DEAR FRIENDS AND COLLEAGUES,
We hope your plans for the summer include the 55th ESPE Annual Meeting in Paris on 10–12 September. Paris is a wonderful place to be in September, and will be the perfect setting for another great ESPE Meeting.

Alongside the ESPE Council, Programme and Local Organising Committees and Bioscientifica, with the assistance of the Paris Convention Bureau and the ESPE Platinum and Gold Sponsors, we are working to bring you another ground-breaking meeting.

We are pleased to enable more people than ever to present their work and share the latest developments in paediatric endocrinology. More than twice the number of abstracts will be presented orally this year, and almost all abstracts will be presented as e-posters, available to view throughout the meeting.

You can submit ‘late-breaking’ abstracts until 13 June. Please note that only abstracts justifying delayed submission, such as recent results from a clinical trial, are eligible for late-breaking submission. As well as an abundance of abstracts, ESPE 2016 will welcome speakers from around the world, to deliver a comprehensive programme of workshops, educational symposia and Meet the Expert sessions. The engaging and informative programme will cater for all areas of interest within the ESPE membership.

We are delighted to offer delegates the opportunity to purchase tickets for the ESPE Evening on Monday 12 September. This will be a final celebration and chance to meet with friends and colleagues. This special event takes place at the Hôtel de Ville, Paris’s iconic City Hall, a spectacular venue which is not normally open to the public. Guests will be able to sample food and wine from the regions of France. Tickets for this buffet and reception are available online at an early bird rate of €50 per person (concessions €40), and can be reserved when registering for the meeting. Delegates who have already registered can add tickets to their original form via the ‘Manage my booking’ link at www.espe2016.org/registration.

The meeting is now a few months away: early bird registration is available until 10 June and could save you over €100! We encourage you to register today at www.espe2016.org. On the same website, you can find the scientific programme, registration details, accommodation options and much more.

Our best wishes,

Professor Jean-Claude Carel
ESPE President 2016

Professor Agnès Linglart
Chair, Local Organising Committee
Welcome continued from page 1

You can find details of another exciting development below: the International Classification of Pediatric Endocrine Diagnoses (ICPED) website, which you can reach at http://icped.org. This will also be of great help in harmonising the management of paediatric endocrine disorders.

The formation of the ESPE Science Committee brings all ESPE’s scientific endeavours under one umbrella. Committee Chair Faisal Ahmed outlines all the details on page 3. Meanwhile, news from the 2016 ESPE Winter School and the 2nd ESPE Caucasus & Central Asia School can be found on page 5. Both schools are very popular among young fellows from all around the world.

We continue to bring you recent news from the ESPE Working Groups. Page 4 features an update from the ESPE Diabetes Technology Working Group, by Moshe Phillip. We hope it is useful for colleagues interested in this field.

European Reference Network for Rare Endocrine Conditions

THE CALL FOR THE FIRST European Reference Networks (ERNs) was launched in March 2016, with applications due in June.

An ERN will share expertise; improve diagnosis; educate and train patients, care providers and doctors; produce guidelines; build databases; develop connections to facilitate research; perform clinical trials; disseminate results to patients, healthcare providers and public health organisations; and link up with other ERNs.

It is formed of centres approved in their own countries as healthcare providers (HCPs), according to standard criteria. Approved HCPs are eligible to join an ERN. A bid to form an ERN must come from a single HCP with a named co-ordinator, along with all the HCPs of centres that will make up the ERN.

Vital for endocrine care

Both ESPE and the European Society of Endocrinology (ESE) view an ERN for Rare Endocrine Conditions (Endo-ERN) as vital for improving the care of people with any of the diverse range of rare endocrine conditions from birth through adulthood that are managed by the members of the two societies. ESPE has selected Olaf Hiort (University of Lübeck, Germany) and ESE has chosen Alberto Pereira (University of Leiden, The Netherlands) to develop the structure of an Endo-ERN.

Last but not the least, you can learn more about the work of prize winners from ESPE 2015, as President Poster Award recipients Mesut Parlak and Daniele Tessaris outline their research (page 6). We congratulate these young academicians.

If you would like to share your news or news from your national societies please do so! We would be delighted to publish more stories from ESPE members.

We thank all our colleagues who have contributed to this issue of the Newsletter, and I thank the Editorial Board members for their hard work and enthusiasm.

Professor Feyza Darendeliler
Editor, ESPE Newsletter
feyzad@istanbul.edu.tr

New ICPED website

ESPE IS DELIGHTED TO ANNOUNCE that the International Classification of Pediatric Endocrine Diagnoses (ICPED) website is now live at http://icped.org. ICPED is based on the original work of ESPE members, which has undergone extension and revision since 2011.

The ICPED Consortium was formed by eight global societies, including ESPE, and has benefited from contributions from more than 60 paediatric endocrinologists. ICPED is a unique classification system for paediatric endocrinology, which aims to provide a global resource that can be used to promote consistency of terminology and to facilitate international collaborative research projects.

To promote alignment with other terminology systems, ICPED has been provided to the World Health Organization International Classification of Diseases (Version 11) Development Team, and to the National Institutes/National Center for Biotechnology Information of Health Pediatric Terminology Project as the basis for their terminology updates and development programmes.

We hope that you find ICPED a useful tool. Please do provide feedback (via the ‘support’ link on the site), so that it can be continually improved.

The Endo-ERN will cover eight main thematic groups, namely:
- Adrenal disorders
- Conditions of sex development and maturation
- Disorders of calcium and phosphate homeostasis
- Genetic disorders of glucose and insulin homeostasis
- Rare disorders of:
  - growth
  - thyroid
  - pituitary
- Genetic endocrine tumour syndromes.

The Network activities of the Endo-ERN are divided into work packages covering:
- Research and science
- Quality of care and patient views
- e-Health and ICT
- Diagnostics and laboratory analysis
- Education and training.

Progress to date

Currently, most EU member states are endorsing eligible HCPs for application to the ERN process. Olaf and Alberto and their teams have named Chairs for every main thematic group (each will have paediatric and adult co-leads), and also for each of the work packages. These will define the requirements for participation with the application of each HCP and will form the core group of the Writing Committee for the Network application.

It is anticipated that the (hopefully successful) Endo-ERN will come into operation by the beginning of 2017. Regular audits and re-assessments will ensure a high quality of care in each participating HCP and will also allow further institutions to participate in the future. For any enquiries, please contact RareEndoERN@Lumc.nl.

Olaf Hiort and Ulla Döhnert
University of Lübeck, Germany
THE START OF THE YEAR has been busy, as always. One activity we have focused on is reviewing the ESPE membership survey results. The results have given us a valuable insight into your priorities, and these will help shape the Society’s future activities. Please take some time to review the results yourself, at www.eurospe.org/members/documents/docs/ESPESurveySummary.pdf. Thank you for taking part and giving us your feedback. You can still give feedback at any time during the year by emailing us at espe@eurospe.org. Your thoughts and opinions are always welcome.

One project for the forthcoming year is redevelopment of the ESPE website. This huge project will require your help please! It is still in the very early stages. We will keep you updated and let you know how and when you can get involved.

ESPE has many activities and programmes available for members throughout the year. With such a variety, there really is something to suit every member at every stage of their career. Please visit www.eurospe.org to find out more about the education and training opportunities, prizes and awards, fellowships, career development awards and online learning activities. All the programmes are designed to help you continually develop in your careers as paediatric endocrinologists.

For upcoming application deadlines you can always stay informed by referring to the back page of the ESPE Newsletter, and also the ‘dates and deadlines’ section at www.eurospe.org, as well as the monthly ESPE news alerts and via Facebook and Twitter too.

And finally, don’t forget to tell your colleagues about the benefits of ESPE membership!

Hannah Bonnell, Joanne Fox-Evans and Tracey-Leigh Meadowcroft, ESPE Team

AN INSIGHT INTO...

the ESPE Science Committee

ESPE’S SCIENCE COMMITTEE was created with three broad aims in mind:

a) to facilitate the collaborative scientific activity of ESPE members
b) to increase participation by the wider ESPE membership in scientific activities
c) to optimise opportunities for the scientific development of ESPE members at all stages of their careers.

The Committee’s structure incorporates existing ESPE activities that had these objectives. All Committee members have specific roles, and the Committee is led by Faisal Ahmed (Chair) and Martine Cools (Deputy Chair).

ESPE Research Unit (ESRU)
CONVENOR: Irène Netchine; supported by Sandoz & ESPE
The ERSU will continue to support collaborative initiatives, but will aim to support one large research project and one small project.

ESPE Science Workshop
CONVENOR: Nicolas de Roux; DEPUTY CONVENOR: Martin Wabisch; supported by Pfizer
The ESPE Science School and the Advanced Seminars will be merged into an annual Science Workshop. This will probably consist of a small training school followed by a symposium. A call for applications for the 2017 Science Workshop will be launched in summer 2016.

Early Career Scientific Development Award
CONVENOR: Olaf Hiort; supported by Pfizer
This award, previously known as the Visiting Scholarship, offers financial support to ESPE members or their collaborators in the early stages of their careers, so they can gather experience in a specific research issue or a laboratory technique in paediatric endocrinology.

Mid-Career Scientific Development Award
CONVENOR: Outi Mäkitie; supported by Lilly
This award, formerly known as the Sabbatical Leave Programme, supports senior ESPE members who are seeking an opportunity for scientific development.

ESPE Research Fellowship
CONVENOR: Katharina Main; supported by Novo Nordisk
This will support future academics in paediatric endocrinology by funding a salary and consumables for up to 2 years of advanced research which allows the fellow to obtain experience in a research environment other than their own.

These members of the Science Committee meet every 3 months. At the annual ESPE Meeting, they are joined by ex-officio members representing the ESPE Council, IFCAH (International Fund-raising for Congenital Adrenal Hyperplasia), the Programme Organising Committee, Hormone Research in Paediatrics and Enpr-EMA (the European Network of Paediatric Research at the European Medicines Agency). In addition, the Committee relies on an Expert Panel for peer review.

You will be able to find further information on the dedicated Science Committee web page at www.eurospe.org/about/committees/committees_scientific.html.

Faisal Ahmed, Chair, ESPE Science Committee

Follow ESPE online...

Keep an eye on the ESPE news alerts, Facebook, Twitter and www.espe2016.org for all updates relating to the ESPE Meeting.

If tweeting about ESPE 2016, please use the hashtag #espe2016 so that others can follow the tweets about the meeting.
MANAGEMENT OF TYPE 1 DIABETES is a challenge for both patients and healthcare providers. The use of advanced medical devices, such as insulin pumps and sensors, has a significant impact on monitoring and management of patients with type 1 diabetes, by improving their glucose control. Yet, they still need to intervene in the treatment.

Furthermore, the majority of patients worldwide are still not achieving the desired glycaemic control, mainly as a result of their fear of hypoglycaemia, and the anxiety associated with using these devices.

Automated insulin delivery systems (known as closed-loop or artificial pancreas systems) have been a focus of diabetes research over the past few years, and have been shown to improve the patients’ glycaemic control, as well as their quality of life. These consist of a continuous glucose monitor, insulin pump and an automated control algorithm to bridge communication. The closed-loop systems were tested in many clinical studies, starting with short term research in hospital, progressing to studies at home with close monitoring and at home in free-living conditions.

New technology should help us improve diabetes control in the face of an increased number of patients and the limited availability of well trained and experienced professionals.

Technology for data management and software tools put the patient at the centre of treatment. The individual patient’s information regarding treatment and insulin/glucose response data are largely available from devices such as pumps, sensors, glucose meters and fitness apps. Data can be entered into a decision support system, which helps the physician in the clinic and patients in their homes. It is transformed into meaningful treatment information, changing the way diabetes is managed.

The Yearbook on Advanced Technologies and Treatments in Diabetes (known as the ATTD Yearbook) is an important publication which gives an extensive overview on this topic. It summarises the most important articles in the field of diabetes technology and treatments, with short summaries from key opinion leaders.

The seventh edition of the ATTD Yearbook (for 2015) is edited by Moshe Phillip and Tadej Battelino and published by Mary Ann Liebert, Inc. This edition and the previous ATTD Yearbooks can be freely downloaded via www.attd2016.com/conference-information/attd-yearbook.

Moshe Phillip, Co-ordinator, ESPE Diabetes Technology Working Group mosheph@post.tau.ac.il

DISORDERS OF SEX DEVELOPMENT
Hormones, brain and identity: issues in DSD
Stephen Rosenthal, Sven Müller, Peggy Cohen-Kettenis, Birgit Köhler, Ute Thien, Anna Nordenström

OBESITY
Clinical and neuroendocrinological advances in obesity
Jesús Argente, Johanna Dahlgren, Gabriel Álvar Martos-Moreno, Vincent Prevet, Serge Luguet

TURNER SYNDROME
Details to follow

DIABETES TECHNOLOGY AND THERAPEUTICS
Challenges in diabetes
Moshe Phillip, Thomas Danne, Shlomit Shalitin, Tadej Battelino, Revital Nimri, Katharine Barnard

BONE AND GROWTH PLATE
Disorders of growth, bone and mineral disorders – novel insights and future directions
Katrina Tatton-Brown, Rajesh Thakker, Nick Bishop, Oliver Semler, Thomas Carpenter

PAEDIATRIC AND ADOLESCENT GYNAECOLOGY
Functional hypothalamic amenorrhoea and breast disorders
George P Chrousos, Madhusmita Misra, Neoklis Georgopoulos, Ellen R Copson, Philippe Touraine

The ESPE NURSING AND ALLIED HEALTH WORKING GROUP will meet on Sunday 11 September at 14.15–16.30.
I strongly encourage all trainees in eastern Europe who are committed to a career in paediatric endocrinology to apply for next year’s Winter School in Bulgaria. Watch out for details in the ESPE Newsletter and on the website. We will particularly welcome applications from trainees in south-eastern Europe, including Bulgaria, Romania and the former Yugoslav Republics.

We are also advertising for a teacher to replace Margaret Zacharin (page 6). I welcome expressions of interest from those with a passion to teach clinical paediatric endocrinology to a group of wonderfully motivated students.

John Gregory
ESPE Winter School Co-ordinator

WINTER SCHOOL WAS HELD IN truly cold and snowy circumstances at Sagadi Manor, a forest museum 86km to the east of Tallinn, Estonia, in the first national park established in the old Soviet Union.

We had received 52 applications for the 25 places available, and selected a range of excellent applicants from 14 countries, with a focus on north-eastern Europe and Russia, which we were targeting. It was a shame, yet again, to turn down so many good candidates.

As usual, we had a very full teaching schedule, covering all the major endocrine systems of relevance to paediatrics, as well as presentations on ‘Late effects of the treatment of childhood cancer’ and a session on research and audit. A new session saw teachers role-playing a challenging consultation, to demonstrate skilful communication; this was well-received. Student feedback was good, with the interactive teachers’ cases scoring very highly, as always.

In addition to the formal teaching, we enjoyed a half-day excursion to the Baltic Sea coast, for a snowy walk in the countryside.

I acknowledge and thank our host, Vallo Tillmann, for his hard work in locating the excellent venue (within our budget) and for ensuring the Winter School’s success. I also thank Ferring for their long-established grant which has allowed the School to take place each year, covering both hotel and delegate travel costs. This is greatly appreciated by ESPE and by the students.

With great sadness, we say goodbye to Margaret Zacharin (Melbourne, Australia) who has completed her term as teacher. We will miss her encyclopaedic knowledge of clinical endocrinology and her expertise in jewellery making! As well as Margaret, I thank the other members of this year’s teaching faculty: Justin Davies (Southampton, UK), Serap Turan (Istanbul, Turkey), Veronique Beauloye (Louvain, Belgium) and next year’s host tutor Galina Popova (Sofia, Bulgaria).
NEUROKININ B AND KISSEPTIN APPEAR to play major roles in puberty. In this research, we investigated the diagnostic roles of kisspeptin and neurokinin B in central precocious puberty (CPP) and premature thelarche (PT).

Girls who presented with breast development at between 5 and 8 years of age were included in the study. Basal serum follicle-stimulating hormone (FSH), luteinising hormone (LH) and oestradiol and peak FSH and LH were measured after a gonadotrophin-releasing hormone test. Patients with peak LH >5mIU/ml and a bone age (BA)/chronological age (CA) ratio >1 were diagnosed as having CPP, while others were designated as having PT. Organic pathologies were excluded. Healthy, similar age prepubertal girls were included as a control group.

We measured neurokinin B and kisspeptin levels by ELISA; 25 subjects with CPP, 35 with PT and 30 controls were included. BA/CA, BA/peak LH and peak LH were significantly different between the CPP and PT groups (P<0.05). Serum kisspeptin and neurokinin B levels were detected as 2.36±0.47ng/ml and 2.61±0.32ng/ml respectively in CPP, 2.23±0.43ng/ml and 2.24±0.23ng/ml respectively in PT and 1.92±0.33ng/ml and 2.03±0.24ng/ml respectively in controls.

We found that kisspeptin and neurokinin B levels were significantly higher in the CPP and PT groups than in controls (P<0.05), suggesting they have a major role in the initiation of puberty. Moreover, the neurokinin B level was significantly different between the CPP and PT groups (P<0.01), while no significant difference was found in the kisspeptin levels. A neurokinin B value of 2.42ng/ml provided the most appropriate level, with a sensitivity of 84% and specificity of 77.1%, for differential diagnosis of CPP and PT. These findings lead us to suggest that neurokinin B could be used to differentiate between CPP and PT.

The original abstract can be found at ESPE Abstracts 2015 84 P-1-111

WE AIMED TO DETERMINE THE prevalence and characteristics of growth hormone hypersecretion (GHH) in McCune–Albright syndrome (MAS). Screening for GH excess in two cohorts of MAS patients identified 3 cases out of 34 in an Italian cohort (8.8%) and 28 cases out of 129 (21.7%) in a group from NIH (Bethesda, MD, USA).

We gathered auroxological data, biochemical GHH measurements (insulin-like growth factor-I Z score, random GH and GH after oral glucose tolerance test), plus details of association with prolactin hypersecretion, possible abnormal pituitary MRI scan, bone fibrous dysplasia (FD), and response to medical and other treatment. Thirty cases of MAS with GH excess were matched with 30 MAS controls without GH excess for sex, age and total bone scan score on Tc-99m bone scintigraphy, to evaluate any association between comorbidities and GHH. Finally, patients with GH excess were divided into two groups: group A (17 cases with MAS, therapy before 20 years of age) and group B (13 cases of MAS, no therapy or therapy after 20 years of age).

Evidence of a pituitary adenoma was found in 52%, while craniofacial and long bone FD were evident in all. Medical treatment was performed in 25 out of 31 patients (octreotide 10–30mg i.m./month or octreotide 30mg i.m./month and pegvisomant 20mg s.c./day). Craniofacial comorbidities (facial asymmetry, head circumference expansion, optic neuropathy and hearing deficit) were increased in patients with GH excess.

We concluded that GH excess is present in about 20% of MAS patients; 74% also have hyperprolactinaemia. The MAS phenotype with GHH is more severe because it is always associated with craniofacial FD, head circumference expansion and more comorbidities. Pain is not affected by GHH. Early therapy should be effective in preventing optic neuropathy. Further data are necessary to demonstrate the efficacy of therapy for other comorbidities and to correlate bone turnover markers with GHH.

The original abstract can be found at ESPE Abstracts 2015 84 P-1-98

Winter School aims to cover all main topics in paediatric endocrinology and diabetes in the course of an intensive 5-day teaching event.

The ESPE Winter School Teaching Faculty is seeking an ESPE member to join them in Sofia, Bulgaria, in February 2017 and thereafter in 2018 and 2019. This 3-year post may be extended by a further 3 years with permission from the ESPE Education and Training Committee.

For further information, contact John Gregory at wchjwg@cardiff.ac.uk. To apply, please email the ESPE Team at espe@eurospe.org, attaching your CV, and specifying your reasons for applying and your areas of clinical/research interest.

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The host country is usually, but not always, in Eastern Europe.

Normally there are 5 faculty members, plus the host co-ordinators for the current and following years, making 7 teachers in all.

The 25 ‘students’ are usually 25–35 years of age, with a reasonable command of written and spoken English.

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Future meetings

See www.eurospe.org/meetings for details of all future meetings

55th Annual ESPE Meeting
10–12 September 2016
PARIS, FRANCE

10th International Meeting of Pediatric Endocrinology
14–17 September 2017
WASHINGTON, DC, USA

57th Annual ESPE Meeting
27–29 September 2018
ATHENS, GREECE

Other events

ESPE Summer School
6–9 September 2016
Gouvieux, France

ESPE Diabetes, Obesity & Metabolism School
13–15 September 2016
Paris, France

ESPE Caucasus & Central Asia School
19–23 October 2016
Baku, Azerbaijan

6th ESPE Maghreb School
22–27 November 2016
Tunisia

Deadlines

Please note these fast-approaching deadline dates and submit your applications as soon as possible.

ESPE 2016 Early Bird Registration deadline 10 Jun 2016
ESPE 2016 Late-Breaking Abstract submission deadline 13 Jun 2016
ESPE Mid-Career Scientific Development Award applications deadline 30 Jun 2016
ESPE 2016 Standard Registration deadline 25 Jul 2016
ESPE Early Career Scientific Development Award applications deadline 31 Jul 2016
ESPE Early Career Scientific Development Award applications deadline 31 Oct 2016
ESPE Andrea Prader Award nominations deadline 10 Dec 2016
ESPE Research Award nominations deadline 10 Dec 2016
ESPE Young Investigator Award nominations deadline 10 Dec 2016
ESPE Outstanding Clinician Award nominations deadline 10 Dec 2016
ESPE International Outstanding Clinician Award nominations deadline 10 Dec 2016
ESPE International Award nominations deadline 10 Dec 2016

See the ESPE website at www.eurospe.org for further details and the application or nomination process

ESPE Newsletter

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The views expressed by the contributors are not necessarily those of ESPE
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ESPE Office

The ESPE Office is managed by Bioscientifica Ltd. The role of ESPE’s Senior Operating Officer is undertaken by Joanne Fox-Evans and Hannah Bonnell, providing support to ESPE Council and committees and, in particular, to the Secretary General, Tracey-Leigh Meadowcroft. The ESPE Office at Bioscientifica is also responsible for publication of the ESPE Newsletter and monthly news alerts.

Bioscientifica is the Professional Congress Organiser (PCO) for ESPE’s annual meetings and manages the Corporate Liaison Board, which deals with industry sponsors.

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