

Second Biannual Scientific Meeting

Chennai, India,
February 7th-9th, 2002

Dear friends,

Hearty Welcome to Chennai (Madras)!

It gives us great pleasure to welcome you to India and to Chennai to attend the **second APPES scientific meeting**. As you are aware, our professional body is a rapidly evolving group of endocrinologists in the region with a common goal of caring for children. This Conference will address paediatric endocrine and metabolic problems in children and adolescents in the scientific sessions. It will also provide you with a unique opportunity to meet your colleagues in the field, as the delegates will be drawn from 28 countries.

We are striving our best to provide you with a comfortable stay, a comprehensive scientific program (see below), and on the whole, a memorable trip to Chennai. We are grateful for the generous support of our principal sponsor, Novo Nordisk, and major sponsors, Pharmacia, Serono, Eli Lilly and Ferring.

We, in the Organizing Committee, shall be delighted to receive you in Chennai. Do come, join us and participate in this important meeting.

Prof. P. Raghupathy
Secretary General.

(Continued on page 3)

Inside this issue:

President's Message	2
APPES Biannual Scientific Meeting cont.	3
Secretary's Message	4
Secretary's Message cont.	5
Pre-Congress Fellows Meeting	5
APPES Pharmacia Visiting Scholarships	6
APPES Pharmacia Travel Scholarships	6
Eli Lilly Scholarships	7
Report of Exchange Visitor Fellowship	7
Report of Exchange Visitor Fellowship cont.	8

Important Events:

- APPES Pharmacia Visiting Scholarship Applications for 2002. Closing date November 23, 2001
- Paediatric Endocrinology Course, India, 4-6 February 2002
- Scientific Meeting, Chennai, India, 7-9 February 2002
- APPES on the web at www.appes.org

Please visit our websites
for further information—

APPES 2002

www.appes2002.com

APPES

www.appes.org



A Message from your President

Dear Friends,

Over the past few months, members of the APPEs Council have been working very hard together with the Indian local organizing committee under the able leadership of Professor Desai and Raghupathy, to organize the Biennial Scientific Meeting in Chennai on 7-9 February 2002. I am reporting that the organization is making rapid progress and the Scientific Committee led by Dr Wayne Cutfield is actively putting together an exciting scientific programme. However, the success of this Biennial Scientific Meeting depends heavily on the active participation of each of the members of our society. I hope you will mark this date in your diary and encourage your colleagues to present papers and to join us at this very important regional meeting in Chennai.

We have kept up the momentum in providing education and training in the field of paediatric endocrinology in the Asia Pacific region. APPEs organised a Paediatric Endocrinology Training Workshop in Shanghai between 21-23 April 2001 with the help of our council member Professor Shui-xian Shen. This three day course was attended by 37 trainees from Japan, Korea, Philippines, China,

Taiwan, Hong Kong SAR and Macau SAR. The international faculty came from Japan, Singapore, Australia and China. Once again, such events would not be possible without the generous financial support of our partners in the pharmaceutical industry. The Paediatric Endocrinology Training

Workshop was supported by two major educational grants from Wyeth International Ltd. and Ferring Pharmaceuticals as well as donations from Takeda IMC Chemical Ltd, Lily (China) Ltd, Novo (China) and Shanghai United Cell Biotechnology Co. Ltd. A 3-day Fellows Training Workshop will be held in the Fishermen's Cove just before the Biennial Scientific Meeting. Further information will be available from the Secretariat or on our APPEs web-site.

The Scientific Committee will welcome any suggestions on the programme in Chennai. Please feel free to send your comment by e-mail to Dr Wayne Cutfield or to any of the Office Bearers. I look forward to meeting you in Chennai in February 2002.

Louis Low



**Professor Louis Low,
President APPEs**



Participants at the Asia Pacific Paediatric Endocrinology Society Training Workshop held in Shanghai, April 21-23, 2001

Biannual Scientific Meeting cont...

Scientific Program

The meeting will be a mixture of clinical management sessions, oral and poster sessions, five symposia and five plenary lectures. The invited plenary speakers include;

Professor Maria New from New York, USA is one of the world's leading authorities on inborn errors of steroid metabolism. She is the past editor of the Journal of Clinical Endocrinology and Metabolism.

Professor Martin Silink from Sydney, Australia is the current President of the International Society for Paediatric and Adolescent Diabetes and the Vice President of International Diabetes Federation. He is a strong advocate for the better health of young people with diabetes. His research interests include the development of complications in insulin dependent diabetes mellitus.

Professor Stephen Shalet from Manchester, England is an international authority on the endocrine late effects of cancer. He has also made major research contributions to adults and children with growth hormone deficiency.

Professor Annette Gruters from Berlin, Germany leads a research group interested in thyroid disorders in children. She has made major contributions to the molecular basis of congenital hypothyroidism and other paediatric endocrine disorders.



Important Meeting Addresses

Conference Secretariat:

APPEs 2002 Central Secretariat, Novo Nordisk Pharma India Ltd.
32 Casa Major Road, Egmore, Chennai 600 008.
Tel: 91 44 820 5661 / 820 5662 Fax: 91 44 822 7435
Email: raghu@cmcvellore.ac.in

Secretary General:

Dr. P. Raghupathy
Professor of Paediatrics - Dept of Child Health
Christian Medical College Hospital, Vellore 632 004
Tel: 91 416 223 603 Ext. 3350/3349 Fax: 91 416 232 035 / 232 103 Email: raghu@cmcvellore.ac.in

Honorary Secretary, APPEs:

Dr. Chris Cowell
The Children's Hospital at Westmead, Locked Bag 4001, Westmead 2145 NSW, Australia
Tel: 61 2 9845 3200 Fax: 61 2 9845 3170
Email: chrisc@chw.edu.au

Fellows' Workshop Venue (Feb 4 – 6, 2002):

Fisherman's Cove
Covelong Beach, Kanchipuram District, PIN 603 112, Tamilnadu, India
Tel: 91 4114 72304 Fax: 91 4114 72303
Email: fishcove.chennai@tajhotels.com

Conference Venue (Feb 7 – 9, 2002):

Hotel Taj Coromandel
17, Mahatma Gandhi Road, (Nungambakkam High Road), Chennai 600 034.
Tel: 91 44 827 2827 Fax: 91 44 827 4009 or 825 7104
Email: coromandel.chennai@tajhotels.com

Official Travel Agent

Ashok Travels & Tours,
(Unit of India Tourism Development Corporation Ltd. - A Govt of India Undertaking)
Hotel Ashok, High Grounds, Bangalore -560 001, India

Important Dates

- Meeting Dates: February 7 – 9, 2002
- Pre Conference Fellows' Workshop Feb 4 – 6, 2002.
- Deadline for receipt of abstracts 1st Oct 2001
- Notification to abstract authors 1st Nov 2001
- Early bird registration fee deadline 30th Nov 2001
- All registrations will incur a late fee after 5th Jan 2002
- Request for refund of registration fee before 10th Jan 2002
- Special Conference rate for hotel accommodation, deadline 1st Jan 2002
- Last date for submission of application for Pre-Congress Fellows' Meeting and Travel Scholarships, 5th October 2001
- Notification of successful applicants for participation in Fellows' Meeting and APPEs Travel Awards, 26th Oct 2002.

From the Secretary's Desk

2001 has been a busy year for several members of APPEs planning and organising our 2nd Scientific Meeting to be held in Chennai February 7th – 9th 2002. Wayne Cutfield from Auckland, New Zealand is convening the scientific program and it promises to be an exciting mixture of plenary talks, symposia, presentations by participants either in oral sessions or a poster session and interactive clinical management sessions. The latter sessions will hopefully allow the audience to participate in discussion about common paediatric endocrine problems.

Professors Palani Raghupathy and Meena Desai, ably assisted by the local organising committee, have invested incredible energy to put in place an exciting three day meeting at the Hotel Taj Coromandel in Chennai. I encourage members to travel to Chennai in February for what should be a wonderful scientific program and a memorable experience. Southern India is a fascinating culture with warm, friendly people and interesting history. Further details of the meeting are available in this Newsletter and on our websites.

One of the major objectives of the APPEs inaugural council has been to provide education opportunities for trainees and clinicians within the region. APPEs can be proud of the achievements to date:

- The Inaugural Fellows Meeting in the Genting Highlands, Malaysia, June 28th-30th 1999. There were 36 participants, 9 faculty and 18 travel scholarships awarded.
- Participation in the Molecular Biology Course for Clinical Endocrinologists, Hong Kong University, Hong Kong, May 18th-21st, 2000. 14 members of APPEs participated, 9 of whom

received travel scholarships.

- APPEs Pharmacia Visiting Scholarships – 2 awarded in 2000 and 2001 and a further 2 to be awarded in 2002 (see further details in this Newsletter)
- Fellows meeting in Shanghai, China April 21st-23rd, 2001. There were 36 participants with 8 faculty, 16 travel scholarships were awarded.
- 13 travel scholarships were provided for participation at the Paediatric Endocrinology 2001 meeting in Montreal, July 6th-9th 2001.
- Our next fellows meeting will be held from February 4th –6th, 2002 at Fisherman's Cove, Tamil Nadu, India, approximately 1 hour from Chennai. More details about this fellows meeting and travel scholarships for the meeting can be found in this Newsletter.



Dr Chris Cowell,
Secretary APPEs

It would be useful to be able to contact the membership via e-mail on a more regular basis. Unfortunately, approximately 20% of our email addresses from our membership database bounce. I would appreciate if all members on receipt of this Newsletter e-mail their current e-mail and correct mailing address to chris@chw.edu.au. I look forward to hearing from everyone so that we can update our database.

I look forward to seeing you all again in Chennai February 2002.

Chris Cowell



APPEs would like to thank **Serono** for their ongoing corporate sponsorship which enables APPEs to produce this newsletter and our website.

Don't forget APPEs is now on the Internet.



www.appes.org

Bi-annual General Meeting

The Bi-annual General Meeting will be held on Friday 8th February, 2002 at the Taj Coromandel in Chennai, India. At that meeting, the consolidated

accounts for the Society for the past two years will be tabled. There will be a few changes to the Council and the results of these will be announced at the meeting.

Future Meetings

APPEs Council is planning for meetings in 2003 and 2004. We would like to hold a fellows training meeting in 2003 in the central part of our region and our bi-annual scientific meeting with an associated fellows meeting will hopefully be held in the north-east part of our region (Hong Kong, China, Korea, Japan, Philippines, Taiwan). We hope that members of APPEs with their local societies may be interested in putting forward proposals to hold our next scientific meeting in 2004. Council will discuss any proposals towards the end of 2001 and the final decision will be announced at the time of our Annual General Meeting in Chennai, 2002.

The next joint meeting of the European Society for

Paediatric Endocrinology and Lawson Wilkins Paediatric Endocrine Society meeting will be held in Lyon, France in September, 2005. This years joint meeting was held in association with three societies, Australasian Paediatric Endocrine Group, Japanese Paediatric Endocrine Society and Sociedad Latino Americana de Endocrinologia Paediatrica. Preliminary discussions have been held with the Secretaries of ESPE and LWPES about the possibility of APPEs participating in the future as a joint society. It was wonderful to see so many APPEs members at the meeting in Montreal and as our society grows, our involvement with international meetings can only increase.

Pre-Congress Fellows Meeting, Fisherman's Cove, February 4th-6th 2002

A Pre-Congress educational meeting for fellows will be held at Fisherman's Cove, approximately 1 hour from Chennai from February 4th-6th, 2002. An interactive format will be used for discussion of most of the topics by faculty and the participants will present illustrative cases. Fellows who are completing their training or who have just completed their training are encouraged to apply for this meeting. The numbers will be limited to approximately 36 participants and 8 faculty. Applications should be directed to Dr Chris Cowell, Honorary Secretary of APPEs by **Friday October 5th** at the address below. Applications should include the following;

1. Curriculum Vitae – please include your email address
2. Letter of support from supervisor
3. APPEs Membership details if applicable (Non-members of APPEs are encouraged to apply for membership via the web site www.appes.org)

Successful applicants will be notified via email by Friday 26th October. Applicants who are successful will be requested to submit details of an illustrative case that may be suitable for presentation.

The fellows meeting is generously supported by an educational grant from Novo Nordisk.

Applications should be submitted to;

Dr Chris Cowell
Honorary Secretary
APPEs

The Children's Hospital at Westmead
Locked Bag 4001

Westmead 2145 NSW, Australia

Tel: 61 2 9845-3200 Fax: 61 2 9845-3170

Email: chrisc@chw.edu.au



APPEs Pharmacia Visiting Scholarships

One of the most successful initiatives of our Society has been the awarding of two visiting scholarships worth US \$5,000 each in the years 2000 and 2001. This has enabled individuals to further their training in another country for a limited time. The successful recipients to date have been:

- Dr Danela Escueta, Manila, Philippines, who spent three months in Virginia, United States in a paediatric endocrinology residency training program. Danela's description of her visiting scholarship is included in this Newsletter.
- Dr Fatimah Harun from Kuala Lumpur, Malaysia, who spent 6 months in the molecular endocrinology laboratories of Dr J Gertner in Los Angeles.
- Dr Diet Rustama from Bandung, Indonesia who will be spending three months studying thyroid screening program in the newborn screening laboratories headed by Dr Bridget Wilkin at The Children's Hospital at Westmead, Sydney.
- Dr Vu Chi Dung from Hanoi, Vietnam who will be spending three months furthering his training in clinical endocrinology under the supervision of Professor Garry Warne in the Department of Endocrinology, Royal Children's Hospital, Melbourne.

Pharmacia has generously supported the APPEs Pharmacia Visiting Scholarships. Two further scholarships will be awarded in 2002 and the announcement of the successful recipients will be made at the Annual General Meeting of the Society in Chennai, 2002. Applications for these visiting scholarships are called for in this Newsletter. It is highly recommended that individuals who are keen to apply for the scholarship liaise with the centre that they wish to visit so that details of their proposed visit can be included with the scholarship application.

APPEs is very fortunate in having the sponsorship of Pharmacia Corporation for the scholarships. Notice of application for the 2002 APPEs Pharmacia Visiting Scholarships for Full Members is included with this newsletter.

APPEs Pharmacia Travel Scholarships

Supported by an educational grant from Pharmacia, APPEs will provide a number of travel scholarships to assist young trainees to participate in the Chennai meeting. The following will be taken into account when considering the applications:

1. Membership of APPEs (non-members are encouraged to apply for membership via the APPEs website, www.appes.org)
2. Submission of abstract to the meeting
3. A letter of support from your supervisor

Applications by either post, fax or email should be sent to ensure arrival by **Friday October 5th**. Applications should include the following:

1. Curriculum Vitae
2. Letter of support from supervisor
3. APPEs Membership details if applicable
4. Copy of abstract if applicable

Please send to:

Dr Chris Cowell
Honorary Secretary, APPEs
The Children's Hospital at Westmead
Locked Bag 4001
Westmead 2145 NSW, Australia
Tel: 61 2 9845-3200 Fax: 61 2 9845-3170
Email: chrisc@chw.edu.au

Successful applicants will be notified via e-mail by Friday 26th October, 2001.



APPEs Eli Lilly Scholarships

Many members of APPEs recently attended 'Paediatric Endocrinology 2001' in Montreal, Canada. This was a joint meeting of the 'European Society of Paediatric Endocrinology' and the 'Lawson-Wilkins Paediatric Endocrine Society' held in association with paediatric endocrine societies from Australasia, Japan and South America. It was a good scientific meeting held in an exciting city with over 2300 participants.

The regional office of Eli Lilly generously donated US \$20,000 for travel scholarships to this meeting. APPEs awarded scholarships to thirteen young individuals to enable them to travel to the meeting. There was a lot of interest in securing these travel scholarships and the APPEs Council is pleased to announce that the following individuals were successful:

MUNNS, Craig	Australia
WOODHEAD, Helen	Australia
YEUNG, Louisa	Hong Kong
AGARWAL, Ghanshyam	India
EUNICE, Maramudi	India
RAO, Sudha	India
SHAH, Samir	India
CHUNG So-Chung	Korea
ZAIN, Fuziah	Malaysia
JEFFERIES, Craig	New Zealand
CHAN-CUA, Sioksoan	Philippines
SANTOS, Caridad	Philippines
AL-AGHA, Abdul	Saudi Arabia

APPEs is delighted with the generous support provided by the educational grant from Eli Lilly.

The opportunity to participate in international paediatric endocrinology meetings is important for trainees within our region and it is the objective of the APPEs Council to provide scholarships for future international paediatric endocrinology and diabetes meetings.

Report of Exchange Visitor Fellowship in Paediatric Endocrinology

Grantee: Danela S. Escueta, M.D.
Country: Philippines
Duration: April 17 – June 30, 2000
Venue: Children's Hospital, San Diego
 Section of Pediatric Endocrinology
 UCSD Medical Center- Hillcrest

Host Scientists: Dr. Kenneth Lee Jones (Pediatric Endocrine Section Chief)
 Dr. Michael Gottschalk (Pediatrics Dept Training Officer)

SUMMARY OF ROTATION

Endocrine / Diabetes outpatient clinic: 3x / week
 Inpatient Rounds: 3x / week
 Small group clinical conferences: 3x / week
 Research (C peptide levels in Type 1 and Type 2 diabetes): 2x / week

REACTIONS AND OBSERVATIONS

On the first week of rotation, as expected I was a bit apprehensive about my ability to adapt to the different clinical setting and the adequacy of my previous training. I was eager to learn a lot in the

(Continued on page 8)



APPEs

Asia Pacific Paediatric Endocrine Society

APPEs Secretariat

Dr Chris Cowell

Honorary Secretary

Asia Pacific Paediatric Endocrine Society

The Children's Hospital at Westmead

Locked Bag 4001

Westmead NSW 2145

Australia

Phone: +61 2 9845 3200

Fax: +61 2 9845 3170

Email: chrisc@chw.edu.au



APPEs News

APPEs Newsletter © 2001

Published by: Asia Pacific Paediatric Endocrine Society Inc.

A.B.N. 88 103 357 424

Designed by: Kaleidoscope

Become an APPEs member and enjoy the benefits!

APPEs is a regional paediatric endocrine society and it is hoped that in future years, it will develop and play a role in our region similar to that played by other regional paediatric endocrine societies, including the European Society for Paediatric Endocrinology (ESPE), the Lawson Wilkins Paediatric Endocrine Society (LWPES) and the South American paediatric regional endocrine societies, which are already strong in many countries within their region.

In order for APPEs to become a vigorous society that contributes to the education and health of the region, we need to have a strong membership base involving health professionals from all countries who have an interest in paediatric endocrinology.

For further details and to fill out an application form, visit our website at www.appes.org

Exchange Visitor Fellowship Report cont...

little time allotted. At the same time there was the psychological stress of being alone and far from my family.

However these fears were gradually dispelled as the weeks passed and I became more at ease with the people, the environment and the medical protocols at Children's Hospital. Towards the end of the rotation I was already more confident about my medical judgment and I realized that our training program in Pediatric Endocrinology in the Philippines was fairly comparable despite the technological limitations. By the end of the rotation I felt that I have already absorbed many new concepts and skills, especially clinical pearls from the very accommodating consultants as well as laboratory diagnostic and research methodologies in the field. Likewise I encountered several new cases that I have previously only read in textbooks. I developed confidence in recognition and management of these novel diseases as well as the state-of-the-art in the standard endocrine diseases.

I could not thank enough my mentors, Dr. Kenneth Lee Jones and Dr. Michael Gottschalk. Although extremely

busy, the very accommodating Dr. Jones found the time to teach and share with me his vast experience. I am also grateful to the very knowledgeable and cool Dr. Gottschalk, who unselfishly shared his expertise and time and gave me lots of opportunities to deal with patients and outline approaches to diagnosis and management, and the friendly and hospitable staff of Children's Hospital-San Diego and UCSD Medical Center Hillcrest.

Lastly, I would like to thank the Asia Pacific Pediatric Endocrine Society and its council. The short term visitor exchange program is indeed admirable. I believe it has fulfilled its purpose of spreading scientific skills across countries. I hope this program would be continued so that others like me could also avail of the important opportunity to observe and learn clinical management styles in higher centers abroad for possible applications back in the home country. I also hope that in the future more specialized centers abroad will open their doors, through APPEs, to trainees and professionals.