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AUGUST 2006

# Presidents Report

Welcome to the first of what is planned to be a regular newsletter from the APPES secretariat. We hope to highlight meetings and news within the region and welcome any articles and interesting photos. For the APPES council and executive, 2005 was relatively quiet but we have been busy in 2006 particularly with the organisation of our biennial meeting, APPES 2006. I wish to highlight some of the initiatives that are in progress.

APPES 2006, co hosted by the Thailand Paediatric Endocrine Society, promises to be an exciting event. It will be held at the coastal city, Pattaya, 1 hour south of Bangkok from November 1<sup>st</sup> to 4<sup>th</sup>. The local organising committee is chaired by Professor Kitti and Secretary General, Professor Sutti-pong. The meeting will be held at a conference hotel, the Royal Cliff Beach Resort and there is a range of accommodation to suit everyone's needs. Social highlights include a reception following the opening ple-

nary lecture on Wednesday evening November 1<sup>st</sup>, and a dinner on the Friday evening November 3<sup>rd</sup>. Professor Wayne Cutfield has developed a stimulating Scientific Program. We are fortunate in having three outstanding plenary speakers, Professors Thomas Danne, Ieuan Hughes and Jan-Marten Wit from Germany, England and Holland respectively. The program includes a mixture of new science relevant to paediatric endocrinology and evidence based updates to assist us in clinical practice. There will be 3 plenary lectures and 5 symposia as well as several clinical management sessions. I encourage all members to actively participate in the program by submitting abstracts - there will be plenty of opportunity for oral presentations as well as posters. I look forward to seeing as many people as possible at our bi-annual meeting. For further information, please refer to the website [www.appes2006.org](http://www.appes2006.org) or email the LOC at [secretariat@appes2006.org](mailto:secretariat@appes2006.org).

The meeting has been generously supported by industry and I wish to thank our Platinum sponsors; Pfizer, Novo Nordisk and Serono; Gold sponsors; Medronic and Silver sponsors, Lilly and GeneScience Technology. Pfizer will be hosting a satellite symposium on Thursday November 2<sup>nd</sup> with updates on growth hormone therapy in children who are born small for gestational age, those with Prader-Willi syndrome and those with growth hormone deficiency.

(cont page 2)



Chris Cowell  
APPES President

## AN INVITATION TO ALL APPES MEMBERS

All APPES members are invited to submit news, articles, or photos for inclusion in this newsletter. The next newsletter for 2006 will be distributed at the 2006 APPES Conference in Thailand, with future editions then going out in March, June, September and December. .

If you would like to submit information, please do so as a WORD Document attached to an email. All photos are to be sent as JPG files, attached to an email. Please include the caption for the photo in the email. Please do not send any files larger than 2MB.

All material submitted will be subject to approval from the council.

The deadline for material for the next newsletter is 10th October 2006.

Please send all material to the APPES Secretariat at [appes@willorganise.com.au](mailto:appes@willorganise.com.au)

Your feedback on the newsletter and suggestions for future editions are most welcome.

## President's Report (cont)

*APPES has a strong commitment to developing training opportunities for young people interested in paediatric endocrinology and diabetes*

The APPES Fellows meeting this year will be held at Rayong Resort on the Gulf of Thailand approximately 1 hour from Pattaya from Sunday October 29<sup>th</sup> to Wednesday November 1<sup>st</sup>. Serono is generously sponsoring the meeting that will give the opportunity for 36 fellows, 10-12 from Thailand and 24-26 from around the region to participate in an interactive educational format. The faculty will include 2 of the plenary speakers Professor Jan-Marrten Wit and leaun Hughes as well as 6 other outstanding teachers from across the region. Applications for the Fellows Meeting closed on July 31<sup>st</sup> and we were delighted with the amount of responses received. You will be advised shortly if your application was successful.

APPES has a strong commitment to developing training opportunities for young people interested in paediatric endocrinology and diabetes. Our annual 3 day fellow meetings have developed into fun educational and social events with strong interaction between faculty and the fellows. Our last meeting was held in Wuhan, China in November 2005 and notes and photos from this meeting are included in this newsletter. We wish to thank Serono for its commitment to sponsoring the APPES 2006 and APPES 2007 Fellows meetings. Further information about the location of the APPES 2007 meeting should be available in the near future.

APPES was inaugurated in 1999 with our first meeting in Kuala Lumpur, Malaysia. However the seeds for the organi-

sation were planted by senior members of our society at a meeting held in Sydney in February 1996. For the past 10 years, APPES Council and Secretariat have made remarkable progress without the assistance of employed professional support. This year, Council reviewed our needs especially the desire to improve communication amongst our membership and believed that this could best be achieved with the help of a professional secretariat. I am pleased to announce that since June 2006, APPES will have the assistance of a professional secretariat, Lyndell Wills at Will Organise who can be contacted via email at [appes@willorganise.com.au](mailto:appes@willorganise.com.au). APPES Council is very excited about this relationship and sees it as an opportunity to enhance and progress our organisation with new ventures in the future. Some of you may have already witnessed the benefit of the professional secretariat with the expression of interest that has been sent out to member countries in regards to hosting the APPES 2008 meeting and also the advertising for the Fellows Meeting. Will Organise have been employed for a trial period of 12 months. I look forward to your feedback regarding this initiative.

As President of APPES, I have been fortunate in visiting several countries during my tenure. I have enjoyed very much the local hospitality and have been impressed by the quality of science and clinical management presented at these meetings. It is also quite apparent the wide variation in availability to medication across our diverse

region. Two examples of essential medications that are difficult to access come to mind, insulin and hydrocortisone and Florinef for children with adrenal disorders especially those with congenital adrenal hyperplasia. The International Diabetes Federation in collaboration with industry, community and country partners is now supplying insulin to children in 13 countries around the world, see ([www.IDF.org](http://www.IDF.org)). In this newsletter there is an interesting article about improving access to hydrocortisone and Florinef in the Philippines and Vietnam by Dr Kate Armstrong from CLAN [www.cahclan.org](http://www.cahclan.org).

Finally, although we are all looking forward to the APPES 2006 meeting, plans need to be made for APPES 2008. Expressions of interest to host the APPES 2008 meeting has been sent to all Council members and to individuals who had indicated that they may be interested in holding an APPES meeting in the near future. Following the evaluation of the expression of interest, countries and societies who are interested in organising the APPES 2008 meeting will be asked to develop a complete application that will be evaluated by APPES Council in October with final evaluation at the time of the APPES 2006 meeting. The successful bidder will be announced at the APPES 2006 Annual General Meeting. The secretariat will assist bidding countries in putting together their application.

I look forward to seeing everyone in Thailand.

# How is life for your CAH patients?



For many children and families living with CAH in the Asia-Pacific Region, life is harsh. Morbidity and mortality are high, finances are stretched to breaking point, and fear, anxiety and a sense of isolation are a way of life. Is it really "all too hard", or is there something we can do?

Working alongside local treating paediatric endocrinologists, CLAN (CAH Living As Neighbours) is an Australian-based charitable organization committed to helping children living with CAH around the world to enjoy the highest quality of life possible. CLAN believes there are 5 key strategies to effecting change:

- Ensuring access to affordable essen-

tial medication

- Optimisation of medical treatment
- Education (of patients, families, health professionals and the international community)
- Encouraging CAH Support Groups, and
- Reducing the financial burden of CAH on families

In Vietnam and the Philippines establishing emergency short-term supplies of hydrocortisone and fludrocortisone was the first priority. Now that this has been achieved, CLAN is working with families, support groups and doctors to identify and meet pressing needs; lobby for registration and long-term affordable access to essential medication; provide educational material in appropriate languages, and hopefully improve the future outlook for children with CAH. There is no doubt

that the involvement of caring, committed paediatric endocrinologists has been the absolute key to success in all of CLAN's activities to date.

Networking with specialists, CAH Support Groups, individuals and organizations around the world, CLAN's vision is that the global inequity facing children with CAH will be reduced, and that we will live more as a united community of neighbours who care.

## See you in Pattaya!

Dr Kate Armstrong  
B Med DCH DPH  
Founder and Director  
CLAN (CAH Living As Neighbours)  
www.cahclan.org  
kate@cahclan.org

*'CLAN's Vision is that the global inequity facing Children with CAH will be reduced and that we will live more as a united community of neighbours who care.'*

## Consensus meeting on the management of a child born small for gestational age (SGA) through to adulthood.

A meeting was held in Manchester February 1<sup>st</sup>-4<sup>th</sup> 2006 to focus on management issues and long term outcome of children born SGA. The meeting was held under the auspices of The European Society of Paediatric Endocrinology, the Growth Hormone Research Society and the Lawson Wilkins Paediatric Endocrine Society in association with the Asia Pacific Paediatric Endocrine Society, the Australasian Paediatric Endocrine Group, the Japanese Society for Paediatric Endocrinology and the Sociedade Latino-Americana Endocrinologia Pediatrica. There were 45 participants who enjoyed a lively, interactive comprehensive discussion over two days with the final day devoted to drafting the consensus manuscript. Topic areas included definition of SGA, early growth and development, endocrine consequences, metabolic consequences, endocrine management of growth and puberty and consequences in adulthood.

It was recommended that SGA should be defined as a weight and/or length  $< -2$  SD, as this will identify the majority of those in whom ongoing growth assessment is required. It was recognised that this definition of SGA does not take into account background modifying factors such as maternal size, ethnicity and parity. These modifying factors can be used to generate a "corrected" birth weight which increases the chance of correctly identifying a baby with abnormal foetal growth.

The neurological and intellectual consequences of being born SGA were highlighted at the meeting. In large observational studies, cognitive impairment is significantly associated with low birth weight, short birth length and small head circumference for gestational age and those without catch up in height or head circumference have the worst outcome. The cognitive weaknesses include mathematics and reading comprehension. Additionally, more emotional, conduct and attention deficit hyperactivity disorders are described in children born SGA.

Although there is much experimental evidence for the intrauterine programming of growth, weight gain, puberty, metabolic and endocrine function in animal models, there is limited evidence of programming in humans. The effect of SGA on timing of puberty is an area of debate. SGA girls whose have rapid weight gain during early childhood are more likely to have premature adrenarche but data on the whether menarche occurs early is not consistent. There is limited data that females who are born SGA may have ovulation dysfunction and increased secretion of adrenal and ovarian androgens as adolescents.

The use of growth hormone in the 10% of children born SGA who do not catch up was discussed with differences in the approved guidelines between USA and Europe noted. The European approval for growth hormone in children born SGA

recommends an age  $\geq 4$  years with a height SDS  $< -2.5$  and a growth velocity low for age. The GH dose ranges between 35ugm/kg/day in Europe and 70ugm/kg/day in USA. It was agreed at the meeting that for SGA children who have shown no evidence of catch up by age 2-4 years with a current height  $< -2.5$  SD, growth hormone therapy was indicated.

Finally the consequences in adulthood were discussed with the assistance of several epidemiologists. On a population basis, there is positive association between birth weight and subsequent BMI and inverse association between birth weight and blood pressure with a very small effect size. The strongest outcome data is for coronary heart disease with approximately a 10-20% lower incidence for each 1kg increase in birth weight. Based on the population data, it was agreed that there was insufficient evidence to justify specific surveillance of all adults who have been born SGA.

This meeting was well organised by Professor Peter Clayton and all the participants contributed significantly to the pre-meeting research and within meeting debate relating to the topics. The consensus statement has been accepted for publication in the European Journal of Endocrinology and should be available in the near future. It will be an useful resource for all of us involved in the care of children born SGA.

Chris Cowell

# Wuhan Fellows Meeting 2005



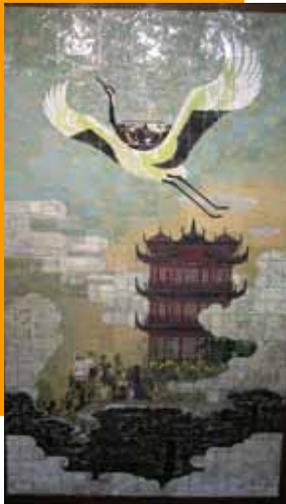
The 7<sup>th</sup> APPES Fellows Training Course was held in Wuhan China on 3<sup>rd</sup>-5<sup>th</sup> November 2005. This meeting was co-organized by the Tongji Hospital of Tongji Medical College, Huazhong University of Science and Technology. The meeting was attended by 38 trainees from 7 countries or regions including Philippines, Indonesia, Thailand, Korea, Taiwan, Hong Kong and Mainland China. The 8 faculty members were Drs. Chris Cowell, Wayne

Cutfield, Geoff Ambler, Kah Yin Loke, Louis CK Low, Maria Craig, Sutti-pong Wacharasindhu and Xiaoping Luo.

The first two days program was in the form of interactive case presentation and lectures covered six important topics in paediatric endocrinology including Hypoglycemia/PHHI, Calcium & Bone, Adrenal, Thyroid, Hyperandrogenism/Insulin Resistance and PCOS, Pituitary & Genetics, Intersex, and Water Balance. On the third

day, a group of Chinese senior paediatric endocrinologists (mostly Committee members of the Chinese Society of Paediatric Endocrine and Genetic Metabolic Diseases) joined the meeting for a round table discussion on four selected topics, including puberty, diabetes, SGA and growth disorders.

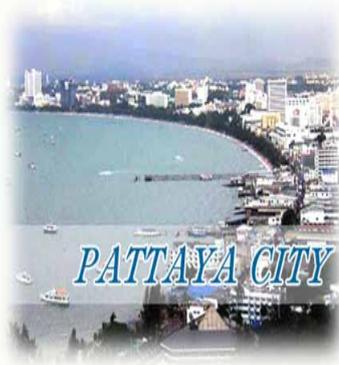
The meeting was generously supported by Serono, Ferring, Genosci, United Cell, Novo Nordisk Hong Kong and Aventis Pharma.





Selection of Photos from Wuhan Fellows Meeting

## Welcome Message from President of Paediatric Endocrine Society of Thailand



Dear Friends,

On behalf of Thai Paediatric Endocrinologists, I have a great pleasure of inviting you to attend **The 4<sup>th</sup> Biennial Scientific Meeting Asia Pacific Paediatric Endocrine Society 2006**, which has been scheduled in Pattaya, a seaside town roughly 120 km. off Bangkok

This year, it's a great year of Thai people because Thailand celebrate the 60<sup>th</sup> anniversary of His Majesty's accession to the throne. In the past 60 years, His Majesty King Bhumibol Adulyadej has dedicated himself and his whole life to improving the well being and the standard of living of his subjects in all corners of the country. The anniversary was celebrated with pomp and grandeur befitting the people's love for their King; plays, exhibitions and cultural performances were staged and main avenues were decorated and lighted up as tributes to His Majesty. And to express their love, people throughout the Kingdom donned yellow,

the color of His Majesty's day of birth.

As the host, we will definitely make an all-out attempt that this event is a pleasant and memorable one. A unique and stimulating scientific programme will be prepared for all paediatric endocrinologists, scientists and health personnel who will come from all over the world. Side by side, a social event agenda will be designed in such a way that the participants are offered opportunities to experience many fascinating facets of the Thai cultural heritage.

We look forward to welcoming you to **The 4<sup>th</sup> Biennial Scientific Meeting Asia Pacific Paediatric Endocrine Society 2006**.

Yours sincerely,

Professor Kittti Angsusingha, M.D.

*We look forward to welcoming you to The 4<sup>th</sup> Biennial Scientific Meeting Asia Pacific Paediatric Endocrine Society 2006*

## About Pattaya

Whilst most people are happy to do the obvious things there are to be done in Pattaya, it would be a pity to be so close to some of the finest works of art, religious sites, historic places and specialized attractions and not to see at least a few of them. Pattaya is the centre for numerous half and full day trips and overnight sightseeing excursions. Finding one to suit you will be no problem.

### Mini Siam and Mini World

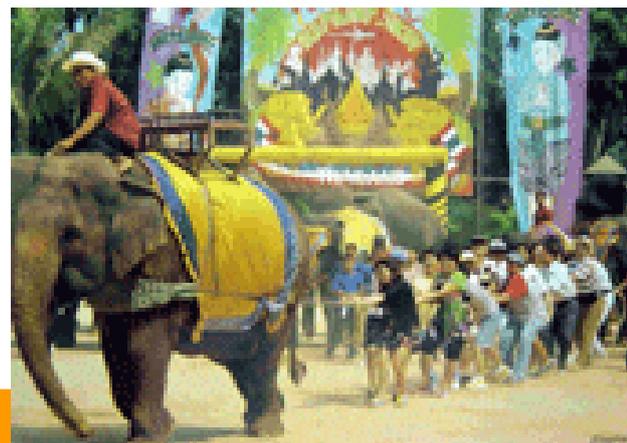
A wonderful display of Thai heritage on a miniature scale, bringing together more than 100 models of important art objects and historical sites throughout the kingdom, from the Sukhothai to the Ayuthaya and Rattanakosin periods, blended with today's prosperity.

### Pattaya Elephant Village

The village shows elephants displaying forestry skills, playing football and enacting a war-elephant parade. The village also demonstrates how wild elephants are captured



Pattaya



Elephant Show

# About Thailand

As one of the most popular tourist cities, Thailand indulges its visitors with such endless appealing offers and exotic experiences that earns the country the 15th most favourite tourist destination ranked by the World Tourism Organization (WTO) recently. Even travellers with different interests can rest assured that they can enjoy and make the most of their trip in Thailand.

Thailand is regarded the focal point of South-east Asia. However, it is more accurate to say

that Thailand is the gateway country, the door that leads to Southeast Asia, East Asia and continental Asian countries. Bangkok had undoubtedly been included in the most-visited city directory. The two-hundred-year-old capital city with the longest official name is commonly known to visitors as Bangkok and as "Krungthep" to the locals, short for its original official meaning "the City of Angels".



## The 4<sup>th</sup> Biennial Scientific Meeting Asia Pacific Paediatric Endocrine Society 2006

*Theme : Paediatric Endocrinology : Looking into the Future*

**1- 4 November 2006**

**Venue:** Royal Cliff Beach Resort, Pattaya, Chonburi, Thailand

### Scientific Programme

This year's meeting consists of a blend of plenary lectures and symposia presentations that extend from new frontiers in Endocrinology to the practical management of common disorders in Paediatric Endocrinology.

### Plenary presentations include:

- The modern management of type 1 diabetes mellitus (Professor Thomas Dane, Germany).
- The assessment and management of non-growth hormone deficient short stature (Professor Jan Marteen Wit, Holland).
- Understanding sexual differentiation (Professor Ieuan Hughes, UK).

### There will be six symposia broadly covering Endocrinology and include:

- Hot hormones
- Growth
- Adrenal disorders
- Diabetes mellitus
- Regional challenges
- Clinical challenges



**Bangkok, Thailand**

In addition, interactive parallel management sessions are planned.

Abstracts submitted will be eligible for oral presentation and poster presentation.

### Registration

Registration should be made by internet or downloaded form at the home page of the meeting.

### Home Page

<http://www.appes2006.org>

### Secretariat

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19/2 Soi Ekamai 10, Sukumwit 63,  
Wattana, Bangkok 10110, THAILAND  
Tel&Fax : +66(0)2714-2656  
e-mail: [secretariat@appes2006.org](mailto:secretariat@appes2006.org)

### Fellow Course

The APPES Fellows' course, an update scientific course of paediatric endocrinology for young paediatric endocrinologists, will be held on 29 October 2006 – 1 November 2006 at Rayong Resort prior to the APPES Scientific Meeting 2006. For more information please visit our website: <http://www.appes2006.org> in fellow course menu bar or directly contact with Fellow Course's secretariat team at email : [appes@willorganise.com.au](mailto:appes@willorganise.com.au) or [mariaac@chw.edu.au](mailto:mariaac@chw.edu.au)

# COUNCIL AND COMMITTEES

## EXECUTIVE COUNCIL

President:	A/Prof Christopher Cowell	Australia
Secretary:	A/Prof Kah Yin Loke	Singapore
Treasurer:	Dr Geoffrey Ambler	Australia
President Elect:	A/Prof Wayne Cutfield	New Zealand
Immediate Past President:	Prof Kaichi Kida	Japan

## COUNCIL

Dr Bambang Tridiaia Asmara	Indonesia
Prof Louis Low	Hong Kong
Prof Keiichi Ozono	Japan
Dr Lorna Ramos-Abad	Philippines
Prof Sei Won Yang	Korea
Prof Xiaoping Luo	PR China
Prof Jeh Hoon Shin	Korea
Prof Kittti Angsusingha	Thailand
Dr Suttipong Wacharasindhu	Thailand

## Future Events

### 2006:

#### Sept 6—9

ISPAD (International Society for Paediatric and Adolescence Diabetes)  
Cambridge, United Kingdom  
[www.ispad2006-cambridge.com](http://www.ispad2006-cambridge.com)  
Email: [ispad2006@oxfordint.co.uk](mailto:ispad2006@oxfordint.co.uk)

#### Sept 20—22

APEG (Australasian Paediatric Endocrine Group) Annual Scientific Meeting. Hobart, Tasmania, Australia  
[www.willorganise.com.au/apeg06](http://www.willorganise.com.au/apeg06)  
Email: [apegasm@willorganise.com.au](mailto:apegasm@willorganise.com.au)

#### Oct 29— Nov 1

APPES Fellows Meeting  
Rayong Resort, Pattaya, Thailand  
[www.appes.org](http://www.appes.org)  
Email: [appes@willorganise.com.au](mailto:appes@willorganise.com.au)

#### Nov 1 - 4

APPES Scientific Meeting, Pattaya, Thailand  
[www.appes2006.org](http://www.appes2006.org)  
Email: [secretariat@appes2006.org](mailto:secretariat@appes2006.org)

#### Nov 11 - 15

The 3rd International Congress of GRS and IGF Society  
Kobe, Japan  
[www.congre.co.jp/3grs-igf/](http://www.congre.co.jp/3grs-igf/)  
Email: [3grs-igf@congre.co.jp](mailto:3grs-igf@congre.co.jp)

#### Dec 3—7

International Diabetes Federation, Cape Town, South Africa  
[www.idf2006.org](http://www.idf2006.org)  
Email: [wdc@idf.org](mailto:wdc@idf.org)

### 2007:

#### June 2 - 5

ENDO 2007: Toronto, Canada  
[www.endo-society.org/educationevent](http://www.endo-society.org/educationevent)

#### June 22—26

American Diabetes Association 66th Scientific Sessions: Chicago, USA  
[www.diabetes.org/for-health-professionals-and-scientists/profed.jsp](http://www.diabetes.org/for-health-professionals-and-scientists/profed.jsp)

#### June 27—30

46th ESPE Meeting: Helsinki, Finland  
[www.congrex.com/espe2007/](http://www.congrex.com/espe2007/)  
Email: [espe2007@congrex.se](mailto:espe2007@congrex.se)

#### Sept 26-29

ISPAD: Berlin, Germany  
[www.ispad2007.com](http://www.ispad2007.com)  
Email: [kordonouri@hka.de](mailto:kordonouri@hka.de)

#### Oct 15—18

APEG Annual Scientific Meeting  
Broome, WA, Australia  
Email: [apegasm@willorganise.com.au](mailto:apegasm@willorganise.com.au)

### 2008:

#### Sept 20—23

47th ESPE Meeting: Istanbul, Turkey  
[www.espe2008.org/](http://www.espe2008.org/)  
Email: [espe2008@congrex.se](mailto:espe2008@congrex.se)

#### Dates TBC

ISPAD: Durban, South Africa  
Email: [kubenpillay@worldonline.co.za](mailto:kubenpillay@worldonline.co.za)

### 2009:

#### Sept 9 - 12

8th Joint ESPE/LWPES Meeting  
New York, USA  
[www.lwpes-espe2009.org/](http://www.lwpes-espe2009.org/)

If you have a meeting you would like to add to this listing, please email the APPES Secretariat on [appes@willorganise.com.au](mailto:appes@willorganise.com.au) with the following details:

- Name of Conference
- City/Country where being held
- Website Address
- Contact Email Address