

Welcome to issue 5

Dear friends and colleagues.

Welcome to the 5th *ESPE Newsletter*.

This newsletter highlights the annual ESPE meeting that was held in Rotterdam 30 June-3 July 2006. On behalf of the editorial board, I would first like to congratulate Sten Drop and the local organizing committee for putting together a very interesting and well-organised meeting. They incorporated new topics that emphasised diverse areas of interest that I am sure were appreciated by all in attendance. The beautiful sunshine certainly helped the participants to enjoy Rotterdam.

In this issue you will find information regarding the ESPE Awards that were presented in Rotterdam. This is an important part of our society as they recognize outstanding achievements in all career phases from life-long achievement in both clinical and basic research to young investigators that will form our future. We would like to congratulate these winners on their achievements.

Here you will also find an important article by Ze'ev Hochberg, who must also be congratulated for his continuous support and hard work on the ESPE-Africa initiative. Please take time to read this article and see what you can do to help our African colleagues.

Once again, we ask for your contributions to the Newsletter. It is a great way to get information out to our colleagues around the world.

Professor Jesús Argente

EDITOR, ESPE NEWSLETTER

Editorial Board

Jean-Claude Carel Leo Dunkel
Julie Chowen Ken Ong

IMPORTANT DATES

46th ESPE Annual Meeting

Helsinki, 27 - 30 June 2007

Please visit the website for further information: www.congrex.com/espe2007

47th ESPE Annual Meeting

Istanbul, 20 - 23 September 2008

Please visit the website for further information: www.congrex.com/espe2008

Please visit the ESPE website for details about future meetings: www.eurospe.org

The Annual Society for Endocrinology BES Meeting 2007

Birmingham ICC, 5 - 8 March 2007

Email: conferences@endocrinology.org

www.endocrinology.org/SFE/conf.htm

ESPE 2006

30 June - 3 July 2006, Rotterdam, The Netherlands

The 45th annual meeting of ESPE was a huge success with an attendance of over 1,800 paediatric endocrinologists, scientists and many other professionals. Although this was not a joint meeting, there were participants from 73 different countries. This speaks of the high quality of the scientific program and the contributions of participants. The warm sunshine throughout the meeting helped to stimulate the scientific interaction and enjoyment of the wonderful Dutch hospitality.

Meeting Highlights

The participants came from 73 different countries to interchange results and ideas in all areas of paediatric endocrinology. This year's meeting highlights included:

- The plenary session on "The Dawn of Aging", including talks by Drs Jan Hojmakers and Steven Lamberts. The first talk was a fascinating update on our understanding of DNA repair and its involvement in disease and aging. Steve Lamberts then continued by emphasising the role of the IGF system in aging. He showed results of population studies suggesting that polymorphisms in the IGF-I gene are associated with an age related decline in circulating IGF-I levels and possibly with cardiovascular disease, type 2 diabetes and cancer.
- Drs Silvana Obici and Eve Van Cauter were the speakers in the plenary session on "Hypothalamic Programming". Their talks centred on the glucose sensing ability of the hypothalamus and its involvement in the control of appetite, food-intake, how sleep modulates neuroendocrine function and glucose metabolism. How alterations in glucose sensing and sleep contribute to the development of obesity and type 2 diabetes is an exciting area of research, this session was on the cutting-edge!
- Ieuan Hughes presented an update on the consensus document on the management of intersex disorders. This consensus is the result of the joined forces of the Lawson Wilkins Pediatric Endocrine Society and ESPE. One of the most important outcomes of this consensus is the decision to revise the nomenclature and terminology currently used by health professionals.
- The 'New Technologies' session highlighted the application of new technologies such as DNA microarrays to the clinic. This technique generates large datasets, with the possibility of identifying changes in the expression of hundreds of genes in a specific disease. Mikael Benson of Queen Siliya Children's Hospital in Gothenburg, Sweden discussed how this large amount of data can be used to identify networks or pathways that may be involved in the clinical manifestations of the disease and how this technique may eventually be used to find markers for personalized medication. Dr Stefan Wudy from Justus Liebig University in Giessen, Germany described how gas chromatography-mass spectrometry (GC-MS) profiling of steroids could be used in the diagnosis of steroid disorders. GC-MS profiling is non-invasive and provides the highest specificity in steroid analysis.

SESSIONS

- 8 Symposia
- 4 Plenary Sessions
- 8 MTE Seminars
- 10 Free Oral Communication sessions
- 2 Interactive Sessions
- 2 New Technology Sessions
- 550 Posters
- 3 Clinical Focus Sessions



Sten Drop, president of ESPE 2006, enjoying the successful meeting



The welcome reception got things off to a great start!

ESPE Awards at the 45th Annual Meeting

The ESPE Awards Session was held on Monday July 3rd. This year the winners were:

Andrea Prader Prize:
Prof Ieuan Hughes, Cambridge, UK
Research Award and Lecture:
Prof Mikael Knip, Helsinki, Finland
Outstanding Clinician Award:
Dr Ruth Illig, Zurich, Switzerland
Young Investigator Award:
Dr Mireille Castanet, Paris, France

In addition to these outstanding personal achievements, the Henning Andersen prizes were awarded for the best abstracts submitted to this year's meeting:

- The prize for best clinical research abstract was awarded to Irene Netchine and colleagues from Paris, Dunkerque, Besançon, France; Brussels, Belgium and Szczecin, Poland. Her presentation was titled "Epimutation of the telomeric domain on chromosome 11p15 is a major and specific cause of Silver-Russell syndrome".
- The prize for best basic research abstract went to Ken McElreavey and co-workers from Paris, France and Budapest, Hungary. His talk was titled "Ultra high-resolution whole-genome comparative genome hybridization applied to patients with anomalies of gonadal development".

Andrea Prader Prize

This is the most prestigious ESPE Award. The prize recognises and rewards outstanding leadership and scientific contributions through the course of a career. The prize also draws attention to contributions to training in paediatric endocrinology. This year the Andrea Prader Prize was awarded to Professor Ieuan Hughes. Professor Hughes trained in Cardiff, London and Manitoba, Canada, and was a

Senior Lecturer and Reader at the University of Wales, Cardiff before becoming Head of the Department of Paediatrics, University of Cambridge in 1989. He has authored over 270 scientific articles and 60 books or book chapters covering his wide-ranging research interests in the physiology, genetics, pathology and psychology of sexual differentiation and puberty. Most recently he was instrumental in co-ordinating the ESPE/LWPES Consensus Statement on Disorders of Sex Development, while his "Handbook of endocrine investigations in children" has been an essential text for paediatric endocrinologists for over 20 years. Ieuan Hughes was the ESPE Secretary in 1987-1992, and the ESPE President in 1992/3.

Research Award and Lecture

Mikael Knip received the ESPE Research Award for his contributions to Type 1 diabetes research. Professor Knip is Professor of Pediatrics at the University of Helsinki, and Director of the Diabetes Prediction and Prevention Project (DIPP) in Tampere, Finland, which has screened tens of thousands of newborns for high risk HLA-DQB1 alleles. To date, over 8500 children with increased genetic risk for type 1 diabetes have been identified, and these studies have been instrumental to the identification of important genetic, immunological and environmental determinants of Type 1 diabetes. Mikael also delivered an outstanding symposium lecture on the primary prevention of diabetes, entitled "Cow's Milk, Sunlight, Vitamins and other interventions".



Prof Mikael Knip received the Research Award from Dr Ze'ev Hochberg

Outstanding Clinician Award

Dr Ruth Illig received the outstanding clinician award for her many years of dedication to paediatric endocrinology. She was one of the founding members of ESPE, who made a major contribution to the clinical detection, biochemical confirmation, and treatment of growth hormone deficiency together with Andrea Prader, and her eponym "Illig's Syndrome" was originally given to describe growth hormone deficiency. Dr Illig also made vital contributions to the application of TSH assays for newborn hypothyroidism screening. ESPE is delighted to acknowledge Ruth Illig as one of the key pioneers of our discipline.

Young Investigator Award

Dr Mireille Castanet received the ESPE Young Investigator Award on the basis of her impressive publications on the genetics of congenital hypothyroidism. Mireille trained in paediatric endocrinology at the Robert Debré Hospital, Paris, with Professor Michel Polak, and recently investigated the genetics of thyroid resistance with Professor Chatterjee in Cambridge. Mireille has published first-authored articles in the New England Journal of Medicine, JCEM, Pediatric Research, Human Molecular Genetics and the European Journal of Human Genetics.



Prof Ian Hughes received the Andrea Prader Award



Francesco Chiarelli presented the Outstanding Clinician Award to Dr Ruth Illig



Mireille Castanet giving her lecture after receiving the Young Investigator Award



ESPE Training Centre in Africa

The ESPE Africa project is based on the realisation that it is not only our moral duty, but also in our best interests in a world heading for a war of civilizations, to bridge the gaps between rich and poor countries. Here is a short summary of the gaps between Europe and Africa, to mention just a few, in our field of paediatric endocrinology:

- The 48 countries that make up sub-Saharan Africa have an estimated 295 million children under the age of 15 years.
- Tertiary facilities and trained personnel for paediatric endocrinology and diabetes are virtually non-existent.
- For the vast majority of Africa, life-saving hormonal medications such as insulin, thyroxin, and hydrocortisone are not available.
- Whereas the life expectancy of a diabetic child in Europe is close to normal, it is 2-6 weeks in Africa! Most children die undiagnosed during their first attack of diabetic ketoacidosis, and those who are diagnosed will be properly treated in the hospital, then die because the families cannot afford long-term medication.
- In Europe children with congenital hypothyroidism are diagnosed within the initial 10 days of life through all-inclusive screening programs (coverage close to 100%). Children in Africa are mostly undiagnosed; others are diagnosed too late, with consequent mental retardation, and resultant burden on family and society.
- Whereas the children of Europe receive adequate calcium intake and vitamin D supplementation to promote growth and bone health, African children have a high incidence of rickets due to calcium and vitamin D deficiency, two commodities that are cheap and easily obtainable.

The project is currently steered by Ze'ev Hochberg (coordinator), Martin Ritzen, Stefano Cianfarani and Tadej Batellino. Following two successful courses in Nigeria and Kenya, and with 53 African paediatricians from five countries (Nigeria, Kenya, Ethiopia, Uganda and Tanzania) who graduated these courses, our colleagues in Africa expressed an interest to go through official fellowships in paediatric endocrinology. The ESPE Clinical Fellowship Program has been able to support 3 African fellows, but it was felt that to spread knowledge effectively, we need a training centre in Africa itself. In fact, the idea came initially from Prof Abu-Baker, an Ethiopian paediatrician and a previous Dean of the Faculty of Medicine in Addis Ababa

University, who suggests that the Centre would provide high-quality management for African children.

Training Centre: Goals and Objectives

To train African paediatricians in paediatric endocrinology and diabetes we will establish a training centre in Africa and satellite centre of excellence in each of the five African countries.

Project Design and Implementation Plan

To develop paediatric endocrinology and diabetes in sub-Saharan Africa by establishing a Centre of paediatric endocrinology and diabetes in Nairobi, Kenya, by a coordinated program of assistance from ESPE, and eventually other related organisations. Volunteering European paediatric endocrinologists would live in Nairobi for 1-2 months to provide relevant on-site clinical and laboratory training. Initially 4 African paediatricians will be offered 6-12 month fellowships, along with 3 Kenyans who will be fellows for 3 years. The centre's staff of European tutors and African fellows will provide teaching and training for local paediatricians, nurses and health officers.

European expert ESPE members will tutor at the centre for 3-4 years, when it will be handed over to Kenyan paediatric endocrinologists who will be certified in paediatric endocrinology by this point.

This centre will also become a research centre to investigate unique African aspects of endocrine diseases.

Trainees of the Centre will develop satellite Centres of Excellence in their home countries, to be backed by ESPE members.

Our African colleagues also feel that this may become a paradigm for other paediatric subspecialties, and our centre may eventually develop into a postgraduate centre of paediatric subspecialty fellowships.

We hope to finalise preparations with our colleagues from Nairobi before the end of 2006, and by then publish a call for fellows' applications and tutor volunteers from among our members. ESPE volunteers will be asked to live in Nairobi for 1-2 months. They will be offered travel expenses, a one-bedroom apartment in Nairobi and a modest honorarium, but no salary, assuming that they will remain on their home institute payroll.

I truly hope that many of us will volunteer and have the opportunity to share our knowledge with our African colleagues. With any suggestions, ideas or volunteering intentions use my email any time.

ZE'EV HOCHBERG

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Deadlines

Please note these fast approaching deadline dates and submit your applications as soon as possible.

Awards, grants and fellowships - deadline dates for application

Summer School	1 Jan 2007
Young Investigator Award	15 Jan 2007
Outstanding Clinician (nominations from members)	15 Jan 2007
Research Unit (preliminary applications)	15 Jan 2007
Visiting Scholarship	31 Jan 2007
Research Fellowship	1 March 2007
Research Unit (final applications)	15 March 2007
Visiting Scholarship	30 April 2007
Clinical Fellowship	31 May 2007
Visiting Scholarship	31 July 2007
Sabbatical Leave Programme	No deadline

Deadline date for applications for 2007 membership

15 Jan 2007
Registrations for meeting open from Mid December 2006

Submission of abstracts open from Late October 2006

Deadline for abstract submissions
1 February 2007

Deadline for travel grant applications
1 February 2007

Deadline for early registrations
15 March 2007

See the ESPE website www.europe.org for further details & application forms

CALL FOR COLLABORATION IN A WORLDWIDE SURVEY

Having obtained interesting preliminary results in our worldwide survey on the prevalence of malignancy in patients with congenital IGF-I deficiency, we are enlarging the scope of our study by including patients with GHRH-R defects, IGHD, IGF-I-R defects and also patients with *PROP1*, *Pit-1* (*POU1F1*), *HESX1* mutations (and certainly new patients with LS). Should you know and/or follow patients with the above diagnoses please contact us at the following addresses and we shall send you further details and a simple questionnaire.

Zvi Laron, Endocrinology and Diabetes Research Unit, Schneider Children's Medical Center, 14 Kaplan st. Petah-Tikva 49202, Israel (Tel: 972-2-9253610-1; Fax: 972-3-9222996; Email: laronz@clalit.org.il, shev72@bezeqit.net)



Annual Seminar on Developmental Endocrinology

ESPE is committed to promoting education and several programmes have run successfully in the past. A new seminar, to target participants with an acquired knowledge in the field of Developmental Endocrinology, either as clinicians or researchers is now planned. The agenda will focus on issues that are topical in order to promote cutting edge knowledge. ESPE has the expertise to deliver a programme of this nature - amongst its members there are scientists and clinicians who contribute to expanding our knowledge of the mechanisms which affect the development of endocrine organs/cells and thus, the understanding of developmental anomalies.

The seminar will target both paediatric endocrinologists with good clinical experience (training about to be accomplished) and paediatric endocrinologists involved in basic and clinical research. We aim to attract participants from ESPE, but also from other societies (ISPAD, EASD, ETA, The Endocrine Society). Members of other societies for paediatric endocrinology may also be invited to select their students.

A Board of three ESPE members nominated by the council will be responsible for the organisation of the seminar. P Czernichow, O Soder and P-E Mullis will be members of this board for the first three years, P Czernichow will be Chairman for 2 years.

The responsibilities of the board will be to:

- choose the topics to be covered
- design the framework of the seminar
- nominate and invite two chairpersons to be in charge of the scientific part of the seminar
- present the seminar's programme to the Board for approval
- oversee the organisation and administration of the seminar

The first seminar will be held in Paris from 10-11 May

The topic chosen is neonatal diabetes; the invited Chairpersons are Raphael Scharfmann and Julian Shield. More information will follow as soon as the programme is available.

ESPE will organise a pre-congress meeting on Saturday 25 August 2007 during the

25th INTERNATIONAL CONGRESS OF PEDIATRICS "For the health and well-being of our children"

25-30 August 2007, Athens, Greece

The ESPE session will explore recent progresses in; growth and growth disorders, thyroid disorders, adrenal disorders and precocious puberty.

For further information please contact icp2007@acnc.gr or visit their website www.icp2007.com



EXPLORING THE WORLD OF
ENDOCRINOLOGY TOGETHER

ESPE Newsletter is produced with an educational grant from Ipsen

IMPORTANT

We request that you kindly notify the ESPE Secretariat if your contact details change. Please email the ESPE Secretariat at espe@eurospe.org to confirm your latest email address. Thank you!

The next Annual Business Meeting will take place on Thursday 28th June 2007, 16.30-18.00 hrs at the Helsinki Fair Centre.

ESPE Secretariat

The ESPE Secretariat is managed by BioScientifica Limited. BioScientifica is headed by Managing Director Sue Thorn and Events and Secretariats Director Helen Gregson.

Pauline Bertrand, BioScientifica's Secretariats Manager, oversees the day-to-day relationship with ESPE, liaising with the ESPE Council and Committee members as well as being the main point of contact for ESPE enquiries. She undertakes projects requested by the Secretary General, providing him with assistance and attending ESPE Council and Committee meetings.

Helena Marciano handles membership renewals, payments and banking and deals with subscriptions to *Hormone Research*.

Tom Parkhill attends Corporate Liaison Board meetings. Andrew Lowe sub-edits and co-ordinates publication of the ESPE Newsletter.

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ESPE Newsletter

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The views expressed by the contributors are not necessarily those of ESPE.



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ESPE web site: www.eurospe.org

Newsletter: Designed by subLine

Published by BioScientifica Ltd
Euro House, 22 Apex Court, Woodlands,
Bradley Stoke, Bristol, BS32 4JT, UK
www.bioscientifica.com

BioScientifica is a subsidiary of the Society for Endocrinology