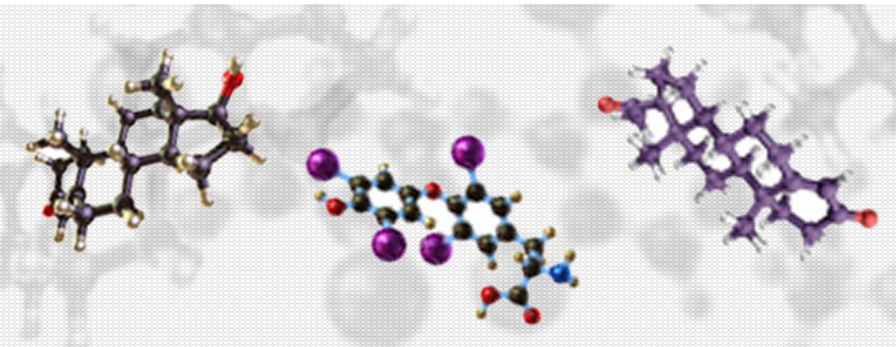




ANNUAL REPORT 2014-2015



WHO WE ARE

The Endocrine Society of Australia (ESA) is a national non-profit organisation of scientists and clinicians who conduct research and practice in the field of Endocrinology.

The society was founded in 1958 and incorporated in 1986 in the State of Victoria. The Society is governed by the eight members of its Council who are elected every two years by a ballot of the membership in accordance with the Constitution.

OUR GROWTH

Our membership continues to grow every year: We currently have 1051 members.

This society is strengthened by its composition of both clinicians and basic science members; and we believe that this true integration of disciplines is one reason for its continued success.

OUR MISSION

The mission of the ESA is to be the premier society in Australia in the field of endocrinology through promoting excellence in research, fostering the integration of clinical and basic sciences, and facilitating the translation of our science to health care and clinical practice.

Key objectives to achieve these goals include the nurturing and developing the future generations of basic and clinical scientists and other health professionals, and the dissemination of new knowledge in endocrinology through our Annual Scientific Meeting and Seminars. The ESA will be proactive in shaping the research and health policies based on scientific advances in our field.

ESA STRATEGIC PLAN

Our vision

To be recognised as the authoritative voice for Endocrinology, Endocrinologists and Endocrine Researchers in Australia and Southeast Asia

Our purpose

To educate about, engage in, and promote clinical practice and research in Endocrinology in the region and world-wide

Our values

To be knowledgeable, accessible, sustainable and committed

Our strategic directions

1. To maintain financial sustainability for the future
2. To promote the education of our current and future endocrinologists and endocrine researchers
3. To listen to our membership
4. To engage with our members, government bodies, funding bodies and the public to address and resolve issues that affect endocrinology and endocrine research
5. To promote the profile of the Endocrine Society of Australia
6. To ensure the governance of the society has continuity of knowledge and expertise

Key areas of Priority

1. Financial Sustainability

Objectives

- 1.1 Achieve a sufficient and more reliable income stream through investments, industry, bequests and conferences
- 1.2 Maintain a productive operating budget
- 1.3 Maintain long term financial sustainability of the scholarship programs

2. Education

Objectives

- 2.1 Provide high quality conferences and meetings that attract international and national interest
- 2.2 Provide support for junior members, both clinical and basic scientists with membership, training, education and scholarships
- 2.3 Support continued training of high quality endocrinologists through work force planning and addressing issues affecting training

ESA STRATEGIC PLAN

3. Internal Engagement: membership

Objectives

- 3.1 Hear the needs of our members
- 3.2 Retain and ensure sustainability of our expertise within the membership
- 3.3 Communicate and engage other endocrine based societies to increase membership both nationally and internationally
- 3.4 Ensure ESA members are assisting ESA to reach its objectives

4. External Engagement

Objectives

- 4.1 Engage consistently with the RACP for endocrinology training, secretariat business and endocrine advocacy
- 4.2 Engage with industry for sponsorship and financial sustainability
- 4.3 Engage with Government for addressing endocrine issues that affect ESA sustainability and profile
- 4.4 Engage with the NHMRC at every possible level to promote the funding of endocrine research, for endocrine advocacy and for the joint production of position statements
- 4.5 Engage with the public via the media to enhance the ESA profile and opportunities for bequests

- 4.6 Increase our presence and effectiveness on other boards and panels of institutions

5. Governance

Objectives

- 5.1 Maintain a highly skilled and motivated board
- 5.2 Source skilled, motivated and committed consultants with clearly defined roles to drive our objectives
- 5.3 Have the right committees with the right people to deliver strategic objectives
- 5.4 Educate board members in governance so our strategic ability and decision making is enhanced

6. Profile

Objectives

- 6.1 Promote Endocrinology within Australia via our branding
- 6.2 Provide education, networking opportunities and showcase our research
- 6.3 Promote our expert members both nationally and internationally
- 6.4 Be recognised as the authoritative voice for endocrinology, rare endocrine disorders and obesity in Australia and the region

We continue to strengthen international collaborations across the International Society for Endocrinology, the UK Society for Endocrinology, and the US Endocrine Society as well as making links with China and India. We have strong committee representation, editorial board membership, program organising committee membership and a number of joint initiatives including shared journals jointly sponsored symposia across meetings and education initiatives. This includes the inaugural US Endocrine ESA symposium at this year's ESA annual scientific meeting. This is designed to support early career clinicians and academics with speakers including Dick Santen the President of the US Endocrine Society and national Australian leaders in endocrinology.

Support for early and midcareer endocrinologists and endocrine scientists, is a key focus of the society. We have surveyed this target group to provide insight into the challenges and enabling strategies for this key membership group and will be focusing on the opportunities arising from this work in the year ahead.

ESA's adoption of Clinical Endocrinology as our official Society Journal is working well and Australian publications

are common and high calibre. ESA members have free access to the online version of the Journal via the ESA member site, and for those wanting a print version, there is a substantial ESA discount. The ESA logo is included and ESA is well represented with several of us on the editorial board. The Clinical Endocrinology Board has approved priority access for publication of the best case presentation at the ESA Clinical Weekend meeting.

Clinical Endocrinology is also now running an educational module program based on recent published papers.

Council would encourage you to consider submitting your work here along with the other two journals we have partnered with published by BioScientifica, Journal of Endocrinology and Journal of Molecular Endocrinology, so that basic and translational members of the ESA also benefit from Journal associations. ESA members have electronic access to both Journals via the ESA website and the ESA logo.

Bioscientifica will also sponsor a 'How to get published' education session at the ESA conference each year. ESA members are eligible for a discounted publishing fee

when publishing case reports in the open access publication, *Endocrinology, Diabetes & Metabolism Case Reports* (submit online via www.edmcasereports.com).

The new Early Academic Career Development meeting continues to evolve and has now been moved to align with the clinical weekend before the ESA annual meeting. Our scientific strengthening committee chaired by Tim Cole to build momentum and to promote our best internationally.

The ESA meeting continues to be a success building on both registration and sponsorship and council have put a great deal of work into a rotating arrangement with joint meetings with other societies including ANZBMS, APEG and others.

ESA continues to be in a strong financial position with ongoing support for ESA Postgraduate Scholarships and Fellowships. These funding schemes were well subscribed with highly quality applicants. The benefaction from the estate of ESA Founder, Dr Ken Wynne, continues to provide funding for the \$25,000 Ken Wynne Memorial Scholarship. In 2015 we will be offering two scholarships and two fellowship top ups as well as the Wynne Scholarship.

We will also be supporting our seminar, clinical weekend, scientific meeting and the newly established early academic career weekend.

ESA continues to engage strongly in areas of interest in research, clinical care and education in endocrinology. We are combining with other societies in this field for joint representation with RACP; We have engaged in the Evolve disinvestment initiative and provide frequent medical feedback on all areas relevant to endocrinology. We have engaged in a variety of positions statements and guidelines and reviewed and endorsed many others. We are also progressing our ESA androgen replacement position paper under the stewardship of Professor Henry Burger.

Overall we are a dynamic and growing society with a variety of active roles and an increasing global collaborative platform as we deliver on our vision to be recognised as the authoritative voice for Endocrinology in Australia.



*Professor Helena Teede
(President)*



Professor Helena Teede (President)

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ASM 2015

The 2015 ESA Annual Scientific Meeting took place at the Adelaide Convention Centre between 23rd-26th August. Registration numbers are increasing each year, with numbers up on 2014, 722 delegates attended this year. This year we have 4 outstanding ESA Plenary speakers. Professor Richard Santen (Current Endocrine Society President) will deliver the Harrison Plenary lecture entitled “Estrogen paradox: how can estrogen both cause and prevent breast cancer?”. Professor Michael Tuttle (USA) will deliver the Taft Plenary lecture “Is immediate surgery really necessary in every patient with primary or recurrent papillary thyroid cancer?” Professor William Rainey (USA) will give a plenary lecture “Origins of Primary Aldosteronism” and the joint ESA/ADS plenary will be given by Professor Steven Kahn (USA) on “The Beta Cell in Type 2 diabetes: from the clinic to the lab”.

This year’s ESA Senior Plenary was awarded to Professor Evan Simpson, the mid-career award to Lisa Moran and the Servier Award to Christian Girgis. An exciting new symposium session was introduced this year by current ESA president Professor Helena Teede: the inaugural joint ESA/US Endocrine Society symposia with a focus on “Empowering the next generation of clinical and academic endocrinologists – what are the challenges?”. We have also introduced for the first time a lunchtime session “What’s new in...”, this year “What’s new in pituitary” presented by Professor Ken Ho.

A highlight at this year’s meeting included a symposium dedicated to the life work of Evan Simpson, which includes international speakers Professors Ken Korach and Shuan Chen. We are fortunate to also have international speaker Professor Graeme Eisenhofer participating in 2 symposia “Tumour Profiling in Endocrine Cancer” and “Adrenal Hormones”. Other symposia themes include “Novel uses of bone therapies in the cancer setting”, “Endocrinology and Ageing” and “Skeletal Fragility beyond BMD”.

Whilst the registration rates continue to grow at the annual scientific meeting, there remains concern about the drop off in participation in basic science members as evidenced once again by a reduced number of basic science abstract submissions. Concomitant with this has been an increase in clinical abstract submissions, particularly in case reports submitted by advanced trainees.

Planning is also underway for the 2016 ESA ASM to be held in the Gold Coast with new POC co-chairs Drs Frances Milat and Renea Taylor.



Ann McCormack, Chair POC

ESA CLINICAL WEEKEND

There continued to be a very strong interest in the Clinical Weekend this year in Glenelg, Adelaide with 297 delegates attending. We had two fantastic plenary sessions by Professor Michael Tuttle and Professor Richard Santen and we would like to thank them for their significant contributions to the meeting. We would like to congratulate the 12 advanced trainees who continued the tradition by maintaining a very high standard during their case presentations under the themes of “Thyroid Cancer”, “Reproductive Endocrinology” and “General Endocrinology”. The organising committee were very impressed by the high standard of all the abstract submissions and would like to thank all of the trainees who submitted an abstract for consideration. Drs Sunita De Sousa and Christopher Rowe shared the prize for “best case presentation” at the weekend and have been given the opportunity to have their case report fast-tracked for submission for publication in Clinical Endocrinology.

We would like to thank the session chairs and judges for volunteering their time and expertise. I would like to thank the organising committee, Marni Nenko, Peak Mann Mah, and Kirsten Campbell, for their time, assistance, ideas and hard work in helping to bring the weekend together. I very gratefully acknowledge the amazing organisational skills and the support that Nitesh Patel and Jim Fawcett and their team at ASN events have provided.



*Dr Tilenka Thynne
Chair, Organising
Committee*

ESA SEMINAR WEEKEND

A record 333 registrants braved some mildly inclement weather at Sydney's famed Northern Beach for the 2015 Seminar, thankfully missing the severe East Coast Low that battered New South Wales the week before.

The 2015 theme was Reproductive Endocrinology. Topics covered a broad curriculum within this dynamic, topical, and controversial field.

Professor Brad Anawalt (University of Washington, USA) was an outstanding International Speaker who beautifully articulated complex clinical issues in andrology and engaged all audience members, regardless of experience.

Australia's great clinical and research depth in Reproductive Endocrinology ensured a well-rounded program, which included a mix of didactic talks, panel discussions, and a clinical masterclass. The Committee wishes to thank Carolyn Allan, Helen Barrett, Clare Boothroyd, Mathis Grossmann, David Handelsman, Christina Jang, Rob McLachlan, Sarah McMahan, Alexandra McRae, Rob Norman, Trisha O'Moore-Sullivan, Bronwyn Stuckey, Helena Teede, Michelle



*Dr Don McLeon
Chair, Organising
Committee*

Telfer, Katherine Tonks, Amanda Vincent, Bu Yeap, and Jeff Zajac for their hard work in making all the sessions accessible, practical, and clinically-relevant.

Many thanks also to Jim Fawcett, Nitesh Patel, and the ASN Events team for their attention to detail and responsiveness in putting the meeting together. We very much look forward to the 2016 Seminar, which will be held on May 13-15 at Twin Waters Cooloom on Queensland's beautiful Sunshine Coast, and will focus on Thyroid/Parathyroid topics. Professor David Cooper from the Johns Hopkins University School of Medicine will be our international speaker.

ESA EARLY CAREER RESEARCHER CAREER DEVELOPMENT

This year the ESA ECR Career Development Weekend was ran the weekend immediately preceding the ESA/SRB Annual Scientific Meeting. There were 30 basic science registrants and attendees at the clinical weekend had the option of also attending the Mentor Workshop Session that we held on Saturday afternoon.

We would like to thank Prof Bill Rainey (University of Michigan) who opened the meeting with a plenary. Prof Rainey detailed a number of his research career highlights and offered insight into career development. We also would like to thank Prof Helena Teede, who delivered a plenary lecture detailing insight into the development of a translational line of research.

The mentor workshop provided discussion on the following topics:

Fellowship funding: how to stay one step ahead
Lead by Professor Matt Watt and Claire Roberts

NHMRC and alternative funding sources
Lead by Dr Nicki Hodyl

Industry engagement and commercialisation
Lead by Professor Mark Sleeman

Life outside research: an alternative career story
Lead by Dr Ben Lewis from RiAus.



On behalf of the committee we would like to congratulate this year's Research Snapshot awardees.

ESA ERBSWA

Endocrine Society of Australia (ESA) and the Endocrine and Reproductive Biology Society of Western Australia (ERBSWA) co-sponsored a joint mini-symposium which was held on Thursday October 15th, 2015 at Harry Perkins Institute of Medical Research, Fiona Stanley Hospital, Perth, WA 6150. The aim of the mini-symposium was to encourage greater interaction between basic and clinical endocrine researchers across different university and hospital sites in WA, provide mentoring for early career members, and promote opportunities for future collaborations.

The plenary lecture was given by A/Prof Bu Yeap entitled: "Hormones, diabetes and cardiovascular disease: from observations to interventions to improve men's health". Oral abstracts were presented by four endocrine advanced trainees, and one post-doctoral researcher. After a break for afternoon tea, four oral abstracts were presented by PhD students, and another four by BSc Hons students. All presentations were to a high standard and appreciated by the audience, as were questions and answers that followed presentations. The audience was a mix of clinical and laboratory-based researchers ranging from BSc Hons to post-doctoral and laboratory team leaders, to clinical trainees and supervisors. Afternoon tea provided an opportunity for mixing and inter-disciplinary discussions.

Award winners:

Best research presentation by clinical trainee: Yi Xian Chan

Best research presentation by BSc Hons student: Sambavi Kuganathan

Best research presentation by PhD student: Rachael Crew

Recognition of research excellence award (Post-doc): Demelza Ireland

There were 24 attendees of whom 17 returned their evaluation forms with extremely positive feedback, including suggestions for next year's symposium to include a sundowner to allow more interaction and discussion. Special thanks go to Foteini Kakulas, Donna Savigni, Peter Mark and Bryan Ward for their contributions.

CONGRATULATIONS TO ESA NEW LIFE MEMBERS



Iain Clarke

Prof Iain Clarke undertook B. Agric. Sci. and M. Agric. Sci. studies in reproductive physiology at Massey University, New Zealand. His PhD studies were undertaken at the MRC Unit of Reproductive Biology in Edinburgh (1974-1976). Here, he examined female sheep whose brains were masculinised during fetal life. The work delineated windows of development in a species with a long gestation and resulted in 7 publications. The protocol that was established in these studies is now widely used as a model of polycystic ovarian disease.

Prof Clarke immediately took a post-doctoral position at Melbourne University, after obtaining an Australian Wool Corporation Fellowship. He went on to a research position at Prince Henry's Institute from 1999 until 2005, conducting research in neuroendocrinology. He then moved to Dept Physiology Monash University in 2005. He became Chairman of the Department in 2007 and remains in that position.

He pioneered the method of in vivo sampling of hypophysial portal blood in sheep, which allowed measurement of the secretion of neuroendocrine factors that regulate anterior pituitary function. This model, and others developed in the sheep, enabled a detailed understanding of the feedback regulation of gonadotropin releasing hormone and gonadotropins by sex steroids and inhibin. He has also made substantial contributions to our understanding of the way that stress, metabolic state and season control reproduction. In addition, he has expanded our knowledge of the neuroendocrine control of food intake and energy expenditure in large animal species.

Prof Clarke has established an international profile in the field of Neuroendocrinology and has published more than 475 research papers. He has served on the Annual Meeting Steering Committee and the International Strategic Committee of the Endocrine Society. His recent awards include Geoffrey Harris Memorial Award of the International Federation of Neuroendocrinology (2010), the Harris Prize of the European Society of Endocrinology (2013), the Ernst Knobil Award of the Physiological Society (2013), the Senior Plenary Award of the Endocrine Society of Australia (2014) and the President's Award for Achievements in Animal Science from the American Society for Animal Science (2014). He received an Honorary Doctorate from the University of Edinburgh (2013).

CONGRATULATIONS TO ESA NEW LIFE MEMBERS



Jeffrey D Zajac

Jeffrey Zajac is Professor and Chair, Academic Medicine, Department of Medicine, University of Melbourne. He is Chairman of the Division of Medicine and Director of the Medicine and Emergency Business Unit. He is Director of the Department of Endocrinology at Austin Health. He is a Clinical Endocrinologist with research interests in clinical and molecular endocrinology. Jeffrey trained in Medicine at the University of Melbourne and completed his PhD in the Department of Medicine, Austin & Repatriation Medical Centre.

Following postdoctoral work in the Endocrine Genetics Unit at Massachusetts General Hospital, Boston, he returned to the University of Melbourne initially at Royal Melbourne Hospital and now Austin Health.

His research group has had a long-term major research program investigating the function of androgens and androgen withdrawal in patients with prostate cancer.

These investigations include effects on bone, muscle, cardiovascular risk and metabolic state. He also heads a molecular endocrinology group using genetically modified mice to investigate two major areas of endocrinology, functions of the androgen receptor and regulation of calcium metabolism. His clinical interests include: 1) general endocrinology; 2) the use, misuse and abuse of testosterone; and 3) transgender medicine. He has trained over 25 PhD and Higher Research Degree students and mentored several generations of endocrine trainees.

He remains an active clinician and researcher. Jeffrey was a member of the ESA council for 12 years between 1995 and 2008, Vice-President for 4 years, and served as ESA President from 2005-2006.

CONGRATULATIONS TO ESA MEMBERS – AUSTRALIA DAY HONOURS 2015

OFFICER (AO) IN THE GENERAL DIVISION

Professor Peter Robert EBELING

For distinguished service to medicine in the field of bone health, through academic contributions and research initiatives in a range of administrative, executive and professional roles.



Professor Peter Robert EBELING

OFFICER (AC) IN THE GENERAL DIVISION

Professor John Watson FUNDER AO

For eminent service to medicine, particularly to cardiovascular endocrinology, as a renowned researcher, author and educator, to the development of academic health science centres, and to mental illness, obesity, and Indigenous eye-health programs.



Professor John Watson FUNDER AO

MEMBER (AM) IN THE GENERAL DIVISION

Professor Peter James FULLER

For eminent service to medicine, particularly to cardiovascular endocrinology, as a renowned researcher, author and educator, to the development of academic health science centres, and to mental illness, obesity, and Indigenous eye-health programs.



Professor Peter James FULLER

THE QUEEN'S BIRTHDAY 2015 HONOURS LIST

COMPANION (AC) IN THE GENERAL DIVISION

Distinguished Professor Judith Ann CLEMENT, Clayfield, Qld

For eminent service to the biological sciences and to education, through seminal contributions to improving the understanding of cancers, particularly prostate cancer, as an advocate for the development of biomedical research facilities, and to the training of scientists.



OFFICER (AO) IN THE GENERAL DIVISION

Dr Elvie Marelyn WINTOUR- COGHLAN, Kew, Vic

For distinguished service to medical science in the field of physiology, particularly in the area of maternal and child health, to education as an academic, mentor and researcher, and to professional organisations.



Peter Ebeling and Helena Teede appointed to the NHMRC Research Committee

Congratulations to two Monash leaders on their appointments to the National Health and Medical Research Council (NHMRC) Research Committee.

Head of Department of Medicine, Professor Peter Ebeling AO and Professor Helena Teede, Executive Director of Monash Partners Academic Health Sciences Centre, Head of the Monash Centre for Health Research and Implementation, School Public Health and Preventive Medicine and an Endocrinologist at Monash Health have both been appointed to the NHMRC Research Committee.

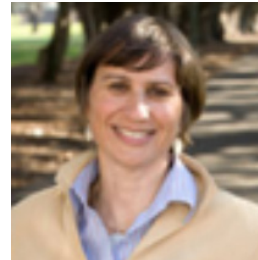


Professor Peter Ebeling AO



Professor Helena Teede

Professor Susan R. Davis (Monash University) received the US Endocrine Society Laureate Award for International Excellence in Endocrinology at the 97th Annual Meeting of the Endocrine Society (San Diego, CA March 5-8, 2015)



Professor Susan Davis

This award is presented to an endocrinologist who has made exceptional contributions to endocrinology in their own country and/or internationally. Davis is internationally known for advancing the understanding of the role of androgens and estrogens in women, with research encompassing

numerous aspects of women's health including breast cancer, cardiovascular function, obesity, cognitive function, mood, sexual function and musculoskeletal health. Her groundbreaking research has had a significant impact globally on women's health. She co-established the Jean Hailes Foundation, Australia's leading women's health educational organization, and has been recognized for her work with the Australian Aboriginal community. Dr. Davis is a National Health and Medical Research Council of Australia Principal Research Fellow, Chair of Women's Health and Director of the Women's Health Research Program, School of Public Health and Preventive Medicine at Monash University, and Head of the Women's Specialist Health Clinic at the Alfred Hospital in Melbourne, Australia.

Income from membership subscriptions decreased this year by 30% compared to 2014, from \$146,407 to \$102,458. This was due to ESA sending out arrears notices in 2014 which increased subscription revenue for that year. Compared to 2013, subscription revenue was increased by 52%, from \$67,324 to \$102,458.

The funds managed by Asgard have returned a net increase in value for the financial year from \$910,496.46 (July 01 2014) to \$987,371.01 (June 30 2015). As of August 03, 2015, there has been a further increase in value to \$1,016,289.39.

Funds from the Wynne estate are invested in a separate account with Asgard, for the specific purpose of supporting an annual scholarship (the Wynne Scholarship), worth \$25,000. While the structure of this portfolio is more conservative, aimed at enabling a 5% growth (=scholarship value), it has also increased in value from to \$579,651.26 on July 01 2014 to **\$625,328.00 on June 30 2015**. In the last financial year we had an annual growth of \$45,676, a return of 7.8%. **As of August 03 2015**, the value of this investment was \$642,941.

Accounts held at the National Australia Bank include a working account balance (as of August 22, 2015) of \$141,546. We hold an additional two term deposits, combined value of \$333,546.

Total expenditure was approximately equal in 2014-15 to the previous financial year.

Proceeds from meetings were decreased by 4% compared to 2013-14.

Meeting costs were down by 6%, but award expenses were 2.7 fold higher. This was due to two of the three awards from 2014 being invoiced late by recipient institution or paid out in late 2014 (one was deferred due to maternity leave). The 2015 awards have been paid. Recommendations from the recent Council meeting are to offer an additional Research PhD scholarship and post-graduate fellowship for 2016. Applications are likely to close on October 31st 2015 – details to follow.

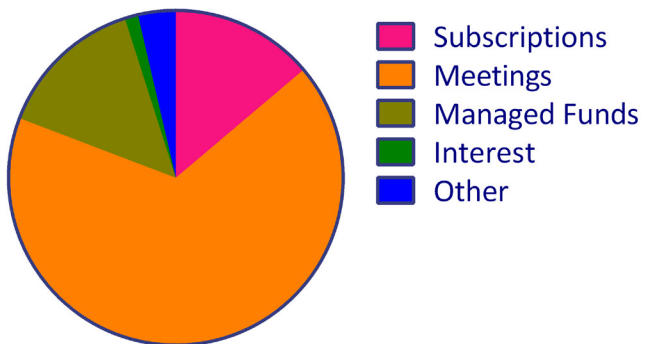
The award sponsorship for 2014-15 was lower than the previous year, due to an agreement last year with the QEG group (directly offset by expenses paid to QEG).

Overall the Society posted a net profit of \$49,274 in 2014-15, compared to the operating profit of \$103,370 in 2013-14. Our total net assets have increased from \$2,102,334 in 2013-14 to \$2,195,366 in 2014-15.

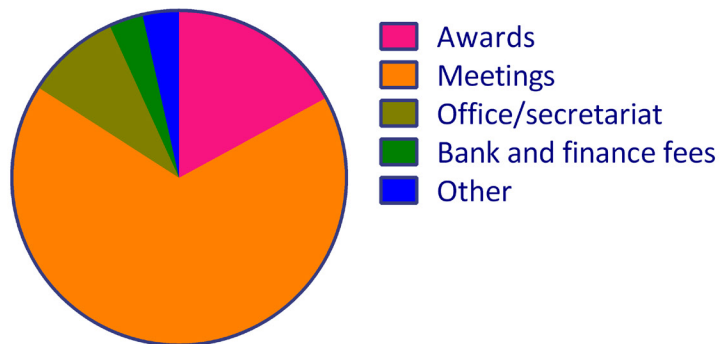


Dr Nicolette Hodyl

Income



Expenditure



SCIENTIFIC STRENGTHENING COMMITTEE REPORT

The scientific Strengthening Committee was formed from ESA Council in 2015 and will oversee the support of the ASM POC, support strengthening scientific activities in endocrine research, the ECR Career Development Weekend, evaluate award nominations, drive representation on the POC of international committees, promote Australian engagement in international meetings, committees and awards and foster links with international societies.

Committee Membership:

Tim Cole (Chair),
Monash University, Clayton, VIC

Belinda Henry,
Monash University, Clayton, VIC

Nicolette Hodyl,
Robinson Research Institute, University of Adelaide, SA

Craig Harrison,
MIMR-PHI Institute, Clayton, MIMR-PHI Institute, VIC

Bu Yeap,
Fremantle Hospital, WA

Chen Chen,
The University of Queensland St Lucia.

Gail Risbridger,
Monash University, Clayton, VIC

Peter Fuller, MIMR-PHI Institute, Clayton, MIMR-PHI Institute, VIC

The Scientific Strengthening Committee will meet face-to face at the ASM in Adelaide on Tuesday August 25th to discuss activities of the committee in the next 12 months that will include current levels of basic science participation at ESA meetings, which currently falling away, supporting local Endocrinology workshops and Symposia, Awards structure and reviewing, and our liaisons with other National and International Societies.



Tim Cole

2014 ESA AWARD WINNERS

As usual, the competition for the annual ESA awards was fierce in 2014, with a very high standard of applications received by the society.

We congratulate all award recipients on their success.

Servier Award

Anthony Bird

ESA Mid-Career Award

Kevin Pflieger

ESA Senior Plenary Award

Iain Clarke

Novartis Award

Marianne Volpert

Bryan Hudson Clinical Endocrinology Award

Philip Wong

ESA/IPSEN International Travel Grant

Malgorzata Brzozowska – European

Kelly Walton – International

Suresh Kumar - International

Australian Women in Endocrinology

Kathryn Hackman

Sarah Glastras

ESA Postdoctoral Award

Lucia Gagliardi

ESA Research Higher Degree Scholarship

Dilys Leung

ESA Ken Wynne Memorial Postdoctoral Research Award

Kristy Brown

ESA SENIOR PLENARY AWARD



Iain Clarke

This award recognises an outstanding research career in the field of Endocrinology in Australia.

ESA SERVIER AWARD



Anthony Bird

The Servier Award is made annually to recognise the best scientific paper published in the 12-month period preceding the closing date for abstracts for the Annual Scientific Meeting by an active member of the Endocrine Society of Australia early in their career.

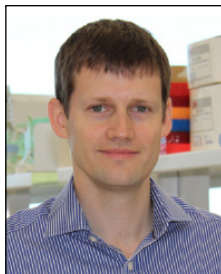
ESA SERVIER AWARD

The annual meeting of the Endocrine Society of Australia is always an excellent opportunity to showcase ones scientific research. I was therefore extremely honoured to receive the 2014 Endocrine Society of Australia Servier Young Investigator Award, which allowed me to present my own work from the article “Mesenchymal Glucocorticoid Receptor Regulates the Development of Multiple Cell Layers of the Mouse Lung”, published in the American Journal of Respiratory Cell and Molecular Biology.

This work provided an important advance on the mechanism of glucocorticoid steroid hormone signalling in the mammalian fetal lung. The importance of glucocorticoids is firstly shown by transgenic knockout mice which lack the Glucocorticoid Receptor (GR). These mice suffer a severe respiratory defect and die at birth due to respiratory failure. Furthermore, in clinical settings, mothers at risk of preterm birth are treated with synthetic glucocorticoids (such as Dexamethasone) which cross the placenta and greatly accelerate the maturation of the fetal lung architecture. This significantly improves the rate of survival in preterm neonates due to improved respiratory function. Despite this known clinical importance, how glucocorticoids achieve this effect in the fetal lung is still largely unknown.

Our article describes how we used a range of transgenic knockout mice which lack the GR in either the lung epithelium, endothelium or mesenchyme. We found that fetal mice which lacked GR in the mesenchyme alone displayed an immature lung morphology in the developmental stages just before birth, and showed a high rate of neonatal lethality. Conversely, loss of GR in lung epithelium or endothelium had no major impact on lung development or survival after birth. From this finding, future research can focus specifically on GR-mediated molecular mechanisms in the mesenchyme, and will likely determine factors which can be targeted for clinical drug design to treat preterm neonates.

ESA MID-CAREER AWARD



Kevin Pflieger

The Mid-Career Researcher Award is designed to recognise an outstanding mid-career researcher in endocrinology.

I am honoured to be awarded the ESA Mid-Career Research Award, which I humbly accept on behalf of my exceptional laboratory team and collaborators past and present that have underpinned my successes over the years. It is also important to thank my wife and son for putting up with their workaholic husband and father!

My passion for molecular endocrinology stemmed from my PhD days in Edinburgh studying the gonadotropin-releasing hormone receptor. This in turn built on my interest in G protein-coupled receptor pharmacology developed through my undergraduate training at Cambridge.

When I moved to Western Australia in 2002, angiotensin, orexin, vasopressin, and chemokine receptors became my major focus, particularly as I developed my expertise in bioluminescence resonance energy transfer (BRET) as a technology to measure protein proximity in live cells and in real-time. My investigations of how these receptors function at the molecular and cellular level have spanned ligand-receptor interactions, elucidation of receptor-arrestin-ubiquitin complexes, evidence for receptor-receptor functional interactions and real-time monitoring of receptor trafficking.

I believe being constantly at the cutting edge of technological advances in my field has enabled my research to have impact all the way from bench to bedside. I have a passion for innovation and research translation, and a genuine belief that the greatest step changes in medical research result from disruptive technological advances that enable us to carry out fundamental discovery research in increasingly novel ways.

Thanks to ESA for their support of all aspects of endocrinology over the years, from molecular to clinical, and thanks again for honouring me with this award.

Kevin Pflieger

BRYAN HUDSON AWARD



Philip Wong

The Bryan Hudson Clinical Endocrinology Award will recognize the best clinical research presentation at the Annual Scientific Meeting by an active member of the Endocrine Society of Australia early in their career.

I am humbled and sincerely grateful to the ESA for awarding me the 2014 Bryan Hudson Clinical Award for my presentation “Novel Insights into the Renal-Bone Axis in Thalassaemia Major”. The findings from this presentation formed part of my PhD thesis on “Thalassaemia Bone Disease”.

Thalassaemia major is a disorder of haemoglobin synthesis leading to ineffective erythropoiesis and a need for life-long red blood cell transfusion and concomitant iron chelation therapy. Moreover, osteoporosis is a significant but poorly understood complication of thalassaemia major.

One of the major findings from my PhD confirmed the importance of renal tubular dysfunction (in particular hypercalciuria) in the formation of kidney stones and increased loss of bone mineral density in thalassaemia. This observation was particularly pronounced in patients treated with the oral iron chelator deferasirox.

I was awarded my PhD in early 2015 and therefore receiving the Bryan Hudson Award had a special significance for myself and my PhD supervisors (Prof. Peter Fuller, Dr. Frances Milat and Prof. Matthew Gillespie) given our association with Monash Medical Centre and the Hudson Institute of Medical Research (formerly Prince Henry’s Institute). I am now working as a post-doctoral fellow at the Hudson Institute and endocrinologist at Monash Health in the area of metabolic bone disease.

Philip Wong

ESA/IPSEN TRAVEL AWARD



To support younger members of the society to travel to international meetings, laboratories and/or clinics to further their training and knowledge in Endocrinology

Malgorzata Brzozowska

I would like to thank the Endocrine Society of Australia for the IPSEN International Travel Grant Award. This financial support enabled me to attend the 16th European Congress of Endocrinology, Wroclaw, Poland 2014 and it has given me an opportunity to present the interim results from my PhD project "The association between neuropeptides, gut hormones, skeletal and metabolic health". The attendance of this Endocrine conference provided me with pivotal exposure to the study and it enabled me to exchange ideas and discuss obesity research challenges with world leading experts in this field.

Subsequently I passed my PhD project with an A mark at the UNSW in year 2015 and I am currently finalising the publication of the data from the 3 year follow up study. This PhD project has occurred in collaboration with several teaching institutions across Sydney such as RNSH, RPA, SVH and St George Hospital.

This complex, prospective study examines factors critical to the skeletal and metabolic response to the bariatric surgery. The study is unique in comparing three different types of bariatric surgery (gastric banding, gastric sleeve and Roux-en-Y gastric bypass) with a medical weight loss group. It is the first study to comprehensively evaluate the hormonal and skeletal responses post-surgical and medical weight loss interventions over the 3 year follow up period. This research project has specifically focused on the impact of gut hormones such as PYY and GLP1, adiponectin and cortisol on weight and musculoskeletal health in conditions of energy restriction. The study findings point to the ongoing, accelerated bone and lean mass loss following gastric sleeve and RYGB interventions which continues for several years after the weight loss has plateaued. As such, the clinical findings from this project will have a major significance for people who suffer from common medical conditions such as obesity and osteoporosis. The results from this study may change clinical recommendations for patients prior to and post bariatric surgery. In particular the study findings that gut hormones are involved in the bone loss could open new pathways for therapeutic manipulation.

The ESA/IPSEN travel award not only has enriched my PhD journey but it will have a significant impact on my future directions. Receiving such prestigious award has encouraged my current innovative research and it has also motivated me to embark on the future academic career at the post-doctoral level.

I wish to acknowledge my amazing PhD supervisors, A/Prof Jackie Center, Prof John Eisman and Dr Paul Baldock. I also would like to acknowledge the NHMRC for my scholarship support during my PhD studies.

Malgorzata Brzozowska

ESA/IPSEN TRAVEL AWARD



Kelly Walton

I am a 5th year postdoctoral researcher at the Hudson Institute of Medical Research (formerly Prince Henry's Institute of Medical Research) located in the Monash Health Translational Precinct (Clayton). I specialise in the development of protein therapeutics for human diseases associated with dysregulated transforming growth factor- (TGF-) ligand activity. My research focuses on two TGF- ligands, activins and inhibins, whose balanced activities regulate reproductive function and tissue growth, but when uncontrolled cause a pro-tumourigenic and tissue degenerative (wasting) response. My research goal is to develop specific and potent therapeutics for correction of activin hyperactivity in tissue degenerative disorders.

To support younger members of the society to travel to international meetings, laboratories and/or clinics to further their training and knowledge in Endocrinology

I was thrilled to be selected as a recipient for a 2014 ESA-IPSEN Travel Award to support my attendance at the 2014 ICE/ENDO meeting in Chicago, US. I am most grateful for the opportunity to attend ICE/ENDO and acknowledge the generous support of both ESA and IPSSEN. It was truly an inspirational meeting that exposed my research to an international audience, and armed me with research and career resources that I would not have otherwise been able to garner.

The ESA-IPSEN travel award supported my attendance at ICE/ ENDO 2014: The 96th Annual Meeting & Expo (June 21-24, Chicago, Illinois). The 2014 ENDO/ICE meeting covered an array of topics relating to human endocrinology. Of interest, there were specialised sessions covering inhibin/activin biology; excellent poster sessions addressing inhibin/activin and related biological systems; a symposium titled "TGF- superfamily and the skeleton"; and inspiring plenary lectures by current/past-presidents of the Endocrine Society. There were also career development workshops including, "Mentorship with Women in Endocrinology" and "Writing for Publication", and 'Setting up a research laboratory" which I found to be most informative for my professional development.

At ENDO/ICE I presented a poster titled "Reversal of activin-induced muscle wasting using modified activin B propeptides". In short, this study describes our exciting new activin-targeted therapeutic and its potential to reverse muscle wasting

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ESA/IPSEN TRAVEL AWARD

using modified activin B propeptides". In short, this study describes our exciting new activin-targeted therapeutic and its potential to reverse muscle wasting (recently published; Chen et al, 2015, *Molecular Therapy*, 23, 434-44). In advanced cancers, the majority of patients suffer a severe wasting syndrome, in which their muscle and fat is broken down to provide energy to the cancer cells. Remarkably, 25% of these patients die as a direct consequence of these wasting effects. We study a factor that is known to cause wasting in cancer, activin. Most recently we have shown that elevated levels of activin lead to profound muscle wasting, and that this metabolic effect is completely reversible upon removal of activin (Chen et al, 2014, *FASEB J*, 28, 1711-23). Our laboratory has recently generated and validated the first activin-specific therapeutic. This novel activin-targeted therapeutic has exciting potential in the treatment of activin-derived wasting conditions in humans. This work was supported by an ESA postdoctoral award for 2013-2014, and my recent PhD graduate Dr Justin Chen.

During the meeting, I met with Professor Dana Gaddy from the University of Arkansas for Medical Sciences (Little Rock, Arkansas). Professor Gaddy's research focus is on the role of inhibin/activin in the bone. We have recently commenced a new study addressing the consequences of the loss inhibin post-menopause on the bone and muscle. During our meeting, I presented our research developments relating to this project, and we discussed applying for a US NIH grant to further this work.

We had a long discussion about the project, and I sent over some of our research tools to advance these studies. Professor Gaddy also presented her work during the conference proceedings, and gave an inspirational talk at the women in science forum. She also gave me some welcomed career advice, and I am eager to strengthen this relationship in my pursuit to develop as an independent career researcher.

During my visit to Chicago in June I also visited Northwestern University. Professor Teresa Woodruff heads the Woodruff Laboratory at the University, and has a keen interest in the role of TGF- proteins in the ovary. Professor Woodruff was also President of the Endocrine Society, hosting the ICE/ENDO meeting in Chicago. I was privileged to have met Teresa, and was given a tour and lunch by postdoctoral researchers in the Woodruff Laboratory. During this visit I learned of their novel ovarian egg culture system, and of new technologies that can be used to study the ovary. These approaches will prove valuable for our work relating to inhibin/activins in reproduction.

I also gave an oral presentation titled "Genetic engineering of inhibins/activins for the treatment of human disease" at Northwestern University (Evanston Campus) in Professor Kelly Mayo's Laboratory. Professor Mayo is an esteemed researcher in the field of inhibin/activin biology, and an Endocrine Society past-president.

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ESA/IPSEN TRAVEL AWARD

During my visit to the Mayo laboratory, I met also with Assistant Professor Jingjing Kipp (Biological Sciences DePaul University), who has an eager interest in the role of activins in reproduction. My talk was well received, and initiated enthusiastic discussions on the potential applications of my inhibin/activin tools in the context of human disease. I was also privileged to have an hour meeting with Professor Mayo, where we discussed my current research projects, potential collaborations, and my career development path.

To summarise, my attendance at ICE/ENDO 2014 has been of great benefit to my professional and personal development. The poster presentation at the conference enabled me to establish key links with interested pharmaceutical representatives. The visits to Northwestern University provided an opportunity for me to establish research collaborations. The meeting with Professor Dana Gaddy proved to be a great initiative in advancing our inhibin studies, and provided a potential funding avenue to continue this research stream.

Kelly Walton

ESA/IPSEN TRAVEL AWARD



To support younger members of the society to travel to international meetings, laboratories and/or clinics to further their training and knowledge in Endocrinology

Suresh Kumar Athiappan Palanisamy

First and foremost I would like to convey my sincere gratitude to the Endocrine Society of Australia for awarding me the prestigious ESA/IPSEN International Travel Grant in 2014. This kind honour financially supported my attendance at the 97th Annual Meeting of the Endocrine Society held in San Diego, USA from 5th to 8th March 2015 (ENDO-2015), at the end of my postdoctoral fellowship.

This award facilitated me with a precious opportunity to present part of my work as two posters at the ENDO-2015 entitled, "The L/L and L/S alleles of 5-HTTLPR, the polymorphic promoter region of serotonin transporter is a predictor of depression, but not waking salivary cortisol" and "OXTR rs53576 and RELN rs727531 gene variants: promising predictive biomarkers for psychological resilience in a rural Australian population," some of the results from my postdoctoral fellowship.

It was a great opportunity to discuss my research findings and understanding of various common and emerging biomarkers of depression, stress and resilience such as 5-HTTLPR, Reelin, Oxytocin and its receptors, Telomeres and Telomerase and cortisol with renowned neuroendocrinologists and other researchers in this area. The discussion and comments were constructive and the information learnt from world-class researchers and experts were immense.

I attended several oral presentations which allowed me to further enhance my research ideas in the field of Neuroendocrinology. The work that was presented will form the bench stone in understanding the association of resilience; a positive psychological factor and biological factors associated in the human population. It is promising that our hypothesis and initial findings of RELN's role in resilience and depression are currently explored in a number of laboratories that are studying depression and resilience. Due to unavoidable personal reasons (wife was pregnant – third trimester), I had to cut short my trip to our collaborators in Tubingen, Germany. However, our collaboration is ongoing and should the opportunity arise, I will be visiting in the future.

Once again, I extend my heartfelt thanks to the ESA and IPSEN for this award, which was highly helpful in providing me with contacts to collaborate with and explore our hypothesis with world-renowned researchers. I am also obliged to thank my supervisor Prof. Jim McFarlane for his outstanding support and mentoring, and our collaborator Dr. T. P. Velavan for extending his support to accommodate and provide high throughput genotyping knowledge in his laboratory to complete this project.

Suresh Kumar Athiappan Palanisamy

AWE TRAVEL AWARD 2014



Kathryn Hackman

To provide financial support to younger women involved in Endocrine-related training and/or research

I would like to thank the Endocrine Society of Australia and Australian Women in Endocrinology for the ESA/AWE-Novo Nordisk Travel Award. This generous award supported my attendance at ICE/ENDO 2014 in Chicago, where I presented my research into the prevalence and predictors of diabetes after lung transplantation.

Having an oral and poster presentation was an invaluable opportunity to discuss my work with international researchers and clinicians and create links with other solid organ transplant centres. I found it interesting that our overseas colleagues also find it difficult to initiate routine screening for and management of DM in these complex patients.

I also enjoyed the WE dinner where I met a terrific group of researchers.

Receiving this award in the final year of my PhD studies gave me new momentum to finish my thesis and complete the paper on this part of my research, which was published soon after in *Diabetes Care* (2014 37:11 2919-2925).

I am very grateful to have received this award and would like to take this opportunity to thank my supervisors, Professors Leon Bach and Greg Snell for their unstinting support, guidance and encouragement throughout my PhD.

Kathryn Hackman

AWE TRAVEL AWARD 2014



Sarah Glastras

To provide financial support to younger women involved in Endocrine-related training and/or research

Thank you to the Endocrine Society of Australia and the Women in Endocrinology for the Novo Nordisk Travel Award that I was awarded in 2014. It enabled me to attend the international conference ICE/ENDO in Chicago in the second year of my PhD studies and present my abstract entitled "Exendin-4 ameliorates oxidative stress and inflammation induced by maternal obesity expressed in offspring's kidneys."

I was very encouraged by the interest that was demonstrated by numerous international researchers in my work.

I enjoyed sharing my data and comparing experimental technique with other researchers. I was inspired to consider different methods and pursue new ideas. I came home with many new international contacts.

My experience at ICE/ENDO was very worthwhile and would not have been possible without the kind support provided by the Women in Endocrinology.

Sarah Glastras

ESA POSTDOCTORAL AWARD



Lucia Gagliardi

ESA RESEARCH HIGHER DEGREE SCHOLARSHIP



Dilys Leung

ESA KEN WYNNE MEMORIAL POSTDOCTORAL RESEARCH AWARD



Kristy Brown

As usual, the competition for the annual ESA awards was fierce in 2015, with a very high standard of applications received by the society.

We congratulate all award recipients on their success.

Australian Women in Endocrinology

Amanda Rickard
Ying Wan

Servier Award

Christian Girgis

ESA Mid-Career Award

Lisa Moran

ESA Senior Plenary Award

Evan Simpson



Novartis Award

Dilys Leung

Bryan Hudson Clinical Endocrinology Award

Ada Cheung

ESA/IPSEN International Travel Grant

Sally Abell
Sybil McAuley
Jaesung Choi
Keely McNamara

AWE AWARD



Amanda Rickard

I am very grateful to Women in Endocrinology (AWE) and The Endocrine Society of Australia (ESA) for the AWE travel award. This award enabled me to attend the 97th US Endocrine Society's Annual Meeting in San Diego in March 2015.

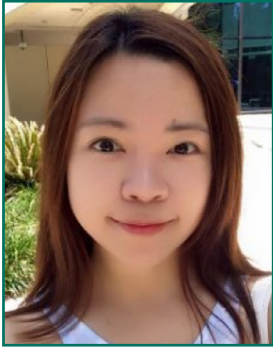
I was invited to speak in a symposium which discussed novel mechanisms in endocrine hypertension. I presented my work on the cell-specific actions of mineralocorticoid receptor signalling in hypertension.

Our research has highlighted novel and distinct roles for mineralocorticoid receptor signalling, in different cell types of the myocardium, in mineralocorticoid-mediated hypertension.

Presenting my research at The Endocrine Society meeting was a wonderful and invaluable experience. The opportunity to attend this meeting and present my research to an international audience of experts in the field of endocrine pathology will be of enormous benefit to my research projects and career development. During the meeting I took full advantage of not only the broad spectrum of research topics discussed, but also the unique networking opportunity.

I would like to thank AWE and ESA for supporting my attendance at The Endocrine Society's meeting. I am truly grateful for the opportunity to attend this meeting and present my research. I would also like to thank my supervisor, Dr Morag Young, and Centre Head at the Hudson Institute of Medical Research, Professor Peter Fuller, for their continued support.

AWE TRAVEL AWARD 2015



Ying Wan

To provide financial support to younger women involved in Endocrine-related training and / or research

I would like to thank the ESA and AWE for the ESA/AWE- Novo Nordisk travel award for 2015, which enabled me to travel to San Diego for the 2015 Endocrine Society Annual Scientific meeting and the ESA/SRB combined Annual Scientific Meeting at Adelaide. This award provided me valuable opportunity to present the team work nationally and internationally.

NOVARTIS AWARD



Dilys Leung

It is my absolute pleasure and honour to be awarded the ESA Novartis Young Scientist of the Year award for 2015. I am truly grateful to ESA for the recognition and to my supervisors Dr Simon Chu and Professor Peter Fuller for their unequivocal support throughout my Master degree.

In my presentation at the ESA Annual Scientific Meeting in Adelaide 2015, I have had the opportunity to convey and share my exciting data that compounds targeting PPAR and XIAP are promising therapeutics for the treatment of ovarian granulosa cell tumours (GCT). My data demonstrated that combined PPAR activation and XIAP inhibition induced apoptosis and lowered cell viability and proliferation in GCT cells. Conversely, I did not observe these changes with the singular treatment. To gain more insight into the pathogenesis of the disease, I also identified changes in gene and protein expression in the cells after the drug treatment.

These can potentially serve as additional therapeutic targets for the treatment of GCT.

The opportunity to communicate these research findings and obtain critical feedback from leading experts in the field has been most invaluable. To me, switching from psychology to medical research has not been the smoothest path and to receive recognition from a prestigious award like the ESA Novartis Young Scientist award is highly motivating. I look forward to continuing my research as a PhD student in the coming year.

SERVIER AWARD



Christian Girgis

I am sincerely grateful to the ESA and Servier for awarding me the 2015 Servier Young Investigator Award in acknowledgement of a recent publication in *Endocrinology* titled "The vitamin D receptor (VDR) is expressed in skeletal muscle of male mice and modulates 25-hydroxyvitamin D (25OHD) uptake in myofibers".

I would also like to acknowledge the support of my PhD supervisors Professor Jenny Gunton and Associate Professor Rory Clifton-Bligh and my co-authors Professor Rebecca Mason, Kuan Cha, Dr Nancy Mokbel, Dr Peter Houweling, Dr Myriam Abboud and Professor David Fraser.

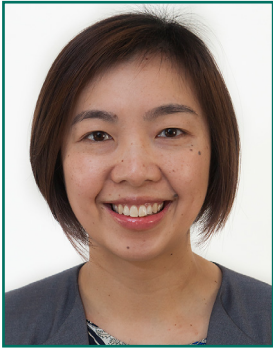
This publication seeks to clarify specific mechanisms by which vitamin D alters muscle physiology. There have been reports of muscle weakness and hypotonia in children with rickets for centuries. Similarly, adults with vitamin D deficiency commonly display myalgia, muscle weakness and a greater risk of falls. However precise mechanisms for

these observations have been unclear and whether vitamin D exert direct genomic effects in skeletal muscle has been elusive.

In this publication, we demonstrate for the first time the clear expression of the vitamin D receptor (VDR) in murine skeletal muscle and specific experimental conditions for its detection at this site. Our finding of significantly greater VDR expression in muscles of young mice implicates a pleiotropic role for vitamin D in muscle development and by extension, post-natal muscle repair. We characterise the specific muscle phenotype of VDR knockout mice with their reduced muscle mass, smaller muscle fibres and reduced grip strength. A number of differentially expressed candidate genes responsible for these changes were reported including myostatin, a member of the TGF- β superfamily, and components of the calcium handling apparatus. These findings raise the therapeutic potential of the vitamin D pathway in addressing disorders of muscle, such as sarcopaenia and congenital dystrophies.

I am once again grateful to the ESA for this recognition and acknowledge the research support provided by NHMRC, University of Sydney and Royal Australasian College of Physicians.

BRYAN HUDSON CLINICAL ENDOCRINOLOGY AWARD



Ada Cheung

I was proud and honoured to receive the prestigious Bryan Hudson Clinical Endocrinology Award at the 2015 annual scientific meeting, which was wonderful recognition for my presentation and PhD entitled “Muscle effects of androgen deprivation for prostate cancer”.

I presented results from a case-control study of men newly commencing androgen deprivation therapy for prostate cancer compared with age-matched prostate cancer controls using novel biomechanical video-based technology to study muscle function and gait changes over 12 months. This clinical research study formed the basis of my PhD undertaken in The Department of Medicine (Austin Health) in collaboration with the Department of Mechanical Engineering at The University of Melbourne.

I demonstrated that despite global testosterone deprivation, ADT is associated with selective deficits on individual leg muscles; namely iliopsoas, quadriceps and soleus as well as causing adverse effects on balance. This is the first study to demonstrate this effect in humans, but selectivity of testosterone deprivation is similarly seen in animal models. These results will enable development of targeted outcomes in future exercise and pro-myogenic interventions to mitigate adverse muscle side-effects of ADT and may have implications for sarcopenia in aging men in general. The findings will also help direct my future research following the completion of my PhD.

I am incredibly grateful to my two supervisors, Mathis Grossmann and Jeffrey Zajac for their mentorship and guidance, my supportive family, as well as the NHMRC for my scholarship funding and the Endocrine Society of Australia for the Bryan Hudson Award and Travel Awards to attend the annual scientific meeting.

ESA MID-CAREER AWARD



Lisa Moran

I am honoured to be awarded the ESA Mid-Career Research Award. I wouldn't have had the exciting and rewarding career in endocrinology research without the support and guidance of my mentors Professor Helena Teede and Professor Robert Norman and my colleagues at The University of Adelaide and Monash University.

I trained initially as a dietitian but have been working and studying as a research dietitian since 2001. I was provided with my first opportunity to be involved in endocrinology research when I finished my dietetic training. Rob Norman was passionate about improving the health of women with PCOS through lifestyle management so I had a wonderful opportunity to join the team and use my dietetic skills in this study and then my PhD. My PhD spanned weight loss, weight maintenance, different diet compositions and barriers to weight loss such as gut hormone regulation and I presented regularly at ESA and received great feedback on my work.

I then moved to Monash University for my first post-doctoral fellowship in 2007 and worked with Helena Teede and a large multidisciplinary research group in clinical examination of diabetic and cardiovascular health and in evidence-based medicine and research translation in PCOS. With both Helena and Rob I had the opportunity to be involved in the PCOS Alliance which brought together clinicians, researchers and consumers with PCOS across Australia to guide clinical and research priorities. I was very fortunate to be involved then in the NHMRC evidence-based guidelines for PCOS and now in the NHMRC CRE in PCOS. My more recent work in PCOS has encompassed epidemiological and shifting into specific life stages such as preconception, pregnancy and post-partum health.

Moving forward, I hope to apply the research I've conducted in PCOS across the spectrum of weight management, reproductive, metabolic and psychological health to evidence-based models of clinical care and research translation.

Thanks to ESA for recognising and supporting this work, from my very first ESA presentation of my honours results in 2002 to this award today!

ESA/IPSEN EUROPEAN TRAVEL GRANT



Sally Abell

I was delighted to receive the Endocrine Society of Australia/ Ipsen European Travel Grant this year. I would like to sincerely thank the ESA and Ipsen for this tremendous support which enabled me to travel to the Diabetes, Hypertension, Metabolic Syndrome and Pregnancy 8th International Symposium (DIP 2015) in Berlin in April.

DIP 2015 is a leading international symposium on maternal and fetal medicine with a focus on innovative research and management tools to optimise pregnancy outcomes. The conference was directly relevant to my PhD looking at optimising risk prediction, treatment targets and pregnancy outcomes in Gestational Diabetes Mellitus.

I attended a pre-symposium course on the practical aspects of caring for pregnant women with diabetes, where I gained important clinical insights from an international perspective. During the conference I attended many great presentations and debates by eminent researchers discussing screening and implementation of new diagnostic criteria for GDM, management of obesity and weight gain in pregnancy, all invaluable for my PhD thesis.

I presented two posters arising from my epidemiological work on a large observational dataset of 74,000 pregnancies, including 5,000 women with GDM. This work examined the relationship between GDM, obesity and adverse pregnancy outcomes; and the impact of different glucose treatment targets at two major Australian maternity services. Presentation of this work in an international forum allowed me to increase the exposure of my research and that of my department, and provided useful feedback in consolidating my research methods and design. I was also able to meet with a key European lead in the field of GDM to discuss my folio of PhD work. This was a fabulous opportunity to hear about their innovative research in the pathophysiology and management of GDM, to further my research ideas and discussions.

Attendance at the conference, workshops and presentation of my work enabled networking and collaboration with experts in similar fields, and allowed me to gain early exposure to the opportunities and insights of an international audience. I am grateful to the ESA/Ipsen for their support, and also acknowledge my PhD supervisors Prof Helena Teede, Prof Sophia Zoungas and Dr Jacqueline Boyle for their ongoing support and guidance during my PhD.

Dr Sally Abell

PhD student and Endocrinologist

Monash Centre for Health Research and Implementation, School of Public Health and Preventative Medicine, Monash University.

ESA/IPSEN INTERNATIONAL TRAVEL GRANT



Jaesung Choi

I would like to thank the Endocrine Society of Australia for providing me an ESA/IPSEN international travel grant in 2015. The generous support was used to support my attendance to Gordon Research Seminar and Gordon Research Conference of Hormone-Dependent Cancers.

Once again, I like to express my sincere gratitude to the ESA for this support and also my supervisor Dr Ulla Simanainen and my laboratory head Professor David Handelsman for their outstanding support and encouragement throughout my PhD studies where I have gained valuable assets and experience as a researcher.

These meetings were held in Sunday River, Newry, ME, USA from 14th to 21st August 2015. The chair of the conference was Professor Wayne Tilley. At these meetings, I presented a poster presentation titled "Glandular epithelial AR inactivation accelerates PTEN inactivation-induced uterine pathology by cell specific modification of PR expression". The meeting allowed me to extend my research/academic career to an international level, where I was able to meet many of endocrinologists around the world. As a result, was I was able to obtain valuable feedback on my research as well as ideas to future directions. Furthermore, I was able to develop network with other researchers which will continue to develop in my future research career.

ESA-IPSEN TRAVEL GRANT REPORT



Keely McNamara

I would like to thank the ESA and IPSEN for their support through the ESA-Ipsen travel grant. This award supported my travel to the 3rd Congress on Steroid Research held in Chicago between the 15-18th of November 2015. This was a wonderful opportunity as it was a small meeting well targeted at my specific sub-speciality of research.

The experience was invaluable as not only did it allow me to present my abstract entitled "Estrogen receptor signalling in triple negative breast cancers; the elephant in the room?" in both the oral and poster sessions of the conference but more importantly it allowed me to discuss my research with some of the leaders in the field. The ideas and points raised in such discussions provided useful and has raised fruitful further avenues along which this line of research can progress. Finally given the focus on the conference on my speciality area the entire four days were a wonderful chance to listen to a cross section of leading research speaking about how various aspects of steroid signalling function in a wide variety of models.

In addition to being able to attend this conference the support of this grant also allowed me to visit the laboratory of Dr Gail Prins a world leader in the study of the effects of steroids on prostate gland development both in the context of normal and pathological development and in terms of endocrine disrupting chemical. This experience gave me valuable information on how other laboratories are set up and run and in addition further chances for discussion about various experimental approaches used by this laboratory to understand hormonal regulation of developing prostate.

I would like to once again express my sincere thanks at the support offered by this award and in addition to this the kindness of the Prins lab in hosting my visit.

Keely McNamara

ESA-IPSEN TRAVEL GRANT REPORT



Sybil McAuley

Thank you very much to the ESA for awarding me an ESA/IPSEN International Travel Award to participate in the 75th Scientific Sessions of the American Diabetes Association (Boston, June 2015). This trip has been a highlight of my PhD candidature – a valuable educational experience to present and discuss research from my doctoral studies, a chance to learn from international experts in the field of diabetes and endocrinology, and an excellent opportunity to meet with international collaborators to forge links for future research together.

At the conference I presented the findings of a novel glucose sensor study on behalf of our research group at St Vincent's Hospital Melbourne, led by A/Prof David O'Neal, and our engineering collaborators at Medtronic Diabetes. This study was the first formal investigation of a novel glucose sensor incorporating optical plus multiple electrochemical sensing elements into a single sensor insertion, working towards improving the accuracy and reliability of glucose sensors for continuous glucose monitoring.

This study forms part of the type 1 diabetes technology research which our group is undertaking, contributing to the global effort which has the ultimate goal of an artificial pancreas. Presentation of our research findings generated interest regarding the scientific merit of the novel sensor, as well as the potential commercialisation of these types of sensors. I received helpful feedback from clinicians, engineers and researchers, and gained valuable insights into future paths in which this field is heading.

Following the conference, I travelled to California to meet with two groups of engineering research collaborators at Medtronic Diabetes who developed technologies we are investigating. This was a great chance to discuss our current closed loop and glucose sensing collaborations, as well as to design future clinical studies together. As a PhD candidate, this travel was tremendously valuable to my research career. Once again thank you to the ESA for your support.

Sybil McAuley

FIRST NATIONAL FORUM ON SECONDARY FRACTURE PREVENTION

Dear Colleagues,

On 20th November 2015, representatives from 22 organisations, that included the Endocrine Society of Australia, gathered in Sydney to attend the inaugural National Forum on Secondary Fracture Prevention.

This meeting was a direct result of a position Paper Published by the Australia & New Zealand Bone and Mineral Society (ANZBMS) and endorsed by a large number of organisations and key stakeholders. The Paper drew attention to the appalling lack of effective osteoporosis care in Australia, and the shocking fact that 80% of patients who suffer a fragility fracture receive no treatment to prevent further fractures.

The case for addressing the lack of osteoporosis awareness, both among health professionals and patients, has been made repeatedly over the past 15 years. However, despite several 'white papers' published in 2001, 2007 and 2013, and even the inclusion of osteoporosis as part of the 7th Australian National Health Priority1 in 2002, little or no progress has been made. One reason for this failure was the lack of a peak body that encompassed ALL stakeholders to speak with one unified voice.

The First National Forum on Secondary Fracture Prevention is a loud and clear call to action. The aim is to enable all stakeholders to develop a shared understanding of the key elements of a national approach to secondary fracture prevention, and to forge a National Alliance to ensure strong advocacy for the uptake of this approach by Federal and State Governments. Similar Alliances have been formed overseas, and particularly in the US, and these Alliances have been extremely successful in getting heard by Governments that would not otherwise have listened.

It is my sincere hope that this forum will mark the first meeting of a successful National Alliance that will go forward and conquer the unnecessary burden of secondary fragility fractures on the ageing population of Australia. In the pages of this report I hope you find the evidence to convince you to take action.

Professor Markus Seibel

[Download report](#)

ESA ERBSWA INAUGURAL MINI-SYMPOSIUM



Bryan Ward (ERBSWA Treasurer) and Bu Yeap (ESA Councillor) presenting Rachael Crew her award for Best research presentation by PhD student. "Dietary-induced obesity suppresses Revrb-a expression in placenta and fetal liver: implications for circadian and metabolic development"

MEDICAL AFFAIRS COMMITTEE

The Medical Affairs Sub-committee continues to have a moderately high workload. The major issues which have been commented on include:

EVOLVE

ESA have surveyed the clinical members and come up with a list of 5 clinical scenarios to avoid:

1. Don't routinely order a thyroid ultrasound in patients with abnormal thyroid function tests if there is no palpable abnormality of the thyroid gland
2. Don't prescribe testosterone therapy unless there is evidence of proven testosterone deficiency
3. Do not measure insulin concentration in the fasting state or during an oral glucose tolerance test to assess insulin sensitivity
4. Avoid routine multiple daily self-glucose monitoring in adults with stable type 2 diabetes on agents that do not cause hypoglycaemia
5. Don't order a total or free T3 level when assessing thyroxine dose in hypothyroid patients

146 respondents:

12% advanced trainees (17)

19% academic clinicians (27)

36% clinician in private practice / VMO (52)

33% public hospital clinician (48)

Sub-specialty interest:

General endocrinology 44%

Diabetes 20%

Others 3-6%

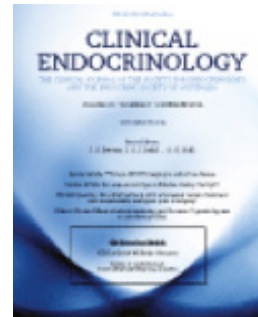
This has now been fed back to the RACP.

ESA PARTNERSHIPS

Clinical Endocrinology

ESA has partnered with the Journal Clinical Endocrinology, This will be our Society's journal. ESA members will have electronic access to this journal and will be able to get articles published. The editorial board can be expanded to include more Australian members.

Clinical Endocrinology publishes papers and reviews which focus on the clinical aspects of endocrinology, including the clinical application of molecular endocrinology. It does not publish papers relating directly to diabetes care and clinical management. It features reviews, original papers, commentaries, cases of the month, book reviews and letters to the editor. Clinical Endocrinology is essential reading not only for those engaged in endocrinological research but also for those involved primarily in clinical practice.



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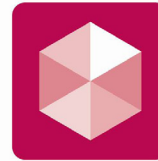
Website: <http://au.wiley.com/WileyCDA/WileyTitle/productCd-CEN.html>

ENDOCRINOLOGY, DIABETES & METABOLISM CASE REPORTS

ESA members benefit from ESA's recent collaboration with other leading societies worldwide and Bioscientifica, a not-for-profit subsidiary of the Society for Endocrinology. Members of ESA are eligible for a special discounted publishing fee of just £100 (in 2013) when publishing case reports in the open access publication; Endocrinology, Diabetes & Metabolism Case Reports (submit online via www.edmcasereports.com)

Endocrinology, Diabetes & Metabolism Case Reports is a unique, open access resource that publishes and links together case reports, enabling practitioners to communicate findings, share knowledge and convey medical experiences efficiently and effectively; furthering both medical education and clinical practice. The search and browse functionality enables fluid navigation between case reports, facilitating discovery, connections and comparisons; making it the go-to resource across all the many disciplines intersecting with endocrinology, diabetes and metabolism.

Website: www.edmcasereports.com



Endocrinology,
Diabetes & Metabolism
CASE REPORTS

JOURNAL OF MOLECULAR ENDOCRINOLOGY



JOURNAL OF ENDOCRINOLOGY



AUSTRALIAN ENDOCRINOLOGY RESEARCH REVIEW

Australian Endocrinology Research Review is an independent medical update. Each edition features 10 key medical articles from global endocrinology journals with commentary from Professor Cres Eastman and Professor Duncan Topliss on why it matters to Australian practice.

It is free to receive for all Australian health professionals and is delivered by email as a PDF attachment. Sign Up here to receive the publication on a regular basis.

Website: <http://www.researchreview.com.au/au/Clinical-Area/Internal-Medicine/Diabetes-Obesity/Endocrinology.aspx>

ESA WEBSITE

Find an Endocrinologist

The Endocrine Society of Australia receives regular enquiries to recommend an endocrinologist with particular interests or expertise. Endocrinology is a broad field, which includes some very common conditions, but also some very rare ones. As a result, people who have rare conditions may benefit from seeing a specialist with additional experience or expertise. The Society comprises clinical endocrinologists and also scientists, who research endocrine disorders but do not see patients. Clinical members of the Society have been invited to submit their contact details and self-nominated areas of interest. Please note that the Endocrine Society of Australia is providing this as a community service to help patients find a suitable endocrinologist (considering both geographical issues and area of interest). The Society is not endorsing or recommending any of the listed clinicians or their degree of expertise.

The general public will be able to search for an Endocrinologist in this section:

<http://www.endocrinesociety.org.au/search-for-an-endocrinologist.asp>

If you would like to be listed in 'Find an Endocrinologist' Log in at the ESA homepage:

<http://www.endocrinesociety.org.au/> Go to edit my details



The screenshot shows the ESA website homepage. At the top is the ESA logo and navigation menu (Home, About Us, Membership, News, Meetings, Awards, Resources, Contact us). Below is a banner for 'The Endocrine Society of Australia' featuring molecular models. Underneath are three event tiles: 'ESA-SRB ASM 2015', 'ESA Clinical Weekend 2015', and 'ESA Seminar Meeting 2015', each with a 'Read More' link. The main content area has three columns: 'About Us' (describing the society's history), 'Member Login' (with fields for Username and Password), and 'Strategic Plan' (mentioning a plan devised in November 2011).

NEW ESA INITIATIVE!

“Find a researcher”

ESA Council would like to provide a facility for members to explore research interests represented within the Society, identify researchers who are willing to review manuscripts or grants, and those willing to receive invitations to speak at local or national meetings. The primary aim is to encourage research interactions and collaborations, the secondary aims are to raise the profile of emerging and early career researchers and establish the Society’s membership as a valuable national resource for peer review activities related to research.

Council encourages ESA members to “opt in” by providing details of their qualifications, training, current position, research interests and “top 5” recent publications to a member-access database. The database will provide a means for researchers to identify potential collaborators, and promote interactions between clinical and laboratory-based researchers within the Society. These data will be accessible only to other members of ESA.

If you would like to be listed in
‘Find a Researcher’ Log in at the ESA homepage:

<http://www.endocrinesociety.org.au/>

Go to resources.

POSITION PAPERS

Updated PCOS guidelines

The Australian PCOS Alliance published the first international evidence-based guideline for the assessment and management of PCOS in 2011, using a rigorous approach incorporating consumer participation and considered judgment of 31 expert clinicians and researchers from PCOS relevant disciplines. The guideline is endorsed by the National Health and Medical Research Council in Australia (<http://www.managingpcos.org.au/pcos-evidence-based-guidelines>), has been commended internationally by the NIH and incorporated into the NICE guidelines in the UK and now by the WHO.

The Alliance now has an NHMRC Centre for Research Excellence on PCOS which will expand and extend the guidelines to become the international guideline in PCOS. In the interim in response to a recent publication of a large scale, high quality trial, we have updated the section of the guideline relating to the use of aromatase inhibitors. Until now, use of aromatase inhibitors has been a controversial topic and they have not been recommended for ovulation induction in women with PCOS, given uncertainty of the evidence. Incorporating new evidence into our meta-analysis and rigorous guideline process we now propose their use, with consideration of the individual patient and situation (<http://www.managingpcos.org.au/pcos-evidence-based-guidelines>).

Under the auspices of the Centre for Research Excellence in PCOS, we are in the initial stages of a full update and expansion with a Delphi process conducted to identify additional clinical priority areas where guidance is needed. We anticipate completion of the updated guideline in 2017 with a parallel program of translation underway.

ESA Position Statement

“Assessment and management of male hypogonadism”

ESA Council established an Androgens Working Group to produce a Position Statement on the assessment and management of male hypogonadism in 2015. This will replace the original position statement published in MJA in 2000, representing a timely update in light of changes to the PBS criteria introduced earlier this year and concerns over increasing prescription rates for testosterone and possible adverse events. The Working Group comprises members of the original MJA 2000 paper and additional members also with expertise in the field, chaired by Prof Henry Burger.

Members of the Working Group met during the ESA ASM in Adelaide on the 28th of August with follow-up discussions via email since. Drafting of the Position Statement is currently underway.

POSITION PAPERS

ESA Position Statement

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Members of the Working Group met during the ESA ASM in Adelaide on the 28th of August with follow-up discussions via email since. Drafting of the Position Statement is currently underway.

ESA Androgens Working Group membership:
Chair: Prof Henry Burger

Members (alphabetical order): Carolyn Allan, Ann Conway, Mathis Grossmann, David Handelsman, Doug Lording, Rob McLachlan, Bronwyn Stuckey, Gary Wittert, Bu Yeap, Jeffrey Zajac

Australian and New Zealand Bone and Mineral Society releases widely endorsed Position Paper on Secondary Fracture Prevention: A Call to Action.



On 11 May 2015, the Australian and New Zealand Bone and Mineral Society (ANZBMS) launched its pivotal Position Paper on Secondary Fracture Prevention, calling for radical change in how people who have suffered a fragility fracture are being managed.

[Download position paper](#)

PATIENT RESOURCES IN ENDOCRINOLOGY

A partnership between ESA and the US Endocrine Society

The Endocrine Society of Australia have established an international collaboration with the US Endocrine Society to adapt patient information to the Australian setting and make them readily available.

These resources are rigorously developed, evidence based and aimed to support patients to understand their endocrine condition with the support of their doctor.

[Click for resources](#)

These are available in both English and Chinese.

*This information is designed to be informative and educational. It is not intended to provide specific medical advice or replace advice from your doctor.



*Please note that only the information on the Australian link below is adapted to national settings including medications and tests. Other resources on the US website may be helpful but may not be consistent with Australian practice.

THE CEN EDUCATIONAL MODULES

In 2013, the Endocrine Society of Australia joined the Society for Endocrinology (UK) in adopting Clinical Endocrinology (CEN) as their Society's official journal. This was a stimulus for the Editors to activate an initiative, which had been planned for 2 years to "unlock the educational potential" of the Journal. Although the Journal's Impact factor (currently 3.4) remains the key benchmark, the Editors believe that articles published in a Society's clinical journal should also be tailored for continuing education and specialist training.

CEN Educational modules are based on articles which are in press or recently published in CEN. The module expands the paper into a topic by including: Revision Material to provide background, Take Home messages to emphasise the clinical points, Expert Commentary to integrate the material from the article into the current literature - useful for preparation of Journal Club presentations. Multiple Choice Questions (using FRACP format and standard) to test understanding of the module content.

Historical Context to provide a broader understanding of the Art and History of Endocrinology. The modules identify the components of the RACP and RCP's curricula which are covered by the module and each module has clearly defined Learning Objectives. On completion of the module, a printed certificate documenting time spent on the module can be downloaded for CPD purposes.

The modules are accessible by registering at:
www.wileyhealthlearning.com/cen

ESA 2016 MEETINGS

The annual Endocrine Society of Australia Seminar, 13-15 May, Twin Waters, Sunshine Coast



Website: <http://www.esaseminar.org.au/>

The Organising Committee would like to welcome all trainees, endocrinologists, and interested clinicians to the 2016 ESA Seminar, on the Sunshine Coast, Queensland. The Committee is assembling an exciting program, drawing on the depth of Australian and International research speakers.

We look forward to seeing you at Twin Waters.

Don McLeod

Chair, Organising Committee

ESA 2016 MEETINGS

ESA Clinical Weekend 2016, 19-21 August, Crowne Plaza, Surfers Paradise



Website: <http://www.esaclinicalweekend.org.au/>

Please accept this invitation to attend the 2016 ESA Clinical Weekend to be held at the Crowne Plaza Hotel, Surfers Paradise 19th - 21st August 2016. The Clinical Weekend is always an informative and instructive meeting held in a relaxed environment. 2016 promises to be all that we expect from the meeting.

This year's venue will provide you with plenty of opportunity to enjoy all that the Gold Coast has to offer. Our new tram stops right out the front of the hotel and provides easy access to Broadbeach and the Convention Centre precinct as well as north to Surfers Paradise and Southport. Don't miss this great meeting.

Peter Davoren

Chair, Organising Committee

ESA 2016 MEETINGS



The Joint Annual Scientific Meetings of the Endocrine Society of Australia, the Society for Reproductive Biology and the Australian and New Zealand Bone and Mineral Society



Gold Coast Convention and Exhibition Centre | 21st -24th August, 2016

Website: <http://www.esa-srb.org.au/>

The Annual Scientific Meeting of the Endocrine Society of Australia and the Society for Reproductive Biology will be expanded in 2016 and held with the Australian and New Zealand Bone and Mineral Society at the popular venue - the Gold Coast Convention Centre from 21-24 August.

The programme organising committee will consist of members from all three societies and will endeavour to present you with the latest and most exciting data from these respective fields with a range of international and national leading speakers.

The benefits of this large scale collaborative meeting include: broader content areas, efficiency in meeting attendance and costs for delegates and trade partners, a more diverse variety of sessions, increase attendees.

Trade partners will have exposure to more areas of specialties in Endocrinology, including these three societies and the Australian Diabetes Society (ADS) and the Australian Diabetes Educators Association (ADEA) meeting on the Wednesday of that week.

continued....

ESA 2016 MEETINGS



The Joint Annual Scientific Meetings of the
Endocrine Society of Australia, the Society for
Reproductive Biology and the Australian and
New Zealand Bone and Mineral Society



Gold Coast Convention and Exhibition Centre | 21st -24th August, 2016

The three societies share areas of common interest and offer expertise and diversity across the field of endocrinology.

We hope to see you on the Gold Coast!

Fran Milat (ESA POC Co-chair)

Renea Taylor (ESA POC Co-chair)

Brett Nixon (SRB POC Co-chair)

Kirsty Walters (SRB POC Co-chair)

Mark Cooper (ANZBMS Co-Chair)

Mike Rogers (ANZBMS Co-Chair)

**MINUTES FOR ENDOCRINE SOCIETY OF AUSTRALIA
ANNUAL GENERAL MEETING**

**ADELAIDE CONVENTION CENTRE
Halls L & M**

**TUESDAY 25th August 2015
4.30pm-5.30pm**

ATTENDANCE:

Warrick Inder, Brian Hirschfeld, Manpreet Kaur, Amy Wooldridge, Kathy Gatford, Brendan Waddell, Simon Chu, Craig Harrison, Peter Fuller, Nocolie Opie, J Dennis Wilson, Bu Yeap, Emma Duncan, Mark Cooper, Greg Hockings, Christina Jang, Rosemary Wong, Morton Burt, Ann McCormack, Chris Gilfillan, Duncan Topliss, Jeffrey Zajac, Leon Bach, Ken Ho, Mathis Grossmann, Evan Simpson

1. Apologies

Don Perry-Keene, Peter Ebeling, Helena Teede, Belinda Henry, Chen Chen

2. Confirmation of Minutes – 26th August 2014, Melbourne Convention Centre

Minutes of the Annual General Meeting that was held on 26th August 2014 were accepted as a true and accurate record. Proposed by Leon Bach and seconded by Duncan Topliss.

3. Business Arising

Nil

4. President's Report

We continue to strengthen international collaborations across the International Society for Endocrinology, the UK Society for Endocrinology, and the US Endocrine Society as well as making links with China and India. We have strong committee representation, editorial board membership, program organising committee membership and a number of joint initiatives including shared journals jointly sponsored symposia across meetings and education initiatives. This includes the inaugural US Endocrine ESA symposium at this year's ESA annual scientific meeting. This is designed to support early career clinicians and academics with speakers including Dick Santen the President of the US Endocrine Society and national Australian leaders in endocrinology.

Support for early and midcareer endocrinologists and endocrine scientists, is a key focus of the society. We have surveyed this target group to provide insight into the challenges and enabling strategies for this key membership group and will be focusing on the opportunities arising from this work in the year ahead.

ESA's adoption of Clinical Endocrinology as our official Society Journal is working well and Australian publications are common and high calibre. ESA members have free access to the online version of the Journal via the ESA member site, and for those wanting a print version, there is a substantial ESA discount. The ESA logo is included and ESA is well represented with several of us on the editorial board. The Clinical Endocrinology Board has approved priority access for publication of the best case presentation at the ESA Clinical Weekend meeting. Clinical Endocrinology is also now running an educational module program based on recent published papers.

Council would encourage you to consider submitting your work here along with the other two journals we have partnered with published by BioScientifica, Journal of Endocrinology and Journal of Molecular Endocrinology, so that basic and translational members of the ESA also benefit from Journal associations. ESA members have electronic access to both Journals via the ESA website and the ESA logo. Bioscientifica will also sponsor a 'How to get published' education session at the ESA conference each year. ESA members are eligible for a discounted publishing fee when publishing case reports in the open access publication, Endocrinology, Diabetes & Metabolism Case Reports (submit online via www.edmcasereports.com).

The new Early Academic Career Development meeting continues to evolve and has now been moved to align with the clinical weekend before the ESA annual meeting. Our scientific strengthening committee chaired by Tim Cole to build momentum and to promote our best internationally.

The ESA meeting continues to be a success building on both registration and sponsorship and council have put a great deal of work into a rotating arrangement with joint meetings with other societies including ANZBMS, APEG and others.

ESA continues to be in a strong financial position with ongoing support for ESA Postgraduate Scholarships and Fellowships. These funding schemes were well subscribed with highly quality applicants. The benefaction from the estate of ESA Founder, Dr Ken Wynne, continues to provide funding for the \$25,000 Ken Wynne Memorial Scholarship. In 2015 we will be offering two scholarships and two fellowship top ups as well as the Wynne Scholarship. We will also be supporting our seminar, clinical weekend, scientific meeting and the newly established early academic career weekend.

ESA continues to engage strongly in areas of interest in research, clinical care and education in endocrinology. We are combining with other societies in this field for joint representation with RACP; We have engaged in the Evolve disinvestment initiative and provide frequent medical feedback on all areas relevant to endocrinology. We have engaged in a variety of positions statements and guidelines and reviewed and endorsed many others. We are also progressing our ESA androgen replacement position paper under the stewardship of Professor Henry Burger. Overall we are a dynamic and growing society with a variety of active roles and an increasing global collaborative platform as we deliver on our vision to be recognised as the authoritative voice for Endocrinology in Australia.

4.1 Motion

Election of new Honorary Life Member on the recommendation of Council

Professor Jeffrey Zajac

Professor Iain Clarke

Approval for the Audited accounts was CARRIED by members.

5. Treasurer's Report

5.1 Audited Accounts

Income from membership subscriptions decreased this year by 30% compared to 2014, from \$146,407 to \$102,458. This was due to ESA sending out arrears notices in 2014 which increased subscription revenue for that year. Compared to 2013, subscription revenue was increased by 52%, from \$67,324 to \$102,458.

The funds managed by Asgard have returned a net increase in value for the financial year from \$910,496.46 (July 01 2014) to \$987,371.01 (June 30 2015). As of August 03, 2015, there has been a further increase in value to \$1,016,289.39.

Funds from the Wynne estate are invested in a separate account with Asgard, for the specific purpose of supporting an annual scholarship (the Wynne Scholarship), worth \$25,000. While the structure of this portfolio is more conservative, aimed at enabling a 5% growth (=scholarship value), it has also increased in value from to \$579,651.26 on July 01 2014 to **\$625,328.00 on June 30 2015**. In the last financial year we had an annual growth of \$45,676, a return of 7.8%. **As of August 03 2015, the value of this investment was \$642,941.**

Accounts held at the National Australia Bank include a working account balance (as of August 22, 2015) of \$141,546. We hold an additional two term deposits, combined value of \$333,546.

Total expenditure was approximately equal in 2014-15 to the previous financial year.

Proceeds from meetings were decreased by 4% compared to 2013-14.

Meeting costs were down by 6%, but award expenses were 2.7 fold higher. This was due to two of the three awards from 2014 being invoiced late by recipient institution or paid out in late 2014 (one was deferred due to maternity leave). The 2015 awards have been paid. Recommendations from the recent Council meeting are to offer an additional Research PhD scholarship and post-graduate fellowship for 2016. Applications are likely to close on October 31st 2015 – details to follow.

The award sponsorship for 2014-15 was lower than the previous year, due to an agreement last year with the QEG group (directly offset by expenses paid to QEG).

Overall the Society posted a net profit of \$49,274 in 2014-15, compared to the operating profit of \$103,370 in 2013-14. Our total net assets have increased from \$2,102,334 in 2013-14 to \$2,195,366 in 2014-15.

Approval for the Audited accounts was CARRIED by members.

6. Medical Affairs Committee Report

The Medical Affairs Sub-committee continues to have a moderately high workload. The major issues which have been commented on include:

EVOLVE

ESA have surveyed the clinical members and come up with a list of 5 clinical scenarios to avoid:

1. Don't routinely order a thyroid ultrasound in patients with abnormal thyroid function tests if there is no palpable abnormality of the thyroid gland
2. Don't prescribe testosterone therapy unless there is evidence of proven testosterone deficiency
3. Do not measure insulin concentration in the fasting state or during an oral glucose tolerance test to assess insulin sensitivity
4. Avoid routine multiple daily self-glucose monitoring in adults with stable type 2 diabetes on agents that do not cause hypoglycaemia
5. Don't order a total or free T3 level when assessing thyroxine dose in hypothyroid patients

146 respondents:

12% advanced trainees (17)

19% academic clinicians (27)

36% clinician in private practice / VMO (52)

33% public hospital clinician (48)

Sub-specialty interest:

General endocrinology 44%

Diabetes 20%

Others 3-6%

This has now been fed back to the RACP.

RACP - Capacity to Train

A submission from the ESA was made, contributing to this important area. Physician training is now a more prevalent option than general practice among medical graduates

Testosterone prescribing

The Androgen Working Group has been set up, chaired by Professor Henry Burger and progress is being made in formulating ESA recommendations regarding this somewhat controversial area of clinical practice.

Issues with medication supply

Earlier in the year there was a national shortage of cabergoline, caused not by a lack of drug, but an issue with the drug not being supplied in child-proof containers. After liaison with the TGA, members were alerted to this issue. A review has been put in place to facilitate better communication between Pharmaceutical companies and the ESA to enable members to be alerted about supply issues in the future. A section will be created on the ESA website re drug availability.

Other issues

Other issues which ESA have been asked to comment on include P revision to the PCOS Guidelines, newborn screening, endorsing American Thyroid Association Guidelines, Menopause resource for primary care, National Diabetes strategy, stem cell therapies, biosimilar medications and sexual orientation, gender identity and intersex rights.

Patient Enquiries

ESA also fields a number of direct patient enquiries, often asking for recommendations for expertise in a particular field. Clinicians are asked to list their areas of expertise/interest in the relevant section of ESA website.

Thanks to all Council members on the sub-committee and special thanks to the two co-opted non-Council members Leon Bach and John Walsh for their much-appreciated contributions.

7. **Scientific Strengthening Committee Report**

The scientific Strengthening Committee was formed from ESA Council in 2015 and will oversee the support of the ASM POC, support strengthening scientific activities in endocrine research, the ECR Career Development Weekend, evaluate award nominations, drive representation on the POC of international committees, promote Australian engagement in international meetings, committees and awards and foster links with international societies.

1. Committee Membership:

Tim Cole (Chair), Monash University, Clayton, VIC
Belinda Henry, Monash University, Clayton, VIC
Nicolette Hodyl, Robinson Institute, University of Adelaide, SA
Craig Harrison, MIMR-PHI Institute, Clayton, MIMR-PHI Institute, VIC
Bu Yeap, Fremantle Hospital, WA
Chen Chen, The University of Queensland St Lucia.
Gail Risbridger, Monash University, Clayton, VIC
Peter Fuller, MIMR-PHI Institute, Clayton, MIMR-PHI Institute, VIC

2. ESA Basic Career Development Weekend 2015: Stamford Grand Hotel, Glenelg, August 22-23.

The weekend focuses on ECR/Student career planning and development: <http://esamentorworkshop.org/>
Current attendance is at approximately 25 which is disappointing and most likely reflects funding short-falls across Australia that is preventing labs sending ECRs/students to these types of workshops. A report of the weekend's activities will be presented at the ESA Council meeting in Adelaide.

3. Scientific Strengthening Committee Meeting at ASM in Adelaide:

The Scientific Strengthening Committee will meet face-to face at the ASM in Adelaide on Tuesday August 25th to discuss activities of the committee in the next 12 months that will include current levels of basic science participation at ESA meetings, which currently falling away, supporting local Endocrinology workshops and Symposia, Awards structure and reviewing, and our liaisons with other National and International Societies.

The Committee would like to thank all Council members on the Committee and the two co-opted non-Council members Peter Fuller and Gail Risbridger for their input and discussions on these topics during the year.

8. **Report on 2015 ESA Meetings – Seminar, Clinical Weekend, ESA Basic Career Development Weekend, ASM**

ESA Seminar

May 1-3, 2013 Novotel Sydney Manly Pacific, Manly, NSW

A record 333 registrants braved some mildly inclement weather at Sydney's famed Northern Beach for the 2015 Seminar, thankfully missing the severe East Coast Low that battered New South Wales the week before.

The 2015 theme was Reproductive Endocrinology. Topics covered a broad curriculum within this dynamic, topical, and controversial field.

Professor Brad Anawalt (University of Washington, USA) was an outstanding International Speaker who beautifully articulated complex clinical issues in andrology and engaged all audience members, regardless of experience.

Australia's great clinical and research depth in Reproductive Endocrinology ensured a well-rounded program, which included a mix of didactic talks, panel discussions, and a clinical masterclass. The Committee wishes to thank Carolyn Allan, Helen Barrett, Clare Boothroyd, Mathis Grossmann, David Handelsman, Christina Jang, Rob McLachlan, Sarah McMahan, Alexandra McRae, Rob Norman, Trisha O'Moore-Sullivan, Bronwyn Stuckey, Helena Teede, Michelle Telfer, Katherine Tonks, Amanda Vincent, Bu Yeap, and Jeff Zajac for their hard work in making all the sessions accessible, practical, and clinically-relevant.

Many thanks also to Jim Fawcett, Nitesh Patel, and the ASN Events team for their attention to detail and responsiveness in putting the meeting together.

We very much look forward to the 2016 Seminar, which will be held on May 13-15 at Twin Waters Coolum on Queensland's beautiful Sunshine Coast, and will focus on Thyroid/Parathyroid topics. Professor David Cooper from the Johns Hopkins University School of Medicine will be our international speaker.

ASM

The 2015 ESA Annual Scientific Meeting will take place at the Adelaide Convention Centre between 23rd-26th August. Registration numbers are increasing each year, with numbers up on 2014, being 581 delegates as at 28th July, 2014. This year we have 4 outstanding ESA Plenary speakers. Professor Richard Santen (Current Endocrine Society President) will deliver the Harrison Plenary lecture entitled “Estrogen paradox: how can estrogen both cause and prevent breast cancer?”. Professor Michael Tuttle (USA) will deliver the Taft Plenary lecture “Is immediate surgery really necessary in every patient with primary or recurrent papillary thyroid cancer?” Professor William Rainey (USA) will give a plenary lecture “Origins of Primary Aldosteronism” and the joint ESA/ADS plenary will be given by Professor Steven Kahn (USA) on “The Beta Cell in Type 2 diabetes: from the clinic to the lab”.

This year’s ESA Senior Plenary was awarded to Professor Evan Simpson, the mid-career award to Lisa Moran and the Servier Award to Christian Girgis. An exciting new symposium session was introduced this year by current ESA president Professor Helena Teede: the inaugural joint ESA/US Endocrine Society symposia with a focus on “Empowering the next generation of clinical and academic endocrinologists – what are the challenges?”. We have also introduced for the first time a lunchtime session “What’s new in...”, this year “What’s new in pituitary” presented by Professor Ken Ho.

A highlight at the 2015 meeting includes a symposium dedicated to the life work of Evan Simpson, which includes international speakers Professors Ken Korach and Shiuan Chen. We are fortunate to also have international speaker Professor Graeme Eisenhofer participating in 2 symposia “Tumour Profiling in Endocrine Cancer” and “Adrenal Hormones”. Other symposia themes include “Novel uses of bone therapies in the cancer setting”, “Endocrinology and Ageing” and “Skeletal Fragility beyond BMD”.

Whilst the registration rates continue to grow at the annual scientific meeting, there remains concern about the drop off in participation in basic science members as evidenced once again by a reduced number of basic science abstract submissions. Concomitant with this has been an increase in clinical abstract submissions, particularly in case reports submitted by advanced trainees.

Planning is also underway for the 2016 ESA ASM to be held in the Gold Coast with new POC co-chairs Drs Frances Milat and Renea Taylor.

ESA Early Career Researcher Career Development Workshop

This year the ESA ECR Career Development Weekend was ran the weekend immediately preceding the ESA/SRB Annual Scientific Meeting. There were 30 basic science registrants and attendees at the clinical weekend had the option of also attending the Mentor Workshop Session that we held on Saturday afternoon. We would like to thank Prof Bill Rainey (University of Michigan) who opened the meeting with a plenary. Prof Rainey detailed a number of his research career highlights and offered insight into career development. We also would like to thank Prof Helena Teede, who delivered a plenary lecture detailing insight into the development of a translational line of research.

The mentor workshop provided discussion on the following topics:

Fellowship funding: how to stay one step ahead

Lead by Professor Matt Watt and Claire Roberts

Industry engagement and commercialisation

Lead by Professor Mark Sleeman

NHMRC and alternative funding sources

Lead by Dr Nicky Hodyl

Life outside research: an alternative career story

Lead by Dr Ben Lewis from RiAus.

On behalf of the committee we would like to congratulate this year’s Research Snapshot awardees.

Clinical Weekend

There continues to be a very strong interest in the Clinical Weekend this year. Delegate registrations were on track to exceed forecasts with over 260 registrations by late July for the weekend. There were

36 case studies submitted. 12 cases were chosen falling under the themes of “Thyroid Cancer”, “Reproductive Endocrinology” and “General Endocrinology”. The organising committee were very impressed by the high standard of the abstract submissions and would like to thank all of the trainees who submitted an abstract for consideration. The best case presentation at the weekend will again have the opportunity to have a case report fast-tracked for submission for publication in Clinical Endocrinology. We would like to thank our plenary speakers Professor Michael Tuttle and Professor Richard Santen for their contributions to the meeting, and also the session chairs and judges for volunteering their time and expertise.

As a result of the high number of registrations and the addition of extra industry sponsorship the weekend is expected to be well within budget.

I would like to thank the organising committee, Marni Nenke, Peak Mann Mah, and Kirsten Campbell, for their time, assistance, ideas and hard work in helping to bring the weekend together. I very gratefully acknowledge the amazing organisational skills and the support that Nitesh Patel and Jim Fawcett and their team at ASN events have provided.

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On behalf of the committee we would like to congratulate this year's Research Snapshot awardees.

9. ICE Meeting Beijing 2016

This congress will be held from 31 August – 4th September 2016 in Beijing. Suggestions are needed for symposia speakers.

ICE 2022

ESA will put in a bid for this congress.

10. Future ESA Meetings

ESA Seminar Meeting 2016, 13-15 May, Novotel Twin Waters, Sunshine Coast

ESA Basic Career Development Weekend 2016, QLD

ESA Clinical Weekend 2016, 19-21 August, QLD

ESA/SRB ASM 2016, 21-24 August, Gold Coast Convention Centre

11. Correspondence (T Cole)

11.1 MSB Review

This document will be sent to all members.

12. Any other business

12.1 NHMRC Funding

The membership discussed this issue. There are panels with 6 disciplines. ESA council needs to be more active to engage in the grant scheme as there are not enough endocrinologists on the panel.

ESA/ANZBMS and ADS should have a combined approach.

13. Date of next meeting: Gold Coast, QLD, 23rd August 2016



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