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ESE News

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THE EUROPEAN HORMONE SOCIETY

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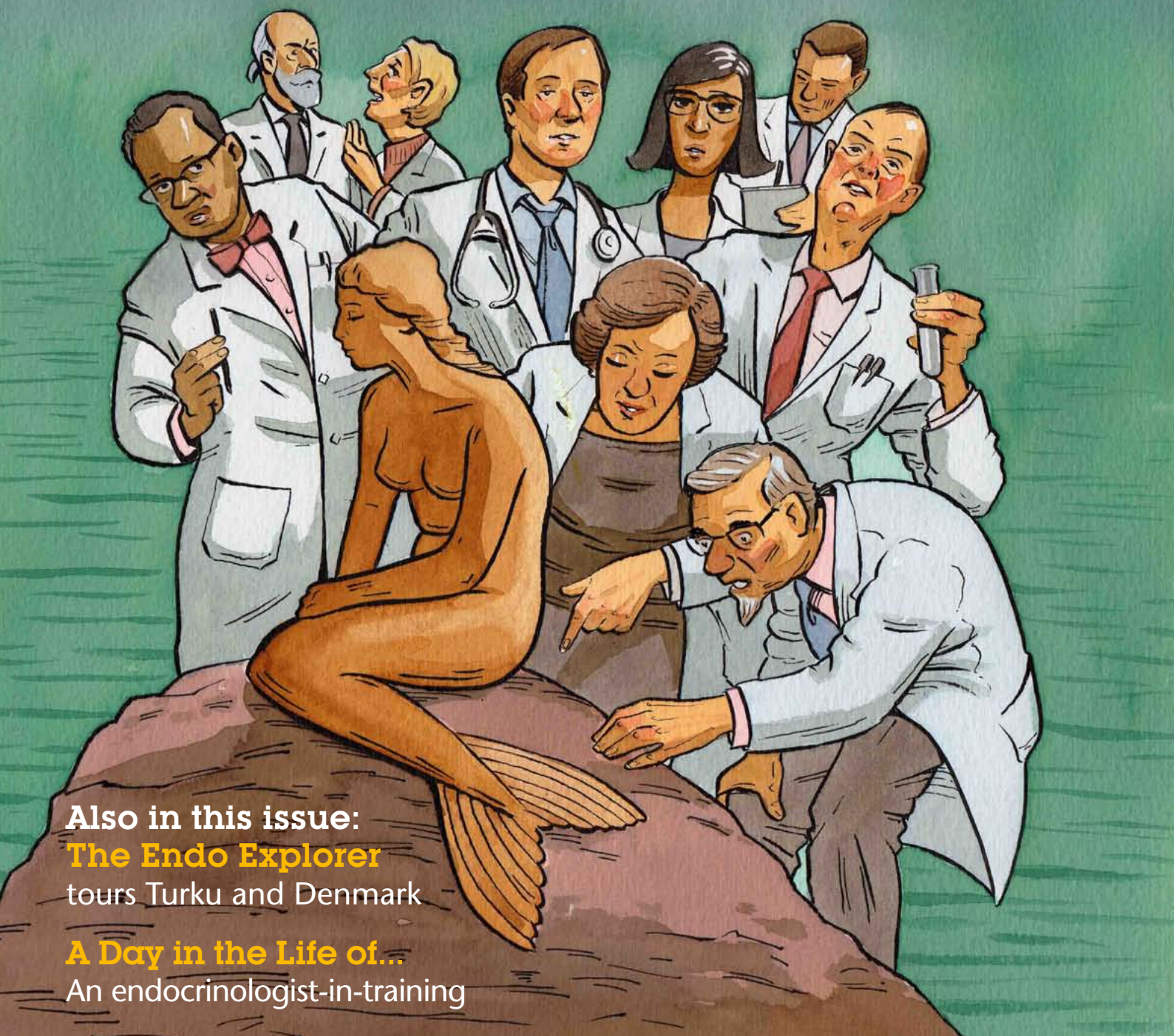
Discover something new at

ECE 2013 in Copenhagen



Also in this issue:

The Endo Explorer
tours Turku and Denmark

A Day in the Life of...
An endocrinologist-in-training

In this issue

This document is available on the ESE website, www.ese-hormones.org

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Editorial

Come to Copenhagen in 2013 and study the endocrinology of mermaids...

As you read this issue of *ESE News*, I hope you will be polishing your finest abstracts for the forthcoming 15th European Congress of Endocrinology, in time to submit them before the deadline of Sunday 13 January!

In the middle of a European winter, it is good to be looking forward to springtime in Copenhagen, where we will revel in all that's new in endocrinology. As Wilmar Wiersinga reflects in his article on page 7, we should take the opportunity of ECE 2013 to gather knowledge across the breadth of our discipline. You are almost certain to discover something new where you least expected it (a theme reflected by this issue's cover).

But all is not new in endocrinology. Our specialism rests on the shoulders of giants, many of whom were involved in organising the 1st International Congress of Endocrinology back in 1960. Coincidentally, this also took place in Copenhagen, as did the 1st *Acta Endocrinologica* Congress some 6 years earlier in 1954. You can read about these early endocrine exploits, courtesy of Wouter de Herder and Justo Castaño, on page 10. Copenhagen is obviously 'where it all happens', hormonally speaking, and so you should register for ECE 2013 without delay!

A guide to all you need to know about ECE 2013 can be found on pages 3–4, and other highlights of the meeting are featured throughout the issue.

Our younger colleagues hold the future of endocrinology in their hands. On page 5, you can read about the European Young Endocrine Scientists' plans for the Copenhagen meeting, and the recent meeting of Young Active Research in Endocrinology in Dresden. Many of us who can no longer count ourselves as 'younger members' will still, however, be able to identify with 'a day in a life of an endocrinologist-in-training' on page 11.

In keeping with the Scandinavian focus of the newsletter, this issue's 'Endo Explorer' ventures north of Copenhagen, to take in Turku and the endocrine research that is taking place on Finland's Baltic Coast (page 9). We hear too from our colleagues at the Danish Endocrine Society, who are keenly looking forward to attending ECE on their home turf.

You will also find inside all the other vital information about ESE activities, with dates and deadlines for forthcoming events – not forgetting our prize puzzle, to reward you for your endocrine wisdom!

Talking of which, I look forward to seeing you in Copenhagen, as we embrace all that is new and wonderful about endocrinology.

Philippe Bouchard
ESE President

New benefits for ESE members in 2013!

Members should now have received their membership renewal reminder. If you haven't, please contact info@euro-endo.org.

Don't forget these NEW benefits:

- In-training membership fee of €20 per year for those studying full time for an academic qualification (email info@euro-endo.org before arranging your renewal payment if you think you are eligible)
- Nurses pay a reduced annual membership fee of €35
- Free online access to the new interdisciplinary open access journal, *Endocrine Connections*, as well as all the other official journals
- Members save €300 on registration for ECE 2013, and a special registration fee is also available for nurses

To see all membership benefits, including grants and awards, visit www.ese-hormones.org/membership.

Come to Copenhagen!

15th European Congress of Endocrinology

ECE 2013 will soon be upon us.

Over 200 esteemed colleagues have accepted our invitation to present lectures, workshops, expert sessions and debates covering a range of topical issues. Our programme will be challenging and stimulating. We have crafted clinical, translational and basic science strands throughout the programme, and built upon the success of the 2012 dedicated nurses' strand. You can find the full programme at www.ece2013.org.

Don't forget to submit your abstracts online by 13 January 2013, and register by 11 March to benefit from reduced registration fees.

Why not join the Congress a day early, to take advantage of one of the hands-on pre-Congress courses on proper medical writing and thyroid ultrasound? Early booking is advisable because the number of participants is limited.

Last year's highly successful Congress 'app' will return for ECE 2013, including a personal planner. In keeping with our host city, Copenhagen, ECE 2013 will adopt a 'Going Green' ethos, which will remain as a legacy for all future Congresses.

You can keep up-to-date with all Congress news on Facebook and Twitter:

- www.facebook.com/EuropeanSocietyofEndocrinology

- www.twitter.com/ESEndocrinology (when tweeting, please use #ece13)

We hope you will join us in Copenhagen for a vibrant Congress!

Justo Castaño
Chair, Programme Organising Committee, ECE 2013

Jens Sandahl Christiansen
Chair, Local Organising Committee, ECE 2013

Nurses at ECE 2013

Nurses – why not submit your abstract for poster presentation (by 3 February 2013)? The author of the best nursing poster will have their expenses paid to attend ECE 2014 and present their work at that meeting.

Nurse speakers are also sought on the following topics at ECE 2013 (attendance expenses will be paid):

- Pre- and post-operative care of the patient undergoing pituitary surgery
- Pituitary dynamic testing
- GH replacement in children
- Care and treatment of adults with CAH

For more details, contact harriet.edwards@bioscientifica.com.

Must see at ECE

Prize lectures and plenary sessions you can't afford to miss!

Saturday 27 April

Geoffrey Harris Prize Lecture (supported by Ipsen)
Cross-talk and chatter in reproductive neuroendocrinology
I Clarke (Australia)

EJE Prize Lecture
Regulation of aldosterone secretion – from physiology to disease
F Beuschlein (Germany)

Sunday 28 April

ESE President's Address

Nutrient sensing pathways in ageing
L Partridge (UK)

NET management
L Bodei (Italy)

Monday 29 April

Changing character of thyroid cancer
M Alevizaki (Greece)

NEW FOR 2013!
Fondation IPSEN 2013 Endocrine Regulations Prize
B O'Malley (USA)

Tuesday 30 April

ESE Young Investigators Awards & Poster Prizes
(sponsored by Novartis)

Preventing vascular complications of diabetes
HH Parving (Denmark)

The ubiquitin system
A Ciechanover (Israel)
NOBEL LAUREATE

Wednesday 1 May

Cardiovascular
J Funder (Australia)

Human brown fat is on fire
B Cannon (Sweden)

Other News

NOMINATIONS NOW OPEN!

Geoffrey Harris Prize 2014

European Journal of Endocrinology Prize 2014

Nominations needed by 28 February

The Geoffrey Harris Prize is a prestigious award for neuroendocrinologists worth €12 000, generously sponsored by Ipsen. It will be presented at ECE 2014 in Wroclaw, Poland. The winner will be asked to deliver one of the main lectures at the Congress, and two other lectures at future ESE scientific meetings.

The *EJE* Prize will be awarded to a candidate who has significantly contributed to the advancement of endocrine knowledge through publication. A certificate and €10 000 plus travel expenses will be presented at ECE 2014. The recipient will be expected to give a lecture on the relevant research during the Congress and to write a review paper for publication in *European Journal of Endocrinology*.

ESE Election 2013

Nominations needed by 18 January

Five Committee members will retire in 2013: Paolo Beck-Peccoz (Vice President), AJ van der Lely (ESE Treasurer), Wiebke Arlt, Andrea Giustina and Martin Reincke. However, to achieve a system of 3 members elected/3 retiring each year, in 2013, candidates will only be elected to fill the roles of Vice President and two Committee members.

The Executive Committee will nominate Ewa Malecka-Tendera (Poland) and Vera Popovic (Serbia) for Vice President, and Jens Bollerslev (Norway), Georg Brabant (Germany), Gianni Forti (Italy) and George Mastorakos (Greece) for the Committee.

Further nominations must be received by Friday 18 January 2013. If you have not already received information about making nominations, please contact info@euro-endo.org.

Your guide to ECE 2013

Conference venue

The Bella Center (Center Boulevard 5, DK-2300 Copenhagen S) is a state-of-the art congress and exhibition centre integrated with the Bella Sky Comwell Hotel, the largest hotel in Scandinavia.

Where to stay

DIS Congress Service, the official hotel accommodation agent for ECE 2013, will handle all your arrangements. Various categories of hotel at reduced rates are available for delegates. All are within a reasonable distance of the Bella Center. See www.ece2013.org/accommodation.aspx.

How to register

You can register online at www.ece2013.org. Your fee will include:

- access to all Congress sessions and the commercial exhibition
- a delegate bag including all Congress materials and a name badge
- *Endocrine Abstracts* and 'Meet the Expert' handbook in digital format
- entrance to the Opening Ceremony and Welcome Reception
- refreshment breaks during the Congress

Registration does not include accommodation or tickets to any social events.

Fees	Until 11 March 2013	12 March - 5 April*	Onsite registration
ESE members	€450	€550	€600
Non-members	€750	€850	€900
Fellows/students (ESE members)	€225	€275	€400
Fellows/students (non-members)	€500	€600	€650
Nurses	€100	€125	€150

**Online registration closes on 5 April 2013. If you wish to register after this date, you will need to do so at the Congress. We strongly recommend registering in advance, in case no places are available at the meeting.*

What else should you know?

Networking with colleagues

ECE offers a great opportunity to catch up with other endocrinologists at the Opening Ceremony and Welcome Reception, ESE New Members' Welcome Reception and the ECE Informal Social Evening.

Continuing Medical Education

ECE 2013 has applied for accreditation from the European Accreditation Council for Continuing Medical Education (EACCME).

ESE AGM

ESE's Annual General Meeting will be held on Tuesday 30 April 2013 at 12.15–13.00 during ECE 2013. All ESE members are welcome!

Travel and meeting grants

There are still grants of up to €400 available to ESE members! For the full range of ESE grants see www.ese-hormones.org/prizes.

For full details of the criteria and how to apply for ESE grants and prizes, please see the Prizes, Grants and Awards page of the ESE website www.ese-hormones.org

See the full programme at www.ece2013.org/programme/prog.aspx

All EYES on Copenhagen!

After last year's great success in Florence, another European Young Endocrine Scientists (EYES) session will take place during ECE 2013 in Copenhagen, giving talented young newcomers the chance to present their work to a wider audience.

Young endocrinologists Gefsi Mintziori and Filip Gabalec are this year's organisers of the EYES symposium, which is entitled 'Novel technologies and inspiring ideas: from basic endocrine research to clinical practice'. It will include presentations on challenging research ideas as well as novel technologies that have a major impact on clinical practice.

This EYES event is increasingly popular every year. We would encourage all young researchers to submit their abstracts. Not only is this your chance to be invited to speak at an international conference, there are also a lot of grants available for young members.

Every year, ESE offers young endocrinologists ESE Meeting Grants and ESE Basic Science Meeting Grants. In addition, six ESE Young Investigator Awards (worth €3000 each!) will be given to young researchers. For details of these and other awards see www.ese-hormones.org/prizes.

For the first time this year, a reception for all participants and speakers will follow the EYES session. It will give young researchers the chance to get to know one another, discuss their research and maybe even establish new collaborations.

For details and contact information, please visit www.ese-hormones.org/youngendo.

EYES hope to see you all in Copenhagen!

14th Annual Meeting of YARE

Dresden, Germany, 12–14 October 2012

The Young Active Research in Endocrinology (YARE) initiative returned to Dresden this autumn for the first time in 9 years. Once again, we held an inspiring conference, thanks to generous financial support from nine pharmaceutical/biotechnological companies, the Association of Friends and Sponsors of Technische Universität Dresden, the German Society of Endocrinology (DGE) and ESE.

Some 73 participants, from 16 different European and non-European countries, came to the capital of Saxony to discuss a wide range of endocrine topics. Young endocrinologists gave 36 short talks on the adrenal, endocrine cancer, metabolism, sex hormones, growth hormones, the thyroid and neuroendocrinology.

The first of two plenary lectures was given by Clemens Kirschbaum, who talked about novel ways of measuring chronic stress using animal and human hair. In the other talk, Oliver Zierau presented new research data on *Heterocephalus glaber*, the naked mole rat, and what endocrinologists can learn from this very strange yet interesting animal.

It is traditional for the best presenters at the meeting to be awarded the opportunity to speak at the upcoming annual meetings of ESE and DGE. The recipients of this honour were Anneke van den Beukel (Rotterdam) and Henriette Undeutsch (Turku). Congratulations to them both! All participants are now looking forward to 11–13 October 2013 when a joint meeting of YARE and EYES will take place in Rotterdam, The Netherlands. Further information can be found at www.young-active-research.eu.

Annekathrin Keiler, Janina Helle and Frank J Möller

12th ESE Postgraduate Course in Clinical Endocrinology

This successful meeting, hosted by the Society of Endocrinology and Metabolism of Turkey, took place in Antalya on 18–21 October, and attracted 300 delegates from more than 20 different countries, from Brazil to Bangladesh! The scientific programme included 19 state-of-the-art lectures and 16 interactive parallel workshops on clinical case presentations covering all aspects of clinical endocrinology and generating great interest from the participants.

Scientist members at ESE Summer School

From the Science Committee:
Focus on basic endocrine science

'From bench to bedside' is today's slogan for all medical sciences, including endocrinology.

ESE consequently recognises that it is vital for it to be 'home' to both basic and clinical endocrinologists. We have successfully recruited an impressive number of clinical scientists as the Society's 'activists', but attempts to involve basic scientists lag behind.

ESE's Science Committee has recently devised an action plan to recruit basic scientists and encourage their active participation. Our annual meetings offer symposia on topics that have a basic and translational focus, and there are specific training courses for young basic scientists. As featured in the last issue of *ESE News*, we have also established a high profile basic endocrinology symposium series by joining forces with the organisers of the annual Mont Ste Odile Symposia on Hormone and Cell Regulation. Details of these activities can be found at www.ese-hormones.org.

The next step is to reach, and recruit as ESE members, those basic endocrine scientists that have not yet participated in ESE activities or learned about the services that ESE can offer them.

To make contact with these potential new members we are creating a 'network' of European basic endocrine scientists. Each society affiliated to ESE will be asked to identify an active basic scientist who could become the contact person or 'ESE basic science ambassador' in their country. These ambassadors will spread information about the benefits offered by ESE, with a particular emphasis on the relevance of attending ESE congresses and workshops.

The task will be challenging, and we need good ideas for how to achieve our goal. We welcome all your ideas, which you can send either to the ESE Secretariat (info@euro-endo.org) or directly to me.

Ilpo Huhtaniemi
Science Committee Chair
ilpo.huhtaniemi@imperial.ac.uk

Clinical Committee Update:
Guidelines for follow-up

The Clinical Committee's remit includes advancing the quality and equality of patient care in endocrinology across Europe. To achieve this goal, we have established special interest groups (SIGs) in disease areas where new research is likely to change patient management.

Professor Pierre-François Plouin, Head of the Department of Hypertension, Hopital Européen G Pompidou (Paris), and a Clinical Committee member, chairs the SIG on phaeochromocytoma/paraganglioma (PPGL). Working with the European Society for Hypertension and members of ENS@T (the European Network for the Study of Adrenal Tumours), this group will address the frequency and predictors of recurrences after surgery among patients. Their data will serve as the basis for the first ESE-initiated, evidence-based guidelines for the post-operative follow-up of patients with PPGL.

There is a clear need for this work, as Professor Plouin explains, 'At least 15% of patients undergoing surgery for PPGL develop new tumours or recurrences, and most recurrences are metastatic. Although there are reports of the prognostic value of various clinical, genetic and pathological features, there are no robust prognostic indices of recurrence, other than the higher probability of new events in patients with inherited tumours and, probably, in patients with extra-adrenal or large tumours.'

Professor Plouin identifies the key questions as:

- what is the incidence of local or metastatic recurrences or new tumours in patients operated on for an apparently benign PPGL?

Pierre-François Plouin

- which are the factors associated with recurrences or new tumours?

He concludes, 'Answers to these questions will rely on a systematic review of the literature and a compilation of existing PPGL databases. Consensus guidelines will be prepared once these have been achieved. Core members of the SIG will produce a first draft. Generation of a finalised document will involve an extended working group drawn from many specialties, as well as patient representatives.'

Pia Burman
Clinical Committee Chair
pia.a.burman@skane.se

The amazing world of...
the thyroid

Do you like smoking, maybe enjoying your cigarette together with a glass of wine? Then there is good news for you!

Smoking – to a certain extent – seems to protect against autoimmune hypothyroidism, and the same is true for having more than 10 alcoholic drinks a week. But, before you light another cigarette, remember the downside. The continuation of your smoking habit will put you at increased risk of Graves' hyperthyroidism.

We all know autoimmune endocrine disorders are complex diseases caused by a poorly understood interplay between susceptibility genes and environmental factors, but I find it amazing that exposure to a particular environmental disruptor like smoking can have such opposite effects. (It reminds me that smoking is an established risk factor for Crohn's disease, but on the other hand is protective for ulcerative colitis).

Could it be that, if you are at risk for autoimmune thyroid disease, you can influence whether you will get Hashimoto's disease or Graves' disease, just by adopting a particular lifestyle?

The attraction of ESE's annual meetings is that they cover all fields of endocrinology. It enables one to put the roles of genes and the environment in a broader perspective by looking for similarities and discrepancies between the autoimmune diseases of various glands, and that is what will be achieved in Copenhagen.

On the subject of autoimmunity, Graves' ophthalmopathy is, in my experience, one of the most difficult autoimmune endocrine diseases to manage. Novel treatment modalities are urgently awaited, and we will hear the latest news on the efficacy and tolerability of selenium, intravenous steroid pulses, and rituximab.

The incidence of thyroid carcinoma is increasing worldwide, and we are also detecting more thyroid nodules with our ultrasound machines. Fortunately, much progress is being made in preoperative discrimination between benign and malignant nodules. Simultaneously, the oncogenesis of thyroid carcinoma is being unravelled step by step at the molecular level, giving clues for therapeutic intervention.

Although many issues remain unresolved, this is a fascinating time for scientists interested in thyroid tumours as well as for clinicians who have to treat these patients. Transition time from translational research to clinical application is relatively short in this area, and we had better stay up to date with recent developments.

Most endocrinologists see a lot of thyroid patients, just because the prevalence of thyroid disease is so high. But my reason for attending the upcoming ESE meeting in Copenhagen is not just to learn more about the thyroid, but to learn more about areas in which I am less knowledgeable, to understand better the mechanisms of disease, to gain a deeper insight into integrative physiology, and to hear some practical tips for day-to-day clinical practice. In short, to get 'food for thought' which is intellectually stimulating and rewarding.

My experience with ESE meetings is that I never return home disappointed.

Wilmar Wiersinga
Amsterdam, The Netherlands

Thyroid sessions at ECE 2013

Plenary Lecture 3
Changing character of thyroid cancer
M Alevizaki (Greece)

Meet the Expert 6
New immunotherapy approaches for Graves' orbitopathy
M Salvi (Italy)

Symp 16: Oncogenic signals in thyroid cancer – therapeutic prospects
Featuring
Addressing BRAF activation for therapeutic intervention
M McMahon (USA)
Addressing RET signalling for therapeutic intervention
M Santoro (Italy)
Oncogenic activation and response to radioiodine
JC Ricarte-Filho (USA)

Symp 17: Medical treatment of endocrine malignancies
Featuring
Thyroid carcinoma
J Smit (The Netherlands)

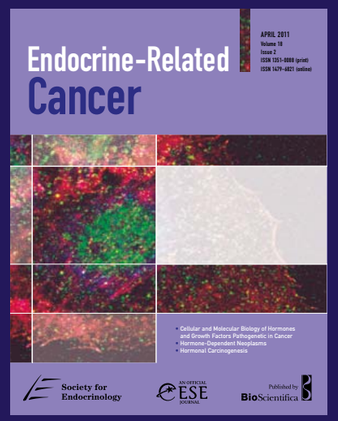
Symp 28: Autoimmune endocrine disease – old and new players
Featuring
Autoimmune thyroid disease
W Wiersinga (The Netherlands)

Symp 29: Management of thyroid nodules
Featuring
Molecular analysis of FNAB material
L Fugazzola (Italy)
Diagnostic pitfalls
S Tseleni-Balafouta (Greece)
Follow up of benign nodules
E Papini (Italy)

Post-test dexamethasone and cortisol in overnight DST

False positive results from the 1mg overnight dexamethasone suppression test (DST) may result from low dexamethasone levels due to poor resorption or excessive metabolism. This study in subjects without Cushing's syndrome indicates that the routine measurement of dexamethasone levels, in addition to post-test cortisol levels, is not a useful addition to the DST, but may help identify subjects with possible false positive results.

Åsvold *et al.* **Read the full article at doi:** 10.1530/EC-12-0047



Protein expression in PPFP-transfected human thyroid cells

PPFP is a fusion gene encoding the thyroid-specific transcription factor PAX8 and peroxisome proliferator-activated receptor (PPAR) gamma. Studying the effects of PPFP transfection on Nthy-ori 3-1 cells suggests it is important in malignant thyroid transformation. The systematic proteome analysis has not been performed in human thyroid cells before and is an interesting method for future research.

Li *et al.* **Read the full article at doi:** 10.1530/ERC-12-0156

Preptin-induced insulin secretion in pancreatic β-cells

Preptin is a proIGF2-derived peptide purified from murine β-cell secretory granules. This study provides new insights into the mechanism of preptin-stimulated insulin secretion. Preptin stimulated insulin secretion by an amount similar to glibenclamide. The data suggest that preptin can induce a greater efficacy of signal transduction by phospholipase C and protein kinase C activation through the IGF2 receptor.

Cheng *et al.* **Read the full article at doi:** 10.1530/JOE-12-0176

HDAC5 regulates glucose uptake and insulin action in muscle cells

The class IIa histone deacetylases (HDACs) impair transcription, especially in muscle, heart and brain. Both knock down and pharmacological inhibition of HDAC5 were found to stimulate glucose metabolism and insulin action in human primary muscle cells. This suggests HDAC5 regulates muscle glucose metabolism and insulin action and that HDAC inhibitors could modulate these parameters in muscle cells.

Raichur *et al.* **Read the full article at doi:** 10.1530/JME-12-0095

Cardiovascular management in Turner syndrome

Congenital cardiovascular malformations and aortic dilatation are common in Turner syndrome. Informative data from cardiovascular monitoring were present in clinical records from French tertiary centres for 233 out of 336 patients. Vascular surgery was performed in 7.4% (main indication: aortic coarctation). Bicuspid aortic valve was present in 21%. At least one aortic diameter exceeded 20mm/m² in 39% of the cohort, when indexed to body surface area. The authors advise a more systematic approach to cardiovascular monitoring in these patients.

Donadille *et al.* **Read the full article at doi:** 10.1530/EJE-12-0434

J A Romijn
Editor-in-Chief of *European Journal of Endocrinology*, Department of Medicine, Academic Medical Centre, University of Amsterdam
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EuropeanSocietyofEndocrinology

The old university town of Turku lies on Finland's south west coast. Scientists from around the globe work together in the Department of Physiology at the University of Turku's Institute of Biomedicine, in pursuit of solutions to endocrine problems.

Matti Poutanen's group studies the role of steroid metabolism in regulation of hormone action. This work relies on studies of genetically modified (GM) mice, and Poutanen is also Director of the Turku Centre of Disease Modelling (TCDM), which produces GM mice for several European research groups. With Antti Perheentupa at the Department of Obstetrics and Gynaecology, Poutanen has also run a large study on endometriosis.

Nafis Rahman heads a programme on adrenal carcinogenesis, exploiting GM animal models. This group has developed novel ways to treat adrenal and ovarian tumours. Paediatrician Jukka Kero is a young scholar pursuing thyroidology, with an interest in developmental endocrinology and congenital hypothyroidism. His PhD student Henriette Undeutsch is working on the regulation of non-coding RNAs in the thyroid gland.

Ilpo Huhtaniemi moved to the UK about 10 years ago, but his work in Turku continues too. In the 1980s, he began a programme on male reproductive health. Gonadotrophin regulation is a main theme, and Adolfo Rivero-Müller and Asutosh Trehan currently study mechanisms of gonadotrophin receptor dimerisation. Huhtaniemi's studies on epididymal physiology continue in collaboration with Poutanen and Petra Sipilä, and those on adrenal and ovarian tumorigenesis with Rahman.

Jorma Toppari is the Head of the Male Reproductive Health Programme. His group works on translational medicine, performing basic and clinical studies. The studies on semen quality and congenital birth defects, cryptorchidism and hypospadias include intensive European collaboration, especially with Denmark. The last 10 years have seen an increased incidence of testicular cancer and a deterioration in semen quality in Finland. We do not know why, but environmental and genetic factors are possibilities. Collaboration with the Rigshospitalet in Copenhagen and the Karolinska Institute in Sweden has been important for progress.

There remains a lack of basic understanding of the regulation of spermatogenesis. In Toppari's group, Emmi Rotgers studies retinoblastoma proteins and E2F transcription factors in the testis. Noora Kotaja has a strong research programme on regulation of spermatogenesis, focusing on non-coding RNA regulation and the germ cell specific special organelle chromatoid body that is central in sorting the RNA pathways.

Endocrinology in Turku is alive and well!

Jorma Toppari
Institute of Biomedicine
University of Turku

Danish Endocrine Society

With over 600 members, the Danish Endocrine Society (DES) promotes clinical endocrinology and related research. It has long been active in educational, scientific and political matters, both nationally and internationally.

DES arranges several events, including a 2-day annual scientific national meeting, with abstract presentations and discussions. The Society has hosted the ECE twice previously and is currently involved in preparations for the forthcoming ECE 2013 in Copenhagen.

As well as liaising with other scientific societies, the Society has an important role in advising the Danish Board of Health on questions related to endocrinology, including medical education.

DES is currently involved in developing national guidelines for a number of endocrine conditions. This is an effort that brings senior and junior endocrinologists together to condense current evidence into clinical guidance that can be used on a national level.

The current President of the Society is Professor Peter Rossing. He heads a board that represents all areas of the country and all subspecialties.

For more information on contacts and current activities, please visit www.endocrinology.dk.

Frederik Persson
Secretary

ESEndocrinology

53 years ago in Copenhagen...

On 18–23 July 1960, the 'First International Congress of Endocrinology' was organised in Copenhagen by a group of world famous physicians, devoted to endocrinology. In 2013, Copenhagen will once again be the centre of attention, as it hosts the 15th European Congress of Endocrinology (ECE 2013), on 27 April to 1 May.

In 1960 the President was Bernardo A Houssay (1887–1971) from Buenos Aires, who in 1947 had received one half of the Nobel Prize in Physiology or Medicine 'for his discovery of the part played by the hormone of the anterior pituitary lobe in the metabolism of sugar'.

The International Executive Committee, with 23 members from 13 different countries, was chaired by Christian Hamburger (1904–?) from Copenhagen. Francis TG Prunty from London, UK, was General Secretary. Chairman of the Programme Sub-committee was none other than Gregory Pincus (1903–1967) from Shrewsbury, MA, USA. Pincus, together with Min-Chueh Chang and John Rock, is generally credited with inventing modern oral contraceptives. At the meeting, Pincus also gave a presentation on 'Fertility control by endocrine agents' as part of Symposium VII: Aspects of reproduction.

The programme included 10 symposia (a total of 23 lectures), 8 round table discussions on 'The validity of hormone assays applicable to clinical medicine' and short communications. The abstracts were in English, French and German and translated into Interlingua (an international auxiliary language like Esperanto)!

Most of the speakers/chairs are now well known as legends in the field of endocrinology.

Geoffrey W Harris (1913–1971) from Oxford, UK, the 'father of neuroendocrinology', presented on 'Central nervous control of gonadotrophic and thyrotrophic secretion' in Symposium I: Central nervous regulation of anterior pituitary secretion. In Symposium III: Aldosterone, Jerome W Conn (1907–1994) from Ann Arbor, MI, USA, presented on 'The evolution of primary hyperaldosteronism from 1954 to 1960'.

Medicinsk-Anatomisk Institute, University of Copenhagen, drawn by Kirsten Rode and originally published in the Transactions of the First *Acta Endocrinologica* Congress

Symposium IV: Anterior pituitary hormones, included a talk by Choh Hao Li (1913–1987) from Berkeley, CA, USA, on 'Comparative biochemical endocrinology of pituitary growth hormone'. Li was either the first, or among the first, to isolate and identify several anterior pituitary hormones, such as LH, ACTH, GH and also IGF-I.

Aaron B Lerner (1920–2007) from New Haven, CT, USA, was the head of a research team that isolated and named melatonin in 1958. On behalf of his team, he gave a presentation on 'The mechanism of action of the melanocyte-stimulating hormones' as part of Symposium IV.

In Symposium VII: Aspects of reproduction, Alfred Jost (1916–1991) from Paris, who discovered anti-Müllerian hormone (AMH), gave a presentation entitled 'Action de divers steroids sexuels et voisins sur la croissance et la differenciation sexuelle des fœtus'.

Alejandro Zaffaroni (born 1923 in Montevideo, later living in the USA) was responsible for founding several successful biotechnology companies in the USA. He also received many prizes and awards. At the Congress, he gave a presentation on 'The effect of alkyl- and electronegative-group substitution on steroidal hormone activity' in Symposium VIII: Steroid pharmacology.

Earl W Sutherland Jr (1915–1974) from Cleveland, OH, USA, won the Nobel Prize in Physiology or Medicine in 1971 'for his discoveries concerning the mechanisms of the action of hormones'. In Symposium IX: Hormone action at the cellular level, Sutherland gave a presentation (also on behalf of Theodore W Rall) on 'Formation of adenosine-3',5'-phosphate (cyclic adenylase) and its relation to the action of several neurohormones or hormones'. Philip J Randle (1926–2006) from Cambridge, UK, gave his name to the 'The Randle cycle', a metabolic process involving the fuel flux between, and fuel selection by, tissues. He also spoke in Symposium IX, on 'Interactions between metabolism and sugar transport in muscle as a site of insulin action'.

One of the round table discussions on the 'Validity of catecholamine assays applicable to clinical medicine' was chaired by Ulf S von Euler (1905–1983) from Stockholm, Sweden. Von Euler received the Nobel Prize in Physiology or Medicine in 1970, together with Sir Bernard Katz and Julius Axelrod, 'for their discoveries concerning the humoral transmitters in the nerve terminals and the mechanism for their storage, release and inactivation'.

Sylvia A Simpson and James F Tait from London, UK, were the first to isolate aldosterone. At the meeting, Simpson chaired a round table discussion on 'The clinical significance of estimation of aldosterone'. Finally, Andries Querido (1912–2001) from Leiden, The Netherlands, founder of the Medical Faculty in Rotterdam, chaired a round table discussion on 'Evaluation of thyroid function'.

If we look back even further, we discover that 'The First *Acta Endocrinologica* Congress' took place in the Medicinsk-Anatomisk Institut in Copenhagen on 22–25 August 1954! It is clear that the fertile endocrine seed for ECE 2013 was planted in Copenhagen a very long time ago. So, Copenhagen, we do have high expectations!

Wouter W de Herder and Justo P Castaño

With thanks to Dragan D Micić.

A Day in the life of...

An endocrinologist-in-training

06.30

We are woken abruptly by our youngest daughter Eva, who's loudly calling for her mummy! Although Eva always calls for her mummy, my wife (strangely enough) waits for me to get out of bed. Though still yawning, I happily oblige…

08.00

The general internal medicine outpatient ward starts. I am struck once again by the extremely diverse range of personalities amongst the patients. After several patients depart, apparently satisfied, I can't help but think my psychological management in patient care must be improving.

Unfortunately, this feeling fades away completely after a long discussion with a young woman who is sure that all her symptoms (i.e. being tired) are related to thyroid disease. Her thyroid function has been repeatedly tested in different hospitals and has always been shown to be normal. She is, on the contrary, convinced that either insensitive assays have been used, or that her 'thyroid disease' has a pattern that has not been recognised before.

When she insists that her symptoms recently worsened due to the flapping of canvas in a tent at a music festival, I get a bit nervous. In an attempt to enhance my stature and convince her that it's not the thyroid which is ill, I mention my years of experience in thyroid hormone research. I immediately regret this, since it results in her pressing on even more persistently. Eventually, I cannot avoid measuring her thyroid function in our hospital as well. Surprisingly, the results are completely normal – despite the flapping canvas troubles.

I bless the nurse who then brings me an espresso.

One patient has cancelled his appointment. I take advantage of the extra 15 minutes to study the latest results sent by the PhD student from our thyroid laboratory, whom I supervise.

12.30

Clinical education. One of my colleagues presents a clinical rarity which, in all probability, I will never encounter again. Nevertheless, this moment of 'rest' is well appreciated and used to eat my sandwiches.

13.00

Preparations for tomorrow's outpatient clinic.

13.30

In the afternoon, I try to reserve some time for research matters. First, I write and post comments for a paper I was asked to review. Then, several unanswered email messages get their long-awaited responses. Just as I am about to finish a manuscript that has been on my desk for too long, my supervisor comes in. He reminds me of the weekly discussion of new outpatients.

15.00

I discuss the latest results with the PhD student. Some of her results are puzzling, which means either that they represent a tremendous breakthrough, or that they are just a coincidence. Sadly, as usual, it is not the Nobel Prize-winning discovery. Nevertheless, some intriguing results are sound enough to pursue.

15.30

It's time for an appointment with a research group working in a different field. We continue our collaboration by exchanging results and discussing concrete future plans. All clichés are true: co-operating with people from a completely unrelated field is fascinating.

17.00

The journal club members of the endocrine laboratories gather. After a beer, I finally forget about this morning's young lady and her 'thyroidal problem'. Then the last email messages of the day are sent, and I phone a patient to tell them about the results of their most recent blood tests.

18.30

Dinner with the family. My wife has prepared a delicious Italian dish. I keep forgetting its name, but it is terrific anyhow. After dinner, our living room turns into a playground and zoo; we all crawl around like tigers and roar like lions. Then, we put our girls to bed – and our home is strangely quiet.

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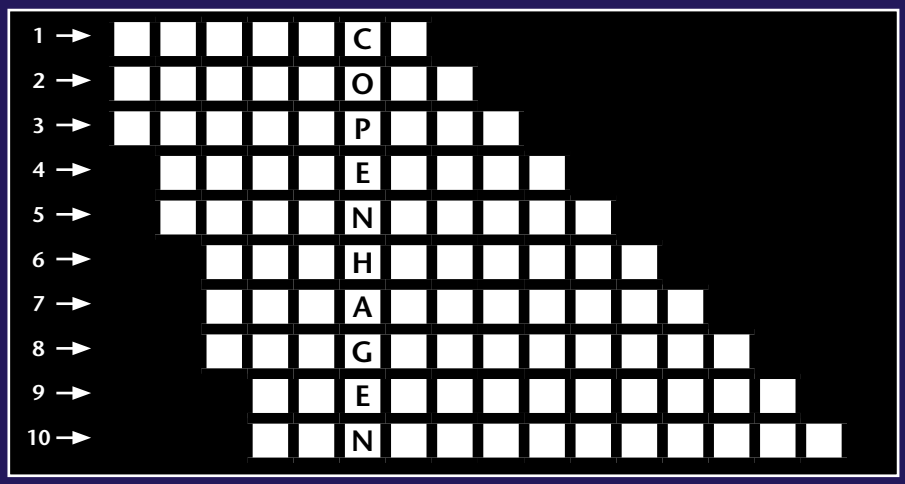
WIN! WIN! WIN!

Send us your solutions to this topical puzzle for your chance to win one of three €20 Amazon vouchers! Let us have your answers, along with your name and email address, by emailing them to info@euro-endo.org or faxing them to 0044 1454 642222. The first three correctly completed puzzles that we receive will win the prizes!

Congratulations to **Raghuvansh Kumar (Patiala, India) and WH Colledge (Cambridge, UK)**, last issue's winner and runner-up.



Endo Prize Puzzle

1. Organ that secretes gastrin, cholecystokinin, endorphins etc. (7)
2. Immunoglobulin (8)
3. ACE inhibitor used to assist diagnosis of 10 (9)
4. Where vitamin D is made (9)
5. 'Fight or flight' hormone (10)
6. _____ thyroiditis: autoimmune thyroid disease resulting in hypothyroidism (10)
7. Gland that controls calcium (11)
8. Ovarian hormone with possible neuroprotective properties (12)
9. Potentially fatal hypertension in mid to late pregnancy (3-9)
10. Primary hyperaldosteronism (5,8)

Answers to the puzzle in issue 19

1. Kisspeptin, 2. Bisphenol A, 3. Graves' disease, 4. Laparoscopy, 5. Mass spectrometry, 6. Orphan receptor, 7. Diabetes insipidus, 8. Androstenedione, 9. Osteomalacia, 10. Klinefelter's, 11. Proteomics, 12. Banting and Best, 13. Cholecystokinin

Did you know?

Inspired by nature

Did you know that *Galega officinalis* (pictured right), commonly known as goat's rue, French lilac, Italian fitch or professor-weed, played an important role in the discovery of drugs against diabetes?

This plant has been known since the Middle Ages for relieving the symptoms of diabetes mellitus. Georges Tanret identified galegine from this plant and this led ultimately to the discovery of metformin.

Copenhagen disease

Sometimes known as Copenhagen syndrome, this refers to progressive non-infectious anterior vertebral fusion, a rare childhood disease of unknown aetiology.

Save the Dates!

For more information about any ESE event see www.ese-hormones.org/meetings.

15th European Congress of Endocrinology

27 April–1 May 2013
Copenhagen, Denmark

13th ESE Postgraduate Training Course in Clinical Endocrinology

30 May–1 June 2013
Kosice, Slovakia

16th European Congress of Endocrinology

3–7 May 2014
Wrocław, Poland

Deadlines:

13 Jan 2013
ECE 2013 – Abstract submission deadline

18 Jan 2013
ESE Election – Nominations for Vice President and Executive Committee members (see page 4)

28 Feb 2013
Geoffrey Harris Prize 2014 and *European Journal of Endocrinology* Prize 2014
– Nominations (see page 4)

11 Mar 2013
ECE 2013 – Early bird registration

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