

eyes NEWS

The newsletter of the European Young Endocrine Scientists

ECE 2019

21st European Congress of Endocrinology

18 - 21 May 2019 Lyon, France

For more information contact
ece2019@endocrinology.org

EARLY BIRD REGISTRATION DEADLINE

Thursday 4 April 2019



Lyon, the beautiful French city at the intersection of the Rhone and Saone rivers, is expecting us!

Be sure to register for **ECE 2019** before the early bird deadline:

THURSDAY 4 APRIL 2019!

ESE members can apply for a Meeting Grant (worth up to 400€) or a Basic Science Meeting Grant (worth up to 450€ each) which can be used towards the cost of attending the Congress.

EYES SYMPOSIUM at Forum 2
20 May 2019 10:20 -11:50

SATURDAY 18 May
preECE ESE Career Workshop
FREE for in-training ESE members

Further information available at www.ece2019.org

ORGAN CROSS-TALK IN ENDOCRINE DISEASE

10:20 Welcome and Introduction to EYES *Peter Aldiss (UK)*

10:25 Investigating glucocorticoids as the mechanism behind bone marrow adiposity expansion during caloric restriction *Andrea Lovdel (UK)*

11:05 The role and cross-talk between incretin hormones and occurrence of Nonalcoholic steatohepatitis *Benjamin Bouillet (France)*

11:25 Lysophosphatidic acid in pathogenesis of HNF1B-MODY syndrome *Beata Malachowska (Poland)*

11:45 Closing remarks *Thomas Cuny (France)*

7th EYES Meeting, Athens, Greece, 13-15 September 2019

The initial expression of interest came from Lina Paschou, who introduced us all to “EYES Athens 2019” with excitement.

Now, our enthusiastic team of 40 young Greek Endocrinologists have the great pleasure of inviting you to the **7th European Young Endocrine Scientists Meeting** that will take place in Athens, Greece, on behalf of EYES, European Society of Endocrinology and the Hellenic Endocrine Society.

EYES meetings are always designed to support scientific and professional interaction amongst young clinicians and scientists that are interested in endocrinology from all over the world. Our team is ready to welcome everyone interested in this exciting meeting on **13-15 September, 2019**. We have designed a rich scientific program that will advance knowledge, share a unique learning experience and promote future collaborations. A preliminary version of our scientific program can be found at <https://www.athens2019eyesmeeting.gr/scientific-program>.

Athens is the birthplace of classical Greece. Its design reveals the meeting of Ottoman, Byzantine and Roman civilizations, all giving birth to what we know today as our Western civilization. Athens is also the city that brought the 2004 Summer Olympic Games back to their place of birth. It is a city of light that never sleeps. It is the city where the Mediterranean sun never stops shining. It is the city of the ‘greek souvlaki’, ouzo, tsipouro and frappe. It is the city surrounded by crystal clear seawaters. Athens is the city that buzzes long after its European counterparts have laid their heads down to sleep. So, apart from the science, we have put together an equally rich social programme for all of our delegates to enjoy.

The Royal Olympic Hotel that will host the event is located in the historical centre of Athens and will give delegates access to sites, beautiful walks, restaurants, bars and help make us all part of Athens city for those three days.

We are all very excited to be hosting the 7th EYES Meeting in the Greek capital and we look forward to welcoming as many of you as possible. The registration and **abstract submission** process will be open from **20 May to 20 June 2019**.

Author guidelines for abstract submission will be announced soon. Priority will be given to active participants, presenting an abstract, as places are limited. Please check the website for all updates.

<https://www.athens2019eyesmeeting.gr/abstract-submission>

Vasiliki Bravi, Greece/UK

Member of the Athens 2019 EYES Team



7th EYES Meeting Athens, Greece

13-15 September 2019
Royal Olympic Hotel

www.athens2019eyesmeeting.gr



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EYES INTERVIEW

In October 2018 I was lucky to be in Munich for the third IMPROCUSH symposium organized by Prof Martin Reincke, Prof Felix Beuschlein and Prof Marily Theodoropoulou. During the symposium, world leading experts presented the latest findings on Cushing's syndrome. However, young investigators also had the opportunity to present their most recent data. One of them was German Rubinstein who gave an excellent talk and was kind enough to tell us something about himself.

German, we would like to know where you come from and at what stage are you in your career?

For the past 10 years I have been living in the beautiful city of Munich, where I had initially moved to study medicine. I finished medical school in 2016 and after a short break, I started my clinical training at the Munich University Hospital in internal medicine and endocrinology, both of which are my clinical interests. I am now beginning the third year of my training. With regards to research, my main area of interest is Cushing's syndrome, where I am part of a group of clinical scientists within Prof. Martin Reincke's group.



Tell us about the data you presented.

Recently, we tried to identify how long it takes from the manifestation of the first symptom to the final diagnosis of Cushing's syndrome, a rare and severe, but also fascinating and complicated disease. We performed a meta-analysis and included clinical studies from different geographical areas that have been published over several years. We found that the average time to diagnosis is around three years; this varied significantly depending on the different etiologies of Cushing's syndrome, for example ectopic Cushing's diagnosis was significantly shorter, while the longest duration to diagnosis was 4 years. No statistical differences were found for sex, age or time of publication. We therefore concluded, that time to diagnosis in Cushing's syndrome is still quite long, which is disappointing for both patient and physician, as complications and comorbidities depend very much on the duration of hypercortisolaemia in the patient.

How do you see yourself in the future?

In future, I would like to pursue both my clinical and research interests and improve my skills in both fields.

Besides endocrinology, what do you do in your spare time?

In my spare time, I like to broaden my mind by learning about different cultures, eating different food and especially travelling to new countries. For balancing, I do sports, I like being both in the mountains (in summer and winter) and at the sea.

Have you ever been to an EYES annual meeting?

Unfortunately I haven't participated in an annual EYES meeting, but I'm very much looking forward to the next one!

Ljiljana Marina, EYES, Serbia

KEY DATES

26 - 29 Mar 2019

MEN 2019: 16th International Workshop on Multiple Endocrine Neoplasia *Houston, Texas*

4 - 6 Apr 2019

9th Baltic Congress of Endocrinology and ESE Clinical Update

4 Apr 2019

ECE 2019 Early Bird registration deadline

5-6 Apr 2019

9th Postgraduate Training Course in Clinical Endocrinology *Zagreb, Croatia*

18 - 21 Apr 2019

7th Seoul International Congress of Endocrinology and Metabolism (SICEM 2019) *Seoul, Korea*

18 - 21 May 2019

21st European Congress of Endocrinology *Lyon, France*

25- 26 May 2019

International Conference on Geriatric Endocrinology *Tbilisi, Georgia*

20- 22 Jun 2019

World Congress on Thyroid Cancer (WCTC) 3.5 *Rome, Italy*

13- 15 Sep 2019

7th European Young Endocrine Scientists (EYES) Meeting *Athens, Greece*

16 - 20 Sep 2019

55th Annual Meeting of the European Association for the Study of Diabetes *Barcelona, Spain*

PRESENTING: GEORGIAN ASSOCIATION OF ENDOCRINOLOGY AND METABOLISM

The Georgian Association of Endocrinology and Metabolism (GAEM) is a national initiative aiming to advance endocrinology in Georgia, enable clinicians from various fields of medicine to collaborate and exchange experiences. In order to develop and share the best knowledge in endocrinology, we organize local and international symposia and workshops by inviting leading professionals in this field of medicine. Our objective is to produce national guidelines that will provide a unified approach and improve patient care. We have the privilege to have acquired the copyright to translate and publish 2018 ETA Guideline for the Management of Graves' Hyperthyroidism and the 2016 ETA/EUGOGO Guidelines for the Management of Graves' Orbitopathy.

For the first time, Georgian endocrinologists, who are GAEM members, receive monthly newsletters with updates on recent advances in the field of endocrinology in their native language. Furthermore, to raise the awareness on endocrine diseases and conditions within the general population, we provide patients with information leaflets and brochures on various topics in endocrinology.



The Association organized its first international workshop on vitamin D and osteoporosis with the active contribution of internationally recognized expert Professor Paul Lips (Amsterdam, Netherlands). Delegates were comprised of about 120 clinicians and had the opportunity to actively participate in debates on current concepts in evaluation and treatment of vitamin D deficiency and osteoporosis. At the same time, the first national guideline on the management of vitamin D deficiency and the patient brochures on vitamin D and calcium content in food were presented and handed out to the doctors within this field.



Motivated and inspired by the positive feedback of the first event, we decided to organize a conference focusing on the diagnosis and management of endocrine diseases in the elderly. An increase in the population's life expectancy due to the advancement of medicine has led to detecting and managing different kinds of chronic diseases in elderly patients. As endocrine diseases acquire a number of peculiarities in this age group, suspecting an endocrine disorder, interpreting the investigation results and managing these endocrine problems require specific clinical skills. Moreover, the medical literature concentrating on this issue is insufficient and there is no substantial evidence-based data regarding the safety and efficacy of managing endocrine disorders in the elderly.

With the outstanding support of the European Society of Endocrinology (ESE) we are delighted to announce that the International Conference on Geriatric Endocrinology will take place in Tbilisi, Georgia, from 25 to 26 May, 2019. Our vision is to fill the aforementioned gaps, gain knowledge and experience from the internationally acknowledged experts in the field invited from Europe and USA.

The two-day meeting structure is based on lectures from invited speakers divided into sessions during which local endocrinologists will present interesting cases from their clinical practice.

The participation is free, you only have to register on-line to reserve your place.

The registration website will be available shortly. Check for updates, here.

Natia Vashakmadze and Meri Davitadze

The Georgian Association of Endocrinology and Metabolism (GAEM)



Georgian Association of Endocrinology and Metabolism

EYES AROUND THE GLOBE: ICE 2018

International Congress of Endocrinology (ICE), Cape Town, South Africa, 2018

Together with the Society for Endocrinology, Metabolism and Diabetes of South Africa (SEMDSA), the 2018 ICE took place in Cape Town South Africa over 1-4 December. Esteemed researchers from all disciplines of endocrinology came to Cape Town from across the globe, to meet and discuss the latest in endocrinology research. The well regarded Prof. Sir Stephen O'Rahilly



from Cambridge, UK delivered a fascinating plenary lecture on the genetics of obesity and the development of type 2 diabetes. He reported data from the UK Biobank which showed that there are rare alleles of fat distribution which impact intracellular lipolysis.

Prof. Sadaf Farooqi (Cambridge, UK) spoke about the "Study into Lean and Thin Subjects – STILTS" which is a unique study in the obesity field because it aims to look at the genetic architecture of thinness, as the cohort has a strong family history of thinness giving additional confidence to look into the highly heritable phenotype of persistent thinness.



The plenary talk by Prof. Sundeep Khosla (Mayo Clinic, USA) was on cellular senescence with respect to bone cells (in particular osteocytes) and how senescence-associated secretory phenotype (SASP) contributes to the age-related bone loss. Finally, as this was the first time that ICE was held on the African continent, there were symposiums led by African researchers and data in African populations. One in particular which I found fascinating was by endocrinologist Dr Magda Conradie from Stellenbosch University, South Africa. Dr Conradie presented data on bone mineral density (BMD) on White and Black South African women, and showed that the ethnic differences in femoral neck BMD were explained by

differences in body weight. However, there were no differences in spine BMD between the women, highlighting the importance of screening for osteoporosis in black women as they are equally susceptible to vertebral fractures as white South African women.

Ayse Zengin, EYES, UK/Australia

JOIN ESE!

European Society of Endocrinology (ESE) continuously supports EYES by providing resources and opportunities for early-career endocrine scientists. Visit the new ESE website and find out how to join the Society from as little as 10€:

www.eese-hormones.org

ESE and UEMS have developed this examination for candidates to gain internationally standardised recognition of their clinical expertise. The examination is high quality, clinically relevant and accessible across Europe, allowing candidates to take part without the need for unnecessary travel costs. Cost: €750

Applications for the 2019 examination will be accepted between

20 February 2019 and 20 March 2019.

European Board Examination

Wednesday 12 June 2019

Applications accepted 20 February - 20 March



PRE-ECE EVENTS: 18 MAY

ECE 2019 VENUE - CENTRE DE CONGRÈS DE LYON



THYROID US COURSE

This course provides a review of the latest advances in thyroid ultrasound techniques delivered through presentations, interactive discussions and practical sessions.

09:00-16:30

Please see full programme here.

The target audience : clinical endocrinologists, endocrine surgeons, ENT / head and neck surgeons, pathologists and radiologists and their physician extenders with interest in thyroid.

Delegate fee:

The fee to attend this course is €295. Registration for this course is available now when registering for ECE 2019.

If you have already registered for the ECE, prior to registration for the Thyroid Ultrasound Course being available, then you will be able to register for this course for the supplementary fee through your ECE 2019 congress account.

CAREER WORKSHOP

This course is aimed at delegates who would like to improve their networking and presentation skills; helping them make the most of their congress experience, and also building vital skills for the future. Throughout the day **Roy Sheppard** will take attendees through his entertaining, thought-provoking and practical Networking and Presentation Skills Masterclass.

FREE for in training ESE members!!!

11:00 - 13:00 : Improve your networking skills and make the most of ECE 2019!

14:00 - 16:00 Presentation Skills Masterclass

[View the full programme here.](#)

Delegates will be provided with lunch bags. Tea and coffee will be provided before the course starts and during the lunch break.

ANDROLOGY COURSE

This is a practical and interactive course in clinical andrology for endocrinologists. The format of the course is based on a short introduction of the topics followed by interactive discussion of clinical cases.

10.45-16:30

[View the programme here.](#)

Who should attend:

This course will be of interest to endocrinologists up to consultant and senior consultant level, and to early career andrologists.

ESE Member Early career rate - €25

ESE Member rate - €50

Non Member rate - €100

Non Member Early Career rate - €50

LATEST RESEARCH

Estradiol and progesterone regulate proliferation and apoptosis in colon cancer

The objective of this work by Sasso et al. was to determine the hormonal regulation exerted by natural ovarian steroids on proliferation and apoptosis in an experimental model of colon cancer in ovariectomized rats treated with 17 beta-estradiol and progesterone. Sprague Dawley rats were exposed to the carcinogen 1,2-dimethylhydrazine to induce colon tumors than were ovariectomized and treated with estradiol (60 µg/kg), progesterone (10 mg/kg), estradiol plus progesterone (60 µg/kg and 10 mg/kg) and vehicle. It was observed that there is a decrease in PCNA expression and a greater number of apoptotic index, higher expression of caspase 3, cleaved PARP and cleaved caspase 8 in tumors, confirming the activation of the extrinsic pathway of apoptosis by the combined treatment. It was also observed that there is a higher expression of estrogen receptor beta in these tumors and that the action of both hormones, estradiol and progesterone, is necessary to reduce proliferation and increase apoptosis in colon tumors, probably through estrogen receptor beta activation.

Vitamin D testing and treatment: a narrative review of current evidence

In a narrative review, Pilz et al. aim to provide an update on vitamin D guidelines and the current evidence on the role of vitamin D for human health with its subsequent implications for patient care and public health issues. Vitamin D is critical for bone and mineral metabolism, and it is established that vitamin D deficiency can cause rickets and osteomalacia. While many guidelines recommend target serum 25-hydroxyvitamin D (25[OH]D) concentrations of >50 nmol/L (20 ng/mL), the minimum consensus in the scientific community is that serum 25(OH)D concentrations below 25–30 nmol/L (10–12 ng/mL) must be prevented and treated. Using this latter threshold of serum 25(OH)D concentrations, it has been documented that there is a high worldwide prevalence of vitamin D deficiency that may require public health actions such as vitamin D food fortification. On the other hand, there is also reason for concern that an exploding rate of vitamin D testing and supplementation increases costs and might potentially be harmful.

Diet, Gut Microbiota, and Obesity: Links with Host Genetics and Epigenetics and Potential Applications

Gut microbiota can be modulated positively or negatively by different lifestyle and dietary factors. Interestingly, complex interactions between genetic background, gut microbiota, and diet have also been reported concerning the risk of developing obesity and metabolic syndrome features. This review summarizes the current understanding of the relations between the human gut microbiota and the onset and development of obesity. These scientific insights are paving the way to understanding the complex relation between obesity and microbiota. Among novel approaches, prebiotics, probiotics, postbiotics, and fecal microbiome transplantation could be useful to restore gut dysbiosis.

Fine-needle aspiration to diagnose primary thyroid lymphomas: a systematic review and meta-analysis

Primary thyroid lymphoma (PTL) is a rare malignancy, and its prognosis depends significantly on its early diagnosis. While fine-needle aspiration (FNA) represents the gold standard to identify differentiated thyroid carcinoma, its reliability for the detection of PTL is still unclear. Here, Zhang et al. conducted a systematic review and meta-analysis to evaluate the diagnostic performance of FNA in PTL and demonstrated that FNA has a low sensitivity in diagnosing PTL. However, this rate increased when considering also FNA reports suspicious for PTL, which is relevant from a clinical standpoint. This result could support indirectly the use of additional imaging and/or core biopsy when PTL is suspected.

Antoan Stefan Sojat, *Serbia*

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