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President's Report

It is a great honour for me to take on the role of AP-PES President for the next two year term.

My first role of President is to recognize the work undertaken and many achievements of Wayne Cutfield, our immediate Past President of APPES. Wayne has worked tirelessly over many years within the Council, especially the last 2 years as President, to ensure continued growth of the society, and to provide a clear vision for the future.

As President, Wayne's passion and enthusiasm for APPES, and the region, has helped channel many ideas and concepts that have been discussed for some time into a solid action plan, with the support of the council. Wayne has a vision that APPES can become the largest regional pediatric endocrine society in the world. This is a task that I look forward to continue to work towards, and encourage you all to invite your colleagues to join APPES if they are not already members.

Wayne has also begun the communication with each national society, to foster better consultation between each country and APPES. I look forward to moving these discussions forward and talking with each national society president to discuss how APPES can work to help support the work of each country's society, and in turn how they can support the work that APPES in undertaking representing the region.

After the success of the Council face to face meeting in August 2008 in Singapore, I look forward to being part of future planning meetings such as this one with the new council. If you, as a member of the society, have any suggestions or plans or ideas you would like to be considered, I invite you to submit these to me (or to the APPES Secretariat) so that they may be included on the agenda for such planning meetings.

As the new President, I thank Wayne for paving the way to create a strong, growing society that I look forward to continue to foster and guide to the future. The strategic plan that has been distributed is certainly an incredibly strong foundation on which to build, and a reference point, to continually assess where APPES is heading, and how we are achieving our goals.

Before I introduce the new council members, I would like to send our heart warming thanks to the retiring council members, Chris Cowell, Louis Low, Keiichi Ozono, Kah Yin Loke and co-opted members Kitti Angsusingha and Byung Churl Lee. I would like to welcome the new council members on board, for what will be an exciting 2 year term. In addition to the returning council members, Chunxiu Gong (China), Sei

Won Yang (Korea), Sioksoan Cua (Philippines), PS Menon (India), I would also like to welcome the new council members on board, Pik-to Cheung (Hong Kong), Viji Bhatia (India), Reiko Horikawa (Japan), Fatimah Harun (Malasia) and Han Wook Yoo (Korea). I am delighted to be taking on the role of President with such strong support behind me, and would also like to recognize the executive members of council, Wayne, whose guidance as Immediate Past President will be invaluable, Suttipong Wacharasindhu staying on as Secretary, Craig Munns remaining as Treasurer, and now taking on the role of President Elect, Aman Pulungan. With the level of experience, enthusiasm and support within the council, I look forward to the successful coming years.

I would like to thank Lyndell Wills and her team for their professional secretary works, which is essential to the success of operation. The council has reached agreement with Will Organise to further expand their role in fund raising for our society. I would also like to thank our industry sponsors as without their generous long time support we would not be able to hold these wonderful meetings and progressed so well. We look forward to collaborating with you all in the coming years and hope to grow and develop together.

The 5th Biennial Scientific Meeting of the APPES has been a resounding success and I would like to thank Professor Byung Churl Lee, President of the LOC, Sei Won Yang, Secretary General, and the extensive team who have supported them throughout the last 2 years of planning and development for the meeting. This meeting attracted 469 delegates from 25 countries and regions, with 187 abstracts from 19 countries. I am sure you will all agree that the meeting has been most enjoyable, providing an opportunity to learn, develop skills and also to catch up with colleagues and friends in the region. I would like to thank Prof. Paul Hofman and the Scientific Program Committee for their work in creating an excellent program from which we can all learn and take new information and skills back to our workplace. My thanks goes to all the invited speakers and chairpersons for their wonderful lectures and great experiences.



Xiaoping Luo
APPES President

COUNCIL NEWS

EXECUTIVE



Xiaoping Luo, China
President



Wayne Cutfield
Immediate Past President
New Zealand



Aman Pulungan
President Elect
Indonesia



Suttipong Wacharasindhu
Honorary Secretary
Thailand



Craig Munns
Honorary Treasurer
Australia

COUNCIL MEMBERS



Vijayalakshmi Bhatia
India



Sioksoan Chan Cua
Philippines



Pik To Cheung
Hong Kong



Chun Xiu Gong
China



Fatimah Harun
Malaysia



Reiko Horikawa
Japan



PSN Menon
Kuwait



Sei Won Yang
South Korea



Han Wook Yoo
South Korea

CO-OPTED MEMBERS



Chris Cowell
Chair, Global Inequalities
Subcommittee
Australia



Paul Hofman
Chair Scientific Program
Committee
New Zealand



Maria Craig
Convenor
Fellows Meetings
Australia



Geoff Ambler
Webmaster
Australia

PRESIDENT'S MESSAGE (cont from page 1)

The 10th APPES fellows' meeting was held at the Grand Hyatt Hotel in Seoul from 27th to 29th October 2008. The meeting was sponsored by Merck Serono and was attended by 40 fellows (from Taiwan, India, Pakistan, Thailand, South Korea, Japan, Vietnam, Singapore, Malaysia, Indonesia, Australia, mainland China and Hong Kong). This time we had eight faculty members, with 3 invited speakers for the APPES main meeting (Leo Dunkel, Erica Eugster, Nalini Shah) and five senior paediatric endocrinologists from our region (Ho Seong Kim, Sei Won Yang, Yung Seng Lee, Paul Hofman, Maria Craig and Xiaoping Luo), with Maria Craig as scientific convener. In addition, two senior APPES members attended as session chairs and to facilitate discussion (Louis Low, Chris Cowell). The fellows meeting was highly sought and rated by our fellows as our previous ones and has developed a very high regional profile.

It gives me great pleasure to be able to announce that the destination for the next APPES Biennial Scientific Meeting has been decided. A formal bidding process was undertaken, which began back in July 2008. The process is open to all member countries and once bids are received and reviewed by council, a decision was then made. I have already announced that the 2010 APPES Scientific Meeting will be

held in Xian, China on behalf of the council. With the close cooperation of the council, scientific and the LOC, I have fully confidence in expecting another very successful scientific meeting.

I need to one last time thank Wayne Cutfield for his term as President, for the work he has put into the development and growth of the Society and for providing me with a strong foundation from which I can now take over the reins and continue with the work he and other past President's have begun.

The future is an exciting one, and I have the exciting task of working with our new council to deliver on a strong visionary strategic plan that will see APPES grow in size, capability and regional influence. The next two years will go by very quickly, so my role as President begins now to ensure APPES meets the ambitious goals and objectives set and continues to develop.

I hope you all had a very merry holiday season and that the new year is set to be a prosperous and wonderful one!

Xiaoping Luo
APPES President

APPES PARTNERS



APPES have recently launched industry support packages, to allow for ongoing cooperative work to be undertaken with industry support.

APPES Council would like to extend their sincere appreciation to Novo Nordisk for their early commitment as a Corporate Partner.

APPES Council would also like to thank Pfizer for their ongoing support of the work Council undertakes. Pfizer have committed again to support APPES teleconferences which are used extensively across the region for council meetings, program committee meetings and other meetings as needed.

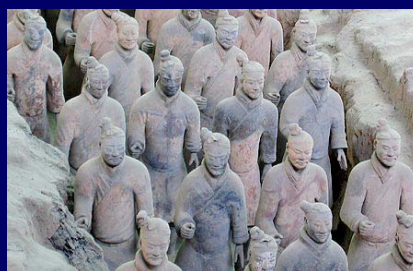


APPES 2010 CONFERENCE

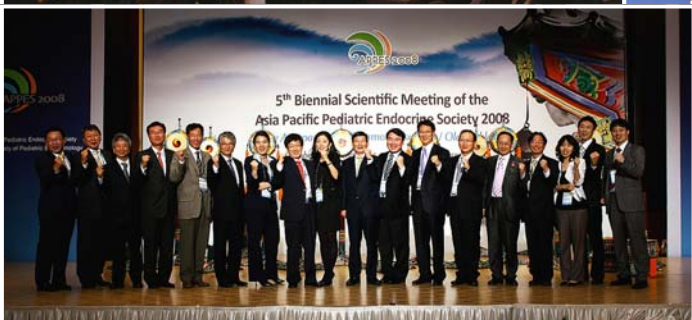
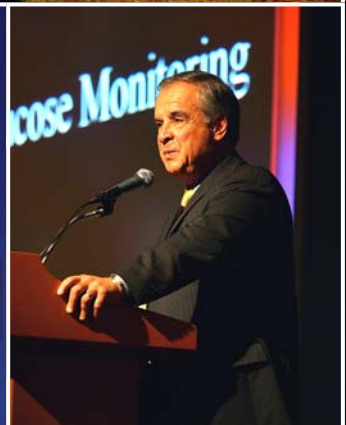
We are delighted to announce that the 2010 APPES Meeting will be held in Xi'an China.

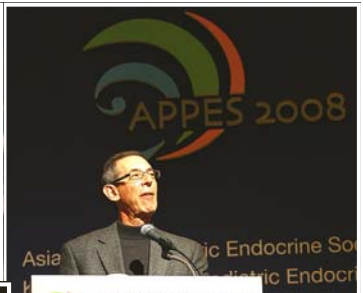
The dates for the meeting are the 27th - 30th October 2010.

Information will be posted on the website as it becomes available.



SNAPSHOTS FROM KOREA





LIFE MEMBERSHIPS

At the opening session of the APPES 2008 Conference, a number of Life Memberships were presented to APPES members. The presentation of these recognises the outstanding contribution of a member throughout their career to Paediatric Endocrinology in the Region, and for their service to APPES.



Professor Louis Low has been instrumental in promoting the development of Paediatric Endocrinology in the Asia-Pacific region. He has been engaged in training clinical fellows in paediatric endocrinology from various Asia-Pacific Countries since early 1980s. His close collaboration with colleagues from this region has subsequently led to the establishment of the APPES in 1999, which he served as the Founding President and Council Member thereafter. Since then he has participated in all the Fellowship Training Courses organized by APPES and his excellent teaching was officially recognized by APPES in awarding him the first APPES Teaching Award in November 2006.

He was also the Founding President of the Hong Kong Society of Paediatric Endocrinology and Metabolism, member of the Subcommittee on Pediatric Endocrinology and Inherited Metabolic Diseases of the Chinese Pediatric Association of the China Medical Association, and a Member of the Scientific Committee of International Society for Pediatric & Adolescent Diabetes (ISPAD).

Professor Low practices holistic General Paediatric care and takes great personal interest in resolving a wide range of difficult clinical paediatric problems in addition to those in Paediatric Endocrinology. He is well known for his meticulous and critical nature in conducting clinical bedside training. In recognition of his dedications to Paediatric Service, Training and Education, he is elected in 2007 the President of the Hong Kong College of Paediatricians, and charged with the responsibility to overlook the training, accreditation and professional development in Paediatrics in Hong Kong.

His Professional Commitments are also recognized Nationally and Internationally by being awarded a Fellow of the Academy of Medicine, Republic of Singapore in July 2007 and Guest Professorships of many Universities in People's Republic of China (Tongi Medical College, Huazhong University of Science and Technology, Wuhan; Children's Hospital, Chongqing University of Medical Sciences, Chongqing; Second Affiliated Hospital of Hebei University of Medical Sciences, Hebei; Qinghai Women and Children Hospital, Xining and Children Hospital Medical Center at Fudan University, Shanghai)

Professor Low has whole-heartedly facilitated the organization of parent support group for children with diabetes mellitus and served as the Honorary Advisor for the Hong Kong Juvenile Diabetes Association since its inception in 2001. He has personally participated in many local and regional Diabetes Camps and educational activities to enhance public awareness of Paediatric Endocrine and Diabetes disorders.

Professor Low enjoys extensive connections with colleagues worldwide, often graced with his warm personal and humorous touches. This may have stemmed in part from his active participation in the Wah Yan Dramatic Society, an Alumni Organization of his High School, playing a variety of charming roles in Chinese Operas in English to help raising funds for



Prof Kitti Angsusingha graduated MD. from Faculty of Medicine, Siriraj Hospital, Mahidol University and then he went to the United State to have training in Pediatrics and Pediatric Endocrinology from Children's Hospital of Pittsburgh, USA. After receiving Diplomate of the American Board of Pediatrics and Certificate in Pediatric Endocrinology, he came back to Thailand to be the instructor of Pediatrics at Siriraj Hospital, Mahidol University, where he graduated from.

He devoted himself to teach medical students and residents in Pediatrics and Pediatric Endocrinology. He was promoted to be Head of Pediatric Department, Siriraj Hospital in 1998 until he retired in 2002. After that, he has been elected to be the president of Thai Society of Pediatric Endocrinologist (TSPE) since 2004 until present.

Prof Kitti has been involved in many activities of society and was also was president of local organizing committee to host APPES at Pattaya, Thailand in 2006.

HONORARY MEMBERSHIP

For the first time, APPES awarded an Honorary membership at the 2008 Meeting. Honorary members are defined as eminent personalities in the field of paediatric endocrinology and metabolic disorders who are invited by the Council to be Honorary Members of the Association.



Dr Kate Armstrong is a graduate of Newcastle University and has qualifications in child health and public health. Kate and her husband David are the parents of a son with CAH. They were moved by an article about the desperate plight of children living with CAH in Vietnam to establish CLAN, an Australian based charitable organization, dedicated to improving the lives of those living with CAH in resource poor countries. CLAN is helping to make medication available to children in Vietnam, Indonesia, Pakistan and the Philippines.

Support groups have been established in Vietnam, Philippines, Indonesia and Pakistan.

More recently CLAN has extended its assistance to children with juvenile diabetes and is collaborating with other groups such as Insulin for Life and Life for a Child to improve the lives of children with diabetes.

CLAN is developing financial enterprise development projects with families to remove the financial burden of caring for a child with a chronic illness and continues to raise international awareness about the issues facing children living with chronic, non-communicable diseases.

REPORT FROM CLAN



Acknowledging recent global events

CLAN would like to begin this article by acknowledging the current global economic crisis that we are all witness to. Colleagues overseas have shared with us the stories of families thrown into financial chaos by retrenchment and sudden loss of income, and we understand that already the lives of some children living with chronic endocrine conditions in our region have been lost as families find themselves no longer able to purchase the medication needed to sustain life.

The imperative for sustainable change

It is with this stark reality in mind that CLAN commits to working in partnership with others to determine long-term, sustainable solutions to the difficulties children and their families living with chronic medical conditions in resource-poor countries face. We are grateful to APPEs and the Local Korean Organizing Committee for the opportunity extended to CLAN for Drs Kate Armstrong and Sue Ditchfield to attend the biannual conference in Seoul last year, and would like to thank the many delegates who generously shared their time and experiences with us.

What did CLAN hope to achieve in Korea?

CLAN's objectives in attending the 2008 Seoul Conference were threefold:

- Collaborate with APPEs and learn more about the difficulties and challenges faced by paediatric endocrinologists in the Asia Pacific region (through a *written survey* and *focus group meeting*), with the goal of informing future efforts to effect change for children in the region
- Personally meet with delegates, learn about the key priorities for change that they identify, and share information about the work and 5 pillars of CLAN (with a small display table)
- Disseminate results of research that CLAN has been involved with (through oral and poster presentations relating to difficulties facing children and teens living with Congenital Adrenal Hyperplasia (CAH) in Vietnam).

Use of survey & focus group findings from Korea

It is important to CLAN that we communicate back to APPEs conference delegates the results of our research (survey and focus group meeting findings), and indeed we present a brief summary of the key findings in this report.

However, we also intend to share the complete results with the proposed APPEs Advocacy Working Group (as outlined in the 2008-2014 APPEs Strategic Plan: Goal and Objective 3 – *"To provide advocacy that addresses inequalities in paediatric endocrinology across the Society's region"*), and thank the APPEs Council for their kind invitation to be involved in this way.

So what did we learn?

CLAN collated data from delegates representing 8 low or low-middle income countries (Bangladesh, China, India, Indonesia, Pakistan, Philippines, Thailand and Vietnam). Whilst the written survey response rate was low, the focus group meeting provided a rich source of qualitative data. Analysis of both sources of data helped identify some key challenges (Box 1) and potential solutions for change (Box 2).

The focus group meeting was conducted on the second last day of the conference, and participants were asked two key questions:

- "What is working well?" (Box 3) and
"Which children have the greatest need?"

General discussion and sharing of experiences followed.

Interestingly children with CAH and other DSDs present some of the major challenges to paediatric endocrinologists in resource-poor countries.

Conclusion

Consultation with delegates at the biannual APPEs meetings is a cost-effective way of learning more about the challenges our colleagues face in resource-poor countries, and discussing strategies for change. In particular, small focus-group meetings are an excellent forum for informing future advocacy efforts to redress inequality in paediatric endocrinology in our region.

Sincere thanks to all who participated, to APPEs Council members, Lyndell Wills and the Korean Local Organizing Committee for their generous support.

Box 1 - Key challenges identified by paediatric endocrinologists currently working in low and low-middle income countries* of the Asia-Pacific

- **Affordable and reliable access to medication**
Hydrocortisone tablets (low-dose for babies) and fludrocortisone tablets muscome off the black market
Solu-Cortef not uniformly available (resulting in CAH fatalities)
Growth hormone and GnRH α too expensive for most families
Diazoide for recurrent hypoglycaemia unavailable in some countries
- **Financial burdens on families**
Most patients very poor: burden of providing drugs "forever" extreme
Families living with T1DM particularly vulnerable to financial pressures (cost of insulin, monitoring, equipment, consultations, travel)
- **Early diagnosis**
Need to raise awareness amongst general health professionals about paediatric endocrine conditions
Newborn Screening opportunities must be pursued to prevent unnecessary suffering (especially for CH and CAH).
- **Diagnosis and management of DSDs**
Diagnosis usually delayed (lack of knowledge amongst general health professionals; investigations either not available or unaffordable)
17OHP testing problematic (10x the cost price; 1 month for results)
severe psychological trauma for families and children where treatment inadequate; social isolation and stigma can be severe
- **Strain on health professionals**
Limited number of paediatric endocrinologists in most countries
Lack of nurse educators and support group networks result in doctors carrying responsibility for 24/7 care of patients in many situations
Doctors having to "somehow find a way" to provide treatment for their poorest families ("we all do it"), a personal burden which can take a toll.

* As per the World Bank country groups <http://www.worldbank.org/>



CLAN display table a great way to share information and meet delegates from different countries



A unique opportunity to get to know one another! Friends from Vietnam, Indonesia, Pakistan and Australia share Korean cuisine.

Box 2 - "What are some ideas on how we can effect change in the future?"

1. Focus on improving affordability and reliable availability of drugs
2. Educational resources
3. Creation of networks / support of expert colleagues for professional development
4. Workshops (national and international)
5. Changes to government policy
6. Expanded NBS
7. Affordable medical equipment for children with diabetes
8. Support groups – link people together nationally and internationally
9. Support staff (to help with demands of work such as administration, education, skilled phlebotomy etc)
10. A Foundation or micro-finance to help the poor

Box 3 - "What's working well so far?"

- **Donations of drugs are reducing mortality and morbidity**
But long-term solutions need to be found in each country
- **Educational resources in local languages**
Printed material and DVDs can be copied and given to families
New material being created to suit local needs

- **Workforce development**
Training of nursing staff to educate families and patients very helpful
Development of educator role (to work with families and clubs) useful, with 24/7 telephone support now offered to families proving very successful
- **Family support groups**
Effective forum for teaching new families about difficult / complex conditions such as CAH
Families can meet and support one another between formal meetings
Families can connect with one another or health professionals by telephone
Forum for distribution of printed educational resources / screening DVDs
Key parents assist doctors with administrative / organizational work-load
- **Creation of patient databases**
Help staff to keep accurate records of patient numbers and data.

APPES COUNCIL

The term of the following council is now ending, with a new council to be announced in the next newsletter.

EXECUTIVE COUNCIL

President:	Prof Xiaoping Luo	PR China
Secretary:	Dr Suttipong Wacharasindhu	Thailand
Treasurer:	Dr Craig Munns	Australia
President Elect:	Dr Aman Pulungan	Indonesia
Immediate Past President:	Prof Wayne Cutfield	New Zealand

COUNCIL

A/Prof Pik To Cheung	Hong Kong
Prof Reiko Horikawa	Japan
Dr Sioksoan Chan-Cua	Philippines
Prof Sei Won Yang	Korea
Prof Han Wook Yoo	Korea
Dr PSN Menon	India
Dr Chunxiu Gong	PR China
Dr Vijayalakshmi Bhatia	India
Dr Fatimah Harun	Malaysia

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

Future Events

2009:

June 5-9

69th Scientific Session of the American Diabetes Association
New Orleans, Louisiana
http://professional.diabetes.org/Meetings_GeneralList.aspx

June 10-13

ENDO 2009
Washington, DC, USA
<http://www.endo-society.org/meetings/Annual/index.cfm>

Sept 9-12

8th Joint ESPE/LWPES Meeting, New York, USA
www.lwpes-espe2009.org

Sept 16-19

34th Annual Meeting of ISPAD, Ljubljana, Slovenia
E-mail: tadej.battelino@mf.uni-lj.si

Nov 11—13

Indian Society of Paediatric & Adolescent Endocrinology
Paediatric Endocrine Training Program
New Delhi
www.ispae.org.in

Nov 13—15

1st Biennial Meeting of ISPAE
New Delhi
www.ispae.org.in

Nov 15 - 18

Australasian Paediatric Endocrine Group (APEG) ASM
Coolumb, Queensland, Australia
www.apeg.org.au
Email: apegasm@willorganise.com.au

2010:

Sept 5 - 11

35th Annual Meeting of ISPAD, Buenos Aires, Argentina

Sept 22 - 25

49th ESPE Meeting
Prague, Czech Republic

Oct 27 - 30

APPES Scientific Meeting
Xian, China

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

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

APPES WEBSITE FORUM

A website clinical forum has been established – for members to post cases, share ideas and diagnosis.

The website for the forum is: www.forum.appes.org OR you can log on from the APPES website. For full instructions, click on the link on the APPES Homepage: www.appes.org

You need to register to use this forum (this is separate to your APPES membership registration).

We encourage all members to utilise this method of easy communication throughout the region.

Please do not hesitate to contact the APPES Secretariat if you have any problems using the Forum. Your comments and feedback are invited and most welcome.