Greetings!

I would like to congratulate Laurie Cohen and the rest of the program committee on an outstanding 2019 PES meeting! Everyone I talked to raved about the quality of the scientific sessions and the challenge of having to choose between multiple topics of equivalent interest. Equally impressive was the incredible vibrancy of the SIG meetings and diversity of the platforms that each group chose to use for their offerings. The meeting also generated a lot of excitement and energy regarding our planned independent PES meeting in 2020 which is being actively channeled into a number of innovative and exciting initiatives that involve many of our committees and their members. We will share with you the specifics regarding the WHEN and WHERE of our inaugural solo meeting VERY SOON, so please stay tuned! We also had several fruitful gatherings with several of our Mission Alliance Partners while in Baltimore and are looking forward to engaging with them in new projects that mutually align with each other’s goals and missions.

As I take up the gavel and begin my Presidency, let me just say that I am humbled, awed and inspired by the remarkable engagement and dedication of so many of our members who selflessly devote countless hours of their time towards the betterment of our Society. As PES forges ahead toward the beginning of a significant and thrilling new Chapter, I am particularly grateful for the support of our outstanding membership and look forward to working with all of you during the coming year!

Welcome to our new members:

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**2019 Board Review Course Update**

This 3-day board review course was held prior to the PES Annual Meeting in Baltimore from April 24-26. The course had 130 attendees. We had excellent speakers from around the country that covered the entire American Board of Pediatrics content specification outline, including diabetes, growth, thyroid, adrenal, lipids, bone, statistics, and reproductive endocrinology. We have received excellent feedback from about half of the attendees, and overall the course was very well received. The lectures and material will be available for sale on-line soon for those who were not able to attend in person.

**PES 2019 Annual Meeting Summary**

Pleasant weather and lovely harbor views were welcome greetings as we met in Baltimore for the 2019 PES/PAS meeting! The meeting (and from my perspective, the venue) was an unconditional success with 535 registered PES members in attendance! Prior to the meeting, both the Board Review Course and the Leadership Development Course were well attended with 120 and 25 participants, respectively, who had the opportunity to learn from a wide variety of knowledgeable and engaging content experts. The SIGs also met before the official beginning of the PES meeting, and in addition to warm camaraderie, there was much work accomplished amid lively discussions. The SIGs provide opportunities for PES members to work together to prepare and advance an agenda related to a special issue (ergo the term, “special interest group”); the diversity of groups and the number of engaged members continue to expand, and more than a third of our members are currently involved in Committees and SIGs. We encourage those of you who have not yet joined a SIG to consider participating!

Phil Zeitler concluded his very successful year as PES President by introducing Erica Eugster as the new President at the Business Meeting. This year saw the transformation of our relationship with corporate sponsors evolve into the Mission Alliance Partnership. We are very
grateful for the support and contributions that our 2019 Mission Alliance Partners (MAP) have made to advance our Society goals and objectives.

The meeting began on Friday with a Meet and Greet for fellows, which was followed by the Presidential poster reception, which celebrated the great work of our junior colleagues and fellows! Special recognition awards were presented by Phil Zeitler to Human Growth Foundation winner, Alexandrou Eirene, and Leona Cuttler QI Award winner, Catherine Pinnaro. The reception afforded all with the opportunity to meet new PES members and renew old friendships. We also welcomed the first 4 participants in the PedsEndo Discovery Program for medical students. Through a competitive application process, we chose four medical students this year: Mary Margaret Barr (University of Alabama at Birmingham), Julia Donner (Brown University), Gideon Nkrumah (University of Pittsburgh) and Jeanette Schnierle (Nationwide Children’s).

We want to thank Dr. Laurie Cohen and the Program Committee for this year’s program, which provided well-attended sessions that offered a wide array of popular topics and venues.

Walter Miller introduced this year’s recipient of the Judson J. Van Wyk Prize, Dr. Perrin White, who recalled his career arc under the mentorship of Dr. Maria New and others. Perrin’s contributions to our field have led to an expanded understanding of the genetic and biochemical control of adrenal cortical function and have improved our diagnostic and therapeutic algorithms. An encyclopedic discussion of the genetics of obesity was the theme of the Lawson Wilkins Lecture, given by Dr. Sadaf Farooqi, which complemented the Del Fisher History Lecture describing the discovery of leptin and its receptor by Dr. Rudy Leibel. After listening to these two talks, it was obvious that maintaining a healthy weight depends as much on your gene pool as your dietary choices! Growth, too much or too little, was the topic of the Presidential Lecture by (now) Past President Phil Zeitler and Dr. Philippe Backeljauw, the Paul Kaplowitz lecturer.

The mornings began bright and early with Meet the Professor sessions that were extremely well attended with standing room only in most sessions. Saturday featured a good mix of clinical updates and science lectures. The mentor-mentee workshop was another successful session on Saturday, as was the year in review.

And oh yes, the PES Board of Directors announced that we will hold our own independent meeting in 2020! We are carefully considering the timing and location of the meeting and will share those details as soon as they are finalized. We anticipate a terrific, invigorating, and dynamic PES Meeting in 2020.

**NEW Regional Happenings!**
After a one-year hiatus the Midwest Pediatric Endocrine Society (MWPES) regional meeting has returned.

*Save the Date* for the 2019 Meeting

**When:** Friday Evening & Saturday, November 8-9, 2019  
**Where:** Washington University School of Medicine in St. Louis.

The program includes the following confirmed lectures & invited speakers (diabetes session hosted jointly with the Washington University annual Kilo Symposium):

- **XLH and Treatment with Burosumab** – Michael Whyte, MD (Shriners Hospital St. Louis/Washington University)  
- **Type 1 Diabetes Prevention** - Dorothy Becker, MD (University of Pittsburgh)  
- **Diabetes Technology Update** - Eda Cengiz, MD, MHS, FAAP (Yale School of Medicine)  
- **Type 2 Diabetes in Youth** – Neil White, MD (Washington University)  
- **Late Endocrine Effects in Cancer patients** – Abby Hollander, MD (Washington University)  
- **Transgender Health** - Christopher Lewis, MD (Washington University)  
- **What’s New in Growth Hormone Research and Therapy** - Adda Grimberg, MD (University of Pennsylvania)  
- **HbA1c** – David Sacks, MB, ChB, FRCPath (Georgetown University/National Institutes of Health)

*More to come . . .*

Linda DiMeglio, MWPES president, Indiana University and Ana Maria Arbaelez/Neil White, local MWPES organizing committee

**Pediatric Endocrine Society Turns 50: the 2022 project – call for volunteers**
The Pediatric Endocrine Society, formerly named the Lawson Wilkins Pediatric Endocrine Society turns 50 in 2022. We hope to use this milestone to spur a project to record our history and highlight the contributions of PES members to the field of Endocrinology, as well as to promote the current programs of the Society. While this effort is just getting underway, you may have seen a videographer at the meeting this year who was busy capturing footage for an eventual presentation and archive of interviews with senior members of PES about their careers and with younger members about their hopes for Pediatric Endocrinology and the Society in the future. Other ideas for this project include development of a Pediatric Endocrinology Timeline and some special events to celebrate the occasion at the meeting in 2022. We are interested in hearing from any members with ideas and interest in working on this project. If interested contact Erica, or the staff at Degnon.

**PES Leadership Advantage**

In 2015 we began an initiative to understand the most pressing leadership development needs of our members and to create a program tailored to meeting those needs. One thing we gleaned from this process was that it was important to our members to learn in a convenient setting, and alongside peers with similar leadership interests and goals. This led us to the selection of BeamPines, a New York-based talent management firm who agreed to join us on the exciting journey of creating the PES Leadership Advantage. Since 2016 we have designed and delivered one module per year. Modules may be completed in any order. To date 43 members have participated in at least one module of the program. In Baltimore, a group of 25 members completed the Envision module, which is the fourth module in our four-module program. Going forward, the existing modules will be offered on a rotating basis with likely one per year. Thus far, one member has completed all four modules, and is therefore the first graduate of PES Leadership Advantage.

Dr. Lucy Mastrandrea was recognized at the meeting for this accomplishment and congratulated for her achievement and investment in her continuous growth as a physician leader!

**Welcome to our International Scholar**

Dr. Varuna Vyas, All India Institute of Medical Sciences, Jodhpur, Rajasthan, India

Sponsor: Dr. Ram K. Menon, C.S. Mott Children’s Hospital, Michigan Medicine

“The Pediatric Endocrine Society-International Scholar Program has been a great opportunity for me both professionally and personally. I have been able to grasp the intricacies of Pediatric Endocrinology, get to know the American Medical System and meet the wonderful and welcoming American people. I am glad that I will take back home with me knowledge that will help me serve better my patients in India as well as beautiful memories. My heartfelt thanks to the PES and my superb mentor Dr. Menon for this once in a lifetime opportunity.”

Dr. Varuna Vyas photographed with PES President Erica Eugster and immediate past president Phil Zeitler
The inaugural PedsENDO Discovery Program organized by the PES Education committee was an immense success. This unique experience provided medical students a glimpse into academic medicine in the field of Pediatric Endocrinology and get excited about the future career and research opportunities in the area. Through a competitive application process, we chose four medical students this year: Mary Margaret Barr (University of Alabama at Birmingham), Julia Donner (Brown University), Gideon Nkrumah (University of Pittsburgh) and Jeanette Schnierle (Nationwide Children’s). There were many formal and informal opportunities for the medical students to engage with faculty and fellows. They also attended a presentation on “Peds Endo Career 101 Q&A -All You Need to Know” prepared by the resident subcommittee.

The feedback from the medical students included: The program was well organized. Faculty and fellows were approachable and ready to answer questions. I enjoyed the exposure to cutting edge research, both basic science and clinical and how those findings will shape/alter current clinical practice guidelines. I also found it very inclusive, and people were very excited and happy to talk to us about careers in Pediatric Endocrinology as well as information on the process to get there. It gave me a broad view of the different careers within the field of Pediatric Endocrinology, particularly in terms of what areas of research are currently controversial and changing. I also realized how incredibly open, intelligent, and kind Pediatric Endocrinologists as a specialty are. I learned about various ways I can advocate for my patients and their families as a Pediatric Endocrinologist. I got information on ways to shape my career based on my specific interest. I had the opportunity to meet potential mentors in the field. It has helped me align my career goals and plans with what I learned from astute faculty in the field. I have a better understanding of PedsEndo private practice, academic hospitals, and group practice.

We hope to continue this next year.

**The CALIPER App**
The CALIPER App was developed as part of the Canadian Laboratory Initiative for Pediatric Reference Intervals (CALIPER) at the Hospital for Sick Children and has been validated and accepted worldwide as the most up to date resource for normal pediatric values. It currently contains pediatric reference ranges for more than 178 laboratory studies. The app is available to be downloaded for free from the App Store!

**History Tidbit provided by Alan D. Rogol, MD, Ph.D**

Earl W. Sutherland, JR MD and cAMP as a second messenger

Earl Sutherland Jr (1915-1974) received his MD from Washington University in St. Louis having worked in the laboratory of Carl and Gerti Cori, Nobel laureates. He evaluated the effects of epinephrine and glucagon on the conversion of glycogen to glucose. He moved to Case Western Reserve and with his student Ted Rall discovered cyclic AMP as the second messenger involved (summarized, Rec Progr Horm Res 1960; 6:121) culminating in the Nobel Prize in 1971. Dr. Rall moved with a number of investigators from Case to the University of Virginia, where one of his students, Alfred G. Gilman did the ground breaking work that resulted in his Nobel Prize with reference to the mechanism of action of adenylyl cyclase (Nobel lecture, Biosci Rep 1995; 15:65).

**2019 PES Obesity SIG MOC/CME Activity**

Don’t miss out on the opportunity to earn MOC/CME credit! The Pediatric Endocrine Society is pleased to offer an Obesity MOC/CME Activity that contains approximately 60 multiple-choice items and detailed answer explanations, which was developed by the PES Obesity SIG, at no cost for PES members if completed by 12/31/19. This activity reviews evidence-based clinical practice guidelines for pediatric obesity and focuses on a stepwise approach to the diagnosis and management of obesity and its comorbidities in pediatric patients.

**Learning Objectives**

Upon completion of this activity, participants will be able to:

- Describe the epidemiology of childhood obesity and influences of environmental and social factors.
- Identify key environmental, nutritional and activity related factors that impact childhood obesity and its management.
• Assess and identify pertinent nutritional, activity-related, psychosocial, medical history and physical examination findings for the evaluation and risk stratification of the obese child.
• Recognize the signs of genetic syndromes, endocrine or non-endocrine disorders, or medication-induced side effects, which should be ruled out before making the diagnosis of exogenous obesity.
• Understand the components of interventional obesity plans which include dietary and lifestyle modification, behavioral modification techniques, use of pharmacotherapy and surgical options.
• Identify and determine appropriate management plans for the treatment and referral of children and adolescents with obesity and its comorbidities.

Click here to register.

Call for Committee Members!
The Research Affairs Committee and the History Committee are looking for PES members to get involved. If you are interested, please reach out to the chair of the committee expressing interest.

RAC Chair: Rose Gubitosi (rose.gubitosi-klug@case.edu)
History Committee Chair: Alan Rogol (adrogol@comcast.net)

Lipid SIG Meeting Summary
The first Annual PES Lipid SIG meeting was held on Friday, April 26, 2019. Many thanks to Jennifer Kelley (PCSK-9 Inhibitors in Pediatric Lipid Disorders) and Preneet Brar (Vascular surrogates and non-traditional markers of cardiovascular risk) for their excellent presentations. We also held a Joint Lipid –Obesity Poster session which was well attended. The PES Lipid SIG is currently inviting interested members to join the group.

If you are interested in joining the Lipid SIG, please contact co-chairs (Ambika Ashraf and Brenda Kohn) at AAshraf@peds.uab.edu and Brenda.Kohn@nyumc.org.

Diabetes SIG Meeting Summary
Click here to see meeting minutes.

Turner Syndrome SIG Meeting Summary
The Turner syndrome SIG meeting was well attended and featured a symposium on Fertility Preservation in Turner Syndrome. Invited speakers included Dr. Veronica Gomez-Lobo, Professor of Obstetrics/Gynecology, Georgetown University, Medstar Washington Hospital Center/Children’s National Health System as well as Dr. Suneeta Senapati, Assistant Professor of Obstetrics and Gynecology, Division of Reproductive Endocrinology and Fertility, Penn Fertility Care, University of Pennsylvania Perelman School of Medicine. The speakers addressed the criteria for fertility preservation in TS, the assessment of ovarian function in TS, techniques for egg retrieval and current data on fertility rates in TS as well as ethical considerations. The presentation may be viewed here.

The second part of the session was devoted to planning the 2020 SIG session on development of resources for clinicians on psychosocial screening for TS and development of educational materials for trainees on TS.

Fellows Spotlight
Marissa Kilberg, MD
Division of Endocrinology
Children’s Hospital of Philadelphia

After college and medical school at the University of Miami (Go Canes!), I moved to Philadelphia for Pediatrics residency and am now a 2nd year Pediatric Endocrine Fellow and Cystic Fibrosis Foundation Clinical Fellow at the Children’s Hospital of Philadelphia. I am currently researching hypoglycemia in Cystic Fibrosis (CF) prior to the onset of CF related diabetes (CFRD). I am also interested in how we train physicians and, to this aim, am pursuing a Master’s in Medical Education. This past year, I have had the opportunity to work with the PES Education Committee on exciting flipped classroom initiatives!

I became interested in Endocrinology as a medical student – the hormone secretion patterns and feedback are all so intellectually intriguing! I became certain of a career in Pediatric Endocrinology during residency when I had the
opportunity to explore the inpatient and outpatient aspects. The breadth and depth of what we handle as endocrinologists is incredible— from diabetes, to hypoglycemia, helping with growth and development to differences in sexual differentiation. I absolutely love the patients and am honored to be in such an awesome specialty.

Mentorship has been crucial for my success - I am so grateful to the fantastic mentors I have had along the way. As an undergraduate, I learned from my (non-medical) mentor the value of service and the importance of mentorship. In medical school, I became inspired by our Dean for Student Services who displayed remarkable support for medical students, took exceptional care of her patients and served her family as an incredible mom. Finally, my current research mentor, Dr. Andi Kelly is one of the most motivated, driven and inspiring individuals I have ever met. Working with her, I am constantly pushed to be a better clinician, patient advocate, researcher and educator. I am so privileged to have her guidance as I enter the world of Pediatric Endocrinology.

Sincerely,

Erica Eugster, MD  
PES President

Michael Levine, MD  
PES Board Member