

ANNUAL REPORT

ENDOCRINE SOCIETY OF
AUSTRALIA





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ABOUT THE ENDOCRINE SOCIETY OF AUSTRALIA

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 ten members of its Council who are elected every two years by a ballot of the membership in accordance with the Constitution.

Our membership continues to grow every year: we currently have 1349 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.

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.

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

STRATEGIC DIRECTIONS



FINANCIAL

To maintain financial sustainability for the future

ENGAGEMENT

To engage with our members, government bodies, funding bodies and the public to address and resolve issues that affect endocrinology and endocrine research

EDUCATION

To promote the education of our current and future endocrinologists and endocrine researchers

PROMOTION

To promote the profile of the Endocrine Society of Australia

LISTENING

To listen to our membership

CONTINUITY

To ensure the governance of the society has continuity of knowledge and expertise

KEY AREAS OF PRIORITY

GOVERNANCE



Maintain a highly skilled and motivated board

Source skilled, motivated and committed consultants with clearly defined roles to drive our objectives

Have the right committees with the right people to deliver strategic objectives

Educate board members in governance so our strategic ability and decision making is enhanced

EDUCATION



Provide high quality conferences and meetings that attract international and national interest

Provide support for junior members, both clinical and basic scientists with membership, training, education and scholarships

Support continued training of high quality endocrinologists through work force planning and addressing issues affecting training

INTERNAL ENGAGEMENT



Hear the needs of our members

Retain and ensure sustainability of our expertise within the membership

Communicate and engage other endocrine based societies to increase membership both nationally and internationally

Ensure ESA members are assisting ESA to reach its objectives

EXTERNAL ENGAGEMENT



Engage consistently with the RACP for endocrinology training, secretariat business and endocrine advocacy

Engage with industry for sponsorship and financial sustainability

Engage with Government for addressing endocrine issues that affect ESA sustainability and profile

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

Engage with the public via the media to enhance the ESA profile and opportunities for bequests

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

FINANCIAL SUSTAINABILITY



Achieve a sufficient and more reliable income stream through investments, industry, bequests and conferences

Maintain a productive operating budget

Maintain long term financial sustainability of the scholarship programs

PROFILE



Promote Endocrinology within Australia via our branding

Provide education, networking opportunities and showcase our research

Promote our expert members both nationally and internationally

Be recognised as the authoritative voice for endocrinology, rare endocrine disorders and obesity in Australia and the region

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> COUNCIL AND OFFICE BEARERS 2024

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President until 12.11.24
Associate Professor
Ann McCormack

Staff Specialist
Department of
Endocrinology
St Vincent's Hospital
Sydney

Head
Hormones and Cancer
Group
Garvan Institute of Medical
Research

President elect until 12.11.24

President from 12.11.24

Associate Professor
(Peter) Shane Hamblin

Department of Endocrinology &
Diabetes
Western Health, Sunshine Hospital



Treasurer until 12.11.24
President elect from 12.11.24

Professor Jenny Gunton

Director

The Centre for Diabetes and Obesity Research
Westmead Institute for Medical Research

Chair of Medicine
Westmead Hospital
University of Sydney



Honorary Secretary until 12.11.24

Professor Mathis Grossmann

University of Melbourne, Austin Health

Councillor until 12.11.24
Treasurer from 12.11.24

Dr Lisa Hayes

Princess Alexandra Hospital, Brisbane



Councillor until 12.11.24
Honorary Secretary from 12.11.24

Associate Professor Sunita De Sousa

Endocrinology & Genetics at Royal Adelaide Hospital
 Adelaide Medical School at University of Adelaide



Councillor

Dr Liz Johnstone

Harry Perkins Institute of
 Medical Research



Councillor

Professor Roderick Clifton-Bligh

Head
 Department of Endocrinology
 Royal North Shore Hospital

Professor in Medicine
 University of Sydney



Councillor from 12.11.24

Associate Professor Carolyn Allan

Consultant Endocrinologist, Monash Health and
 Hudson Institute of Medical Research, Victoria



Councillor from 12.11.24

Dr Mitchell Lawrence

Department of Anatomy and Developmental Biology
 and Biomedicine Discovery Institute
 Monash University



Councillor from 12/11/24

Associate Professor Jun Yang

Head, Endocrine Hypertension Group,
Hudson Institute of Medical Research
Senior Researcher, Department of Medicine, Monash University
Consultant Endocrinologist, Monash Health



Councillor
until 12.11.24

**Associate Professor
Frances Milat**

Deputy Director
Endocrinology
Monash Health

Head
Metabolic Bone
Services
Monash Health

Head
Metabolic Bone
Research Group
Hudson Institute of
Medical Research

**Adjunct Associate
Professor**
School of Clinical
Sciences
Monash University



Councillor from 12.11.24

Dr Anna Story

Northern Sydney
Endocrine Centre

Councillor from 12.11.24

Dr Brendan Nolan

Department of Diabetes and Endocrinology
Princess Alexandra Hospital
Metro South Health



Administrative Assistant

Ms Melissa Douglas

145 Macquarie Street Sydney



ESA Secretariat

Executive Officer Ms Ivone Johnson

145 Macquarie Street Sydney

ijohnson@endocrinesociety.org.au

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> PRESIDENT'S REPORT

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> TREASURER'S REPORT

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president's report

In my last President's report I would like to start by reflecting on the vision of our society which is to advance endocrine science, clinical practice and education, to enhance knowledge, health and well-being for patients affected by endocrine conditions.

In order to achieve these goals I see one of our key strengths as a community is in collaboration and collegiality.

I have certainly seen countless examples of this over my tenure, and I want to thank each and every one of our members for their good will and dedication to the society and our patients.



We have grown our membership base by 16.5% in the past 2 years

The ESA has a vital role in serving as a bridge between cutting-edge research and real-world clinical practice, but also in facilitating links between other sectors in health. The health care system is rapidly evolving and we need to work together to tackle challenges such as workforce pressures and access to funds for endocrine research.

The ESA membership now comprises 1349 members, of which close to 1000 are active clinical members and 147 students. We have grown our membership base by 16.5% in the past 2 years, and continue to focus on efforts to attract our basic science colleagues with reduced membership fees and drawing on help from the scientific strengthening committee led by Dr Liz Johnstone.

There have also been significant efforts to attract more endocrine nurses with discounted membership and as evidenced by our joint symposiums for the past 2 years improved collaboration and working relationship with the Endocrine Nurses Society of Australasia.

Sadly we lost Ann Robinson this year who was the first endocrine nurse practitioner in Australia and past president of ENSA. She was a strong advocate for endocrine patients and a cherished friend and mentor to many endocrine nurses.

president's report

We lost other giants of Australian endocrinology this year. Earlier in the year we lost Professor John Turtle, Head of the Department of Endocrinology in RPA Hospital, Sydney and Professor of Endocrinology at the University of Sydney. John served on ESA council from 1972-1976 including 2 years as Vice President. He established the John Turtle Diabetes Course for advanced trainees that has been running for more than 2 decades. Our field also lost Professor Robin Mortimer this year. Robin served as the Director of the Department of Endocrinology at Royal Brisbane Hospital from 1977 to 2009. He served on the ESA council from 1996 until 1998. Over the course of his career he held numerous leadership roles including President of the Royal Australian College of Physicians and President of the Australian Medical Council, and awarded an Officer of the Order of Australia in 2006.

Most recently we have lost Professor Henry Burger, who served as Director of Endocrinology at Prince Henry's Hospital, then Monash Medical Centre from 1969 until 1998. Henry left a remarkable legacy influencing the career of many Melbourne trained endocrinologists. He was ESA President from 1974 to 1976 and in later years served as President of the Australian Menopause Society and then International Menopause Society. In 1993 he was awarded an Officer of the Order of Australia and in 2015 Fellowship of the Australian Academy of Health and Medical Science.

I want to encourage members to nominate their colleagues for awards

It is inspiring to hear of ESA members who are recognised nationally for their contribution to the field of endocrinology. This year Associate Professor Christine Rodda was awarded a Member of the Order of Australia for her significant service to paediatric endocrinology, medical research, and tertiary education.

One of the core missions of the ESA is supporting its members to undertake endocrine research in the face of an increasingly competitive national research funding space. We also want to recognise members through excellence awards, and there are a few new awards that have been added over the past couple of years including the Early Career Contribution to Endocrinology Award, Clinical Endocrinology Journal Early Career Research Award and the Outstanding Clinical Practitioner Awards.

I want to encourage members to nominate their colleagues for such awards, as some highly deserving individuals may be reluctant to self-nominate.

president's report

In 2024 there are many ways for ESA members to be involved with the society, a great way to engage with colleagues from around Australia, further career avenues and contribute to the society overall.

This year has also seen growth and energy from our fairly newly established Specialty Interest Groups that now include the Australia and New Zealand Pituitary Alliance (or ANZPA), WOMENDO, EndoGen, Sustainability Group, Rural and Regional Group, Clinical Practitioner Forum, Thyroid Cancer and coming soon the Primary Aldosteronism group. Some may organise dedicated meetings such as ANZPA, others will host webinars and develop sessions that will be incorporated into our educational meetings.

One particularly active group within the ESA is the Early Career Committee who continue to bring many new initiatives to council. Thanks to their hard work 2025 will see the launch of a mentorship program. I would especially like to thank Dr Lachlan Angus and Dr Amy Dwyer who have co-chaired the ECC over the past couple of years. This year 10 outstanding young members applied for 4 positions that became available on the ECC. There was consideration for gender and state representation and I would like to welcome Ben Lawrence, Katherine Wyld and Arunan Sriravindrarajah who will join the ECC.

Another key committee within ESA is the Medical Affairs Committee, comprising clinical council members and some co-opted generous senior ESA members. The MAC as it is colloquially known handles numerous requests for ESA input into matters coming from various healthcare stakeholders including RACP, TGA, Department of Health, PBAC and pharma as well as journalist and public enquiries. I want to thank all members of this busy committee and Shane Hamblin for chairing the group so efficiently over the past couple of years.

ESA continues to work hard to grow strong relationships with other international endocrine societies, including the Endocrine Society, European Society of Endocrinology, Society for Endocrinology, New Zealand Society of endocrinology and Korean Endocrine Society. We welcome again executives of the KES and this is the 3rd year of the successful joint ESA-KES symposia.

This year ESA submitted a bid to host in Melbourne the 2028 International Congress of Endocrinology and we await the outcome. I want to thank Jenny Gunton in particular for her contribution to putting together the bid.

president's report

Over the past couple of years I have been proud to see the growth in use, both of the general public but also ESA members, of the Hormones Australia website. Antimony Deor is writing excellent articles for us once a month, most often in collaboration with an ESA member, on a variety of topics of interest to the public. Recent articles have included the effects of obesity on sperm and fertility and a patient story highlighting the delay to diagnosis of Cushing's disease.

ESA educational offerings continue to be of a very high quality and an incredible amount of work and good will goes into producing these meetings.

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This year the ESA Seminar was held for the first time in Darwin featuring Professor Maria Fleseriu from the USA. More than 250 attended face to face with another 150 opting for virtual learning. The program was truly outstanding and I want to thank A/Prof Carolyn Allan and Dr Stella Sarlos for all they did in creating and supporting the meeting. The annual clinical weekend was held over the past weekend just down the road from here in the Hilton hotel, in conjunction with ANZBMS this year.

I want to thank Professor Bu Yeap for delivering a somewhat impromptu excellent plenary talk and Associate Professor Joy Wu for her plenary lecture and clinical contributions to the cases. The clinical cases delivered by the advanced trainees continue to be of an incredibly high standard, and the submission process highly competitive with around 50 submissions this year for just 12 presenter spots. I want to thank Dr Anjana Radhakutty, Dr Emily Gianatti and Dr Shejil Kumar who put together an incredible meeting with such calm and diligence.

Finally the annual scientific meeting has again highlighted the very best of our endocrine community, with a diverse and thoughtful program. I want to wish Professor Richard Ross all the best in his recovery, it was unfortunate he could not participate in person to deliver the Harrison lecture this year but one of the silver linings post Covid has been the ability to adapt in such situations to deliver virtual lectures. Associate Professor Joy Wu delivered an excellent Taft Plenary and congratulations to Professor Brownwyn Stuckey for the Senior Plenary Award, A/Professor Ada Cheung for the Mid-Career Award and A/Professor Sunita De Sousa for the Early Career Award.

president's report

Thank you to A/Professor Jun Yang who finishes this year in her role as Clinical Chair of the Program Organising Committee. Jun has really put her heart and soul into delivering outstanding meetings. I also want to thank basic science chair Mitchell Sullivan for his valuable contribution in organising this meeting.

I wanted to wrap up this report by acknowledging and thanking each one of my fellow councillors for all their expertise, volunteer time, contributions and collegiality. It really is a team effort.

Sunita De Sousa, Liz Johnstone and Rory Clifton-Bligh continue their time on council for the next 2 years. Fran Milat steps down from council this year as does Mathis Grossman whom I wanted to thank for all his work as secretary for the past 4 years.

We welcome 5 newly elected councillors – Anna Story, Brendan Nolan, Carolyn Allan, Mitchell Lawrence and Jun Yang, who now begin their 4 year terms.

I want to extend my gratitude to Jenny Gunton who has been an outstanding treasurer for the past 2 years, but also a much needed ear at times for me. Shane Hamblin, thank you for your support over the past couple of years as President-Elect - it is now time for you to guide this wonderful ship. I see blue skies and calm waters ahead for you.

Extending the nautical theme, I can't finish before acknowledging and thanking Ivone Johnson, our ESA secretariat, who is both our anchor and compass. Her corporate knowledge, calm and positive manner are highly valued and she makes our roles so much easier.

Finally I want to say how much I have enjoyed my time as President over the past couple of years. I value the friendships and connections made through this role and have found it so rewarding to see initiatives come to fruition and witness the growth and evolution of our society up close.

I feel so honoured to have been in this role, thank you.

Ann McCormack

I have found it so rewarding to see initiatives come to fruition and witness the growth and evolution of our society up close.

TREASURER'S REPORT

KEY POINTS

Robert Burns Bequest

ESA received \$3,062,914.72, administered by State Trustees Victoria Funds \$3,250,082
Gross yield \$122,838 = 3.77%. Minus \$33,334 charges
Net yield after charges \$89,504 = 2.75%

The yield for the '23-'24 was disappointing

Shares

generally a nice rise over the last 12m

Term deposit

returned to ESA accounts after 12m

Second term deposit

\$44,054.70
ANZPA 10K seed fund + profit from 1st meeting

Last interest rate rise in Nov '23

47% interest.
Returns to ESA Nov '25

Concerns regarding overseas economies: US (election), China

Returned to ESA accounts after 12m

Geo-political issues continue in Ukraine and Gaza / Israel / Lebanon / Iran

POSITIONING

Maintaining an asset allocation to protect against inflationary pressures.

Overweight in alternatives, infrastructure and direct property to protect downside. Avoiding commercial real-estate.

TREASURER'S REPORT

< Endocrine Society >

Balance at 30/10/24 : \$1,706,375

Includes 365 Day ING Direct, 5.48% pa.
Cash at maturity 8/11/2024: \$44,055

No longer includes 50K –
went back to ESA NAB account (so 'real' rise of ~66K)

Previous totals

15/8/2024	\$1,690,384
17/5/2024	\$1,675,486
12/3/2024	\$1,657,927
8/11/2023	\$1,511,115
07/09/2023	\$1,509,396
07/07/2023	\$1,431,537
27/04/2023	\$1,415,763
18/10/2022	\$1,336,404
29/06/2021	\$1,406,067
19/05/2020	\$1,176,723

Pink text indicates
unusual spending.

Differences: travel grants,
2 ESA postdoc paid in
22-23, extra seed grants
in 22-23, global academy.
Note –
HDR travel grant still TBA

< Meeting Outcomes >

Well done to all POCs!

2023 ASM

Registrations 711

ESA distribution \$34,531.48

2023 Clinical weekend

Registrations – 372 (302 in-person | 70 Virtual)

Conference Surplus \$35,867.02

2024 Seminar

Registrations – 494 (258 in-person | 236 Virtual)

Conference Surplus \$117,057.79 of which
\$51,600.00 was paid directly to ESA from the
Northern Territory Bureau.

< NAB Business management >

Total \$328,089

Last report \$225,827

Part of the increase is return of
50K term deposit

< Wynne Scholarship >

Funds usually withdrawn late in the year

Balance at 30/10/2024 : \$814,605
Increase of ~36K over 12m

Previous totals

15/8/2024	\$782,320
17/5/2024	\$774,944
12/3/2024	\$799,359
08/11/2023	\$724,383
07/09/2023	\$745,982
27/04/2023	\$724,030
27/07/2022	\$786,394
29/06/2021	\$829,053
19/05/2020	\$716,749

< ASN Accounts >

Total equity at 30 September 2024 \$1,218,173.

Note large expenditures for November
meetings to come out.

Seminar

Current equity 30/9/24: \$27,550

Surplus \$117,057.79 of which \$51,600.00 was
paid directly to ESA by NT Bureau.

Yearly audit (received Aug 2nd) good.

Clinical Weekend

Current equity 30/9/24 \$229,991

Profit 2023 \$35,867

Profit 2022 \$817

Yearly audit (received Aug 2nd) good.

ASM

Equity 30/9/24 \$960,632 (note lots of
expenditure in the short term)

Profit 2023 \$34,531

Yearly audit (received Aug 2nd) good.

< ANZPA >

Net current equity with ASN \$0 – noting \$44,055
term deposit which returns to ESA in November

TREASURER'S REPORT

Funds	October 22 to October 23	November 23 to October 24
	Amount (\$)	Amount (\$)
Travel grants ASMs	9,500	4,700
AWE awards	3,000	1,000
ESA Oceania travel grants	0	4,000
Bryan Hudson, Gail Risbridger, Paul Lee, ESA article awards	12,000	13,000
Ken Wynne Postdoctoral Research Award	33,000	33,000
ESA Postdoctoral Award	55,000	27,053
ESA PhD scholarship	27,225	31,900
ESA HDR travel scholarship	36,300	no applicants
Seed Grants	44,000	22,000
ESA / KES / Ipsen travel grants	14,000	10,135
ESA/ RACP fellowship	25,000	25,000
Global leadership academy	9,996.32	NIL
	269,021	171,788

TREASURER'S REPORT

ESA Membership in 2024: 1349
831 financial + 35 life + 61 retired (leaves 428 unfinancial)

Do we need a membership drive? A financial-membership drive?

2024 categories (includes non-financials)

- Basic Science member – 61
- Clinician member – 998
- Life member – 35
- Retired member – 61
- Student member – 142
- Overseas members – 52 (includes 46 clinical, 5 student, 1 basic science)

2023: 1240 members, 856 financial.
2022: 1310 members, 847 financial.

Jenny Gunton
Treasurer

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> MEDICAL AFFAIRS COMMITTEE REPORT

> EARLY CAREER COMMITTEE REPORT

> SCIENTIFIC STRENGTHENING
COMMITTEE REPORT

> COMMUNICATIONS COMMITTEE REPORT

> ESA/SRB/ENSA/ASM PROGRAMME
ORGANISING COMMITTEE REPORT

> ESA SEMINAR MEETING REPORT

> CLINICAL WEEKEND REPORT

MEDICAL AFFAIRS COMMITTEE

MAC members for the past 12 months were Leon Bach, Rory Clifton-Bligh, Sunita De Sousa, Mathis Grossmann, Shane Hamblin, Lisa Hayes, Ann McCormack, Fran Milat, and John Walsh.

The voluntary assistance of these colleagues is very much appreciated and valued by ESA.

MAC receives requests for advice from Federal and State Governments, RACP, other specialist societies, ESA members, the media, lobby groups, individual doctors, and patients.

MAC does not give specific clinical advice to patients as a matter of policy. Generic advice is given and patients are directed to the ESA's Hormones Australia website.

Over the past year, MAC has been invited to comment on the following areas:

- Medical Board of Australia proposal to test the health of late-stage career doctors
- Consultation on the safe and responsible use of Artificial Intelligence in healthcare
- Australian Government Department of Home Affairs advice endocrine conditions present in Australian visa applicants: Full review of all common endocrine conditions
- RACP enquiries (multiple)
- ADS/ANZCA/ANZOS GLP-1 RA and surgery guidelines
- Reducing costs of low value endocrine testing (Evolve-Top 5)
- Safety of PFAS in children's toys
- Growth hormone PBS restriction detail; AndroForte cream restriction changes
- Sick day adrenal insufficiency management
- Drug shortages (TGA consultation) and drug discontinuations (e.g. quinagolide)
- NovoNordisk proposed insulin changes
- Ovidrel PBS listing detail
- Patient requests for information regarding numerous endocrine conditions
- ESA member enquiries (drug availability issues; lobbying for changes to PBS restrictions)
- Media requests for assistance regarding obtaining expert opinions for a variety of endocrine conditions
- Book author enquiries
- Medico-legal enquiries

Shane Hamblin, Chair

EARLY CAREER COMMITTEE

The Early Career Committee (ECC) was formed in August 2019 and consists of nine early career members.

The aims of the ECC are to help advance the clinical and research endeavours of early career members by creating professional development activities, expanding research opportunities and fostering participation of early career members within the ESA.

The current committee includes Dr Amy Dwyer (SA; Co-chair), Dr Lachlan Angus (SA; Co-chair), Dr Elizabeth Wootton (QLD; Secretary), Dr James McNeil (SA; Events), Dr Angela Sheu (NSW; Events), Dr Lauren Tyack (WA; Clinical affairs), Dr Ed Mignone (SA; Clinical affairs; RACP advanced trainee representative), Dr Jillian Tay (VIC; Advocacy and engagement) and Dr Mawson Wang (NSW; Advocacy and engagement).

At the coming annual general meeting, three of our members will finish their term. We thank Drs Lachlan Angus (SA), James McNeil (SA) and Lauren Tyack (WA) their contributions and enthusiasm. Dr Ed Mignone joined the committee as an Advanced Trainee Representative.

Following a competitive application process, we welcome newly appointed members Drs Ben Lawrence (VIC), Katie Wyld (QLD) and Arunan Sriravindrarajah (NSW) for the next 2-year term, aiming to continue a balanced representation of different professional backgrounds, genders, and locations..

Plans for the coming year include consolidation and expansion of existing projects, increased collaboration with related societies (e.g. ADS and ANZBMS) and a webinar series on Chemical Pathology for the Endocrinologist.

Dr Amy Dwyer & Dr Lachlan Angus
Co-Chairs, Early Career Committee

Key achievements in the last year include:

→ Design and launch of the ESA Mentorship Program, which aims to connect mentors and mentees with similar interests to provide career guidance and support. We are currently recruiting mentors and mentees. The program will be evaluated after 12 months. Thanks to Drs Jillian Tay, Mawson Wang and Ed Mignone.

→ Updating ESA website to include linked to helpful resources and guidelines. Thanks to Dr Mawson Wang.

→ Continuing commitment to promoting early-career member opportunities at ESA Annual Scientific Meeting, ESA Clinical Weekend and ESA Seminar. Thanks to Dr Angela Sheu and James McNeil for their contribution to the program organising committee this year.

→ Consolidation of the Clinical and Research Fellowship Database formed in 2022, now featuring 27 job descriptions and application pathways. The aim of this database is to create awareness of positions that are historically not advertised through state-based match programs. This can be accessed in the members area of the ESA website and is currently under evaluation. Thanks to Drs Lauren Tyack and Ed Mignone.

→ Updating of the ESA Awards and Grants calendar outlining important event details. This can be accessed in the members area of the ESA website. Thanks to Dr Ed Mignone.

→ Creation of new Hormones Australia patient information sheets (currently being drafted), including primary hyperparathyroidism and AVP deficiency. Thanks to Dr Liz Wootton and Dr Karen Van.

→ Consolidation of our new podcast, Hormone Hotseat, hosted by Dr Shejil Kumar and featuring interviews with ESA early career members.

→ New podcast episodes include starting a PhD and research career in basic science featuring Dr Amy Dwyer and transition to Consultant life featuring Dr Albert Kim. Episodes can be accessed in the members area of the ESA website and we welcome suggestions for future episodes.

EARLY CAREER COMMITTEE

SCIENTIFIC STRENGTHENING COMMITTEE

In March 2023, the ESA Scientific Strengthening Committee (SSC) was formed by the ESA Council. The current members are:

Liz Johnstone (Chair)

Amy Dwyer

Mitchell Lawrence

Mitchell Sullivan

Jenny Gunton

The role of the SSC is:

To promote basic science endocrinology within the science community, both to attract researchers into our field and also into ESA. Advocacy and relationship building within the broader science community.

In 2024, the SCC has organised a breakfast session at the Annual Scientific Meeting. It is a joint ESA/SRB/ANZBMS session called "Research Scientists, saving an endangered species". The session aims to promote discussions about the benefits of foundational research, and strategies to address the challenges faced by the research scientists in our societies. The session will feature a speaker from each society: Wayne Tilley (ESA), Brett Nixon (SRB) and Michelle McDonald (ANZBMS).

These talks will be followed by a panel and audience discussion, which we hope will generate ideas and initiatives that we can use to strengthen the basic science research within our societies.

Liz Johnstone, Chair

COMMUNICATIONS COMMITTEE

Ongoing communications activities include:

- ESA website: aimed at ESA membership
- Hormones Australia website: public audience
- Social media updates via LinkedIn, Twitter/X, Facebook led by ESA Social Media Officers, Lisa Raven & Kim Albert

Our blog writer for Hormones Australia, Antimony Deor, has continued writing regular news articles derived from interviews with ESA experts, including:

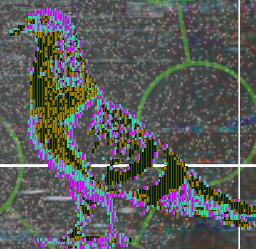
- new diabetes treatments (Shane Hamblin)
- AI-based interventions for diabetes (Chris Gilfillan)
- prolactinoma guidelines (Sunita De Sousa)
- thyroid cancer (Matti Gild)
- primary aldosteronism (Jun Yang)
- PCOS and heart disease (Jillian Tay)
- obesity and male fertility (Andrew Peel)
- erectile dysfunction (Sam Tafari).

Hormone Hotseat podcast host, Shejil Kumar, has another three podcasts underway: Basic Science PhDs (with Amy Dwyer), Transitioning to Consultant Life (with Albert Kim) and Dual training in Chemical Pathology/Endocrinology (with Lucy Ding).

Over the next year, we will generate new patient information sheets in conjunction with the ESA Early Career Committee. This will be led by Early Career Committee members, Liz Wootton and David Je, with the aim to cover new topics such as primary hyperparathyroidism and AVP deficiency.

Sunita De Sousa (Chair), Kim Albert, Jenny Gunton, Ivone Johnson, Shejil Kumar, Lisa Raven
ESA Communications Committee

Sunita De Sousa, Chair



ESA/SRB/ENSA/ASM Programme Organising Committee

The ESA/SRB/ANZBMS Annual Scientific Meeting (ASM) will take place in person at the Adelaide Convention Centre, Adelaide, Australia, with the Clinical Weekend and ASM scheduled from November 9th to 13th, 2024.

This year's program will feature prestigious international and national plenary speakers from all participating societies, including Dr. Joy Wu from Stanford Medicine (ESA Taft Lecturer) and Prof. Richard Ross from The University of Sheffield (ESA Harrison Lecturer, albeit via Zoom due to health issues). Additionally, joint symposiums are planned with the Korean Endocrine Society, the Endocrine Nurses' Society of Australasia, The Society for Reproductive Biology, and the Australian and New Zealand Bone and Mineral Society.

Key themes for 2024 include:

- Diabetes/metabolism
- Endocrine cancers
- Obesity
- Congenital endocrine conditions in adulthood
- Transgender health for the endocrinologist

ESA/SRB/ENSA/ASM Programme Organising Committee

There will be eight symposia with 31 invited speakers from across Australia, and two from South Korea. These symposia represent a balance of clinical and discovery science research. In addition, there will be 40 selected oral presentations (including six for the Gail Risbridger Junior Scientist Award and six for the Bryan Hudson Award), 14 lightning presentations, and 146 posters.

The program will also feature lunchtime meet-the-expert sessions, and the ESA Scientific Strengthening Committee will host a special “Research Scientists – Saving an Endangered Species” breakfast session. The ASM will wrap up with a combined ESA/SRB/ANZBMS debate on the topic, “Utilising AI regularly in medical research and clinical practice will result in more benefits than drawbacks.”

To date, there are 896 registrants for the ASM, with a fully booked conference dinner of 450 attendees. Sponsorship has exceeded expectations, reaching \$420,585—156% of the original \$269,000 target.

Our thanks go to the ESA Council, Ivone Johnson, the POC and LOC committee members, and ASN Events for their invaluable support in making this event a success. We are confident it will be a fantastic event.

Craig Harrison VIC
James Cuffe QLD
Luba Sominsky VIC
Venessa Tsang NSW
James McNeil SA
Anne Corbould TAS
Greg Ong WA

Jun Yang, Mitchell Sullivan – Co-Chairs

ESA SEMINAR MEETING

The endocrine theme of the 2024 meeting was pituitary disease.

The Endocrine Society of Australia hosted the annual Seminar weekend for the first time in Darwin at the Darwin Convention Centre from the 26th – 28th April 2024.

In convening this year's program we also utilised local Larrakia artist Jason Lee's artwork depicting people collaborating in an interconnected community, which we feel captures the essence of our overarching goal.

Indeed the feel of the meeting was of a professional gathering with an appetite for collaboration and support of trainees and early career endocrinologists. In person attendees in particular were highly appreciative of the destination and tropical setting.

Both options of in-person and virtual attendance were available, and 494 delegates attended in total (in person 258; virtual 236).

The endocrine theme of the 2024 meeting was pituitary disease. Inspiring keynote presentations were delivered by invited plenary speaker Prof Maria Fleseriu from Oregon Health and Science University, Oregon USA, an eminent pituitary clinician researcher, who brought forward considerations and discussed the future of Cushing's disease and Acromegaly.

The plenaries were complimented by symposia on pituitary disease beyond surgery, including genetic considerations, and radiotherapy treatment options by our own internationally recognised Australian experts.

Finally, a panel of local experts along with Prof Fleseriu discussed clinical cases presented by early career pituitary fellows. This format was well received by the audience.

ESA SEMINAR MEETING

The academic program was strengthened by additional symposia addressing broader topics in endocrinology.

An Update in Bone Health and Advances in Cardiometabolic Endocrinology were considered of high clinical relevance. Our sub-theme in this Seminar meeting aimed at engaging with regional and rural colleagues and the challenges and opportunities they face in caring for patients.

We introduced a symposium dedicated to innovations in diabetes healthcare delivery and invited Australian experts to showcase their approaches to significant challenges, followed by a panel Q&A. This symposium was highly praised in the feedback and generated much stimulating discussion around health service delivery.

To further foster networking and collaboration within our Society, Dr Bethany Crinall and Dr Sheila Cook from the Regional and Rural Endocrinology Special Interest Group hosted a networking breakfast on Saturday 27th April, complemented by a presentation from Dr Matthew Hare about his work as an endocrinologist in the NT. This session was well attended, highlighted the challenges and the rewards of practicing in rural and remote settings and brought forward many practical points about support and the value of mentorship and professional connectedness from the panel and the audience.

Additionally, the Early Careers Committee hosted a session discussing career pathways in research.

In consideration of the advanced trainee's educational needs, we introduced the ESA Advanced Trainee course held prior to the commencement of the formal Seminar program.

The inaugural topic was "Obesity Management" and was convened by A/Prof Samantha Hocking and a select panel of experts. This initiative was attended by 49 advanced trainees who provided overwhelmingly positive feedback and suggestions for future areas to be addressed. They particularly appreciated the intimacy and educational protection afforded to them by course being exclusively for the benefit of trainees. From the feedback, the registrars valued the opportunity to develop collegial connections in this setting.

ESA SEMINAR MEETING

Furthermore, with advanced trainee needs in mind, we brought back the new style of symposium with which to close the seminar meeting titled "Show me the Evidence", where highly experienced endocrinologists discussed the management of two common endocrine emergencies, namely severe hypertension and hyperglycaemic hyperosmolar state, with running commentary about the evidence (or lack of) underpinning clinical management. This was again a highly regarded format and symposium.

In addition to traditional in-person questions from the audience, all symposia included the option of submitting questions via Sli.do®. Once again this proved to be overwhelmingly popular, encouraging widespread audience participation. We note that this format of online questions exceeded in-person questions asked.

The addition of co-chairs from among the early career endocrinologists to assist session chairs in facilitating online and in-person questions was successful and provided chairing experience to our next generation of leaders. The newly instituted code of conduct was respected by delegates throughout the conference.

The social program was well attended across the weekend.

With the tropical location and timing of the ANZAC day public holiday, many delegates took the opportunity to arrive early and attended the Litchfield National Park excursion and took advantage of the shuttle service arranged to enjoy the sunset at the Mindil Beach Markets. The cocktail function on Friday night was a delightful opportunity to catch up with colleagues.

ESA SEMINAR MEETING

Many enjoyed the Saturday afternoon activities on offer, including Crocosaurus Cove and The Royal Flying Doctor Service tourist facility, or simply relaxed by the Darwin harbourfront wave pool. The conference dinner took place at Pee Wee's at the Point in a spectacular setting by the water at sunset and 163 delegates enjoyed a superb meal under festoon lights and a festive atmosphere. Our dinner speaker, Mandy Smallacomb, from the Royal Flying Doctor Service SA/NT used picture boards to effectively highlight the challenges and rewards of care delivery and of practicing medicine in our vast and spectacular country.

It was a pleasure once again to convene the ESA Seminar meeting with ASN Events. Lieve Belsack, Jim Fawcett, Lydia Lazar and Joy Sangchuj communicated with us throughout and demonstrated impressive attention to organisational detail, as well as being enjoyable to work with.

We initiated Sli.do® polling at the end of each symposium as well the usual ASN Events requested feedback at the conclusion of the event. Attendees provided overwhelmingly positive feedback for all aspects of the meeting, including the adoption of innovative education-based methods in the delivery of the program.

We have again been humbled by the generosity of our speakers, panellists and chairs, and the support of the ESA council. We now look towards Melbourne 4th – 6th April 2025 for our final ESA Seminar Meeting as convenors.

Dr Stella Sarlos, A/Prof Carolyn Allan, Co-chairs

ESA CLINICAL WEEKEND

We were excited to welcome all delegates to Adelaide for the ESA Clinical Weekend 2024 which was held in conjunction with ANZBMS. This year's meeting was held at the Hilton from the 8th to 10th of November, in a hybrid format with both in- person and virtual registrations.

The program featured twelve excellent registrar case presentations covering the disorders of Pituitary, Bones and General Endocrinology. Each finalist received a memento at the Saturday night dinner.

The winners in the bone section and Pituitary/General Endocrinology sections were awarded prizes by ANZBMS and ESA respectively. ESA awarded \$1000 to cover publication costs for their case study in an approved journal, as well as registration for the 2025 Clinical Weekend. The winner of the best bone case was awarded a prize by ANZBMS to cover publication costs in a reputed journal.

We are grateful for the time and effort of our three judges, Shane Hamblin, Jui Ho and Michael Thompson who were left with the difficult task of choosing the winners. We also thank our case study reviewers who reviewed the 53 case study submissions and all trainees who submitted an abstract. The selection of only twelve finalists was exceptionally difficult.

ESA CLINICAL WEEKEND

This year we had the privilege of having two incredible plenary speakers, Professor Joy Wu, and Professor Bu Yeap, who delivered engaging presentations on “Optimizing bone health in patients with breast cancer” and on “Testosterone treatment in men, what’s known, what’s new and what’s unknown” respectively.

The social activities kicked off with the welcome reception drinks and canapes at the Hilton, followed by the showcase conference dinner at the Adelaide Oval. At the dinner, the delegates represented their favourite sporting teams and enjoyed a delicious dinner while sharing company with our powerhouse guest speaker Roger Rasheed. Roger shared his experiences during his illustrious career in Australian sport as player, coach and mentor and his journey as founder of the Roger Rasheed Sports Foundation.

Saturday afternoon activities included getting a birds-eye view of Adelaide with the Adelaide Oval Roof climb, a premium Penfolds wine tasting and challenging yourself to escape from a mysterious island in under an hour at Mindshift Escape Rooms. Enthusiastic delegates also participated in the Sunday morning walk or run along the beautiful river Torrens.

As of 1st November 2024, we had 300 registrations in total.

We are indebted to our sponsors Merck, GSK, Ipsen, Novo Nordisk, Kyowa Kirin and Lawley, who have played an essential role in making this meeting possible. Finally, we thank the amazing team from ASN events, Jim Fawcett, Sally Wills, Chris Dayson and Lydia Lazar for their support throughout the year.

Emily Gianatti, Anjana Radhakutty

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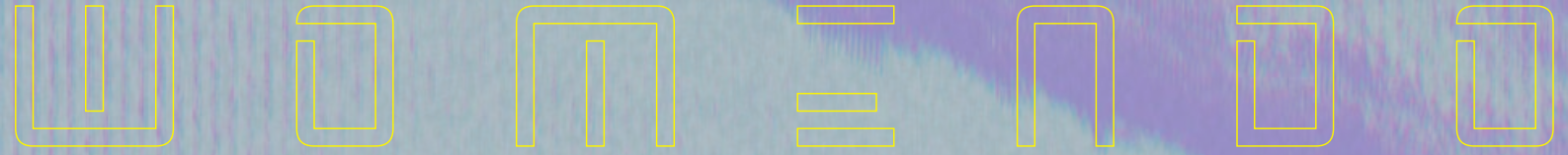
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> WOMENDO REPORT

> ANZPA REPORT

> RURAL AND REGIONAL ENDOCRINOLOGY
SPECIAL INTEREST GROUP REPORT

> ENDOGEN REPORT



WOMENDO is a special interest group of the Endocrine Society of Australia (ESA) dedicated to facilitating the professional development of women in the field of endocrinology. The goal of the group is to provide an opportunity for discussion of topics relevant across career stages, with the aim of promoting positive change, addressing challenges and developing supportive networks.

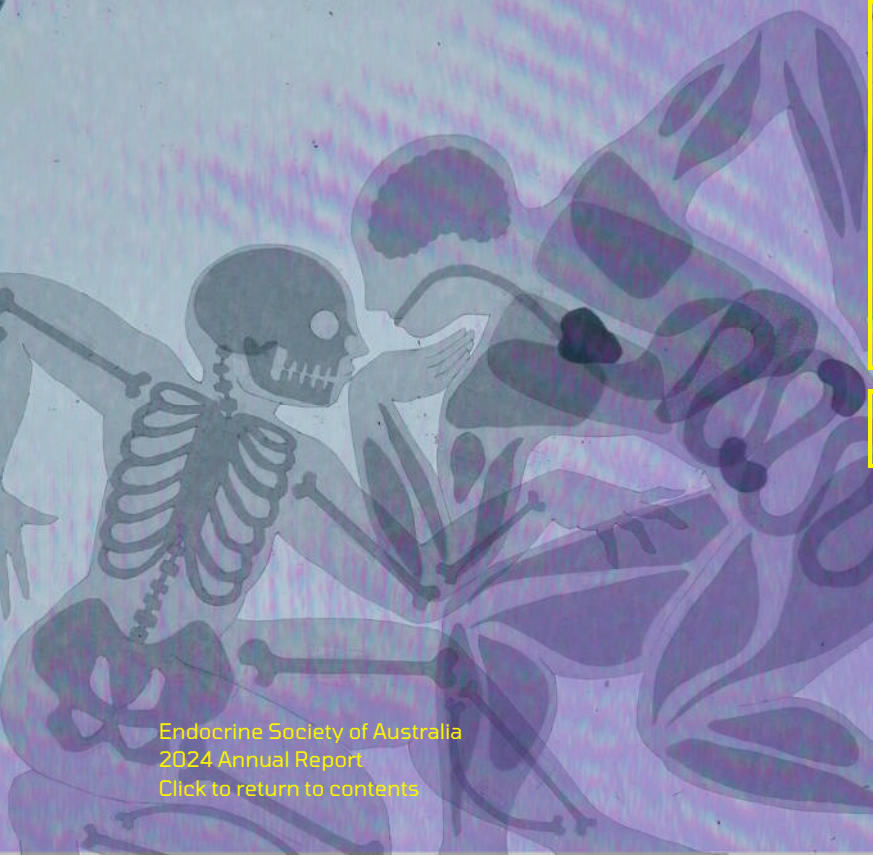
The past few months have been busy for WOMENDO, with a handover of the role of chair from Dr Lisa Raven to co-chairs Drs Lisa Hayes and Fran Milat.

Lisa and Fran would like to thank Lisa Raven for fostering this special interest group and for her important contributions and initiatives throughout her tenure as the chair. In August 2024, before the hand-over, Lisa led a virtual panel discussion with Ann McCormack, Fran Milat, Kristy Neal and Sunita DeSousa. The panel spoke about their current role, career pathway, career highlights and lowlights. They also answered questions about the best advice they had received and there was a discussion about mentoring.

The virtual meeting was attended by ~20-30 ESA members at various stages of their career pathway. There were a number of positive comments from the ESA members that attended who felt it was a useful session.

Recent activity by the sub-committee has included the expansion of the WOMENDO email list after a note in the ESA Bulletin, which generated significant interest.

A casual dinner at the Franklin Hotel will be held on Monday 11th November in Adelaide during the ESA ASM to provide an opportunity to connect / chat.



Lisa and Fran hope to plan several on-line and in-person opportunities for connection, fostering supportive networks, addressing challenges, celebrating progress and achievements as well as advocacy.

Fran Milat and Lisa Hayes

Rural and Regional Endocrinology Special Interest Group

The ESA Rural and Regional Endocrinology Special Interest Group was formed in January 2024, with the goals to provide:

- An opportunity for Australian rural and regional endocrinologists to meet each other;
- A platform for peer review and complex case discussion in a supportive environment;
- A source of information for trainees interested in practicing endocrinology in a rural area.

Bi-monthly peer review case discussion meetings have been held on 10 January, 13 March, 8 May, 11 September, and the final meeting of the year scheduled for 20 November 2024.

The inaugural ESA Rural Networking Breakfast was held at the 2023 ESA Seminar Weekend.

Dr Matt Hare presented on what providing a good endo service in the Top End looks like, and how innovative models of care are used to provide care in the remote setting. A facilitated panel including Dr Hare, Dr Sheila Cook and Dr Pieter Jansen, discussed the benefits and challenges of working in rural, regional and remote settings.

In 2025, Dr Sin Dee will replace Dr Sheila Cook as co-chair of the ESA Rural and Regional Endocrinology Special Interest Group. Dr Sin Dee, Dr Bethany Crinall and Dr Luke Conway will form the organising committee for the 2025 ESA Seminar Weekend Rural Networking Breakfast.

endoGen

The EndoGen national endocrine genetics network brings together endocrinologists, clinical geneticists, endocrine genetic clinics and genetic testing laboratories. Serving as a clinical and research platform, the aim of EndoGen is to improve access to genetic technologies and knowledge for clinicians and patients across Australia.

EndoGen continues to hold regular national MDT meetings via Zoom to discuss deidentified endocrine genetic cases with diagnostic or therapeutic dilemmas as well as potential research collaborations. The audience is based on a mailing list with over 30 regular invitees spanning various adult and paediatric specialties (Endocrinology, Clinical Genetics, Genetic Pathology, Laboratory Scientists) across Australia.

EndoGen members have also contributed to various reference materials over 2024, including:

- eviQ cancer genetics guidelines (see eviQ.org.au)
- ANZ monogenic diabetes genetic testing guidelines (manuscript under review, co-chaired by Sunita De Sousa, Rinki Murphy and Jerry Greenfield)
- Australian Genomics endocrine genetics decision aids (drafted, written by Nick Boyer, Lisa Hayes, Sunita De Sousa, Chris Richmond, Chirag Patel)
- ClinGen Endocrine Tumor Predisposition Syndrome (ENDO-TPS) Variant Curation Expert Panel (international group co-chaired by Rory Clifton-Bligh)

Over the next year, the scope of EndoGen will be expanded through our new steering committee as well as open invitations for the MDT meetings to all relevant societies i.e. ESA, ADS, ANZBMS, HGSA and RCPA. EndoGen will also hold an endocrine genetics workshop as part of the 2025 ESA Seminar in conjunction with Seminar Co-Convenors, Carolyn Allan and Stella Sarlos.

Sunita De Sousa (Chair), Rory Clifton-Bligh, Lisa Hayes, Amanda Seabrook
EndoGen Steering Committee

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> RECOGNITION OF MEMBERS

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Congratulations

CHRISTINE



RODDA

Clinical Associate Professor Christine Philippa Rodda

For significant service to paediatric endocrinology, to medical research, and to tertiary education.

Appointed as a Member of the Order of Australia (AM)

ESA Life Membership

TIM



COLE

Professor Tim Cole is a tenured University academic and Deputy Head of the Department of Biochemistry & Molecular Biology at the Monash Biomedicine Discovery Institute, Monash University, Melbourne.

Professor Cole graduated from the University of Melbourne with a B.Sc.(Hons.) and PhD in 1988, undertook a DAAD Postdoctoral Fellowship with Prof Gunther Schutz in Heidelberg, Germany at the German Cancer Research Centre, before returning to Australia in 1995 to take up an ARC Fellowship and Group Leader position at the Baker Institute in Melbourne.

After three years back at the University of Melbourne as a Research fellow, Prof Cole finally moved to Monash University in 2004. At Monash University he leads the Molecular Endocrinology Laboratory within the Institute theme of Development and Stem Cells.

He has over 150 peer-reviewed publications, with over 8,800 citations with a H-index of 50, that include publications in PNAS, Genes & Development, Immunity, Cancer Research, Circulation, Endocrinology and the EMBO Journal.

His research investigates actions of the adrenal steroid hormones using cell-based and mouse transgenic approaches, as well as the study and development of novel selective steroid drugs to treat a range of perinatal, inflammatory, respiratory and metabolic conditions.

Prof Cole has supervised and mentored 18 PhD and Masters students to completion in his laboratory.

Prof Cole was an elected member of ESA Council for 16 years, from 2006-2021, served as Honorary Secretary from 2010-2016, and ESA President from 2018-2020. He is an elected Council member and Trustee of the UK Society for Endocrinology (2023-2026), and was a member of the Education Working Group of the International Society of Endocrinology from 2020-2023.

He has held Editorial Board positions with the US journal Endocrinology, and the British Endocrine Society Journals of Endocrinology and Journal of Molecular Endocrinology.

ESA Life Membership

PETER



EBELING

Professor Peter Ebeling is Head of the Department of Medicine, and Head of the School of Clinical Sciences at Monash Health, Faculty of Medicine, Nursing and Health Sciences, Monash University.

Professor Ebeling is a Fellow of the Australian Academy of Health and Medical Sciences (AAHMS). The AAHMS aims to advance research throughout Australia in the fields of health and medicine to ensure the application of this research benefits all Australians.

In 2023, he was also elected a Fellow of the Royal College of Physicians (London). He was inaugural Director of the Australian Institute of Musculoskeletal Science. In 2015, he was made an Officer of the General Division of the Order of Australia for distinguished services in the field of bone health.

Research interests include: musculoskeletal health and diseases; public health aspects of vitamin D; post-transplantation osteoporosis; and osteoporosis in men.

Professor Ebeling was Associate Editor of JBMR®, Editor of Clinical Endocrinology (Oxf) and Editor-in-Chief of Bone Reports and JBMR® Plus. He currently serves as Editor-in-Chief of Bone and on the Editorial Board of Osteoporosis International.

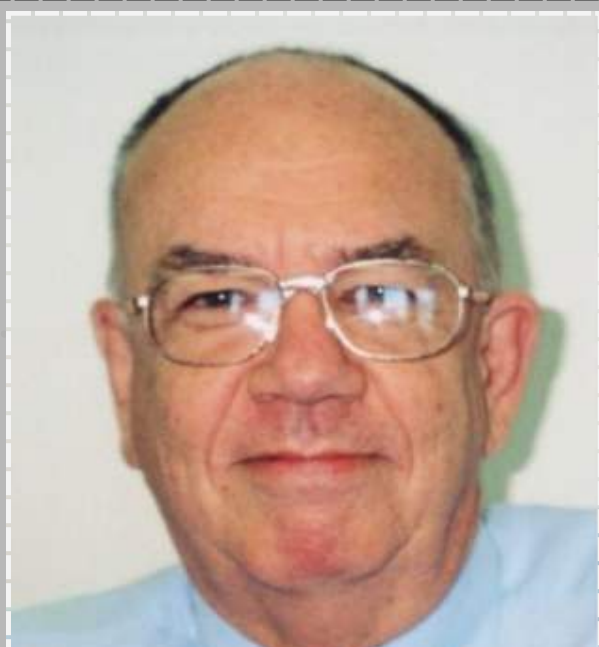
He is a Past-President of the American Society of Bone and Mineral Research, Chair of the Board for Healthy Bones Australia, Board member of the International Osteoporosis Foundation, a Past-President of the Endocrine Society of Australia, and a Past-President of ANZBMS. He served on the National Health and Medical Research Council's Research Committee from 2015-2018.

There were 156 peer-reviewed publications from 2019-2024, including in Journal of Clinical Investigation, Journal of Clinical Oncology, Lancet Diabetes and Endocrinology, and JBMR®.

He has over 553 peer-reviewed publications with 36,000 citations and a h-index of 93, including in The New England Journal of Medicine, Proceedings of the National Academy of Sciences, Journal of Clinical Investigation and Science. He also teaches and mentors medical students and supervises a number of research higher degree students and advanced physician trainees in endocrinology.

Robin Hampton Mortimer, AO

MB BS (Hons) FRACP, FACP, FRCP, FAMS, FCCP (Hon), FAMM, FRCPI, FRCPT, FCPSA (Hon)



It is with great sadness that we farewell Robin Mortimer, "Morty" one of the icons of Australian endocrinology who recently passed away, aged 83.

Robin was born in 1940 in St Albans, Hertfordshire, England, and came to Australia in September 1949, staying briefly in Brisbane before he and his family moved to Mackay, where his father worked as a medical laboratory scientist. Robin was educated at Mackay Central State School and then went on to board at Ipswich Grammar School.

He completed his medical training at the University of Queensland in 1964, did his residency at the Royal Brisbane Hospital (RBH) in 1965-66 and then did a further two years' residency in its

Department of Pathology.

Having completed his Membership of the Royal Australasian College of Physicians, he moved to New York in 1973 as an Endocrine Fellow at the Albert Einstein College of Medicine. In 1975 he was appointed as an attending physician at the Albert Einstein College of Medicine and the Bronx Municipal Hospital where he worked until mid-1977.

During this time, he developed his expertise in thyroid disease. In July 1977 he returned to the RBH to take up the position as Director of the Department of Endocrinology, a position he held until 2009.

He also was a physician in the Nuclear Medicine Department, consulted to the Department of Pathology as well as being a visiting Endocrinologist to the Prince Charles Hospital and Royal Women's Hospital.

He recognised the importance of improving the care of patients in rural Queensland and developed a clinical endocrine service at the Bundaberg Base Hospital. In 2009 he was appointed as Executive Director of the Office of Health and Medical Research for Queensland Health, a position he held until his retirement in 2012.

Robin Hampton Mortimer, AO

MB BS (Hons) FRACP, FACP, FRCP, FAMS, FCCP (Hon), FMM, FRCPI, FRCPT, FCPSA (Hon)

Robin was the sole full-time clinical endocrinologist at the RBH until 1990. During that time, he typically attended up to seven clinics per week, as well as his inpatient workload.

He visited the Royal Women's Hospital where he developed the endocrine antenatal clinics resulting in a dramatic improvement in the care of pregnant women with diabetes, running a multi-disciplinary clinic with Dr Iain Livingstone, one of Australia's first obstetric physicians, and Dr Richard Drake, a superb obstetrician.

He helped to establish the thyroid cancer clinic in conjunction with his friend and colleague, Dr Roger Allison. This clinic oversaw the management of almost all patients with thyroid cancer requiring radioactive iodine therapy in Queensland for many years.

He still managed to have time to foster his interest in clinical research developing the RBH Conjoint Internal Medicine Laboratory (CIML) in 1980 with his colleagues Dr Michael Ward (gastroenterology) and Dr Peter Craswell (Renal Medicine).

Under his guidance, this small research centre developed an isolated, perfused placenta model to study placental transport and metabolism of thyroid

hormones.

His team was at the cutting edge of this important area of antenatal research and continues to undertake successful studies in this area.

He supervised the PhD studies of 5 successful candidates who undertook research in this laboratory. As a result, he was appointed as a Clinical Professor of Obstetrics and Gynaecology in the University of Queensland in 1991, an interesting appointment for an Endocrinologist.

In 2006, he was appointed a dual Professor of Medicine and Obstetrics and Gynaecology.

He still had time to make a huge contribution to the culture of Australian medicine, medical education and medical research. He became a council member of the Royal Australasian College of Physicians in 1993, serving on innumerable committees including as Chair of the Board of Censors from 1994-1998. He was Chair of the Adult Medicine Division in 1998-2000 and was elected President of the College in 2002.

He served in several roles on the Committee of Presidents of Medical

Robin Hampton Mortimer, AO

MB BS (Hons) FRACP, FACP, FRCP, FAMS, FCCP (Hon), FAMM, FRCPI, FRCPT, FCPSA (Hon)

Colleges (1996 – 2004) and chaired the board of the Postgraduate Medical Education Council of Queensland (2004 – 2008).

In 2004 he became a member of the Australian Medical Council (AMC) and was elected its President in 2012. He served on the Council of the Endocrine Society of Australia from 1996-1998 when he chaired the Medical Affairs Subcommittee. He was Executive Director of the Office of Health and Medical Research, Queensland Health (2009 – 2012) and, before he retired in 2018, he chaired the board of Brisbane Diamantina Research Partners (now “Health Translation Queensland”).

His contribution to Medicine was recognised in 2006 when he became an Officer of the Order of Australia for “services to medicine, particularly in the areas of education, training and accreditation, and to endocrinology as a clinician, academic and researcher”.

The over-riding impression of his colleagues of this icon of Australian Endocrinology is of a humble man who was dedicated to the care of his patients and his research, while balancing the importance of family life. He was typically the first person to arrive in the Department and the last to leave.

Developing and supervising the CIML despite his heavy clinical load and administrative commitments was a major undertaking.

He was extremely skilful in communicating with administrators and his colleagues to obtain the best outcomes for the projects he undertook.

As a mentor, his support for Advanced Trainees within the Department was unquestionable. He enabled many trainees to progress their careers through overseas training, and many are themselves now eminent endocrinologists.

Although Morty may have appeared intimidating to Basic Trainees doing trial exams as he peered over his half-moon glasses, his advice and guidance to candidates was always helpful.

To members of the Department, clinical case discussions after the Thursday afternoon endocrine clinic were always a highlight of the week, with a small glass of sherry being an important component of the meeting, relaxing new registrars and residents.

He fostered a culture within the Department that enabled vibrant

Robin Hampton Mortimer, AO

MB BS (Hons) FRACP, FACP, FRCP, FAMS, FCCP (Hon), FAMM, FRCPI, FRCPT, FCPSA (Hon)

clinical discussion and respect of ideas without fear of criticism, a culture that fortunately continues today.

Robin was a voracious and eclectic reader, and his vast knowledge of cuisine and love of cooking also permeated the Department. The Wednesday morning antenatal endocrine clinic always had a break mid-clinic to discuss cases over home-made cakes provided on rotation by staff.

Robin was supported throughout his career by his devoted wife Iris – whom he met when he was a registrar – even though his commitments to the RBH, the College and elsewhere often took him away from home.

He was also ably supported by his long-term administrative officer, Margaret Lewis, who was his AO from 1980 to 2009 and was always able to ensure that Robin was in the right place at the right time.

It was a great shame that his enjoyment of the latter years of his life was disrupted by an evolving neurological condition with its complications leading to his recent death.

He had so much more to contribute to all our lives through his wisdom and mentorship. We have truly lost one of the greats of Australian medicine. Robin is survived by Iris and his two children, Catherine and Simon, and his grandson Euan.

Vale Morty.

Dr Michael d'Emden
Dr Frederick Khafagi

Emeritus Professor John Turtle AO

MD, FRACP, FRCP



Emeritus Professor John Turtle AO, MD, FRACP, FRCP, died peacefully over the recent Easter break. He was aged 87 years.

John was a highly respected giant in the medical field nationally and globally, notably within diabetes in endocrinology.

Across 1971-2002 he was Bosch Professor of Medicine, Kellion Professor of Endocrinology in the University of Sydney, and Head of the Department of Endocrinology in RPA Hospital, Sydney. John served on the ESA Council 1972-1976 (and was Vice-President 1974-1976).

He was amongst an early group that developed the first insulin and growth

hormone radioimmuno-assays in Australia, and clinically led international thyroid cancer care for Noumea across some decades.

He directly supported the development of at least seven academics in the endocrine field to leading professors.

John was appointed Officer in the Order of Australia in 1992 for his service to Medicine especially in the field of Endocrinology. Subsequently, in 1999 he was appointed an Officer in the Order of Fiji for his international work in diabetes.

Our sympathies go out to John's family.

Dr Albert Hsieh
Professor Stephen Twigg

Ann Robinson

endocrine nurse



After 6 months battling with glioblastoma multiforme, Ann Robinson passed away peacefully in June 2024.

Ann has been a pillar of strength for the endocrine nurse community worldwide, a leader in Australia and an inspiration to all of us.

She was the first endocrine nurse endorsed as a nurse practitioner in Australia.

Ann started her career as a nurse midwife and became involved in paediatric diabetes nurse and became a diabetes nurse educator.

She was an active and progressive patient and nursing advocate

representing nursing in the Australian legislature.

Her interest in endocrine care subsequently extended to bone fragility and she established a nurse led fragility clinic on the Gold Coast of Australia.

Ann was a founding member of F.I.N.E, an active board member and participant since their inception.

She has presented at national and international nursing and advocacy meetings (including ICE) worldwide.

She was the president of ENSA and has continued to take an active part in conference planning even through the onset of her health issues.

Ann was an amazing colleague, a model nurse and educator, and a beautiful friend.

Saying goodbye is hard, but her legacy will continue to remind us to strive for more knowledge and excellence in our care.

Chris Yedinak
Past President of the Endocrine Nurses Association USA and co-founder of the Federation of International Nurses in Endocrinology

Professor Henry George Burger AO FAA



Australian Endocrinology is mourning the passing of Professor Henry Burger who died on 10 October 2024 at the age of 91.

He was an ESA member from 1965, ESA President from 1974 to 1976 and awarded Honorary ESA Life membership in 1992.

He was former Director of Endocrinology at Prince Henry's Hospital, Melbourne and Monash/Southern Health and of the Prince Henry's Institute of Medical Research, now the Hudson Institute.

He also served as President of the Australian Menopause Society (1993-95) and the International Menopause Society (1996-99).

Born in Vienna, Austria on 23 May 1933, Henry Burger came to Australia as a child, later attending the University of Melbourne, where he obtained first class honours and first place in Medicine, Surgery and Obstetrics and Gynaecology, winning eleven of the twelve prizes on offer to his graduating year in 1956.

Following postgraduate training in London and a postdoctoral fellowship at the National Institutes of Health in the USA, he returned to Australia as Associate Director of the newly established Prince Henry's Hospital Medical Research Centre.

A practising clinical endocrinologist with research interests in pituitary and reproductive endocrinology, he played a key leadership role in the development of the Centre and served as Director from 1969, continuing in the role as the Centre became Prince Henry's Institute of Medical Research in 1990, until he retired in 1998.

He held his clinical role as Director of Endocrinology at Prince Henry's Hospital and then Monash Medical Centre until 1998. He remained clinically active and engaged with the Endocrinology Unit until 2014.

Under his leadership the health

Professor Henry George Burger AO FAA

service and institute became preeminent centres in Australia for clinical and experimental endocrinology.

Professor Burger had a long history working in the area of the gonadal hormone inhibin, leading to its purification and cloning, and the subsequent exploration of its physiology. His research and clinical interests included the physiology of menopause and management of the menopause transition, anovulatory infertility, hirsutism, male infertility and female sexual dysfunction.

He leaves a great and lasting legacy as mentor to dozens of fellows and associates who went on to make contributions in science and/or medical practice. Many of the current leaders in Endocrinology, Menopausal Medicine and Gynaecology were trained by Professor Burger.

His wisdom and generosity of spirit were greatly appreciated and his influence within the national and international endocrine community cannot be overstated. As one of his long-time former colleagues put it, Henry was an extraordinary person with a huge impact on so many of us. His scientific and professional legacy is truly profound.

Prof Burger's extensive list of notable achievements include:

Established Australia's first menopause clinic, at Prince Henry's Hospital in 1971, with the late Dr Jean Hailes AM

Published more than 600 papers, edited numerous books and was invited to speak at over 180 national and international conferences

Recipient of Honorary Fellowship, Royal Australian College of Obstetricians and Gynaecologists (ad eundem) 1990

Awarded Officer in the General Division of the Order of Australia (AO) 1993

Fellowship of the Australian Academy of Science (FAA) 1994

Received the Dale Medal, the highest accolade bestowed by the Society of Endocrinology, UK, 1997

Fellowship of the Royal College of Physicians, London 1998

Distinguished Physician Award of the US Endocrine Society 1999

Professor Henry George Burger AO FAA

Honorary Doctorate, University of Liege, Belgium 1999

Awarded the NAMS/Wyeth Ayerst Peri-menopause Research Award; this award recognises an individual whose published works have served to increase understanding of clinical management of health issues pertaining to peri-menopausal woman 2000

Recipient of Honorary Fellowship, the Royal College of Obstetricians & Gynaecologists (ad eundem) 2002

Awarded the Centenary Medal for service to Australian society and science in endocrinology 2003

Appointed as an Honorary Member, Society for Endocrinology 2005

Awarded the NAMS/Procter and Gamble Pharmaceuticals Morrie M. Gelfand Leadership Award in Androgen Research 2005

Honorary Doctorate of Laws from Monash University, 2014.

Fellowship of the Australian Academy of Health and Medical Science (FAHMS), 2015

Doctor of Medical Science honoris causa from Melbourne University, 2017.

To all of Prof Burger's many friends, colleagues and family, the Endocrine Society of Australia expresses sorrow at his passing and immense thanks for his support and achievements in a great life, well lived.

Robert McLachlan, Peter Fuller and Susan Davis.

06

07

> AWARD WINNERS

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As usual, the competition for the annual ESA awards was fierce in 2024, with a very high standard of applications received by the society. We congratulate all award recipients on their success. Congratulations to ESA award winners:

AWARDS

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ESA Mid-Career Award

Ada Cheung

ESA Senior Plenary Award

Bronwyn Stuckey



ESA Early Career Contribution to Endocrinology Award

Emily Meyer

ESA Young Investigator Scientific Article Award 2024 (Basic)

Nicholas Choo



ESA Early Career Contribution to Endocrinology Award

Jun Yang



Gail Risbridger Young Scientist Award

Haitong Luan



Bryan Hudson Clinical Award

Annabelle Warren



ESA Young Investigator Scientific Article Award (Clinical)

Sunita De Sousa



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RACP ESA Research Establishment Fellowship in Endocrinology 2024

Christopher Muir

Australian Women in Endocrinology Outstanding Abstract Award

Anne Nicole De Jesus



ESA/KES Exchange Travel Award

Albert Kim



ESA Australian Women in Endocrinology Travel Awards

Josephine Yu

ESA Research Higher Degree Scholarship 2023

Eleanor White



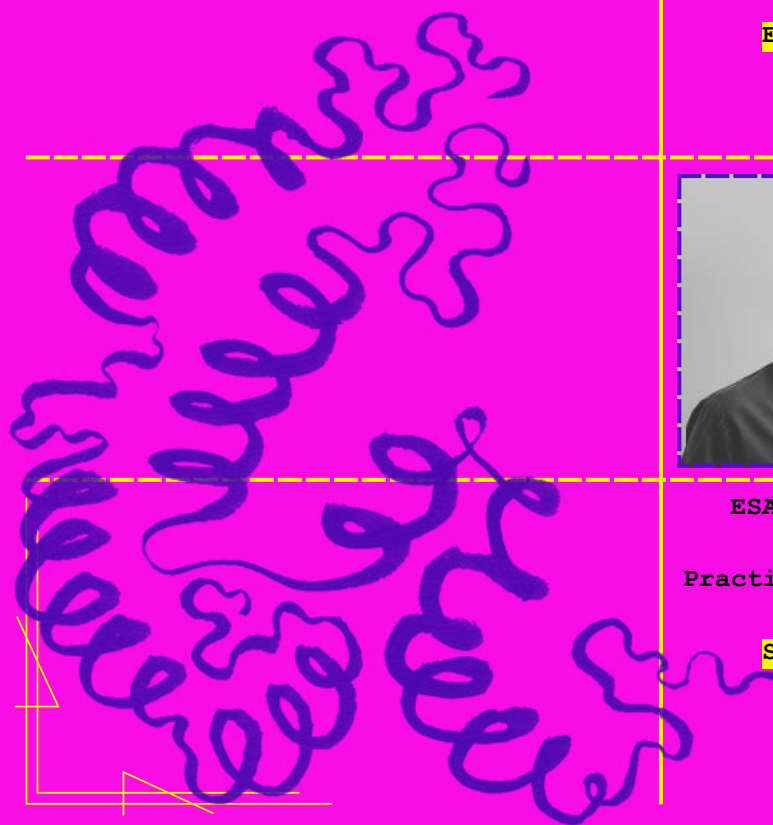
ESA Sfe Exchange Award

Mitchell Lawrence



ESA Outstanding Clinical Practitioner Award

Shane Hamblin





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Clinical
Endocrinology
Journal Early-
Career Research
Award

Sunita De Sousa



ESA Clinical
Study Poster
Award

Mahesh M
Umapathysivam



ESA Basic
Science Poster
Award

Ashley Meakin



ESA Clinical
Case Poster
Award

Tomasz J Block



ESA
Postdoctoral
Award 2023

Laura Porter



Paul Lee Best
Abstract Award

Sunita De Sousa



ESA Ken Wynne
Memorial
Postdoctoral
Research
Award-2023

Renata Libianto



ESA Ipsen
International
Travel Grant
Award

Anne Nicole De
Jesus





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AWARDS

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ESA Clinical Weekend Case Study Award

Kirsty Fisher

ESA Clinical Weekend Case Study Award

Sarah Dixon



ESA Research Seed Grant

Sunita De Sousa



ESA Research Seed Grant

Christopher Yates

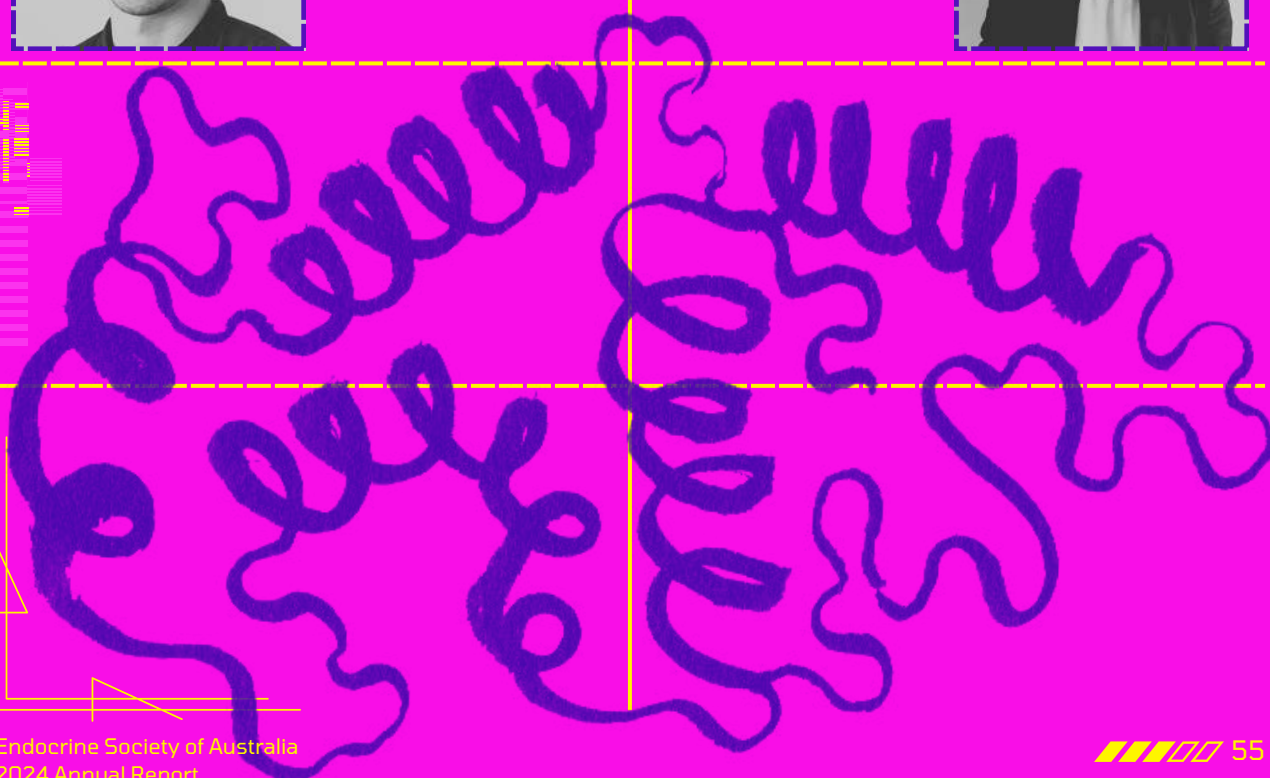


ESA Research Seed Grant

Nicholas Choo

ESA Research Seed Grant

Ayanthi Wijewardene



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> AWARD WINNERS' REPORTS

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ESA YOUNG INVESTIGATOR SCIENTIFIC ARTICLE AWARD

The ESA Young Investigator Scientific Article 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.

It was an honour to receive the ESA Young Investigator Award and ESA Paul Lee Best Abstract Award for my ASM abstract entitled 'PAM and CHEK2 are emerging pituitary tumour predisposition genes: novel findings from an Australian multicentre cohort'.

This work involved the delineation of two emerging pituitary tumorigenesis genes, comprising the first study internationally to suggest CHEK2 as a pituitary adenoma predisposition gene (De Sousa et al, J Clin Endocrinol Metab 2024;109(11):2720-2728) and the second study internationally to suggest PAM as a pituitary adenoma predisposition gene (De Sousa et al, Front Endocrinol 2023;14:1305606).

In regard to the PAM gene, we also expanded the associated phenotypes to include thyrotrophinoma and cyclical Cushing's disease. Collectively, our CHEK2 and PAM data support a risk allele hypothesis in the pituitary whereby relatively low penetrance, high frequency variants in these and potentially other genes putatively act in concert with other genetic and environmental factors to promote neoplasia.

I am continuing to investigate the links between these genes and pituitary tumorigenesis through basic and clinical studies with Australian and overseas collaborators. Our CHEK2 work published in JCEM has received particular attention and

The first study internationally to suggest CHEK2 as a pituitary adenoma predisposition gene and the second study internationally to suggest PAM as a pituitary adenoma predisposition gene

led to recognition of multiple CHEK2-related pituitary adenoma cases which I am presently collating in an international consortium.

I am indebted to ESA for these prestigious awards and for all the invaluable support the Society has provided in my academic career to date. It is a particularly special honour to receive the Paul Lee Award. Paul was a former colleague and mentor of mine at the Garvan and he truly was an inspiring clinician-scientist in every way, from his knowledge and curiosity to his determination and kindness, and he is sorely missed.

Special acknowledgment is extended to co-authors Ann McCormack, Andreas Orsmond, Angeline Shen, Chris Yates, Rory Clifton-Bligh, Steve Santoreneos, James King, Jinghua Feng, John Toubia, Giampaolo Trivellin, Andrea Lania, Constantine Stratakis, David Torpy and Hamish Scott. Our achievements in this space are thanks to highly productive and enjoyable interstate collaborations which are crucial to advancing Australian research in relatively rare diseases such as pituitary tumours.

Sunita De Sousa

ESA YOUNG INVESTIGATOR SCIENTIFIC ARTICLE AWARD

The ESA Young Investigator Scientific Article 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.

I am honoured to be the recipient of the 2024 ESA Young Investigator Scientific Article Award for my publication in The Journal of Pathology titled Co-targeting BET, CBP, and p300 inhibits neuroendocrine signalling in androgen receptor-null prostate cancer.

This work was conducted in collaboration with the Victorian Centre for Functional Genomics (VCFG) at the Peter MacCallum Cancer Centre.

There are diverse phenotypes of advanced prostate cancer, including neuroendocrine disease, which is difficult to treat.

In this study, we used a contemporary cohort of patient-derived models with diverse pathologies to investigate the role of pathology in the response of prostate cancer to small molecule inhibitors targeting chromatin remodelling factors. This addresses a shortcoming of many prostate cancer studies, which rely on a small collection of cell lines that do not represent the spectrum of pathologies in the clinic.

Using organoids, we performed a sophisticated high-content assay with multiple independent readouts. Our detailed and robust measures of drug response, demonstrated that NEO2734, a new dual inhibitor of BET and CBP/p300 proteins that is in phase I trials for advanced prostate cancer, disrupts the

Epigenome-targeted inhibitors cause decreased growth and phenotype-dependent disruption of lineage regulators in neuroendocrine prostate cancer

viability, size and composition of organoids across different pathologies. NEO2734 treatment also caused consistent transcriptional downregulation of cell cycle pathways. In neuroendocrine models, we showed that NEO2734 treatment inhibits tumour growth in vivo, and disrupts the expression of transcription factors and signalling pathways that regulate neuroendocrine pathology.

Collectively, these results show that epigenome-targeted inhibitors cause decreased growth and phenotype-dependent disruption of lineage regulators in neuroendocrine prostate cancer, warranting further development of compounds with this activity in the clinic.

I would like to recognise the contributions of the VCFG and the Prostate Cancer Research Group at Monash University, in particular my mentors Dr Mitchell Lawrence, Professor Renea Taylor, and Professor Gail Risbridger. Lastly, I would like to thank ESA for this award and the opportunity to present this work at the 2024 Annual Scientific Meeting in Adelaide on behalf of my co-authors, as well as their ongoing support throughout my research career to date.

Nicholas Choo

GAIL RISBRIDGER JUNIOR SCIENTIST AWARD

The ESA Gail Risbridger Junior Scientist Award recognises the best basic or translational science presentation at the Annual Scientific Meeting by an advanced trainee or higher degree candidate.

I am extremely honoured to be the recipient of the 2024 Gail Risbridger Junior Scientist Award at the Endocrine Society of Australia's Annual Scientific Meeting in Adelaide, for my work titled "Enhancing the expression and activity of the novel hepatokine, Activin C."

The liver secretes hormones and growth factors, known as hepatokines, which influence metabolism in skeletal muscle and adipose tissue. Activin C and Activin E are two recently identified hepatokines that have been proposed to suppress lipolysis in adipose tissue via activation of the type I receptor, ALK7. While other members within the activin class have been extensively studied, the functions and signalling pathways of Activin C and E remain poorly understood.

Previously, Activin C has been suggested to function as an Activin A antagonist by competitively blocking the receptor or forming a less potent ligand heterodimer, Activin AC. The formation of the activin AC heterodimer to reduce activin A levels was recently challenged by Huang et al. (2020) which proposed that Activin C may have an agonistic effect instead. Recently, Goebel et al. (2022) elucidated the signalling pathway of human Activin C, demonstrating that it acts as an agonist and stimulate Smad2/3 signalling via type I receptor ALK7.

My research aims to identify Activin C residues involved in type I receptor binding

Our results highlight Activin C-ALK7 signaling axis as a critical metabolic regulator

and characterise the role of the Activin-ALK7 signalling axis in adipose tissue.

Our approach was to use site-directed mutagenesis to identify the residues in the pre-helix and alpha-helix of activin C involved in binding to ALK7.

Subsequently, we modified essential receptor binding residues to generate a series of gain-of-functions variants with increased potency via ALK7 for future ex vivo and in vivo analysis.

Treatment of ex vivo murine adipose tissue with highly potent Activin C analogues significantly reduced isoproterenol-induced lipolysis.

Therefore, we propose an activin C dependent liver-adipose tissue communication loop in response to elevated serum free fatty acid levels, where activin C released from hepatocytes signals in adipose tissue through ALK7 to suppress lipolysis, reducing free fatty acid efflux to the liver and preventing excessive hepatic lipid accumulation.

Together, our results highlight Activin C-ALK7 signaling axis as a critical metabolic regulator, which making modulation of their activity an exciting strategy to manipulating adipose homeostasis.

GAIL RISBRIDGER JUNIOR SCIENTIST AWARD

The ESA Gail Risbridger Junior Scientist Award recognises the best basic or translational science presentation at the Annual Scientific Meeting by an advanced trainee or higher degree candidate.

I would like to thank the Endocrine Society of Australia for organising this meeting and for providing me the opportunity to present my work.

I would also like to extend my deepest gratitude to my PhD supervisors; Professor Craig Harrison and Dr Kelly Walton, along with other members of the GFT Group at Monash University for their continued support throughout my candidature.

Receiving this award provides me with an exciting opportunity to be mentored under Professor Gail Risbridger, and establish my scientific connections within the community as I progress through my candidature and beyond.

Haitong Luan

ESA AUSTRALIAN WOMEN IN ENDOCRINOLOGY TRAVEL AWARDS

The purpose of this award is to provide financial support to younger women involved in Endocrine-related training and/or research to present their work at the 2024 USA ENDO Meeting.

I am honoured to have received the ESA Australian Women in Endocrinology Travel Award. I extend my heartfelt gratitude to the Society for supporting my participation in ENDO 2024, held from June 1–4 in Boston, USA, where I had the privilege of presenting my research “Targeting HIF1 α Enhances Exercise Benefits in High Fat Diet-Fed Mice.”

With the alarming rise in obesity and type 2 diabetes (T2D) worldwide, identifying effective solutions is imperative. Our research focuses on the hypoxia-inducible factor 1 α (HIF1 α), a key regulator in exercise physiology, which demonstrates dual effects in the context of T2D — beneficial in some scenarios, but potentially harmful in others.

Using CRISPR-Cas9 technology, we developed a novel mouse model designed to isolate and amplify the positive effects of HIF1 α . We hypothesized that these genetically modified mice, when subjected to exercise, would demonstrate resilience to high-fat diet (HFD) feeding.

Remarkably, our findings demonstrated that these HIF1 α -mutant mice showed significantly improved endurance compared to their wild-type (WT) counterparts.

Remarkably, our findings demonstrated that these HIF1 α -mutant mice showed significantly improved endurance

After just two weeks of voluntary wheel running, the HIF1 α mice exhibited exercise performance enhancements equivalent to what WT mice achieved after ten weeks of training, even under HFD conditions.

Our preliminary data suggest that this improvement may be linked to an elevated proportion of small lipid droplets within muscle cells — a phenomenon referred to as the “elite athlete paradox.” Although additional studies are required to unravel the precise mechanisms, these findings highlight the potential of targeted HIF1 α therapies to significantly augment exercise benefits, offering promising treatment strategies for obesity and T2D management.

I’d like to acknowledge Prof. Jenny Gunton for her guidance and Dr. Charmaine Cheung for her assistance. Receiving this award and presenting our work on an international platform was an incredible experience. My sincerest thanks again to ESA for this opportunity.

Josephine Yu

CLINICAL ENDOCRINOLOGY JOURNAL EARLY CAREER RESEARCH AWARD

This award recognises an outstanding early-career clinical researcher in Endocrinology. The award comprises a plaque and a lecture at the Annual Scientific Meeting, and complimentary meeting registration. The Award winner must be available to attend the ASM to present their lecture.

It is an honour to be this year's recipient of the ESA/Clinical Endocrinology Journal Early Career Research Award. For this award, I delivered a talk at the ASM entitled 'Decoding the genomic architecture of endocrinopathies: a path to precision endocrinology', which looked at the key questions in endocrine genetic research and our Australian multicentre studies in response, with examples given below.

Who to test?

Through a retrospective cohort study of South Australians with suspected monogenic diabetes, we demonstrated the utility – and pitfalls – of the Exeter MODY Probability Calculator in a multiethnic setting (De Sousa et al, Acta Diabetol 2023), and a new Australian monogenic diabetes screening tool is now being designed through St Vincent's Hospital Sydney in collaboration with South Australia and Exeter UK (Wu et al, manuscript under review).

How to test?

Through various studies, we have shown improved genetic test yield by testing a wide range of implicated genes (De Sousa et al, Acta Diabetol 2023), considering both copy number variation and intronic variants (De Sousa et al, Acta Diabetol

Through a retrospective cohort study of South Australians with suspected monogenic diabetes, we demonstrated the utility – and pitfalls – of the Exeter MODY Probability Calculator in a multiethnic setting (De Sousa et al, Acta Diabetol 2023), and a n

2023; De Sousa et al, J Endocr Soc 2020) and gene-specific re-analysis of variants of uncertain significance (De Sousa et al, manuscript under review).

What can we do with positive results?

Identifying genetic associations through research provides genotype-phenotype correlations (e.g., 17 α -hydroxylase deficiency due to CYP17A1 variants – Willemsen et al, J Clin Endocrinol Metab 2024), phenotype expansion (e.g., MEN4 due to CDKN1B variants – Seabrook et al, J Clin Endocrinol Metab 2022), potential targeted therapies (e.g., ESR1 in pituitary tumours – planned work) and management guidance (e.g., total pancreatectomy-islet autotransplant for hereditary pancreatitis – Wu et al, Med J Aust 2022).

CLINICAL ENDOCRINOLOGY JOURNAL EARLY CAREER RESEARCH AWARD

This award recognises an outstanding early-career clinical researcher in Endocrinology. The award comprises a plaque and a lecture at the Annual Scientific Meeting, and complimentary meeting registration. The Award winner must be available to attend the ASM to present their lecture.

What can we do with negative results?

Options include consideration of emerging genes associated the phenotype (e.g., PAM and CHEK2 in pituitary tumours – De Sousa et al, Front Endocrinol 2023; De Sousa et al, J Clin Endocrinol Metab 2023), multidisciplinary review (e.g., the national MDT meetings of the EndoGen National Network of Endocrine Genetic Centres) and referral to recruiting studies

How can we improve the uptake of genetics?

Awareness and referral/testing rates may be improved through guidelines, as undertaken in hyperparathyroidism (Milat et al, Clin Endocrinol 2021; De Sousa et al, Endocrine 2021), monogenic diabetes (De Sousa et al, manuscript under review) and pituitary tumours (international guidelines in development).

Special thanks is extended to both ESA for this award and the many SA, interstate and international collaborators involved in the above studies, particularly my ongoing mentors Professors David Torpy, Rory Clifton-Bligh and Ann McCormack.

Sunita De Sousa

BRYAN HUDSON AWARD

The Bryan Hudson Clinical Endocrinology Award will recognise 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 was honoured to receive the Bryan Hudson Clinical Award in 2024 for my presentation "Tolvaptan versus Fluid Restriction in hospital inpatients with moderate-profound hyponatraemia 115-130 mmol/L: An open-label, randomised, clinical trial".

Hyponatraemia is a common electrolyte disorder that can cause significant symptoms and prolong hospital stay.

Current recommended first line treatment is fluid restriction, which only works in half of cases.

The tablet Tolvaptan is an alternative treatment that has been shown to be effective in milder hyponatraemia, but its utility and safety in more significant hyponatraemia has not been assessed in a high quality trial.

My randomised controlled trial demonstrated that Tolvaptan was more effective than fluid restriction at increasing serum sodium level over 3 days, however a number of patients extra fluid treatment to prevent excessively rapid sodium rise, and there were no benefits in symptoms or reduction in length of hospital stay.

Our study protocol, which guided how frequently to check sodium levels, and directed when to give extra fluid, was successful in preventing complications.

Fluid restriction should remain the first line treatment for moderate-profound hyponatremia.

Our research showed that with close monitoring and intervention if necessary, Tolvaptan can be used safely

Our research showed that with close monitoring and intervention if necessary, Tolvaptan can be used safely, so there is a role for it in refractory cases, or where low sodium is a barrier to discharge.

Future research comparing tolvaptan with other second-line therapies such as urea will be valuable in refining treatment algorithms.

I am very grateful to have received this prestigious award, amongst a competitive field of finalists. I acknowledge the excellent support of my supervisors, Prof Mathis Grossmann, Dr Nick Russell and Prof Jeffrey Zajac.

This research was supported by the NHMRC Postgraduate Scholarship, Otsuka Australia pharmaceutical, an ESA travel grant and Weary Dunlop Foundation grant.

Annabelle Warren

ESA IPSEN INTERNATIONAL TRAVEL GRANT AWARD

The purpose of this award is to support younger members of ESA to travel to international meetings to present an abstract, and visit laboratories and/or clinics, to further their training and knowledge in endocrinology.

I would like to express my gratitude to the Endocrine Society of Australia as well as to Ipsen for the ESA IPSEN International Travel Grant Award.

The aforementioned travel award will allow me to showcase and present my work at the upcoming US Endocrine Society meeting (USENDO) 2025 and serve as an opportunity to further my knowledge in the research space that I am largely passionate for, which is assessing the metabolic health of women across different reproductive phases.

Globally, the incidence of overweight and obesity is greater in women than men.

Despite this, women in their reproductive years are relatively protected against weight gain. The risk of developing type 2 diabetes is also lower in women of reproductive age compared to age- and BMI- matched men.

This sex-specific advantage; however, is lost during mid-life when women undergo the menopausal transition, which is characterised by the decline in female sex steroids, such as 17β -estradiol.

Strong evidence shows that estrogens transiently reduce food intake and increase energy expenditure, and thus favour weight loss.

However, it is known that other ovarian

The overall aim of my study is to determine the effects of sex steroids (endogenous as well as exogenous) on energy control, and to also assess the differences in metabolic function between pre-, peri- and post-menopausal women.

steroids, such as progesterone, also fluctuate and regulate the menstrual cycle. Despite this, little is known of its effects on energy balance.

Despite a wide usage of these hormonal therapies, the effects of exogenous steroids on metabolic function and energy control remain to be elucidated.

The overall aim of my study is to determine the effects of sex steroids (endogenous as well as exogenous) on energy control, and to also assess the differences in metabolic function between pre-, peri- and post-menopausal women.

Once again, my heartfelt gratitude to the Endocrine Society of Australia and Ipsen for this travel award. I would also like to express my immense gratitude to my wonderful PhD supervisor, Dr Belinda Henry, for her support and guidance throughout my post-graduate studies. Lastly, I would like to thank the rest of the Henry laboratory as well as our amazing participants for their time and contribution to the study.

Anne Nicole de Jesus

ESA SEED GRANT

The purpose of this award is to provide funding to support early stage research or small research projects by a mid-career ESA member. These grants may be used for research in any area of endocrinology. The research must be conducted in Australia.

Improving Outcomes for Stroke Survivors through Fracture Prevention

I wish to formally express my gratitude to the ESA for funding our project, "Improving Outcomes for Stroke Survivors through Fracture Prevention".

Stroke is a leading cause of death and disability and is also a significant risk factor for fractures due to immobilisation, bone loss, gait disturbance, vitamin D deficiency, impaired balance and increased falls risk. Despite this, it is currently neglected in stroke and osteoporosis guidelines. Stroke survivors have 7-fold increased risk of fracture, which further prolongs post-stroke disability and increases mortality.

Current stroke guidelines do not provide recommendations for testing or treating osteoporosis.

Over the past 20 years, the global establishment of Fracture Liaison Services (FLS) has provided a successful model of secondary fracture prevention for individuals over 50 years presenting with minimal trauma fracture (MTF).

The work of my research group over the past year has focused on establishing the important groundwork for evaluating the efficacy of FLS for fracture prevention, using a stroke fracture assessment tool (FRAC-Stroke score).

Our work initially focused on fracture prevention in ischaemic stroke but has now also been extended to haemorrhagic stroke, thanks to the seed funding provided by the ESA.

The next step is to validate our initial findings in a large, linked dataset of individuals with stroke, to evaluate the reliability and validity of the FRAC-Stroke score in predicting fracture and to determine the optimal score threshold for individuals at imminent or very high fracture risk.

The funding from the ESA was integral in assisting with research salary support, which enabled this project to progress. Once again, I would like to thank the Endocrine Society of Australia for its support of research.

Associate Professor Frances Milat

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> ESA MEDIA

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HORMONES HOTSEAT



Welcome to the Hormone Hotseat.

On behalf of the ESA, Dr Shejil Kumar (Endocrinology Fellow, Sydney) will be bringing you a series of interviews focussed on topics around career and professional development.

We will be interviewing expert guests to discuss topics such as transitioning to private practice and consultant practice, commencing a PhD, improving interview and presentation skills, conducting high-quality research and many more.



The podcasts are available on the ESA website only to ESA members: <https://www.endocrinesociety.org.au/hormone-hotseat-podcast.asp>

HORMONES AUSTRALIA

Hormones Australia is an initiative of the Endocrine Society of Australia.

Its purpose is to increase awareness and provide information about hormones and how they affect the body, as well as information about common hormone-related conditions.

Recent articles

Moving from pediatric to adult care: not as scary as it sounds

Cortisol, stress and chronic disease: what's the connection?

The Penis Is A Pointer to Men's Overall Health

Don't buy testosterone online from strangers on the internet

PATIENT RESOURCES

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.

These are available in both English and Chinese.

Please note that only the information on the Australian link 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. This information is designed to be informative and educational. It is not intended to provide specific medical advice or replace advice from your doctor.

[Click here](#)



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> SPECIAL INTEREST GROUPS

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SPECIAL INTEREST GROUPS

ANZPA

ANZPA is a network of specialist consultants, registrars and fellows with an interest in pituitary medicine.

[About ANZPA](#)

[ANZPA Annual Meeting](#)

[ANZPA Education](#)

[ANZPA Monthly Meeting](#)

WOMENDO

Women in Endocrinology (WOMENDO) special interest group

WOMENDO meetings are informal discussions on topics important to females in endocrinology.
Females AND males welcome!

[About WOMENDO](#)

EndoGen

EndoGen is a national network of endocrine genetic centres, bringing together endocrinologists, clinical geneticists, endocrine genetic clinics and genetic testing laboratories.

Serving as a clinical and research platform, the aim of EndoGen is to improve access to genetic technologies and knowledge for clinicians and patients across Australia.

Chair: De Sousa, Sunita: Sunita.DeSousa@sa.gov.au

<https://www.endogenaustralia.com>

SPECIAL INTEREST GROUPS

ESA Sustainability Special Interest Group

This inaugural group will explore ways to implement sustainable practices in Endocrinology. Climate change is impacting human health, and we aim to empower members to make environmentally favourable choices. The group's scope is broad and may encompass net zero initiatives in clinical practice, prescribing, minimising low value care, 'greening' conferences, as well as research and advocacy.

The ESA sustainability interest group will be structured into various subcommittees.

Members are encouraged to bring general ideas to the group and smaller working parties will then be formed, to connect members with shared interests.

These subcommittees will report back to the main group in meetings held on-line every two months. Additionally, there may be some follow-up questions and discussions by email. All new members are welcomed!

Some of the first objectives will be to coin the group's terms of reference and create a position statement which will define the group's purpose.

<https://www.endocrinesociety.org.au/sustainability-sig.asp>

SPECIAL INTEREST GROUPS

Rural and Regional Endocrinology Special Interest Group

The primary goal is to create a peer group for rural and regional endocrinologists to connect and support one another, discuss cases, and support trainees with an interest in working in rural areas. The central group activity would be a second-monthly video-meeting for peer-review of complex cases in a safe and supportive environment.

Goals

- An opportunity for Australian rural and regional endocrinologists to meet each other;
- A platform for peer review and complex case discussion in a supportive environment;
- A source of information for trainees interested in practicing endocrinology in a rural area.

Planned activities

- Peer Review meeting to discuss complex cases by video-meeting, 1-hour, second monthly.
- ESA Seminar Weekend - The Rural Breakfast Meeting.
- Facebook group; for posting recent articles, upcoming conferences, meeting reminders (no case discussions on this platform).

A review of the outcomes of the group (entry and 1-year survey).

<https://www.endocrinesociety.org.au/rural-and-regional-sig.asp>

SPECIAL INTEREST GROUPS

Private Practice Endocrinology Special Interest Group

The primary goal of the group is to create a peer group for endocrinologists working in private practice to connect and support one another, discuss challenges unique to working in private practice.

Planned meetings

- Monthly every 2nd Monday at 19:00 – 20:30
- Meeting at the ESA Seminar and ESA Clinical weekend

Meeting Structure

- Introduction of Attendees – name, practice setting (solo, group), region of practice, subspecialty interests
- Matters relating to the business of running a private practice (e.g. practice insurance, medicolegal issues)
- Matters related to clinical processes and protocols (e.g. strategies to enhance efficiencies, using AI platforms for notes)
- Mentorship within private practice & CPD issues
- Issues related to work life balance in private practice
- Advocacy for Private Practitioners within the Endocrine Society Australia
- Case discussion

<https://www.endocrinesociety.org.au/private-practice.asp>

SPECIAL INTEREST GROUPS

Australian & New Zealand Primary Aldosteronism Special Interest Group and Case Forum

Case Forum Organising Committee
A/Prof Damon Bell
Dr Elisabeth Ng
Dr Moe Thuzar
Dr Renata Libianto

Executive Committee
A/Prof Jun Yang
Prof Peter Fuller
Prof Michael Stowasser

About ANZPA Aldosteronism

The Australian & New Zealand Primary Aldosteronism Special Interest Group is a multidisciplinary network of clinicians (Physicians, Radiologists, Chemical pathologists, Surgeons, Endocrine nurses) with interest and/or expertise in primary aldosteronism (PA) across Australia and New Zealand.

The aim of the Group is to share and enhance best practice in the diagnosis and management of PA. Members of the Group will be able to receive updates on educational and research opportunities related to PA.

PA Case Forum

One of the key educational events is the PA Case Forum. The Forum will be held four times per year via zoom and aims to serve as a platform to allow clinicians across ANZ to present and discuss difficult or interesting PA cases with a panel of expert members. Attendance at the Forum is open to all clinicians (regardless of whether presenting a case or not), and should be registered via the link below.

Clinicians who wish to submit cases for presentation and discussion at the Forum need to email the de-identified case details completed on the case template (can be downloaded from the link below) to the event manager (see contact below) at least 2 weeks prior to the forum date. Clinicians submitting cases should be available to attend the Forum (will be notified 1-2 weeks prior).

Contacts

Please email EOI/enquiry to join the special interest group or case submission/enquiry for the case forum to the Project manager
Dr Michelle Kouspou: PACE@hudson.org.au

PA Case Forum Dates, Time & Registration

Register for the PA Case Forum online or go to:
<https://pa-case-forum.raiselysite.com>
for more information.

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> ESA JOURNALS

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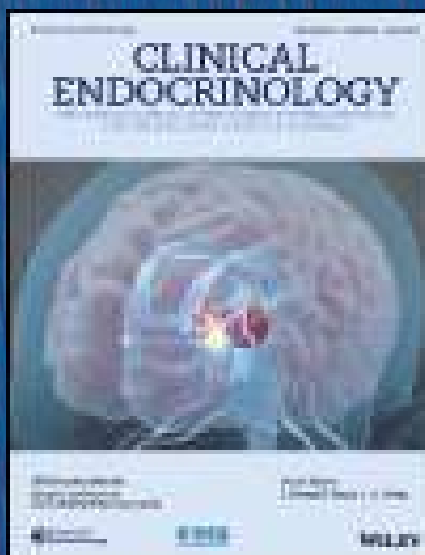
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ESA JOURNALS

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.

To access the journal, use the member log-in on the homepage: <http://www.endocrinesociety.org.au/> Go to "Membership" then "Clinical Endocrinology Journal"

JOURNAL OF ENDOCRINOLOGY

is the highest impact journal dedicated to basic endocrinology. Journal of Endocrinology publishes original research articles, reviews and science guidelines. Its focus is on endocrine physiology and metabolism, including hormone secretion; hormone action and biological effects. The journal publishes basic and translational studies at the organ, tissue and whole organism level.

ESA endorses the Journal of Endocrinology, entitling the ESA membership to a 25% discount on colour figure charges.

Impact Factor: 4.706

<http://joe.endocrinology-journals.org/>



ESA JOURNALS



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.

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. ESA is one of many leading international societies that endorse EDM Case Reports in collaboration with Bioscientifica, a publisher wholly owned by the Society for Endocrinology.

[Members of ESA are eligible for a 25% discount on the publishing fee.](#)

www.edmcasereports.com



JOURNAL OF MOLECULAR ENDOCRINOLOGY

is the only society-owned journal dedicated to molecular endocrinology. The journal focuses on molecular and cellular mechanisms in endocrinology, including gene regulation, cell biology, signalling, mutations, transgenics, hormone-dependant cancers, nuclear receptors, and omics. Basic and pathophysiological studies at the molecule and cell level are considered, as well as human sample studies where this is the experimental model of choice. Technique studies including CRISPR or gene editing are also encouraged.

[ESA endorses the Journal of Molecular Endocrinology, entitling the ESA membership to a 25% discount on colour figure charges.](#)

Impact Factor: 3.577

<http://jme.endocrinology-journals.org/>



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> ESA 2025 EVENTS

EVENTS



17-19 OCT 2025
THE WESTIN, PERTH

ESA CLINICAL WEEKEND 2025
ENDOCRINE SOCIETY OF AUSTRALIA

ESA SEMINAR 2025

4-6 APRIL • RYDGES MELBOURNE VICTORIA

**ESA-SRB
ANZOS 2025**

— in conjunction with ENSA —

19-22 October 2025 • Perth Convention & Exhibition Centre

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> CONTACT

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We thank you for your continued support