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Endocrine Society of Australia

2020 Annual Report

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Sydney, NSW 2000

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Who we are

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

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

Our growth

Our membership continues to grow: we currently have 1051 members.

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

Our Mission

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

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

Strategic Plan



Our vision

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



Our purpose

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



Our values

To be knowledgeable, accessible, sustainable and committed.

Our strategic directions

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

Key Areas of Priority

1

Education

Objectives

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

2

Internal Engagement: Membership

Objectives

- 2.1. Hear the needs of our members
- 2.2. Retain and ensure sustainability of our expertise within the membership
- 2.3. Communicate and engage other endocrine based societies to increase membership both nationally and internationally
- 2.4. Ensure ESA members are assisting ESA to reach its objectives

3

Governance

Objectives

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

4

External Engagement

Objectives

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

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Profile

Objectives

- 5.1. Promote Endocrinology within Australia via our branding
- 5.2. Provide education, networking opportunities and showcase our research
- 5.3. Promote our expert members both nationally and internationally
- 5.4. Be recognised as the authoritative voice for endocrinology, rare endocrine disorders and obesity in Australia and the region

6

Financial Sustainability

Objectives

- 6.1. Achieve a sufficient and more reliable income stream through investments, industry, bequests and conferences
- 6.2. Maintain a productive operating budget
- 6.3. Maintain long term financial sustainability of the scholarship programs

ESA Council & Office Bearers



Professor Timothy J. Cole (President)

Department of Biochemistry & Molecular Biology
 Building 76, level 3,
 Monash University, VIC, 3800

(President until 01/11/2020)



Professor Bu Beng Yeap (President-elect)

Medical School, University of Western Australia
 Department of Endocrinology and Diabetes
 Fiona Stanley Hospital, Perth
 Murdoch, WA, 6150

(President from 01/11/2020)



Dr Belinda A. Henry (Treasurer)

Senior Lecturer
 Department of Physiology
 Building 13 F, Wellington Road
 Monash University, VIC, 3800



Associate Professor Ann McCormack

Staff Specialist
 Department of Endocrinology, St Vincent's Hospital, Sydney
 Head, Hormones & Cancer Group,
 Garvan Institute of Medical Research
 384 Victoria St Darlinghurst NSW



Associate Professor Morton Burt (Honorary Secretary)

Southern Adelaide Diabetes and Endocrine Services
 Repatriation General Hospital
 Daw Road, Daw Park, SA, 5041

(Councillor until 01/11/2020)



Associate Professor Mathis Grossman

Honorary Secretary from 01/11/20
 University of Melbourne, Austin Health, VIC



Associate Professor (Peter) Shane Hamblin

Department of Endocrinology & Diabetes
Western Health, Sunshine Hospital
176 Furlong Road, St Albans, VIC 3021



Associate Professor Diana Learoyd

University of Sydney, Northern Clinical School
Faculty of Medicine and Health, NSW



Dr Emily Mackenzie

Department of Diabetes and Endocrinology
Princess Alexandra Hospital
Ipswich Rd
Woolloongabba QLD 4102



Associate Professor Frances Milat

Councillor from 01/11/20
Endocrinologist; Deputy Director of Endocrinology, Monash Health, VIC
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



Dr Ada Cheung

Councillor from 01/11/20
Endocrinologist; NHMRC Research Fellow
Department of Medicine (Austin Health). The University of Melbourne
145 Studley Road, Heidelberg, VIC, 3084



ESA Secretariat

Ms Ivone Johnson-Executive Officer
145 Macquarie Street
Sydney, NSW, 2000



Administrative Assistant

Ms Melissa Dupavillon
145 Macquarie Street
Sydney, NSW, 2000

President's Report

Tim Cole



What a year we have had with COVID-19. Disruptions to work and family have been enormous, and the cost in lives, tragic. We hope you are all travelling well as we slowly return to some normality in our lives across Australia.

ESA sends our best wishes to all members and their families for a relaxing summer period and a recharge for what will be an unpredictable 2021 and beyond.

This year, ESA has had to adapt its activities and we had our first fully online Virtual Annual Scientific Meeting. It was unfortunate to have to cancel our planned meeting in Christchurch, New Zealand, but with the planning and energy of many individuals we have organized at short notice, this two-day Annual Scientific Meeting that borrows aspects from the ESA Clinical Weekend and the main meeting.

Excitingly we have already committed to go back the Christchurch, New Zealand

in November of 2022, where we will meet as previously planned with SRB, APEG and the New Zealand Society of Endocrinology.

For this year's virtual meeting, I would like to sincerely thank Helen Barret for her tireless efforts as the Clinical POC Chair of the meeting, her POC Committee, and to ASN Events, in particular Jim Fawcett and Nitesh Patel, for their excellent contributions to the Program and incredible organisation of the meeting for this weekend.

We have over 500 registered attendees and strong support from our important Pharmaceutical trade partners. I would like to thank and recognise our Platinum Sponsor Eli Lilly, our Gold Sponsors, Inova, Ipsen, Pfizer and Sandoz, and our Silver Sponsors, Bayer and Novartis. Their continued support of our Scientific Meetings is greatly appreciated and I encourage you all to visit online their Virtual Trade

Booths over the two days of the meeting. Considering the fluctuating markets this year and the uncertainty with COVID-19 we remain in a good financial position. Our investments have taken a hit this year but are under sound management. The continuing additional financial support through the Federal Government has also helped maintain a solid financial base.

It is unclear what 2021 will bring but I am confident we can continue to organise and provide our ESA Endocrinology meetings next year most likely in a hybrid face-to-face/online model, and continue to provide our members with our other activities, grants, and discipline support.

Our new ESA Early Career Member (ECM) Committee has been busy this year surveying our ECR/ECM members and have organised an ECM Career Development Workshop to be held on the

Saturday afternoon that has over 175 people registered which is fabulous. A big thank you to the ECM Committee and their Chairs Sunita De Sousa and Liz Johnstone. ESA's Hormones Australia Website continues to gain greater visibility and more 'hits' and is becoming a valuable resource to the community at large.

Finally, we will soon unveil a full upgrade of the main ESA Website that should improve online information for members, and communication of current and future events.

It has been a huge privilege to serve as ESA President over the past two years. I have enjoyed it immensely and believe we are continuing to make improvements to the Society going forward that will give members better support in our important medical discipline.

The last 6-7 months has been an unpredictable ride

with COVID-19 but we have been able to quickly adapt our activities to continue our mission.

A very big thank you for everyone's enormous efforts on ESA Council and to our other committees during this extraordinary year.

I hand over to Bu Yeap with ESA on a sound footing but with a few unpredictable years ahead, but I have the greatest confidence in the current Council to navigate a safe course. Thanks to Ivone Johnstone, our Society Secretariat for keeping the ESA Fort going in Sydney (from home).

We welcome Ada Cheung and Fran Milat to ESA Council and hope they enjoy contributing to the Societies management and activities in the coming years.

Finally, a sincere thank you to Morton Burt who leaves Council this weekend, for his constant excellent work and

efforts over many years, and in particular recently as the Society Secretary. We wish him well with work, family and his tennis game!

Finally, best wishes to everyone, enjoy a relaxing break over the summer months, stay safe and well, and we look forward to seeing you in 2021!

Treasurer's Report



Belinda Henry

Operating results:
Net loss of \$120,916 (2020) compared to a profit of \$112,086 (2019). ESA has experienced a loss in revenue due to the cancellation of all face to face meetings as well as an initial loss on investments.

Seminar Weekend: \$38,485.94
Clinical Weekend: \$16,000 (carry over \$8,000)
ASM: \$40,950 (carry over \$20,475)
Total loss: \$59,760

Estimated surplus of \$10,000 after the virtual ASM.
Asgard accounts- two funds managed by Jason Dix (Carrington Financial Services)

Both the Endocrine and Wynne portfolios were impacted by the global downturn in the financial market in March, however, we have seen recovery of both since then.

The Endocrine Portfolio
Balance at 14/11/2019- \$1,293,123

Balance at 29/10/2020- \$1,281,569

The Wynne Portfolio
Balance at 14/11/2019 \$814,335

Balance at 29/10/2020: \$780, 104 (Note that \$30,000 was withdrawn in April to cover the 2019 Wynne Post-doctoral fellowship)

Government subsidies obtained during the Covid-19 pandemic:

Job keeper: We are eligible for \$3000 per month towards salaries. This will continue until the end September, 2020.

Boosting cash flow for employers: We have received 2 x \$10,000 instalments from the government.

Membership:
Small decrease in paying members from 875 in 2019 to 856 in 2020.

Accounts held at the National Australia Bank

Working account: Balance at 29/10/2020- \$44,924

Two fixed term deposits:
Balance at 29/10/2020 \$276,155
\$95,843

Current value of Societies net assets: \$2,478,595 compared to \$2,642,220 in 2019

Awards: ESA is dedicated to ensuring that we provide financial support in the form of scholarships, fellowships and awards throughout 2020. In 2020, no travel awards have been offered, however, all other awards will be continued as usual.

Annual Scientific Meeting



Helen Barrett

Due to the COVID-19 pandemic, the Seminar weekend, Clinical weekend and planned ESA/SRB/ NZSE/APEG ASM meeting in Christchurch unfortunately did not go ahead.

The ESA virtual meeting to replace the Clinical Weekend and ASM took place on the 31st Oct/1st Nov and was a purely online meeting. The ESA seminar weekend for 2021 is also likely to be a virtual meeting.

The virtual ASM meeting blended aspects of both the clinical weekend and the ASM, with a focus on the competitive award presentations.

The meeting started with the clinical registrar cases that usually form such a feature of the clinical weekend, and also included the Bryan Hudson and ESA-Novartis Junior Scientist award sessions, and

a poster "best of the best" award session.

We were delighted to be able to include Professor Mitchell Lazar from the University of Pennsylvania as the Harrison Lecturer and he presented from his home in the USA.

Other highlights included the Early Career Member workshop with presentations from members across the spectrum of work who shared their advice and expertise with our trainees and junior scientists. Additionally, ENSA joined us and held a satellite session for their members on the Saturday afternoon.

There were 524 registrations for the ASM, with 176 for the early career membership workshop. Sponsorship has been strong, with a total of \$45,100 in sponsorship confirmed and the meeting is expected to make a profit of ~\$16,000.

We would like to thank ESA Council, Ivone Johnson, the POC committee members, as well as ASN events for their support.

Medical Affairs Committee



Bu Yeap

ESA - Ferring Innovation and Clinical Excellence Award in Male Hypogonadism or Diabetes Insipidus

The inaugural award of \$15,000 for research by an early career member of the ESA into male hypogonadism was made in 2019, for a project in 2020, to Dr Shankara Narayana. Ferring are again supporting an award in 2020, for a project in 2021. The award has been extended to include work in the field of male hypogonadism or diabetes insipidus, via a grant-in-aid for clinical research or quality improvement.

Adrenal crisis – educational initiative following recommendation by Victorian Coroner

ESA MAC considered a report by the Victorian Coroner's Court, which made recommendations following the tragedy of a 38 year-old man who died alone at home, from sepsis in the setting of

an adrenal crisis. The main recommendations were (1) to emphasise to the general medical community the non-specific nature of symptoms of impending adrenal crisis (e.g. fatigue, nausea, loss of appetite, vomiting); (2) to record the diagnosis of adrenal insufficiency prominently as an alert in medical records and (3) that endocrinologists should provide a copy of "Sick day/steroid stress dosing" patient letters to treating general practitioners and family members/carers.

Thanks to Shane Hamblin for driving the ESA response: An updated sick day management plan for patients on glucocorticoid therapy is now available on the ESA's Hormones Australia website, and a letter to Med J Aust drawing attention to this topic is in the press.

Ga68 Dota-peptide PET/CT imaging (MBS item 61647)

ESA was invited by RACP to comment on proposed changes to be considered by the Medical Services Advisory Committee (MSAC) in which

access to this MBS item might be restricted, the Department of Health citing higher than expected utilisation. ESA liaised with Nuclear Medicine physicians, and have co-signed a response submitted by Simone Leyden, CEO of NeuroEndocrine Cancer Australia, advocating against any restriction of access, and seeking to inform further consultation.

RACP Evolve initiative

ESA endorsed two case studies and related discussions on the frequency of blood sugar testing in patients with type 2 diabetes, and avoiding routine thyroid ultrasound scans in patients with hyperthyroidism. These addressed topics previously put forward by ESA: "Avoid multiple daily glucose self-monitoring in adults with stable type 2 diabetes on agents that do not cause hypoglycaemia" and "Don't routinely order a thyroid ultrasound in patients with abnormal thyroid function tests if there is no nodular abnormality of the thyroid gland".

RACP consultation on gender dysphoria, and advice to the Minister for Health

Following discussion within the MAC, and consultation with external ESA members, ESA responded to this consultation. ESA supported the provision of appropriate medical care for adults with gender dysphoria, including medically supervised hormone therapy for transgender men and women, citing the ESA-endorsed position statement on this topic (Cheung AS, et al. Med J Aust 2019; 211: 127-133).

With regards to hormone therapy in children with gender dysphoria, ESA did not support formal RACP endorsement of the RCH document. ESA noted that this is a complex area and the evidence base is limited. The RCH document largely reflects the authors opinion: the "published evidence on the topic prohibited the assessment of level (and quality) of evidence for these recommendations". ESA noted concerns expressed in the correspondence received by RACP, to warrant further enquiry prior to making a decision on endorsement. ESA supported the proposal that RACP convene a formal working group of RACP Fellows with relevant clinical

expertise to review the issues and provide a summary of advice for the consideration of the Minister for Health.

PBAC listing for GH therapy in adults with GH deficiency

ESA MAC continues to field and respond to enquiries from members regarding the PBS criteria for GH therapy in adults with GH deficiency. Thanks to Morton Burt and Shane Hamblin for their continuing activity in this area.

Re-instatement of quinagolide onto the PBS

ESA communicated with the PBS, Department of Health, noting that in clinical practice quinagolide is usually prescribed to patients with prolactinoma in whom cabergoline and bromocriptine are ineffective or not tolerated.

Federation of Endocrine Societies of Asia Oceania (FESAO)

ESA continues to support this regional body, which coordinates the Asia-Oceania Congress of Endocrinology (AOCE). While the 2020 AOCE planned for Seoul has been disrupted by COVID, ESA will participate in a FESAO committee meeting in October. The next AOCE will be in Singapore in 2022.

Responses to public enquiries

MAC responds regularly to enquiries from individuals regarding seeking information on a range of endocrine conditions and services. MAC does not provide personalised medical advice, nor does it release any private information regarding ESA members. We try to help by providing general information, or drawing attention to relevant information that is in the public domain. Common enquiries involved where to find endocrinologists in particular locations, or with particular interests, and where to find information on specific conditions.

Thanks and acknowledgements

Once again, I thank all the ESA members and others who contributed to the work of MAC, for their generous assistance which is much appreciated. Thanks to my colleagues on the MAC: Morton Burt, Ann McCormack, Mathis Grossmann, Emily Mackenzie, Di Learoyd, Shane Hamblin, Leon Bach, John Walsh, and of course Ivone Johnson our efficient Executive Officer.

Early Career Committee

Formed in August 2019, the inaugural ESA Early Career Committee (ECC) consists of seven early career members (ECMs) appointed by ESA Council. The aim of the ECC is to help advance the clinical and research endeavours of ECMs by creating professional development activities, expanding research opportunities, fostering participation of ECMs within ESA, and facilitating interaction between junior and senior members.

Under the guidance of ESA President, Tim Cole, and Chair of the ESA Scientific Strengthening Committee, Belinda Henry, we have formed the ESA ECC Terms of Reference which will soon be available online via the upcoming new ESA website. The Terms of Reference will be reviewed at the conclusion of the 3-year term of our inaugural committee.

Our planned introductory session at the ESA Seminar due to be held in Launceston in May was unfortunately cancelled due to the COVID-19 pandemic. We instead turned to an online

survey to begin capturing the views and preferences of our fellow ECMs.

The ECM online survey revealed:

- There is consistent demand for overarching mentorship across years in training that is not limited to current place of employment/training
- Consultants early in their careers are very interested in the idea of a network of subspecialists for informal advice in challenging clinical cases
- Clinicians would like to know more about different career pathways, especially different clinical and business models in private practice
- Scientists would also like to know more about different career pathways, including employment opportunities for scientists outside of academia
- Both clinical and academic ECMs would be grateful for more guidance and opportunities in balancing parenting commitments with training and

academic requirements

- Endocrinology advanced trainees want to learn more on the topics of male and female reproductive endocrinology, neuroendocrine tumours, endocrine genetics, transgender medicine, and laboratory diagnostic and research processes
- Popular topics of interest for scientists are securing grants/funding, statistics, and managing and achieving job security

With these findings in mind, we organised an ESA Early Career Development Workshop entitled 'Careers in Endocrine Research and Clinical Practice' to be held on the Saturday afternoon of ESA Virtual 2020. We currently have 169 registrants for this workshop which will cover the breadth of scientific and clinical career pathways in endocrinology.

Prof Kevin Pflieger (WA) will talk about his career in basic science and his involvement in the biotechnology industry.

A/Prof Nicolette Hodyl (Vic) will be presenting on her work in scientific and clinical endocrinology and the development of her consultancy company, Vertex Health.

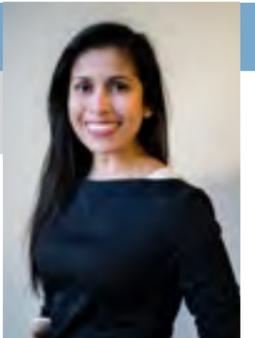
Dr Ada Cheung (Vic) will be talking about her pathway as a clinician-scientist at the University of Melbourne.

Dr Ailie Connell (Vic) will share her experiences as a dual specialist in endocrinology and chemical pathology.

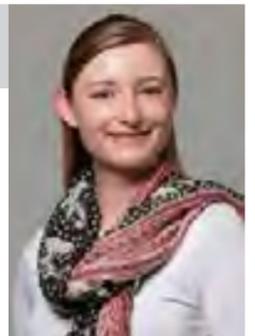
Dr Anna Story (NSW) will close with her experiences in private practice and establishing the Northern Sydney Endocrine Centre. We hope to have a lively question and answer session with the panel and our online ECM audience at the end of the talks.

Looking forward, we hope to be able to hold face-to-face workshops next year including the academic topics of how to start a PhD and grant writing.

Sunita De Sousa



Liz Johnstone



ESA Member Recognition

Australia Day Honours



COMPANION (AC) IN THE GENERAL DIVISION OF THE ORDER OF AUSTRALIA

Professor Bruce Gregory ROBINSON AM, Kirribilli NSW 2061
For eminent service to medical research, and to national healthcare, through policy development and reform, and to tertiary education.



OFFICER (AO) IN THE GENERAL DIVISION OF THE ORDER OF AUSTRALIA

Professor Jeffrey David ZAJAC, Heidelberg VIC 3084
For distinguished service to medical research and education, particularly in the field of endocrinology, and to professional societies.

Queens Birthday Honours



Member (AM) in the General Division

Emeritus Professor Robert Charles BAXTER Naremburn NSW 2065 For significant service to medical research, to endocrinology, and to tertiary education.



Member (AM) in the General Division

Dr Douglas William LORDING Malvern VIC 3144 For significant service to medicine, to endocrinology and andrology, and to the community.



Officer (AO) in the General Division

Professor George Arthur WERTHER Armadale VIC 3143 For distinguished service to medicine, to paediatric endocrinology and research, and to professional medical organisations.

Laureate Award



**Helena Teede, MBBS, FRACP, PhD, FAAHMS
Outstanding Leadership in Endocrinology Award**

This annual award recognizes outstanding leadership in fundamental or clinical endocrinology. Professor Teede holds leadership roles across health care, research and policy in Australia, including as the Director of Monash Centre for Health Research Implementation, School of Public Health and Co-director of Monash University's Monash Institute of Medical Engineering, an endocrinologist at Monash Health, and Executive Director of Monash Partners Academic Health Sciences Centre. Throughout her 20-year academic career focused on women's health, she has taught 35 Ph.D. students and trained over 40 endocrinologists. She is a strong advocate and role model for advancing women in health care and runs women's leadership programs for clinicians and early career researchers.

A remarkable man

Nik Chosich

1958-2020

Roni, Chris, Ben, Steph & Kath request your online presence in honour of Nik's life.

Funeral Service
Monday 16th November 2020
10AM

A memorial celebration of Nik's life will be held in the coming weeks.

Please forward to those who would value the invitation.

ESA Life Members

Congratulations to ESA Life Members



Rob McLachlan

Robert McLachlan, AM, FRACP, PhD graduated from Monash University in 1977 and Fellowship of RACP in 1987. His PhD thesis on reproductive physiology at Prince Henry's Institute and Monash University, were followed by postdoctoral studies at the University of Washington, Seattle. Upon return to Monash he continued his research work in the regulation of male reproductive function.

He is Director of Clinical Research at the Hudson Institute involving basic and clinical research in male contraception and infertility, androgens, the genetics of male infertility, the use of assisted reproduction and the follow up on ART offspring health. He has been Consultant Andrologist at Monash IVF since 1991. He has published over 250 original papers and reviews and is Editor of the Male Reproduction Section of www.ENDOTEXT.org.

He was a past President and Life Member of the Fertility Society of Australia. He has been a Consultant to the WHO on Male Fertility Regulation, and has received the Eric Susman Prize, RACP and the Hoffenberg International Medal, Society for Endocrinology (UK).

Since 2006 he has been Medical Director of Healthy Male [formerly Andrology Australia], a Federal Government initiative committed to community & professional education in male reproductive health. In 2016, he was made a Member in the Order of Australia for services to medicine and endocrinology, particularly male reproductive health.



Susan Davis

Professor Susan Davis, MBBS, FRACP, PhD, FAHMS is an NHMRC Senior Principal Research Fellow, Director, Monash University Women's Health Research Program, Consultant Endocrinologist and Head, Specialist Women's Health Clinic for women with complex disease, Alfred Hospital Melbourne and consultant at Cabrini Medical Centre. Her research has advanced the understanding of estrogen and testosterone action, deficiency and replacement in women.

She is a past president of the Australasian Menopause Society and immediate past President of the International Menopause Society. She has over 420 peer-reviewed publications and in numerous awards. Her contributions to endocrinology were recognised by the Australian Endocrine Society Senior Plenary Award (2019) and the International Excellence in Endocrinology Laureate Award of the Endocrine Society USA (2015).



Bronwyn Stuckey

Bronwyn Stuckey is a graduate of the University of Sydney and did her physician training in endocrinology in Perth, Western Australia. She is a clinical endocrinologist with a focus on reproductive endocrinology. Her research interests lie within the interaction between reproductive hormones, male and female, and cardiometabolic disease, including polycystic ovary syndrome, menopause and the influence of postmenopausal hormone therapy on metabolic risk, and male erectile dysfunction.

She is a consultant in the Department of Endocrinology and Diabetes, Sir Charles Gairdner Hospital, Nedlands, Western Australia, and Clinical Professor in the School of Medicine, University of Western Australia. Since 1995, she has been Medical Director of the Keogh Institute for Medical Research which is focused on reproductive endocrinology and its influence on long term health. She is a Past President of the Australasian Menopause Society.

ESA Award Winners

As usual the competition for the annual ESA awards was fierce in 2020, with a very high standard of applications received by the society. We congratulate all award recipients on their success. :

Congratulations to ESA Award Winners



ESA Young Investigator Scientific Article Award

DR ANGELA LEE

Royal Prince Alfred Hospital in Sydney, Australia



ESA Mid-Career Research Award

DR MITCHELL LAWRENCE

Senior Research Fellow, Monash University & Peter Mac Callum Cancer Centre, Victoria, Australia



ESA-Novartis Junior Scientist Award

DR NICHOLAS CHOO

Department of Anatomy and Developmental Biology
Monash University, Victoria, Australia



Bryan Hudson Clinical Endocrinology Award

EMILY BROOKS

Pituitary Fellow, Endocrinology,
St Vincent's Hospital , NSW, Australia



Bryan Hudson Clinical Endocrinology Award

REBECCA GOLDSTEIN

Endocrinologist and PhD candidate,
Monash University , Victoria



ESA Paul Lee Best Abstract Award

DR NANDINI SHANKARA NARAYANA

MBBS FRACP PhD
Endocrinologist, Andrology Dept, Concord Repatriation General
Hospital Clinical Lecturer, Central and Concord Clinical School,
University of Sydney



ESA Australian Women in Endocrinology Highest Ranked Abstract Award - Basic Science

EBTIHAL MUSTAFA

School of Medicine, The University of Adelaide
SA, Australia



ESA Women in Endocrinology Highest Ranked Abstract Award Winner - Clinical

DR JUN YANG

Head of the Endocrine Hypertension Group at Hudson Institute of Medical Research, Research Fellow School of Clinical Sciences at Monash University, Consultant Endocrinologist at Monash Health, Australia



Best Clinical Science E-Poster

JESSICA A. GRIEGER

University of Adelaide, Robinson Research Institute, Adelaide Health and Medical Sciences, SA, Australia
#25- Metabolic syndrome in pregnancy and its association with child telomere length

Best Clinical Case E-Poster Award

ANOJIAN KONESHAMOORTHY

Endocrinology
 St. Vincent's Hospital Melbourne, Australia
Abstract #123- genetic hypoglycaemia by a whisker

Best Clinical Case E-Poster Award

CAROLINE BACHMEIER

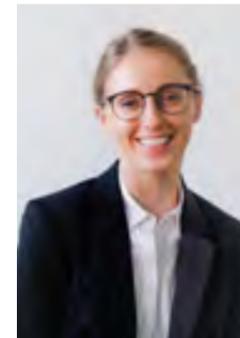
Endocrinology
 Royal Brisbane and Women's Hospital, Brisbane, QLD
#113- mysteriously missing ACTH



Best Basic Science E-Poster

VALENTINA RODRIGUEZ PARIS

PhD School of Women's & Children's Health, UNSW SYDNEY Australia
#033 - Dissecting the interplay between diet and PCOS on gut microbiota in a hyperandrogenic PCOS mouse model



Best Clinical Case Award

ANNABELLE WARREN

MBBS (Hons) BMedSc (Hons) Endocrinology Registrar,
 Department of Endocrinology, Austin Health, Victoria



ESA Postdoctoral Award

DR EMILY BROOKS



ESA Ken Wynne Memorial Postdoctoral Research Award

ANETA STEFANIDIS

ESA Young Investigator Scientific Article Award



RACP ESA Research Establishment Fellowship in Endocrinology

DR EMILY BROOKS

Comparison of two tapering regimens in the management of glucocorticoid withdrawal



ESA Research Seed Grant

ADA CHEUNG



ESA Research Seed Grant

LUBA SOMINSKY



Angela Lee

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 receive the 2020 ESA Young Investigator Scientific Article Award for my publication in Diabetes Care, titled 'Effect of high-intensity interval training on glycemic control in adults with type 1 diabetes and overweight or obesity: a randomized controlled trial with partial cross-over', in July of this year, doi: 10.2337/dc20-0342.

I thank the ESA for the opportunity to present this work, also on behalf of my co-authors, at the 2020 ESA Annual Scientific Meeting. This research was conducted as part of my PhD thesis exploring the modern-day phenotype of type 1 diabetes with metabolic syndrome features, and the potentially beneficial effects of high-intensity interval training (HIIT).

HIIT is associated with a lower risk of acute exercise-related hypoglycaemia in people with type 1 diabetes compared with traditional moderate-intensity continuous exercise.

Effects of HIIT on glycaemic control have not been adequately studied, especially in those with type 1 diabetes and increased body-weight.

Our paper describes the study of a 12-week HIIT intervention in previously inactive adults with type 1 diabetes and overweight or obesity in a randomised controlled trial with partial cross-over. HbA1c decreased by 0.5% from baseline to 12 weeks in the HIIT intervention group, though this was not statistically significantly different compared with the control group.

In participants who undertook at least 50% of the prescribed HIIT intervention, the HbA1c reduction was significantly greater than control. The HbA1c reduction with HIIT was achieved without an increase in hypoglycaemia measured on continuous glucose monitoring. After 24 weeks of HIIT, there were significant improvements in

HbA1c, body composition, aerobic fitness and muscular strength. The clinical implication for care is that HIIT may improve multiple key health parameters in adults with type 1 diabetes who are overweight or obese, and can be considered for inclusion as part of healthful lifestyle management in such patients.

I am very grateful for the ongoing support from my Primary PhD supervisor, Prof Stephen Twigg, and Associate PhD supervisors Prof Jeff Flack, Prof Jencia Wong and A/Prof Nathan Johnson and my research collaborators. Thank you to the ESA for this prestigious award.

ESA Mid-Career Award



Mitchell Lawrence

This award is designed to recognise an outstanding mid-career researcher in endocrinology.

I was honoured to receive the 2020 Mid-Career Research Award from the ESA. I thank the ESA for supporting my career development over several years, through a Research Seed Grant and opportunities to present my work at previous annual meetings.

At the 2020 annual meeting, my presentation was “A mouse hospital for identifying new combination therapies for prostate cancer”. I reflected on the dramatic changes in the clinical landscape of prostate cancer since the first scientific meeting of the ESA was held in 1958. Yet, a fundamental challenge remains; patients with advanced prostate cancer eventually develop resistance to all current treatments.

To address this challenge, our team at Monash University and the Peter MacCallum

Cancer Centre established a “mouse hospital” of patient-derived xenografts, using tissues generously donated by patients with prostate cancer.

This new collection of models represents the clinical, pathological, and genomic heterogeneity of prostate cancer, from treatment-naïve primary tumours to castration-resistant metastases. We are using these tumours to test novel combination therapies, the first of which will advance to a phase 1 clinical trial in 2021. Through the Melbourne Urological Research Alliance (MURAL), we are also sharing these models with researchers and industry in Australia and overseas.

A large team of cancer biologists, bioinformaticians, urologists, oncologists, pathologists, clinical coordinators, and patient

advocates contributed to this work, including Mr Nicholas Choo, Dr Ashlee Clark, Dr Laura Porter, Dr Luc Furic, A/Prof Renea Taylor, and my mentor, Prof Gail Risbridger. I also acknowledge funding for these studies from the Victorian Cancer Agency, CASS Foundation, and National Health and Medical Research Foundation

Novartis Award



Nicholas Choo

The ESA-Novartis Junior Scientist Award is given for the best presentation at the Annual Scientific Meeting by an advanced trainee or a person enrolled for a higher degree (PhD, MD, FRACP).

I am very humbled to be awarded the ESA-Novartis Junior Scientist Award at the 2020 Virtual Annual Scientific Meeting of ESA, where I presented my work entitled ‘Using patient-derived models to systematically identify synergistic drug combinations in advanced prostate cancer’.

I would like to sincerely thank ESA and Novartis for honouring me with this award, as well as expressing my gratitude and appreciation to my supervisors Dr Mitchell Lawrence, Associate Professor Renea Taylor and Professor Gail Risbridger for their constant support and guidance.

My research aims to establish new methods for measuring drug synergy with patient-derived models to identify effective combination therapies for diverse phenotypes of advanced prostate cancer.

My study used organoids grown from patient-derived xenograft (PDX) tissues to test drug synergy with a novel combination of talazoparib, a PARP inhibitor, and CX-5461, a small molecule that induces DNA damage.

Using manual and high-throughput, automated assays, my data has shown that the combination therapy consistently and synergistically inhibits the growth of prostate cancer organoids across independent measurements from metabolic assays, confocal and brightfield microscopy. As a result, these findings have helped guide the design of a new phase 1 clinical trial of talazoparib and CX-5461 at the Peter MacCallum Cancer Centre in 2021.

For the first time, this shows that prostate cancer organoids can reveal drug synergy in high-throughput

assays. Hence, this increases the scale and scope of organoid experiments, accelerating translation of new treatments for prostate cancer.

I am extremely grateful to ESA for giving me the opportunity to present my work in an international forum and to the broader audience of basic scientists and clinical researchers, and I look forward to attending many more ESA events in the future, hopefully in person!

Bryan Hudson Award



Emily Brooks

The Bryan Hudson Clinical Endocrinology Award recognizes the best clinical research presentation at the Annual Scientific Meeting by an active member of the ESA early in their career.

I am extremely honored to be a joint recipient of the 2020 Bryan Hudson Clinical Endocrinology Award for the presentation “The copeptin response and adverse event profile to hypertonic saline in healthy volunteers- the effect of nausea and vomiting”.

The recent availability of plasma copeptin measurements has significantly improved the investigation of the syndrome of polyuria-polydipsia. Hypertonic saline-stimulated copeptin has excellent diagnostic accuracy and has replaced the water deprivation test as the gold standard diagnostic test. However, there is limited experience using this test in our local population, and little data regarding the adverse event profile.

Our research shows that although adverse effects are common, they are transient

and generally not severe. Importantly, our study was the first to demonstrate that nausea and/or vomiting enhances the copeptin response to hypertonic saline in healthy volunteers.

These results are clinically important, as AVP and copeptin release from non-osmotic stimuli likely occurs via the parvocellular pathway, as opposed to the magnocellular pathway, which is stimulated by osmotic stimuli. Therefore, patients with central diabetes insipidus who experience nausea and/or vomiting during the test could have false negative results.

The experience from this research has also shown that the hypertonic saline test is relatively simple to perform, and has enabled us to use this test with confidence in clinical practice at our institution.

I am very grateful to have had the opportunity to present our research in the Bryan Hudson Award Session, and to the Endocrine Society of Australia for this prestigious award.

I would also like to thank the very kind volunteers who participated in our study and made this research possible, the Translational Research Institute, Brisbane, and my co-authors. I would particularly like to acknowledge my primary supervisor for this research, Professor Warrick Inder, whom I am extremely grateful for his ongoing academic, clinical and career guidance and mentorship.

Bryan Hudson Award



Rebecca Goldstein

The Bryan Hudson Clinical Endocrinology Award recognizes the best clinical research presentation at the Annual Scientific Meeting by an active member of the ESA early in their career.

I was honoured to be the joint recipient of the 2020 Bryan Hudson Clinical Endocrinology Award for my presentation “A pragmatic lifestyle intervention in pregnant women with obesity to limit gestational weight gain”. These results have comprised a large part of my doctoral studies, examining obesity, gestational weight gain and healthy lifestyle in pregnancy.

Excess gestational weight gain is common and has adverse maternal and infant outcomes. Lifestyle interventions effectively reduce excess gestational weight gain (GWG) and improve these outcomes on systematic review and meta-analyses.

However, there are limited studies that implement these lifestyle interventions into routine pregnancy care, and there is a need to develop

effective, engaging and low cost interventions in ‘real-world’ settings, in the form of implementation research.

Our Healthy Lifestyle in Pregnancy Project (HiPP) is a pragmatic, prospective, multidisciplinary, project aimed to reduce gestational weight gain in high-risk obese pregnant women.

The project was embedded within an existing maternity service and offered an integrated lifestyle intervention delivered by a Health coach and Endocrinologist at five visits during routine pregnancy care. The intervention lowered total GWG and GWG/week, and intervention uptake and engagement rates were high.

This pragmatic study advances implementation knowledge and further studies are underway

analysing settings, populations and cost-effectiveness to inform translation and scale-up.

I am very grateful to the Endocrine Society for this prestigious award. I would also like to acknowledge the support of my supervisors, Professor Helena Teede, Associate Professor Jacqueline Boyle and Dr Cheryce Harrison. This research was supported by an Australian Government Research Training Program (RTP) Scholarship.

Hormones Australia



Nicolette Hodyl



Key Events

- New additions to website
- Sick Day Letter – glucocorticoid therapy
- Cushing’s disease, Primary aldosteronism – pages and downloadable factsheets

- Partnered with Health Direct – the Australian Dept of Health public health directory
- Find an Endocrinologist – based on location and speciality
- 376 listings
- Fact sheets – format revised



Analytics - From October 2019-2020

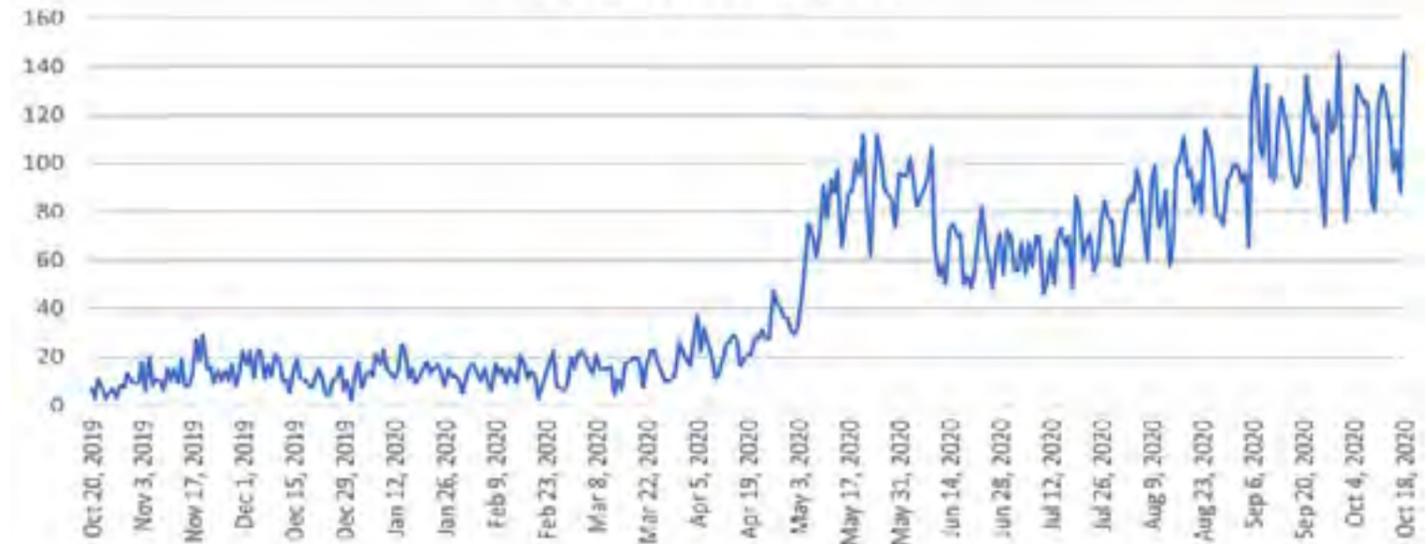
- **Daily click rate** has increased from average <20/day to over 100/day
- **Total = 17,500 clicks**
- **Users** = 28,000 (up to 5000/month)
- **Page views** = 50,500 (up to just over 7,000/month)
- **Impressions** (site displayed on a search result) = 2.6 million
- **Find an Endocrinologist Tool** = 2,121 visits

- **Average search position** = 14 (but depends on individual term)
 - ◇ Position 1 for Thyroid gland function, parathyroid gland function
 - ◇ Position 5/6 for Hypothalamus, adrenal gland/hormones, testes hormones, ovaries
 - ◇ Position 7/8 for hormone replacement therapy, Viagra Australia

Most viewed pages

- Article: Viagra comes of age in Australia (5,755 views)
- Testes (2,200 views)
- Thyroid gland (2,112 views)
- Ovaries (1,952 views)
- Ovaries (1,952 views)
- Parathyroid gland (1,845 views)
- Adrenal insufficiency (1,753 views)
- Growth hormone deficiency (1428 views)

Url Clicks October 2019-2020



The Hormones Australia website team

- A/Prof Nicolette Hodyl – Content Manager
- Dr Belinda Henry- Council Website Representative
- Manesh Nesaratnam – Website Developer and Maintenance



www.hormones-australia.org.au

Acknowledgements

- | | |
|---|-------------------|
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| David Torpy | Fran Milat |
| Carmen Bischoff | Shane Hamblin |
| Josephine Forbes | Warrick Inder |
| Renea Taylor | Morton Burt |
| Peter Chu | Mathis Grossman |
| Teresa Lam | Susan Davis |



What's next for Hormones Australia?

- Creating new content – diseases and hormones
- Trusted resources page
- Raising awareness with other organisations and Specialty Colleges

ESA Journals

Clinical Endocrinology

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

Clinical Endocrinology publishes papers and reviews which focus on the clinical aspects of endocrinology, including the clinical application of molecular endocrinology. It does not publish papers relating directly to diabetes care and clinical management.

It features reviews, original papers, commentaries, cases of the month, book reviews and letters to the editor. *Clinical Endocrinology* is essential reading not only for those engaged in endocrinological research but also for those involved primarily in clinical practice.

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 Molecular Endocrinology

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 *Journal of Molecular Endocrinology* entitling the ESA

membership to a 25% discount on colour figure charges. Impact Factor: 3.577

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



Journal of Endocrinology

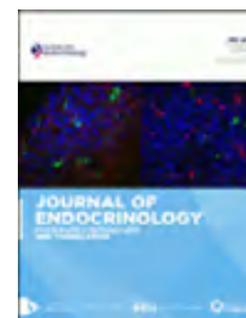
Journal of Endocrinology is the highest impact journal dedicated to basic endocrinology. *Journal of Endocrinology* publishes original research articles, reviews and science guidelines.

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 *Journal of Endocrinology* entitling the ESA

membership to a 25% discount on colour figure charges. **Impact Factor: 4.706**

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



Endocrinology, Diabetes & Metabolism Case Reports

Endocrinology, Diabetes & Metabolism Case Reports is a unique, open-access resource that publishes and links together case reports. This enables practitioners to communicate findings, share knowledge and convey medical experiences efficiently and effectively, furthering both medical education as well as 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.

Website: www.edmcasereports.com



Australian Endocrinology Research Review

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

Australian health professionals and is delivered by email as a PDF attachment.

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



Patient Resources



Patient Resources in Endocrinology - a partnership between ESA and the US Endocrine Society

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

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

[Click for resources](#)

These are available in both English and Chinese.

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

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

Looking ahead



ESA Seminar Meeting

Virtual Meeting

1st- 2nd May 2021



ESA/SRB/ANZBMS Annual Scientific Meeting 2021

Melbourne, Australia

21st - 24th November 2021

The Annual Scientific Meetings of the Endocrine Society of Australia, Society for Reproductive Biology and The Australian Bone and Mineral Society will run from the 21-24 November 2021 at the Melbourne Convention and Exhibition Centre. **Registrations will open on Monday 18th January 2021.**

Website - <https://www.esavirtual.org.au/>



ESA/SRB/APEG/NZSE 2022

Christchurch, New Zealand

12th-16th November 2022



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Office hours: 10.00am – 4.00pm
Tuesday, Thursday and Friday