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## President's Report

APPES continues to grow each year, and we look forward to continuing this trend to become a leader in the international forum.

APPES Council are currently planning to meet at the end of August to discuss how to further advance the activities of APPES in the region. At all times, the mission statement "To provide training and educational opportunities and to advocate in paediatric endocrinology across the Asia Pacific region in collaboration with national and international societies" sets a strong focus for discussion.

I thank our council members who each fund their own travel and precious time to participate in this important meeting. My thanks also go to Pfizer, for their generous support and hospitality in helping bring the arrangements together.

The APPES fellows' meeting is an important annual event which is highly sought after by fellows across the region. It is a wonderful opportunity for intensive education and interaction with colleagues and faculty from countries within region. The 13th APPES Fellows' Meeting will be held in Hanoi, Vietnam from the 9 – 12 November. Dr. Maria Craig, APPES fellows' meeting convenor, has refined the meeting in a multifaceted interactive style with inclusion of a teaching faculty that is very highly rated by fellows following formal evaluation. These educational tasks can only be fulfilled through the commitment of the pharmaceutical industry to support the education of our trainees. I would like to thank both Merck Serono and Pfizer for their support this year.

APPES has also launched a new initiative this year and as the Fellows Meeting concludes in Hanoi, the Continuing Medical Education Meeting will begin. This course aims to provide updates to those practising Paediatric

Endocrinology or have exposure to such patients. A great line up of topics and speakers have been put together, and further details of the program is in this newsletter.

One of the APPES objectives is to establish a relationship with key strategic partners and stakeholders that will broaden the effectiveness of the society internationally. APPES are actively involved with international consensus meeting, global inequalities group and other activities. We are establishing reciprocal arrangement between APPES and other regional/international societies in providing APPES members to speak at other societies' international scientific meetings and other societies' speakers presenting at the APPES scientific meeting.

Of course I am delighted that the 7<sup>th</sup> APPES Biennial Scientific Meeting will be held in Bali Indonesia from the 14 – 17 November 2011. The program committee, once again chaired by A/Prof Paul Hofman, are already hard at work pulling together a great line up of international and regional speakers.

As you will see, APPES continues to work behind the scenes to provide educational opportunities throughout the region and to foster development and growth of Paediatric Endocrinology throughout the region.

I look forward to welcoming you all!



Aman Pulungan  
APPES President

# COUNCIL

## EXECUTIVE



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Paul Hofman  
Chair Scientific Program Committee  
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Maria Craig  
Convenor,  
Fellows Meetings  
Australia

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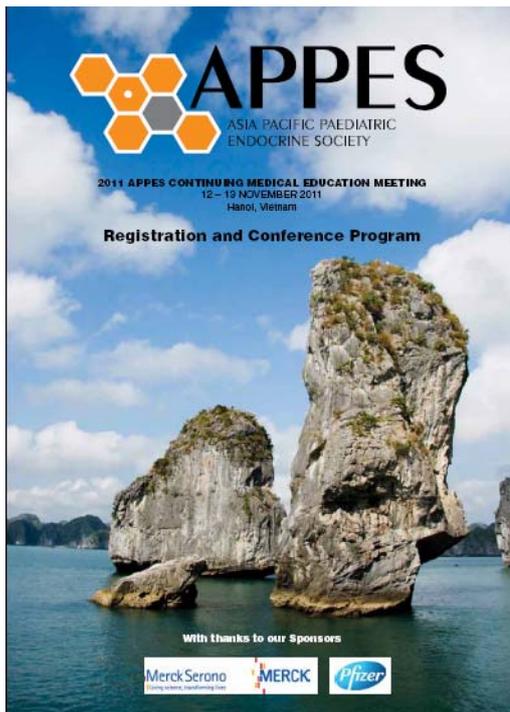


Chris Cowell  
Chair, Global Inequalities  
Subcommittee  
Australia



Geoff Ambler  
Webmaster  
Australia

# APPES CME Meeting



The APPES Continuing Medical Education Meeting is a new initiative for APPES.

The distinguished international faculty includes Professor Sian Ellard (Exeter UK) and Dr Nick Shaw (Birmingham, UK), as well as experts from the Asia Pacific Region.

The comprehensive two day program aims to provide an intensive update for pediatric endocrinologists, paediatricians and health professionals managing young people with diabetes and endocrine disorders from the across region.

Please see the program to the right.

You can register for the meeting on line via the APPES website:

[www.appes.org](http://www.appes.org)

(then click on conference picture on the home page to be taken to the conference page)



## SATURDAY 12 NOVEMBER

**0900 – 0930** Welcome

*Chair: Aman Pulungan*

**0930 – 1030** Molecular testing in Paediatric endocrinology  
*Sian Ellard (UK)*

**1030 - 1100** **Morning Tea**

*Chair: Chris Cowell*

**1100 – 1230** **Vitamin D and Bone Symposium**

Osteoporosis in Children  
*Nick Shaw (UK)*

What's new in Bone?  
*Craig Munns (Australia)*

Vitamin D - Making Sense of Consensus - Panel Discussion  
*Nick Shaw (UK), Craig Munns (Australia)*

**1230 – 1330** **LUNCH**

*Chair: Xiaoping Luo*

**1330 – 1530**

**Growth Symposium**

Genes and growth  
*Han Wook Yoo (Korea)*

Genetic determinants of response to growth hormone therapy  
*Reiko Horikawa (Japan)*

Growth hormone therapy – lessons from OZGROW  
*Chris Cowell (Australia)*

**1530 – 1600** **Afternoon tea**

*Chair: Suttipong Wacharasindhu*

**1600 – 1700**

**The clinical application of hormonal assays**

*Pik to Cheung (Hong Kong)*

**1700 – 1800**

Pump and CGMS practical session  
*Geoff Ambler (Australia)*

**1900** **Dinner**

## SUNDAY 13 NOVEMBER

*Chair: Fatimah Harun*

**0900 – 1030**

**Diabetes Symposium**

Type 1 diabetes – new developments  
*Geoff Ambler (Australia)*

Lipid disorders in childhood  
*Pik to Cheung (Hong Kong)*

Evidence-based diabetes care - putting guidelines into practice  
*Maria Craig (Australia)*

**1030 – 1100** **Morning tea**

*Chair: Chris Cowell*

**1100 – 1230**

**Thyroid Symposium**

Molecular genetics of congenital hypothyroidism – a regional perspective  
*Han Wook Yoo (Korea)*

Hypothyroidism – an evidence based approach to therapy  
*Kazumichi Onigata (Japan)*

Case Studies in Childhood Thyroid Disease

**1230 -1330** **LUNCH**

*Chair: Vu Chi Dung*

**1330 – 1500**

**CAH symposium**

Long term follow up of CAH  
*Garry Warne (Australia)*

Implementing CAH Screening in Asian Countries  
*Louis Low (Hong Kong)*

CLAN and CAH– A framework for action  
*Kate Hansen (Australia)*

**1500 – 1515**

Close of meeting

# NEWS FROM THE REGION

## FROM INDONESIA...

In 2010 Indonesian Pediatric Endocrinology Chapter of Indonesian Pediatric Society has conducted a number of activities. The major event was held specifically for Type 1 Diabetes Mellitus (T1DM) awareness in collaboration with the World Diabetes Foundation (WDF). We held 12 trainings for pediatricians and nurses in 11 cities in Indonesia in 13 different provinces. Training on T1DM, Diabetic Ketoacidosis (DKA) were given for 370 pediatricians and T1DM educator training for 61 nurses.

Other activities related to T1DM include Diabetic camp for diabetic children and adolescent, which were held in Jakarta and East Java. A number of roadshows of T1DM awareness and early detection were held at schools, family events, symposiums and talk shows in major TV stations. The purposes of those activities were to increase awareness on pediatric T1DM in all level of community members. Those activities appear to have significant impact on the population of T1DM. Within 26 months period the increment was more than 400% of T1DM patients. The number of patient reported in May 2009 was 156 patients had significantly increased to 686 patients in July 2011. Almost every week our registry recorded new patient came from hospitals in different provinces. Many of them were diagnosed without DKA. We expect the level of early detection will continue to increase on T1DM to reduce the rate of DKA.

Apart from T1DM activities, Indonesian Endocrinology Chapter actively attended regional and international meetings, among others, APPES 12<sup>th</sup> Fellow meeting in Xi'an, China. We sent 4 young pediatricians to attend the fellow meeting. A regional cooperation with China Pediatric Endocrine Society was also formalized and a meeting was held in April 1-3, 2011 in Jiujiang, Jiangxi Province, China attended by a number of pediatric endocrinologist representing both countries.

In October 2010 Indonesian Endocrinology Chapter was given the honor to host the 7<sup>th</sup> Asia-Pacific Regional Meeting - International Society of Neonatal Screening in Bali, which was attended by more than 500 pediatricians from Indonesia and abroad. The outcome from this meeting was to implement the pilot project in neonatal screening for hypothyroid in Indonesia.

Collaboration with APPES was also formalized in Indonesian Pediatric Congress in Manado, July 11-14<sup>th</sup> 2011 by inviting members of APPES as speakers namely Prof. Craig F. Munns from Australia and Prof. Viji Bhatia from India.

In patient management, Endocrinology chapter also actively support 2 family support groups for diabetes and congenital adrenal hyperplasia (CAH). IKADAR (Indonesian Association of Families with Diabetes Mellitus Children) and KAHAKI (Indonesian Families with CAH) were formed in 2003 and 2008 respectively. We jointly held family education sessions on the chronic diseases, assist in developing education materials, and many other activities, We expect these activities could help the families to improve the patient healthcare and provide continuous support to those patients with chronic diseases. Together with KAHAKI we seek medical support for CAH patients i.e. medicine which is not available in Indonesia.



Pediatricians Training in Palembang South Sumatra, March 2011



Family Training of T1DM in Palembang South Sumatra, March



Diabetic Camp, West Java, December 2010



Diabetes education for students at Solideo Christian Elementary school, Jakarta 2010



Indonesian Pediatric Endocrinology members with Prof Craig F Munns, Prof Viji Bhatia and Prof Dellemare van de Wall in APPES-IDAI symposium on Vitamin D, Indonesian Pediatric Congress, Manado July 11-14<sup>th</sup> 2011, Indonesia

# NEWS FROM THE REGION...CONT

## FROM JAPAN...

What's new in Japan in the field of pediatric endocrinology in year 2010-2011?

Our recent advancement in the field of pediatric endocrinology is as follows; continuing discovery of gene mutations responsible for known endocrine disorders and the resolution of the disease mechanism. Mutations in aromatase for aromatase excess disorders, i.e., gynecomastia, TSH receptor for congenital hypothyroidism, IGF-I receptor for short children born SGA, and so on. Progress in understanding gene imprinting lead to clarify its relation to fetal/postnatal growth disorders.

In conjunction with fetal growth and its outcome in later life, DOHaD hypothesis is widely acknowledged. In Japan, nationwide and core-centered cohort study for mothers and children have started in 2010. These studies are expected to provide information on environment-growth/maturation relationship, correlation of nutritional alterations and metabolic outcomes, inter-generation correlation in metabolic and endocrine function.

We also make efforts to establish and maintain standardized clinical practice in pediatric endocrinology. The guidelines and recommendations have been written on the diagnosis, treatment and follow-up of endocrine late effects in childhood cancer survivors, initial responses to DSD, treatment of osteogenesis imperfecta with bisphosphonate, and treatment of hypothyroxinemia in low-birth weight and premature babies.

On March 19th in 2010, our most revered president of JSPE, Prof Kenji Fujieda passed away. In deep sorrow, we started our new era. After one year from then, on March 11th this year, as all of you may know the northeast half of Honshu island was hit by huge earthquakes, and pacific coastal areas were stroke by disastrous Tsunami. We also suffered from the nuclear power plant problems, and still many things are not on the right track. We thank all of you for giving warm words at that time. We were very much touched. Our concern at this moment is the adverse effects of radiation on health, especially on thyroid gland in children. We need to perform monitoring for long term.

We hope the advances of future collaboration with your countries and our region.

## FROM AUSTRALIA/NEW ZEALAND...

It is a busy time for the Australasian Paediatric Endocrine Group (APEG) who are busy preparing for their Annual Scientific Meeting being held in Perth, Western Australia from the 28 – 31 August. This meeting is being held in conjunction with the Endocrine Society of Australia (ESA), and backs onto the Australian Diabetes Society (ADS) Meeting. Over 1000 people will meet during the week.

During the meeting APEG holds a Young Investigator Session, where the top 8 abstracts submitted from young investigators are judged. In addition the meeting is the forum to present 7 research grants from A\$10,000 – A\$25,000 to provide support to projects. This year, APEG is delighted to be presenting a new award, the Nursing Development Award. This came about after the sad death of one of our active Nurse Members, Ms Jenny Nairn who died early 2010. Through industry support and APEG, the grant will be offered for the next 10 years to help support the ongoing training and development of an Endocrine Nurse each year.

Prior to the Scientific Meeting, APEG hosts a Fellow's School, in a similar model to what APPES offers each year. Twenty four Fellows from around Australia and New Zealand will attend the 2 day meeting.

Since 2009, APEG has been working with the Australian Diabetes Society (ADS) to develop the National evidence-based clinical care guidelines for type 1 diabetes in children, adolescents and adults. These were approved recently by the National Health and Medical Research Council and will soon be available on the APEG, ADS and NHMRC websites. A group of over 30 people donated their time to develop these guidelines, with special thanks to the APEG Co-chair, A/Prof Maria Craig who gave up so many hours of her own time to ensure the completion of the project, against very tight deadlines.

APEG is also well advanced in establishing a clinical trials network in Australasia including the setting up of a database for all endocrine diseases across Australia and NZ.

A/Prof Maria Craig is also working closely with ISPAD and is convening the ISPAD Postgraduate Course in July 2012 in Ho Chi Minh City. In addition, Maria will also convene the ISPAD Science School in collaboration with APEG in mid-2013. The ISPAD science school will be held in conjunction with the 2013 APEG ASM which will be in Sydney.

APEG now has nearly 200 members across Australia and New Zealand, and continues to grow each year.

## FROM CHINA

We are very glad to share what we have done in the last 12 months and hope you will be interested in it.

1. We carried out a national wide multi-center epidemic research about the investigation of height, weight, BMI, waist circumference, blood pressure, fasting blood glucose, lipid profiles and lifestyle questionnaires on 20,000 students aged 6-16 years old in order to get the waist circumference and blood lipids database and lay a basis for establishing the diagnostic criteria and the standard treatment of metabolic syndrome in Chinese children. Six medical centers took part in this research, they were Children's Hospital of Zhejiang University School of Medicine (Junfen FU, Li LIANG); Affiliated Children's Hospital of Capital University of Medical Sciences (Chunxiu GONG); Children's Hospital of Chongqing Medical University (Feng XIONG); Department of Pediatrics, General Hospital of Tianjin Medical University (Geli LIU); Children's Hospital of Shanghai Fudan University (Feihong LUO). Guangxi Children's Hospital (Chen Shaoke). The data are under analysis.

We also created our own website ([www.cxcz123.com](http://www.cxcz123.com)) to introduce the common endocrinology diseases and released an obese-specific software to help the children to modify their lifestyle.



2. We selected the country's 14 medical centers combined with geographical and economic representations, and made a comprehensive analysis of the prevalence of childhood diabetes, trends based on recent 15 years hospital medical records and glucose metabolic status in obese children who had finished OGTT test. The data are under analysis.
3. We completed multi-center collaborative research about idiopathic central precocious puberty (ICPP) in girls.
  - Study the factors affecting adult height in girls with ICPP treated with GnRHa. Eight large hospitals of Zhejiang province participated in this study.
  - Study the impact of treatment with GnRHa on BMI in girls with ICPP. Long-Term observation of girls with ICPP treated with GnRHa until they reached adult height. [Two big medical centers in Zhejiang province completed the research.](#)
4. We started the two-year follow-up of early breast development in infants under 2 years old. More than 50 infants have been recruited in this study.
5. Found an X-linked recessive familial growth hormone deficiency family.



The oldest son was first found short when he was 7 and half years old with height of 92 cm in 2006, and now he is 13 years old with height of 133cm after treating with growth hormone (the first left). Then his two brothers were also found short with height of 82cm (6 years old, the right) and 70 cm (2 years old, the front). His uncle (brother of his mum, the right in the right picture) was also short with height of 135 cm in his 26 years. Sixteen family members were under detection in order to find the pathogenic gene in this study.

# APPES COUNCIL

## EXECUTIVE COUNCIL

President:	Aman Pulungan	Indonesia
Secretary:	Suttipong Wacharasindhu	Thailand
Treasurer:	Craig Munns	Australia
President Elect:	Reiko Horikawa	Japan
Immediate Past President:	Xiaoping Luo	PR China
Chair of SPC:	Paul Hofman	New Zealand
Fellows Meeting:	Maria Craig	Australia

## COUNCIL

Pik To Cheung	Hong Kong
Vijayalakshmi Bhatia	India
Nalini Shah	India
Byung Kuy Suh	Korea
Han-Wook Yoo	Korea
Fatimah Harun	Malaysia
Melinda Atienza	Philippines
Jun Fen Fu	PR China
Vũ Chi Dũng	Vietnam

Convenor:

An invitation is extended to all APPES members to submit news for the newsletter.  
The newsletter will be published 4 times a year.

If you would like to submit articles or photos, please do so via email on [appes@willorganise.com.au](mailto:appes@willorganise.com.au)

## Future Events

### 2011

September 25 - 28, 2011  
50<sup>th</sup> ESPE Meeting  
Glasgow, Scotland  
[www.espe2011.org](http://www.espe2011.org)

October 19 - 22, 2011  
ISPAD 36th Annual Meeting  
Miami, USA

December 4 - 8, 2011  
World Diabetes Congress  
Dubai, United Arab Emirates  
<http://worlddiabetescongress.org/>

### 2012

September 20 - 23, 2012  
51<sup>st</sup> ESPE Meeting  
Leipzig, Germany

November 14—17 2012  
APPES Scientific Meeting  
Bali, Indonesia  
[www.appes.org](http://www.appes.org)

### 2013

September 18 - 21, 2013  
9<sup>th</sup> Joint ESPE/LWPES Meeting  
Rome, Italy

## NEW WEBSITE

APPES is delighted to announce the new look website.



You can view the website at:

[www.appes.org](http://www.appes.org)



*Please take the time to look at the new site and navigate your way around the new features.*