ESPE 2014 in Dublin

IT WAS A GREAT PLEASURE and privilege to host the 53rd Annual Meeting of ESPE in Dublin in September. The meeting was very well attended with over 3500 delegates, one third of whom came from outside Europe. It was preceded by the Summer School in nearby Barretstown Castle (see page 6), for which we thank Faisal Ahmed, Edna Roche, Stephen O’Riordan and the Summer School Committee.

A key aim of ESPE 2014 was to build on our members’ tremendous clinical and research achievements. We wished to do so in a friendly informal environment, promoting interaction and networking with leading clinical colleagues and researchers from around the world.

‘Prevention and therapeutic innovations’ was the theme of ESPE 2014, and we had an excellent scientific programme. Internationally renowned speakers explored methods for preventing endocrine disorders and, where prevention is not possible, the latest therapeutic innovations. We are very grateful to the Programme Organising Committee, chaired by Mehul Dattani, for their tremendous work.

The Andrea Prader Prize is the highest award bestowed by the Society, and was presented to Jean-Pierre Bourguignon (Liège, Belgium) who gave a very informative and inspiring lecture entitled ‘Finding and questioning in puberty and beyond’. This year we were delighted to honour all the Andrea Prader Prize winners from the past 25 years.

The social programme presented an opportunity to socialise, network and meet friends, old and new. The Welcome Reception included a performance by the famous Anúna Choir and Dancers. We chose this event to help underprivileged children purchase musical instruments and study music at the Royal Irish Academy of Music. The ESPE Gala Evening on the final night included a reception at the Royal College of Physicians of Ireland, and dinner in the Round Room of the Mansion House, along with music from the Royal Irish Academy of Music and an Irish céili.

We are grateful to Lars Sävendahl and all the Council members for their help and support, as well as the team at Bioscientifica for organising the meeting. We thank the staff of the Dublin Convention Centre, the Royal College of Physicians of Ireland and Trinity College Dublin.

Lastly, thank you all for coming to Dublin and for participating in the meeting. We hope that you enjoyed it, acquired some inspiring new knowledge, made contacts and friends – and also had some fun!

Professor Hilary Hoey
President, ESPE 2014
hilaryhoey@eircom.net
Welcome continued from page 1

announce the re-election of Anita Hokken-Koelega as Chair of the Strategic and Finance Committee.

You can read about the thriving ESPE Summer School and the next ESPE Science School on page 6. Meanwhile, page 5 features updates from the very productive ESPE Working Groups for Paediatric and Adolescent Gynaecology (PAG), Bone and Growth Plate, Paediatric Endocrine Nurse Specialists and Allied Health Professionals (PENS), and Diabetes Technology, following their sessions at ESPE 2014.

Anne-Marie Kappelgaard, an enthusiastic supporter of ESPE, has announced her retirement after working for Novo Nordisk for many years. On page 7 you can read a tribute to her career-long contribution to our discipline.

Last but not least, the scientific programme for the 54th ESPE Meeting in Barcelona in 2015 is already taking shape. You can find out more below from the Meeting’s President, Laura Audí. The preliminary programme can be downloaded at www.espe2015.org, and abstract submission and registration open on 1 December.

I thank Lars Sävendahl for his continued support, as well as my colleagues in the Newsletter team and Caroline Brewser at Bioscientifica, for their enthusiasm and collaboration.

Yours sincerely,
Professor Feyza Darendeliler
Editor, ESPE Newsletter
feyzad@istanbul.edu.tr

ESPE Activities. If you have any queries regarding this role or your Society then please do contact Hannah at espe@eurospe.org.

We would like to remind you of the approaching deadline for nominations for the 2015 ESPE Awards. Every year ESPE is proud to present important and prestigious awards to its members (kindly supported by Pfizer), in recognition of their teaching, research and contribution to paediatric endocrinology. This year sees the inauguration of the ESPE International Outstanding Clinician Award. This brand new international award will recognise outstanding clinical contributions to the practice of clinical paediatric endocrinology from a country outside Europe and the Mediterranean basin. Please submit your nominations by 10 December 2014. You can find out more at www.eurospe.org/awards.

Last but not least, we would like to welcome all members who have recently joined ESPE! We always want to hear from you so please do get in touch via espe@eurospe.org if you have any queries, or find us on Facebook and Twitter. We look forward to hearing from you!

Hannah Bonnell and Tracey-Leigh Meadowcroft
ESPE Team

ESPE Annual Meeting 2015

DEAR FRIENDS AND COLLEAGUES,

The 54th ESPE Meeting will take place at Fira Gran Via in Barcelona, Spain, on 1–3 October 2015. The theme of the meeting will be ‘Improving patient care: a pluridisciplinary dialogue’.

You will be able to enjoy a scientific programme including 6 plenary lectures, 10 symposia, 8 ‘Meet the Expert’ sessions, 2 ‘New Perspective’ sessions and a ‘Controversy’ session, as well as the regular Yearbook and free communication events, satellite symposia, and ESPE Working Group meetings.

The venue will allow enhanced interaction among participants, with a single area for all poster presentations, enabling you to easily enjoy all the latest research by colleagues.

Participants are also warmly invited to a Welcome Reception at the meeting venue, and the traditional ESPE Evening, on Saturday, at the Sala Oval in the Montjuïc National Museum, where you can admire a magnificent view over the city and the colourful musical fountains.

I look forward to welcoming you to ESPE 2015 in Barcelona!

Dr Laura Audí, President, ESPE 2015
laura.audi@vhir.org

Abstract submission and registration open: 1 December 2014
Abstract deadline: 10 April 2015
See www.espe2015.org
ESPE Andrea Prader Prize

Jean-Pierre Bourguignon (Liège, Belgium) received the ESPE Andrea Prader Prize from Lars Sävendahl, in recognition of his lifetime achievement in teaching and research, outstanding leadership and overall contribution to the field of paediatric endocrinology.

ESPE Outstanding Clinician Award

Tomasz Romer (Warsaw, Poland) was presented with the ESPE Outstanding Clinician Award by Lars Sävendahl, in recognition of his outstanding clinical contribution to the practice of clinical paediatric endocrinology.

ESPE International Award

Sir Peter Gluckman (Auckland, New Zealand) is pictured receiving the ESPE International Award from Anita Hokken-Koelega. This is presented to an outstanding paediatric endocrinologist from a country outside Europe and the Mediterranean basin.

ESPE Research Award

Moshe Phillip (Petah, Tikva) received the ESPE Research Award from Anita Hokken-Koelega and Jan Lebl, in recognition of research achievements of outstanding quality in basic endocrine science or clinical paediatric endocrinology.

2015 ESPE Awards

Remember to make your nominations by 10 December 2014
For further details see www.eurospe.org/awards
ESPE Young Investigator Awards
These awards for young paediatricians, in recognition of their scientific publications, were presented by ESPE 2014 President Hilary Hoey to:

- Joerg Oliver Semler (Cologne, Germany), whose award lecture was entitled ‘Osteogenesis imperfecta – new genes, new therapies’
- Pauliina Utriainen (Helsinki, Finland), whose award lecture was entitled ‘The mystery of premature adrenarche’

ESPE Hormone Research in Paediatrics Prizes
These prizes for the best original papers published in *Hormone Research in Paediatrics* were presented by the editor of the journal, Stefano Cianfarani, to:

- Alexandra E Kulle (Kiel, Germany) for ‘Implementation of a liquid chromatography tandem mass spectrometry assay for eight adrenal c-21 steroids and paediatric reference data’
- Julia von Schnurbein (Ulm, Germany) for ‘Rapid improvement of hepatic steatosis after initiation of leptin substitution in a leptin-deficient girl’

ESPE President Poster Awards
This year’s prizes for the five best posters at the meeting were awarded to:

- Maria Klatka (Lublin, Poland) for ‘Treatment of Graves’ disease with methimazole in children alters the proliferation of Treg cells and T lymphocytes’ (P1 D2 244)
- Ah Reum Kwon (Seoul, Republic of Korea) for ‘Messenger ribonucleic acid expression of Kiss-1 and serum level of kisspeptin in rat at different developmental stages’ (P1 D2 210)
- Mary Ruppe (Houston, TX, USA) for ‘Assessment of quality of life data after 4 monthly s.c. doses of a human monoclonal anti-fibroblast growth factor 23 antibody (KRN23) in adults with X-linked hypophosphatemia’ (P1 D2 35)
- Gianni Russo (Milan, Italy) for ‘The uterine artery pulsatility index as an accurate index for the assessment of puberty’ (P1 D3 221)
- Biana Shtaif (Petah Tikva, Israel) for ‘The association between adipocytes and growth is mediated by growth and differentiation factor 5’ (P1 D1 135)

IFCAH-ESPE Grants
These awards, for research into congenital adrenal hyperplasia, were presented to Perdomini Morgane (Le Kremlin-Bicêtre, France) and Svetlana Lajic (Stockholm, Sweden).

ESPE Research Unit Grants
These grants, designed to facilitate collaborative research in paediatric endocrinology, were awarded to Anu Bashamboo (Paris, France) for ‘Cellular modelling of human gonad sex-determination’, Elisabeth Crowne (Bristol, UK) for ‘Managing clitoromegaly in childhood in girls with CAH: an investigation of the psychological impact of current treatment strategies’ and Susan O’Connell (Cork, Ireland) for ‘What is the dose response of varying meal content of fat on postprandial glycaemia in children with T1DM?’

ESPE Research Unit Grants
These awards for the most highly rated abstracts submitted to the ESPE meeting were presented by the Chair of the ESPE Education and Training Committee, Jan Lebl, to:

- Ana Paula Abreu (São Paulo, Brazil) for the Best Abstract in Basic Science, ‘Deciphering the functional mechanisms by which MKRN3 regulates puberty initiation’
- Casper Hagen (Copenhagen, Denmark) for the Best Abstract in Clinical Science, ‘Pubertal onset in girls is strongly influenced by genetic variation in promoters affecting FSH action’
**Paediatric and Adolescent Gynaecology (PAG)**

THIS LIVELY SYMPOSIUM hosted more than 800 delegates. It was entitled ‘Ovarian function in adolescence: from physiology to pathology’, and was chaired by Feyza Darendeliler (Istanbul, Turkey), Marco Cappa (Rome, Italy), Jean-Pierre Bourguignon (Lille, Belgium) and Lourdes Ibáñez (Barcelona, Spain).

Anders Juul (Copenhagen, Denmark) presented data on markers of ovarian function in girls, with a focus on anti-Müllerian hormone (AMH), inhibin B and liquid chromatography–tandem mass spectrometry techniques to improve the sensitivity of oestradiol assessment. AMH in particular seems to be a sensitive marker for ovarian function, and normative data are emerging.

Nelly Pitteloud (Lausanne, Switzerland) discussed the approach to hypogonadotrophic hypogonadism (HH) departing from a clinical case. She pointed out that differentiating HH from functional amenorrhoea may be difficult in some cases, and that reversible cases may also pose a difficulty.

Pierre Michaud (Lausanne, Switzerland) provided an update on the current strategies for contraception in adolescence from a public health perspective.

Catherine Gordon (Boston, MA, USA) presented a comprehensive overview of available contraceptive methods in adolescence, focusing on oral contraceptive pills, transdermal patches, and the vaginal ring, together with the contraindications for each method.

Finally, Michel Polak (Paris, France) discussed ovarian function in patients with rare chronic diseases, including galactosaemia and congenital disorders of glycosylation. The conclusion of this interesting presentation was that these patients should be followed closely into adulthood for fertility and replacement therapies.

In 2015, the PAG Working Group Symposium is likely to focus on the short and long term challenges for the reproductive system in malignancies, and the influence of nutrition on ovarian function. You are cordially invited to attend! You are also invited to suggest topics that you would like to see covered in future symposia.

**Lourdes Ibáñez, Co-ordinator, libanez@hsjdbcn.org**

**Diabetes Technology**

WE WELCOMED 311 PARTICIPANTS to the inaugural meeting of this new working group, to discuss the use of the latest technology in the treatment of children with diabetes. The forum debated issues such as the best time to introduce pumps and sensors into the care of children, the optimal length of hospitalisation of newly diagnosed patients and the best insulin preparation to use. We also considered the horizon for the use of technology in caring for children with diabetes.

Future meetings will discuss new insulins for use in the paediatric age group and updates on pumps, sensors and closed-loop systems.

For more information, please get in touch.

**Moshe Phillip, Co-ordinator, mosheph@post.tau.ac.il**

**Paediatric Endocrine Nurse Specialists and Allied Health Professionals (PENS)**

FOLLOWING A SUCCESSFUL NURSES’ SESSION in Milan, we were excited to host our inaugural PENS Working Group meeting in Dublin. We had three excellent and highly informative talks by clinical nurse specialist colleagues from Canada, Israel and the UK, which were very well received by over 60 delegates from 14 different countries.

The topics discussed included:
- Quality of life and anxiety in adolescents with differentiated thyroid cancer
- A digital approach to growth hormone therapy training
- An international study on endocrine nursing, social media and research

Plans are underway for our session in Barcelona, which will include some short case presentations and a patient information sharing session on thyroid disorders. Please get in touch if you would like to be added to our mailing list or to give a presentation next year.

**Jenny Walker, Co-ordinator, jenny.walker@leedsth.nhs.uk**

**Bone and Growth Plate**

OUR WELL-ATTENDED WORKSHOP focused on new advances in growth plate biology and emerging therapies in metabolic bone diseases.

Colin Farquharson (Edinburgh, UK) detailed recent progress in the understanding of growth hormone action at the growth plate. Murat Bastepe (Boston, MA, USA) followed, clarifying the role of individual G proteins in parathyroid hormone-related protein-mediated control of growth plate chondrocyte differentiation, and thereby prevention of premature epiphyseal fusion. In the emerging therapy session, Michael Collins (Bethesda, MD, USA) reported on the experimental treatment of fibrous dysplasia using a monoclonal antibody against RANK ligand (Denosumab®), which specifically and potently blocks recruitment and differentiation of preosteoclasts into osteoclasts (see Figure), and thereby act as an antiresorptive agent. Agnès Linglart (Paris, France) shared her insight and experience of parathyroid hormone therapy in hypoparathyroidism. The workshop concluded with a lively discussion on the use of drug holidays in bisphosphonate treatment of children, moderated by Ciara McDonnell and Malachi McKenna (both from Dublin, Ireland).

**Ola Nilsson, Co-ordinator, ola.nilsson@ki.se**
THE 28TH ESPE SUMMER SCHOOL took place at Barretstown Castle, County Kildare, Ireland, on 15–17 September 2014, just before the ESPE Annual Meeting in Dublin.

The ESPE Summer School brings together paediatric endocrinologists in training and academic clinicians and scientists. The Summer School Organising Committee had developed the course around various themes that included state of the art lectures and interactive cases by faculty on bone and mineral metabolism, diabetes mellitus, obesity, the adrenal and the thyroid.

An important feature of the Summer School is the presentation of cases, one by each student, that are discussed in small groups with a faculty member. They are then summarised and presented to the plenum, providing an extensive sample of challenging endocrine cases, ranging from common and controversial management problems to rare genetic conditions. Exchanges between students and teachers were active during interactive small group teaching as well as during the breaks.

The Summer School also aims to promote interaction between students from various geographical origins, and this closeness during the 3 days of the School is much appreciated. The 26 fellows were selected from 48 applications from all around the world, on the basis of clinical and academic experience. They represented 14 countries across 4 continents.

All faculty members are thanked for contributing to the Summer School and staying throughout the course. Those who were not previously familiar with the ESPE Summer School concept were impressed by the quality of the teaching and of the exchanges. Edna Roche and her local team deserve special thanks for doing such an outstanding job of organising the event. Since its inception, the ESPE Summer School has been supported by Ferring Pharmaceuticals A/S, which is greatly appreciated.

Finally, I am pleased to announce that Nick Shaw of Birmingham Children’s Hospital (nick.shaw@bch.nhs.uk) will be the next Summer School Co-ordinator. I wish him every success.

Faisal Ahmed, ESPE Summer School Co-ordinator

Summer School 2015

The 29th ESPE Summer School will take place at the Poblet Cistercian Monastery, a UNESCO World Heritage Site, near Barcelona, Spain, on 28–30 September 2015, just before the 54th Annual Meeting of ESPE. The deadline for applications is 1 February 2015. See the ESPE Summer School website at www.eurospe.org/education/education_summer.html for details.

Sign up for Science School!

‘NON-CODING RNAs IN PAEDIATRIC ENDOCRINOLOGY’ is our topic for the ESPE Science School 2015, which takes place near Lake Annecy, France, on 3–6 June 2015.

Non-coding RNAs are involved in many physiological and pathological processes, and may be considered as endocrine molecules. The ESPE Science School will be an exciting opportunity to discuss how our understanding of this field can improve diagnosis and treatment of endocrine disorders in children.

The programme includes:
- 1 day dedicated to skill development for young endocrinologists and researchers interested in this field
- 2½ days featuring lectures and discussion with leading scientists and clinicians, intended for established ESPE clinician and scientist members, as well as trainees

The deadline for applications is 1 February 2015. Spaces are limited and we will let applicants know whether they have a place by mid-March. See www.eurospe.org/education/education_scienceschool.html for further details.

We are grateful to Pfizer for generously supporting the ESPE Science School.

Nicolas de Roux, Co-ordinator, ESPE Science School

New Sabbatical Leave Committee members needed

MOST MEMBERS of the Sabbatical Leave Programme Committee will complete their terms of office in 2014–2015. Applications are invited for three vacancies, by 30 November 2014.

To ensure continuity, Feyza Darendeliler and Jan-Maarten Wit will stay on for one more year. We thank Pål Njølstad for his contribution.

For details of the Programme see www.eurospe.org/awards/awards_sabbatical.html.
Anne-Marie Kappelgaard

Marking the retirement of a ‘living legend’ and great ESPE supporter

GH dosing in GH deficiency (GHD) and idiopathic short stature, GH therapy for adults with GHD and adults on chronic dialysis, GH impact on bone fractures, and GH secretagogues, as well as drug formulations and devices with a focus on NordiFlex and FlexPro.

Since 1986, Novo Nordisk A/S has sponsored the ESPE Henning Anderson Prizes, which are the two awards for the most highly rated clinical and experimental abstracts submitted to the ESPE Annual Meeting. Very importantly, Novo Nordisk A/S has also sponsored the ESPE Research Fellowship since 1991 and, to date, 51 European paediatric endocrinologists have gained from participating in this research programme. Anne-Marie has been a powerful advocate for the generous Novo Nordisk A/S support for these ESPE initiatives.

On a personal level, Anne-Marie has great integrity, warmth and kindness. She has an encyclopaedic knowledge of the GH literature and considerable insight into who can deliver in projects and fellowships. She has given wise counsel to generations of paediatric endocrinologists, both junior and senior.

As she now announces her retirement from Novo Nordisk A/S after 33 years, we wish her every happiness – she will be greatly missed! She has let us know that she will remain an ESPE member and participate in future ESPE meetings, another mark of her great commitment to paediatric endocrinology.

Stephen Shalet, Lars Sävendahl, Peter Clayton

2014 Nobel Prize

THIS YEAR’S NOBEL PRIZE in Physiology or Medicine was awarded to three scientists: John O’Keefe (London, UK) and May-Britt and Edvard Moser (Trondheim, Norway), for their discoveries of cells that constitute a positioning system in the brain.

We are all familiar with the use of GPS technology to orientate ourselves in space; it appears that the brain has similar capability. O’Keefe, working at University College London, found that nerve cells in the hippocampus were activated when a rat was at a certain place in a room. He called them ‘place cells’, implying that these cell groups had recognition of position. Three decades later, at the Norwegian University of Science and Technology, the Mosers identified another key aspect of the positioning system, namely ‘grid cells’ in the entorhinal cortex. These work like co-ordinates on a map, enabling the rat to find its way. Recent imaging investigations in humans have supported the existence of ‘place’ and ‘grid’ cells, and these discoveries represent a major step in our understanding of how humans navigate.

The hippocampus and entorhinal cortex are affected early in Alzheimer’s disease. Patients often lose their sense of direction and do not understand where they are. The tools that brain cell ensembles use to position and navigate are similar to those required for memory retention. So, the discovery of the brain’s navigational apparatus is vital to our understanding of Alzheimer’s disease.

Future work promises to shed more light on the exact mechanisms by which such cells ‘listen’ and ‘talk’ to one another, how they perceive transformations in velocity and how organisms make decisions in different situations.

Brain cell ensembles may not be as esoteric to endocrinologists as they sound. We are aware that glucocorticoids modulate consolidation of spatial memory through networks in the dorsomedial striatum and that oestrogens play a part in neurogenesis in mouse models of Alzheimer’s disease. Perhaps future work will shed more light on connectivity of endocrine neural inputs and how they influence endocrine disease and well-being.

Indi Banerjee

References
2. Luciano YR et al. 2013 Neurobiology of Learning and Memory 101 55–64.
Other Events

2015 ESPE Winter School
6–12 March 2015
OHrid, MACEDONIA

2015 ESPE Diabetes/Obesity School
16–18 April 2015
SLOVENIA

Advanced Seminar in Developmental Endocrinology
‘Endocrine Disruptors and Child Health’
29–30 May 2015
ROME, ITALY

Deadlines

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

- Sabbatical Leave Programme Committee nominations: 30 Nov 2014
- ESPE 2015 Abstract submission and Registration open: 1 Dec 2014
- ESPE Andrea Prader Award nominations: 10 Dec 2014
- ESPE Research Award nominations: 10 Dec 2014
- ESPE Young Investigator Award nominations: 10 Dec 2014
- ESPE Outstanding Clinician Award nominations: 10 Dec 2014
- ESPE International Outstanding Clinician Award nominations: 10 Dec 2014
- ESPE International Award nominations: 10 Dec 2014
- ESPE Science School applications: 31 Jan 2015
- Advanced Seminar in Developmental Endocrinology applications: 31 Jan 2015
- ESPE Visiting Scholarship applications: 31 Jan 2015
- ESPE Summer School applications: 1 Feb 2015
- IFCAH-ESPE Grant applications: 28 Feb 2015
- ESPE Research Fellowship applications: 1 Mar 2015
- ESPE Sabbatical Leave Grant applications: 1 Mar 2015
- ESPE Research Unit Grant preliminary applications: 15 Mar 2015
- ESPE 2015 Abstract deadline: 10 Apr 2015
- ESPE Maghreb School applications: 15 Apr 2015
- ESPE Research Unit Grant final applications: 26 Apr 2015
- ESPE Caucasus & Central Asia School applications: 30 Apr 2015
- ESPE Visiting Scholarship applications: 30 Apr 2015
- ESPE Research Unit Grant preliminary applications: 15 Mar 2015
- ESPE Young Investigator Award nominations: 10 Dec 2014
- ESPE Outstanding Clinician Award nominations: 10 Dec 2014
- ESPE International Outstanding Clinician Award nominations: 10 Dec 2014
- ESPE International Award nominations: 10 Dec 2014
- ESPE Visiting Scholarship applications: 31 Jan 2015
- ESPE Summer School applications: 1 Feb 2015
- IFCAH-ESPE Grant applications: 28 Feb 2015
- ESPE Research Fellowship applications: 1 Mar 2015
- ESPE Sabbatical Leave Grant applications: 1 Mar 2015
- ESPE Research Unit Grant preliminary applications: 15 Mar 2015
- ESPE 2015 Abstract deadline: 10 Apr 2015
- ESPE Maghreb School applications: 15 Apr 2015
- ESPE Research Unit Grant final applications: 26 Apr 2015
- ESPE Caucasus & Central Asia School applications: 30 Apr 2015
- ESPE Visiting Scholarship applications: 30 Apr 2015

See the ESPE website at www.eurospe.org for further details and the application process.