

## Welcome to issue 10

Dear friends and colleagues.

I would first like to take this opportunity to congratulate Dr Atilla Büyükgebiz for the organization of a very successful meeting. More than 2500 delegates and 200 exhibitors from 83 countries attended ESPE 2008 in Istanbul. I am sure they will all agree that the scientific content was excellent, the meeting venue comfortable and well organized and Istanbul fascinating. Hopefully many of you had time to visit some of the many interesting sights that this city has to offer. This 10th edition of the ESPE Newsletter is dedicated to the highlights of our annual meeting, as well as the Summer School 2008. As usual you will find announcements of upcoming ESPE events and important deadlines.

Leo Dunkel has stepped down from the newsletter's editorial board due to other commitments. I would like to thank him for all his hard work on the newsletter.

Finally, please remember that we are always pleased to receive your announcements and information to be included in our newsletter: just email the ESPE Secretariat at [espe@eurospe.org](mailto:espe@eurospe.org).

Yours sincerely,

PROFESSOR JESÚS ARGENTE  
*Editor, ESPE Newsletter*

### Editorial Board

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Simonetta Bellone	Ken Ong
Julie Chowen	

## IMPORTANT DATES

### 8th Joint ESPE/LWPES Meeting

New York, USA, 9–12 September 2009

Please visit the website for further information: [www.lwpes-espe2009.org](http://www.lwpes-espe2009.org)

### The 49th ESPE Annual Meeting

Prague, Czech Republic,

22–25 September 2010

Please visit the website for further information: [www.espe2010.org](http://www.espe2010.org)

Please visit the ESPE website for details about future meetings: [www.eurospe.org](http://www.eurospe.org)

### Society for Endocrinology BES Meeting 2009

Harrogate, 16–19 March 2009

Email: [conferences@endocrinology.org](mailto:conferences@endocrinology.org)  
[www.endocrinology.org/meetings/](http://www.endocrinology.org/meetings/)

## Scientific Highlights from ESPE 2008



This year's excellent scientific programme ensured an interesting and informative meeting. Simonetta Bellone presents the highlights of the Plenary Lectures and Symposia.



### Plenary Lectures

The first plenary session, presented by Eva Jablonka, focused on epigenetic inheritance, discussing the effects of various environmental factors on chronic diseases and stressing that environment may affect future generations through the induction of epigenetic changes.

Gokhan Hotamisligil centred his talk on the biological mechanisms of obesity and the evolutionary mismatch between biological systems and energy surplus. He showed new evidence on the inhibition of insulin signalling, which plays a critical

role in obesity and type 2 diabetes. Minoo Rassoulzadegan discussed the epigenetic mechanism of paramutation, a heritable change of the phenotype of a paramutable allele.

In the ESPE award session, Klaus Mohnike presented data from the European Registry for congenital hyperinsulinism (CHI), which showed that focal CHI occurs not only in neonates but also in infants. Remco Visser discussed Sotos syndrome, demonstrating the involvement of deregulation of the MAPK signalling pathway.

Per-Olof Berggren described autocrine and paracrine regulatory loops that modulate insulin-producing  $\beta$ -cell function. Apolipoprotein C III was identified as the active component for stimulation of calcium flux and was reported to be three times higher in diabetic serum of some patients compared with controls.

Tsutomu Ogata described a new gene *MAMLD1* (mastermind-like domain containing 1, previously known as *CXorf6*) involved in hypospadias and Serdar Bulun reported new genetic mechanisms involved in aromatase excess or deficiency.

Joseph Majzoub and Søren Nielsen dedicated their session to water and electrolyte homeostasis, giving an update on the mechanisms regulating osmolality, vasopressin secretion and water drinking behaviour.

### Symposia

The first session of the Disorders of Sex Development (DSD) session, presented by F Ahmed, S Drop and O Hiort emphasized the importance of a collaborative approach to data collection, data evaluation, teaching and research. DSD is a frequent clinical problem and, as stated by I Hughes, Turner syndrome (TS) and congenital adrenal hyperplasia are the two most common diagnoses in EU centres.

The ESPE Turner Syndrome (TS) working group session focused on cardiovascular abnormalities. L Mazzanti and B Hjerrild emphasized that higher than expected rates of cardiovascular abnormalities in TS contribute significantly to increased morbidity and mortality. K Albertsson Wikland stated that to obtain optimum growth in TS, adequate therapy of hypothyroidism, individualized GH therapy and appropriate pubertal induction with oestrogen therapy are needed.

The meeting on 'Hyperandrogenism in Adolescent Girls' started with an overview by M Pugeat of the pathophysiology of the steroid hormone pathway and the genetic defects that can cause disturbances in

*continued on page 4*



# ESPE Awards at the 47th Annual Meeting

## Andrea Prader Prize

Stenvert Drop, Erasmus University, Rotterdam, the Netherlands

This year the most prestigious ESPE award went to Sten Drop, who has long provided expert leadership to ESPE, for research particularly in the disorders of sex development, and more recently in e-learning.



Stenvert Drop,  
Andrea Prader Prize winner

## ESPE Research Award

Leo Dunkel, University of Kuopio, Finland, received the ESPE Research Award for his world-leading research in the regulation and treatment of puberty and pubertal disorders. He gave an enlightening lecture, "Delayed maturation in modelling growth and puberty".

## ESPE Outstanding Clinician Award



Ferenc Péter receiving the  
ESPE Outstanding Clinician  
Award from Franco Chiarelli

Ferenc Péter, Buda Children's Hospital, Budapest, Hungary, received the ESPE Outstanding Clinician Award. Ferenc has had a long and distinguished career, he has nurtured almost all of the Hungarian ESPE members, and in 1983 he organised ESPE's first meeting in Eastern Europe.

## Henning Andersen prizes

The Henning Andersen prizes were awarded for the best abstracts submitted to this year's meeting as follows:

**Best Basic Research abstract:** "Sotos syndrome is associated with a deregulation of the MAPK signaling pathway" by Remco Visser, on behalf of other co-authors from Leiden, Netherlands.

**Best Clinical Research abstract:** "European registry for congenital hyperinsulinism" by Klaus Mohnike from Magdeburg, Germany, on behalf of co-authors from Germany, UK and France.

## ESPE Young Investigator

Luisa de Sanctis from Turin, Italy received the ESPE Young Investigator Award in recognition of her work in perinatal endocrinology and Gs-alpha protein disorders. She has an impressive list of papers including publications in *Nature Genetics*, *JCEM* and *PNAS*.

## ESPE 2008 Poster Prizes

Begoña Ezquieta, Rafael Muñoz-Pacheco, Luis Santomé, Belén Ferreiro, Dolores García & Consolación Casado. Pitfalls in the molecular diagnosis of 21OH deficiency (21OHD) due to point mutations identification without further characterization of gene deletions/duplications/conversions.

Ayhan Abaci, Emre Tascilar, Yilmaz Yozgat, Turkay Saritas, Ediz Yesilkaya, Ayhan Kilic, Vedat Okutan & M Koray Lenk. Echocardiographic epicardial adipose tissue in obese children: A new indicator of insulin resistance.

Nicola Santoro, Laura Perrone, Grazia Cirillo, Maria Grazia Lepore, Alfonsina Palma, Pierluigi Marzuillo, Nicoletta Cresta & Emanuele Miraglia del Giudice. Metabolic syndrome and impaired glucose tolerance in obese children and adolescents are modulated by the rs997509 ENPP1 gene variant.

Kaspar Sorensen, Lise Aksglaede, Henrik Leffers & Anders Juul. Changes in insulin sensitivity during puberty: Relation to body composition, physical fitness and the GH-IGF-I axis.

Gunter Flemming, Juergen Klammt, Wieland Kiess, Werner F Blum & Roland Pfäffle. Functional analysis of novel GLI2 mutations in patients with multiple pituitary hormone deficiency.

# Social Highlights of ESPE 2008

The ESPE 2008 meeting is now over and it was a great success with a large number of participants, high-quality scientific content and last, but not least, with its very enjoyable social activities.

The meeting was kicked off by a cordial reception for ESPE members at the Congress Center: old friends had a chance to meet and greet each other, and new friends were made. The reception was crowded as ESPE Istanbul hosted many guests from outside Europe, and the distinguished scholars from around the world (Brazil, Argentina, India, Korea, China and several other countries) added vitality and diversity to the meeting.

The Congress Center, located in one of the most elegant of the many hills of Istanbul, offered the participants a fascinating view of the Bosphorus. Its proximity to hotels, the Old City, fine dining and shopping made it a prime location from which to explore the city. Over 2000 ESPE members and guests appeared to relish this opportunity,



as they scattered off to the many sites of Istanbul after each day of the meeting with red bags on their shoulders and maps in hand.

The accompanying persons had an enviably larger slice of time in which to appreciate Istanbul's fascinating mixture of past and present, old and new, modern and traditional, embodied in the city's many museums, churches, palaces,

mosques and bazaars. Like Istanbulites, they had the chance to take in the beauty of the Bosphorus and observe its ever-changing colour that gives Istanbul its character and daily moods.

The Gala dinner was held at the 4th-century Byzantine Cistern, which once served as the underground water storage for the city. Its historic columns were lit in a romantic fashion, lending the venue a fascinating ambience. I believe that everybody enjoyed the evening, which started with a traditional music performance of the Ottoman military band and culminated in Western tunes and dancing.

We hope that everybody left Istanbul with good memories and look forward to welcoming you back soon.

FEYZA DARENDELILER, ISTANBUL, TURKEY  
ESPE 2008 Local Organising Committee

## 8th Joint ESPE/LWPES Meeting

9-12 SEPTEMBER 2009, NEW YORK, USA

Abstract submission site opens	January 2009
Housing and Congress Registration opens	January 2009
Deadline for abstract submissions	10 April 2009

### ESPE Annual Business Meeting 2009

15:30-17:30, 9 September 2009

For the most up to date information about the Annual Meeting, please visit the meeting website: <http://www.lwpes-espe2009.org/>



## ESPE Summer School 2008

The 22nd ESPE Summer School took place in Sapanca in Turkey, 16–19 September, just before the ESPE meeting in Istanbul.

The ESPE Summer School has been organized every year since 1987 and brings together paediatric endocrinologists in training and academic clinicians and scientists. This year was special, since we had leading paediatric endocrinologists from China and India invited by ESPE as observers with the aim to facilitate the development of local Summer Schools in these countries. The Summer School Organizing Committee chose various themes this year, focusing on thyroid disorders, pubertal development and bone/calcium disorders. For each theme, there were state of the art basic and clinical lectures. Exchanges between students and teachers were active after the talks and during the breaks. An important feature of the Summer School is the presentation of cases, one by each student, which are discussed in small groups with a faculty member. Cases are then summarized and presented to the plenum, providing an extensive sample of challenging endocrine cases, ranging from management problems to rare molecular diagnoses or example cases. The Summer School is also aimed at promoting



ESPE Summer School 2008, Sapanca, Turkey

interactions between students of various geographical origins and this closeness during the three days was truly appreciated.

All faculty members are to be thanked for contributing to the Summer School and staying throughout the course. Those of them not previously familiar with

the ESPE Summer School concept were favourably impressed by the quality of the teaching and exchanges during the course. Dr Filiz Mine Cizmecioglu deserves special thanks for doing an outstanding job in the local organization of the course. Since its beginning in 1987, ESPE Summer School has been supported by Ferring Pharmaceuticals A/S, which is greatly appreciated.

In 2009, the Summer School will take place in Briarcliff Manor, New York, 12–15 September, immediately after the LWPES/ESPE Joint Meeting. Application forms and further information can be found at the ESPE website. The application deadline is 1 February 2009. Please encourage your fellows to apply!

LARS SÄVENDAHL, COORDINATOR, ESPE SUMMER SCHOOL ORGANIZING COMMITTEE

## Child Health and Epigenetics, Developmental Plasticity and Programming: Call for abstracts

15–17 May 2009, Göteborg, Sweden. Deadline 15 January 2009

NICHe (New Inroads in Child Health) will hold its second conference close to Göteborg, Sweden on 15–17 May 2009. The 2nd NICHe meeting will be supported by educational grants from the foundation Våxthuset for children and from Pfizer Inc. Once again we are fortunate to have confirmed acceptances from many of the leading basic scientists in this field. Clinical scientists will start out each session by presenting the challenges to child health and the basic scientists will present their views on how their methods can be used for solving the clinical issues. Although this will be a closed meeting with only speakers and invited discussants attending, ESPE will support up to 10 young (<40 years old or within 10 years of graduation) clinical or basic scientists to participate and present a poster. Priority will be given to abstracts of high quality that utilize epigenetics, developmental plasticity and programming to address paediatric endocrine issues. Abstracts and a 1–3 page CV with details of your age, graduation year and research interest should be emailed to Mr Sten Renstad (sten.renstad@semser.se). Decisions will be announced on 9 February 2009.



### Organizing committee

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Nobel Conference 2008, Stockholm, Sweden

## Nobel Conference on Systems Biology and Child Health

16–18 May 2008, Stockholm, Sweden

The new ESPE initiative "RPPE" (Recent Progress in Paediatric Endocrinology; now renamed "NICHe") brings together clinical researchers and leading basic scientists with expertise in new technologies that will shape the future directions of child health research. The first conference focused on obesity, diabetes and child growth and was supported by educational grants from the Medical Nobel Assembly and from Pfizer Corp., while ESPE provided travel grants for young researchers to attend and present posters. Details of the conference programme can be accessed at <http://ki.se/ki/jsp/polopoly.jsp?d=10462&a=57142&l=en> and papers on the conference proceedings and a position statement from the speakers are due to be published in *Nature Medicine*.

## Deadlines

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

Awards, grants and fellowships - deadline dates for application

Deadline date for applications for 2009 membership	15 Jan 2009
Young Investigator Award	15 Jan 2009
Outstanding Clinician (nominations from members)	15 Jan 2009
Visiting Scholarship	31 Jan 2009
Summer School	1 Feb 2009
Research Fellowship	1 Mar 2009
Deadline for abstract submissions for 8th joint ESPE/LWPES meeting	10 April 2009
Research Unit (preliminary applications)	19 Apr 2009
Visiting Scholarship	30 Apr 2009
Clinical Fellowship	31 May 2009
Research Unit (final applications)	14 Jun 2009
Visiting Scholarship	31 July 2009
Sabbatical Leave Programme	No deadline

See the ESPE website [www.eurospe.org](http://www.eurospe.org) for further details & application forms

## ESPE Advanced Seminars in Developmental Endocrinology

# The Adipose Tissue

12–13 March 2009,  
Paris, France

### Preliminary programme topics

- Adipose Tissue Development
- Obesity: Clinical Aspects
- Adipose Tissue In Obese Patients
- New Treatments For Obesity
- Fat Cell Turnover/Lipodystrophy
- Programming Of Diabetes
- Adipose Tissue And Reproductive Axis

### Organisers

Luc Pénicaud, PhD (CNRS, Toulouse, France) and Claire Levy-Marchal, MD (INSERM, Paris, France).

**Extended Deadline:** 8 December 2008. See ESPE website for application details.

### Lecturers

- P Arner (Sweden)
- J Capeau (France)
- S Caprio (USA)
- L Casteilla (France)
- S Farooqi (UK)
- S Gesta (USA)
- M Guerre-Millo (France)
- G Hausman (USA)
- C Levy-Marchal (France)
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## Scientific Highlights from ESPE 2008 *continued from page 1*

androgen production. L Antilla discussed PCOS and F Kelestimur demonstrated a high frequency of heterozygous CYP21 mutations in a series of isolated hyperandrogenism.

The 'Cure for Diabetes' session gave a comprehensive overview of three of the current most promising approaches to curing diabetes: closed loop insulin delivery that combines CSII and CGM technologies (T Battelino); stem cell therapy (P De Vos); and transplantation approaches (A Secchi).

'The Metabolic Syndrome in the Paediatric Age Range' symposium began with S Arslanian giving an overview on the increasing problem of childhood metabolic syndrome (MS). Z Hochberg explained that the process of weight gain is multifactorial, with the brain and adipose tissue being important within this network. R Loos discussed how the environment influences gene expression in obese patients. C Levy-Marchal outlined the impact of childhood MS on vascular risk and discussed the role of exercise, metformin and bariatric surgery as interventions in obesity.

In the session on long-term consequences of early feeding, S Ozanne detailed the relationship between poor early growth and development of type 2 diabetes mellitus, insulin resistance (IR) and other features of MS in later life. A Singhal discussed feeding practices in preterm infants and their long-term consequences.

JM Wit reported the results of the consensus meeting on idiopathic short stature from the definition to the results of GH therapy. JC Carel and L Ghizzoni stated that in spite of several reports on the use of GnRH analogue therapy in childhood, few rigorously conducted and controlled prospective studies are available from which to derive evidence-based recommendations.

Abstracts from ESPE 2008 were published in *Hormone Research*, Volume 70, Supplement 1, September 2008.

## ESPE Secretariat

The ESPE Secretariat is managed by BioScientifica Limited. BioScientifica is headed by Managing Director Sue Thorn and Commercial and Operations Director Nigel Garland.

Joanne Fox-Mills, BioScientifica's Secretariats Manager, oversees the day-to-day relationship with ESPE, liaising with the ESPE council and committee members as well as being the main point of contact for ESPE enquiries. She undertakes projects requested by the Secretary General, providing him with assistance and attending ESPE council and committee meetings. She also handles membership renewals, payments and banking and deals with subscriptions to *Hormone Research*.

Tom Parkhill manages the Corporate Liaison Board and deals with industry sponsors. Sarah Esberger sub-edits and co-ordinates publication of the ESPE Newsletter.

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## ESPE Newsletter

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



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