido, and improves metabolic function, thereby promoting muscle growth and aiding recovery. Interestingly, sex hormone-binding globulin levels appear

relatively stable during exercise, suggesting that the increase is primarily driven by changes in free and total testosterone rather than alterations in binding proteins.

Beyond these acute hormonal shifts, regular physical activity confers long-term benefits to the hypothalamic-pituitary-gonadal axis. Sustained exercise improves testosterone production, insulin sensitivity and nitric oxide bioavailability, while also reducing pro-inflammatory cytokines. Together, these adaptations support vascular health and are directly linked to improved erectile function.

For healthcare professionals working with athletes or physically active individuals, these physiological responses represent both an opportunity and a diagnostic challenge. Elevated testosterone levels may simply reflect a normal post-exercise state, complicating hormonal assessments in clinical settings. In clinical practice, physical activity should be suggested as a frontline, non-pharmacological intervention also in andrological fields. Regular, well-structured exercise is a safe, evidence-based recommendation that belongs in every lifestyle counselling plan.

Daniele Santi, Italy

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From molecular clocks to daily and seasonal behaviours

Seasonal and environmental factors have been shown to have a significant impact on physiological regulation and behavioural patterns.

All organisms have developed circadian rhythms as an internal timing system, with cycles that extend to about 25 hours and even longer. This complex timing system, comprising more than one component, can be described as self-sustained oscillators reset by various external synchronisers.¹

The suprachiasmatic nucleus (SCN or 'body clock') gives rise to the internally derived 'endogenous' component of an observed daily rhythm, superimposed upon direct effects of the 'exogenous' component of the observed daily rhythm. Light, a fundamental factor, influences body temperature and hormonal circadian rhythms.² The changes in the length and intensity of natural light by season significantly affect seasonal rhythmicity. Light information is transmitted from the eye to the brain through intrinsically photosensitive retinal ganglion neurones that co-ordinate circadian and seasonal rhythms.³ The SCN can synchronise peripheral oscillators in cells, tissues and organs throughout

the body. These rhythms are generated by a transcriptional-translational feedback loop known as the molecular clock.⁴

Seasonal patterns, influenced by variations in daylight and temperature, significantly affect various human functions. These functions include mood regulation, hormonal health and gene expression.⁵ A series of studies by our collaborative research group has emphasised the widespread impact of seasonal and environmental patterns on human physiology and behaviour.⁶⁻⁸

We demonstrated significant seasonal variations in melatonin concentrations and heart rates during sleep, highlighting the sensitivity of circadian regulation to environmental changes such as photoperiod. The group reported seasonal differences in the expression of clock genes in buccal epithelial cells, suggesting modulation of peripheral circadian oscillators by seasonal cues. We analysed the role of daily and seasonal rhythms in the development of

obesity, showing complex interactions between chronobiological processes and metabolic health.⁶ Similarly, seasonal variability in salivary cortisol rhythmicity in healthy adults indicates that environmental seasonality may influence endocrine function.⁷ Most recently, we studied preschool children in rural and urban Japan, focusing on how environmental conditions impact sleep duration and hormonal rhythms.⁸ The study examined behavioural differences, including sleep, screen time and physiological markers such as salivary melatonin and cortisol.

Together, these studies offer robust evidence of the far-reaching effects of seasonal and environmental factors on physiological regulation and behavioural patterns across the lifespan.


Dominika Kanikowska, Poland

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Why publish in *Environmental Endocrinology*?

Seize this opportunity and shape the endocrine future of coming generations under a One Health perspective!

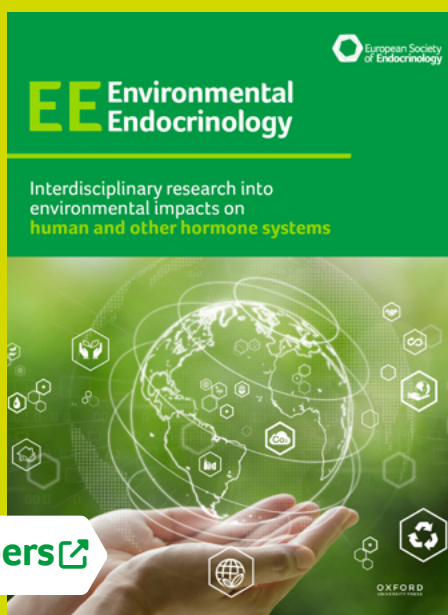
Environmental Endocrinology  is a new international, open access journal, owned by ESE and published by Oxford University Press, alongside *European Journal of Endocrinology* and ESE's other new journal, *Obesity and Endocrinology*. We now invite you, your teams and colleagues to submit your latest research in the broad field of environmental endocrinology for peer review and publication in this, your journal.

Young endocrinologists make up the vast majority of ESE members, and future perspectives in your lives, scientific careers, jobs and society can be shaped by your personal commitment, preferably together with your friends, and in a team like the EYES community.

Excellent scientific education, fact-based knowledge, creativity and innovation provide the essential conditions for a better future for society as a whole, even in the face of strong resistance from current powerful, backward-looking, anti-democratic interest groups and stakeholders. Serious, rapid, global changes in our environment since the Second World War, mainly driven by enormous, human-made, progress in exploitation of fossil

resources and fuels, to support a growing world population, now present an huge challenge to all lifeforms on Earth, including humans.

For example, evolutionarily successful and powerful processes regulating development and life, such as hormone systems, which are highly conserved across many species, now face the adverse impact of ubiquitous endocrine-disrupting chemicals present in our food, body care products, consumer goods and environment. Global warming, environmental (plastic waste) pollution, urbanisation and lifestyle changes create an unforeseen 'stress constellation' for all lifeforms.



'Processes regulating development and life, such as hormone systems, now face the adverse impact of EDCs.'

Hormone-related research addressing these environmental interfaces will be considered for publication. These may be:

- *in silico*, *in vitro* or *in vivo*
- basic, translational, clinical or epidemiological
- observational, interventional, descriptive, mechanistic, hypothetical or AI-supported
- eco-toxicological or human-oriented.

Submit your environmental original research, (mini- or systematic) reviews or communications, or team up as reviewer or even an Editorial Board member!

So seize this opportunity, and shape the endocrine future of coming generations.

Josef Köhrle
Editor-in-Chief
Environmental Endocrinology

New ESE journal: call for papers 



Representing the EYES community

Members of the EYES Committee have been busy, working with national groups and other organisations to support early-career endocrinologists. Here are just a few examples.



A Greek odyssey

In Patras, Greece, the EYES community spirit was palpable when we attended the 52nd Panhellenic Congress of Endocrinology, Metabolism and Diabetes in May. It was a pleasure to be invited to present activities related to EYES and to co-chair the inaugural Workshop of the Greek Endocrinology Resident Committee.

Heartfelt thanks are due to Petros Papalexis, Eleftheria Kakargia, the entire Greek Endocrinology Resident Committee, and Professor Neoklis Georgopoulos, President of the Hellenic Society of Endocrinology, for their warm hospitality and inspiring energy.

Congratulations on this exciting milestone for early-career endocrinologists in Greece!

Kristina Saravinovska, Serbia



Asking questions in Serbia

Belgrade, Serbia, hosted the 1st Annual Meeting of Serbian Early-Career Endocrinologists and Scientists in March. Walter Vena and I, as EYES Co-Chairs, were invited to give scientific talks and present the latest initiatives from EYES.

The theme of the event was 'Are we asking the right questions?' Key topics in endocrinology were addressed, including endometriosis, adrenal disorders, reproductive health and obesity, type 2 diabetes mellitus, osteoporosis and dyslipidaemia, among others.

We extend huge thanks to Ljiljana Marina, Antoan Stefan Šojat, Kristina Saravinovska and the organising committee for an inspiring meeting in a city that breathes endocrinology. I can't wait to be back!

Juan Manuel Jiménez Vacas, UK



Being interviewed by EASO



The early-career communities of EYES and EASO (the European Association for the Study of Obesity) share a common ambitious spirit to support members who are just starting out on their career paths within our societies.

I was delighted to be invited to give an **interview** for the EASO Early-Career Network (ECN) about our EYES community and activities. This is a wonderful start to building a strong and connected early-career community across our fields and to support each other.



It gave me the chance to talk about several ESE initiatives with strong input from early-career members, including EndoCompass, the Obesity Working Group, and the new ESE journal, *Obesity and Endocrinology*.

Thank you, EASO ECN for this wonderful opportunity. I hope our groups will inspire one another, exchange knowledge and grow together, whether through research, professional development or community support.

Julia Beck, Switzerland

Farewell Walter...

What a ride it's been! Walter Vena has been more than just a brilliant Co-Chair of the EYES Committee. He's been an exceptional colleague, always ready to help, lead and inspire. Over the years, he's also played a key role on the *EYES News* Editorial Board, serving terms as Deputy Editor and Editor with dedication and vision.

I had the privilege of joining the EYES Committee alongside him, and I've learned so much from working together. Without sounding too sentimental or cheesy, Walter's friendship has been one of the greatest gifts this community has given me, and I know I'm not alone in feeling that way.

Though he's stepping down, we know we haven't seen the last of him! Just look at the incredible work he's doing organising the upcoming **12th Annual Meeting of EYES** in Milan, Italy, on 26–28 September 2025 (see **page 4**, and make sure to register if you haven't already done so!).

From all of us at *EYES News* and on the EYES Committee. 'Grazie mille, Walter'. We'll miss your leadership, but we'll always be cheering you on in your next steps! Take care, and a dapo!

Juan Manuel Jiménez Vacas, UK



Walter receiving a gift at the Joint Congress in Copenhagen



Amazing days in Copenhagen

Barbara Altieri and Clara Lazzaretti recall the joy of meeting with other early-career investigators at the recent Joint Congress in Copenhagen.

A few weeks have passed since the Joint Congress of ESE and ESPE (the European Society for Paediatric Endocrinology) in May, but the vibrant and inspiring atmosphere created in Copenhagen by the entire endocrine community still resonates.

This year's event brought together more than 7800 adult and paediatric endocrine specialists from over 120 countries. It was a remarkable gathering, filled with cutting-edge updates, unparalleled opportunities for networking, and dynamic scientific discussion.

A major highlight was the strong presence of the early-career community, showcased through the wonderful EYES/YES (Young ESPE) Symposium. This inspiring joint session, co-organised by young adult and paediatric endocrinologists, took attendees on a fascinating journey, a true scientific 'odyssey', from adrenal insufficiency to endocrine tumours.

The symposium opened with a brilliant talk by Marc Philipp Schauer (Germany), winner of the Best Presentation Award at the 11th EYES Annual Meeting in Helsinki last year. His talk on 'Intratumoural glucocorticoid secretion in adrenocortical carcinoma and its implications for CAR-T cell targeting' captivated the audience.

Next, Katja Domic Kubat (Croatia) presented a fantastic and comprehensive overview of the clinical, biochemical and molecular

characteristics of testicular adrenal rest tumours in congenital adrenal hyperplasia (CAH). Domenico Corica (Italy) continued, with a compelling and insightful discussion on non-CAH forms of primary adrenal insufficiency in children.

Ljiljana Marina (Serbia) brought the session to a close with an engaging and inspiring talk on sexual dimorphism in adrenal tumours, highlighting the critical relevance of women's health in endocrine disorders. The symposium was filled with lively and thoughtful discussion, reflecting the high level of engagement and curiosity among participants.

The early-career evening social event provided more memorable moments! Held at the stylish Halmtorvet 9 Club, attendees were welcomed to an exclusive and relaxed atmosphere, and enjoyed lounge music and fine drinks, all followed by an unforgettable party with the captivating beat of dance music.

The Congress also marked a time of transition and renewal for the EYES Committee. We faced a heart-breaking farewell to Walter Vena, whose dedication and contributions have left a lasting legacy. We warmly welcomed our new Co-Chair, Kristina Saravinovska, a promising leader who brings fresh energy to the role. We were also excited to welcome our three new committee members: Francesco Costantino, Dorota Filipowicz and Tamara Knezevic Dojcinovic,



Thanks to Barbara for her work on the EYES Committee



EYES representatives check out the Tivoli Gardens

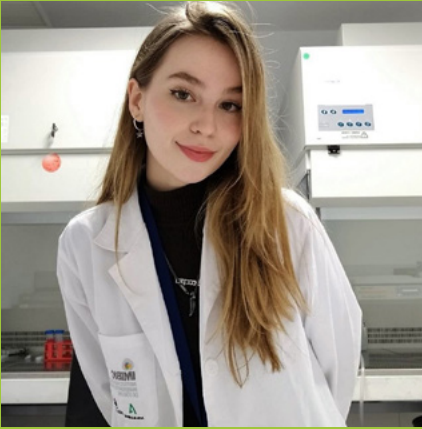


The stylish Halmtorvet 9 Club

who will bring new ideas and inspiration that will undoubtedly enrich our amazing EYES community.

The 2025 Joint Congress in Copenhagen was a truly wonderful experience, filled with fantastic opportunities for scientific knowledge, inspiration and new connections. We now look ahead to future events, including ECE 2026 in Prague, Czech Republic, where this incredible momentum will continue to grow and strengthen our vibrant endocrine community.

Barbara Altieri and Clara Lazzaretti
EYES Committee



It was a thrill to attend the first-ever Joint Congress of ESPE and ESE in vibrant Copenhagen. The venue was stunning, the city welcoming, and the atmosphere electric. From top-tier talks by global endocrine experts to inspiring young voices at the EYES/YES Symposium (brilliantly organised, as always), every moment sparked curiosity and connection. And it wasn't all science! EYES also delivered a legendary social event, where we enjoyed music, dancing, laughter and unforgettable chats. It was the perfect blend of learning, networking and fun. I'm feeling energised, inspired, and already looking forward to the next Congress adventure!

Ana de la Rosa-Herencia, Spain



The annual Congress is always one of the most anticipated scientific events of the year, offering a unique opportunity to catch up with friends and colleagues working in different settings, to share ideas, to have meaningful discussions, and to spark new collaborations. This year, attending a Joint Congress of ESPE and ESE was even more special. The joint EYES/YES Symposium stood out for its exceptional quality, easily matching that of the other sessions at the Congress. As always, the social event was a true highlight for us young professionals. We believe in working hard, but also in celebrating just as enthusiastically. I'm already excited for the next meeting. The bar keeps getting higher every year!

Mattia Barbot, Italy



Being part of the 'adrenal odyssey' during the EYES/YES Symposium at this year's historic Joint Congress in Copenhagen was truly an honour. Sharing the stage with such inspiring early-career scientists and engaging in lively discussions reminded me of the power of our strong community. EYES is more than just a network – it is a launch pad for growth, collaboration and lasting friendships. As always, the legendary EYES social event delivered unforgettable memories and new connections. I left Copenhagen feeling energised, grateful and more motivated than ever. If you're an early-career endocrinologist, the EYES community is where you want to be!

Marc Schauer, Germany



SAVE THE DATE!

Don't miss
ECE 2026
Prague, Czech Republic
9–12 May 2026

- Full of opportunities for the early-career community
- Submit programme suggestions and **watch this space**





Time to meet the... KES Future Endocrinologist Sustainability Committee

The **Korean Endocrine Society (KES)** is a vibrant and growing community committed to fostering excellence in endocrinology. Recognising that the future of our field relies on the passion and dedication of the next generation, KES established the Future Endocrinologist Sustainability Committee in 2023, to systematically nurture early-career endocrinologists.



Participants at the first Career Camp

The Committee's mission is clear: to discover, support and empower young physicians and researchers who will lead the future of endocrinology. Through dynamic programmes, we aim to bridge the gap between education and clinical practice, offering opportunities for growth, collaboration and leadership development.

Activities and focus areas

One of our flagship projects is the Endocrinology Student and Young Physician Camp (the 'Career Camp'), organised in collaboration with a medical media group. This event, launched in 2024, has created an energetic platform where medical students and early-career physicians interact with experienced endocrinologists, gaining practical insights into the specialty's diverse and impactful career paths. In 2025, the camp is expanding, with new sessions highlighting emerging topics, such as new treatment strategies, novel technologies and the integration of artificial intelligence into endocrinology.

We also plan to strengthen the professional identity of endocrinologists through initiatives that define and promote the specialist's essential role in managing complex endocrine disorders. At the upcoming autumn scientific meeting, we will host a dedicated session discussing critical disease areas where specialised endocrine care is indispensable, such as complex diabetes management, thyroid diseases, pituitary and adrenal disorders, bone metabolism, and obesity.

This discussion is particularly timely, as several endocrine diseases are increasingly perceived as mild, leading to reduced prioritisation in national health policies and resource allocation. Such trends not only pose risks to patient outcomes but may also discourage young physicians from choosing



Networking after the Career Camp

'We envision a future where young professionals are inspired to lead this dynamic and essential field.'

endocrinology as their specialty. Addressing these challenges, the Future Endocrinologist Sustainability Committee is committed to reinforcing the distinctive expertise of endocrinologists and ensuring that our contributions to complex disease management are fully recognised, both by the public and within healthcare systems.

Furthermore, the launch of a new 'Endocrinologists Treat You' campaign will raise public awareness that specialised endocrine care ensures better patient outcomes. Certified endocrinologists will be officially recognised through this effort, enhancing both patient trust and professional identity.

To support research activities, we also provide start-up research grants for early-stage endocrinology fellows. Each selected fellow receives a grant upon initiating their research career, promoting early academic engagement within the field.

Vision for the future

Fostering early-career endocrinologists requires a sustained and multi-faceted approach, beyond a single event or programme. Our Committee remains dedicated to continuous efforts in education, professional development, public outreach and health policy advocacy. We envision a future where endocrinology is firmly recognised for its critical role in managing complex health issues, and where young professionals are inspired to lead this dynamic and essential field.

KES is honoured to introduce our efforts to the EYES community. We warmly invite you to connect with us, share experiences, and build a global network of future leaders in endocrinology.

Eu Jeong Ku

Secretary, Future Endocrinologist Sustainability Committee, KES, and Associate Professor, Division of Endocrinology and Metabolism, Department of Internal Medicine, Seoul National University Hospital Healthcare System Gangnam Center, Seoul National University College of Medicine, Seoul, Republic of Korea