Greetings!

Preparations for our annual meeting on April 24th-27th in Fort Worth, TX, are in full swing! As you will see below, Registration is now open! There are less than two weeks before the deadline to submit your abstracts. Please consider nominating promising medical students for the PedsENDO discovery program. Thanks to those of you who have already done so! Again, all you need to do is to submit a nomination letter and a brief statement written by the nominee to info@pedsendo.org. Nominations will be accepted until December 31st and 6 medical students will be chosen by the Education Committee to participate in the program and attend the annual meeting.


One of the major projects tackled by the PES Board of Directors during the past year and a half was the restructuring of what was previously termed the “Corporate Advisory Board”. Our goal was to revamp our relationship with industry colleagues by moving it away from a “consulting” or “advisory” role toward a true “partnership” in areas of mutual interest. Thus, the Mission Alliance Partner (MAP) program was born! The Board spend many hours hammering out the Tiers and Benefits structure and the program was officially launched just over a year ago. I am gratified to report that it has been an outstanding success! Our vision of truly partnering with our MAPs is being actualized on multiple fronts. Thus far, MAP members have contributed valuable suggestions for and been involved in initiatives dealing with fellow education, workforce issues, SIG activities and more. Their genuine support of our inaugural stand-alone meeting is yet another example of their commitment to pediatric endocrinology and to working together to ensure the vitality of our Specialty and our Society.

Congratulations to our incoming President-Elect Sharon Oberfield, Director Laurie Cohen and Treasurer Jack Fuqua! This year’s slate was incredibly competitive, and we are so appreciative that our members are willing to consider taking on extra work and responsibilities for the Society. In this season of Thanksgiving, there is much to be thankful for. Among other things, I am supremely grateful for wonderful colleagues here at home and throughout the PES family!

Welcome                      New                Members

Member                        Organization
Cavallo, Fred                 Caja Costarricense Seguro Social
Simon, Stacey                 University of Colorado Anschutz Medical Campus
The Abstract Submission Deadline for the 2020 Annual meeting, Fort Worth, TX April 24-27, 2020 is December 10, 2019.

Please click on PES 2020 Abstract Submissions to discover important Instructions/Rules to help you plan and prepare your abstract, and to learn how to complete the easy on-line submission process.

Registration and Housing portals are now open!

We are delighted to announce that the Registration and Hotel Portals for our first Independent Annual Meeting, PES 2020, are now open. We look forward to you joining us in Fort Worth, TX on April 24 – 27, 2020 at the beautiful, newly renovated Worthington Renaissance Fort Worth! This historic property is centrally located in downtown Fort Worth, just steps from Sundance Square, a pedestrian-friendly downtown district packed with shops, restaurants, and entertainment, including concerts at Sundance Square Plaza. Nearby Fort Worth Water Gardens is a serene park with pools and waterfalls.

To register for the conference, please click HERE
To get hotel reservations at the Worthington, please click HERE

For more information about the 2020 PES Annual Meeting, please click here

Fun Facts about Fort Worth:
• Did you know Fort Worth is the 13 largest city in the USA? It’s larger than San Francisco, Columbus, Seattle, Boston and Washington, to name a few.

• There are miles of running trails (50 if you go there and back) within 0.5 miles of the hotel so bring your running shoes and be prepared to feast on some of the best steaks in the country in our famous steak houses.

• Are you game for eating Game…. We got it all at Bonnells Restaurant. [https://bonnellstexas.com/](https://bonnellstexas.com/)

2020 PES Membership Dues are now available for you to renew!

Please find the link below to renew your membership. We encourage you to renew as early as possible in order to keep your membership current and ensure that you are receiving all member communications and all member benefits such as access to our “Members Only” section of the website, discounted meeting registration, eligibility to apply for travel scholarships, networking opportunities, and more! Please pay dues no later than February 28th in order to maintain your member status.

Click here to renew your dues!

**If you have forgotten your login credentials there is a password recovery link on the dues login page that you may use to retrieve the necessary information.**

If you have any questions, please contact the PES office at info@pedsendo.org.

Plan to come to Fort Worth a day early and attend the PES Leadership Advantage workshop! Early Bird discounts are available for PES Leadership Advantage - INFLUENCE which is scheduled for Thursday, April 23rd in advance of the 2020 PES Conference. The session runs 11:00 AM – 5:30 PM, with lunch and break refreshments provided.
“IQ and technical skills are important, but emotional intelligence is the sine qua non of leadership.”
--Daniel Goleman

According to Daniel Goleman, who first brought Emotional Intelligence (EI) to the business scene back in 1995, it is the use of the five EI skills that distinguishes good leaders from great leaders: Self-Awareness, Self-Regulation, Motivation, Empathy and Social Skill. Our interactive workshop will explore the drivers of these five skills and provide you with a self-assessment report regarding how you are using these capabilities to shape your leadership brand. We will delve into realistic case examples where you will dialogue with your peers about how the skilled use of EI components can influence organizational outcomes. EI builds the leadership muscle needed to navigate today’s complex cultures: self-confidence, trustworthiness, persuasiveness, change leadership, team building, and achievement drive are all rooted in the EI model. Research shows that practical application can increase performance outcomes by 20% on average. Join us for a dynamic journey into this leadership essential.

**Understanding and strengthening your EI will ensure YOU:**

- Understand the different skills and behaviors that contribute to heightened influencing abilities
- Gain more self-awareness regarding your gut reactions to situations, and how to instead apply your desired reactions and responses
- Understand and manage the responses of others during challenging interactions
- Motivate yourself and others intrinsically

*Returning participants* can register for the early bird discount [here](#): *New participants* can register for the early bird discount [here](#).

For more information, please contact The Malone Group through Sharon Malone, (860) 674-9325 or [sharon@themalonegrp.com](mailto:sharon@themalonegrp.com) or Lisa Milano, Psy.D. (917) 685-3827 or [lisa@themalonegrp.com](mailto:lisa@themalonegrp.com).

**CALLING ALL DIVISION CHIEFS:**
Planning to attend the Annual Meeting? Are you interested in networking with other division chiefs? We are looking to pull together an opportunity for newer Division Chiefs to meet with more seasoned leaders to discuss topics such as "How to lobby your administration for increased support?", "How should budgets be structured for a Pediatric Endocrine Division?", "What are the benchmarks for RVUs and numbers of clinics per week at different institutions?" and more!

*Please RSVP to Feborah at* [Feborah@degnon.org](mailto:Feborah@degnon.org) *to let her know you are interested and we will work with the program committee to assign a room and time to host this meeting.*

**Drug & Therapeutics Update on Long Acting Growth Hormone Preparations**
Long-acting growth hormone preparations, designed to be administered weekly, bi-weekly, or monthly, are intended to reduce the burden of daily injections and potentially improve compliance and treatment outcomes in children and adults with growth hormone deficiency (GHD). A brief summary of products, with recent press releases regarding Phase 2 or 3 study results, is detailed below. Please note that some of these results have been presented as abstracts but are yet to be published in peer-reviewed literature.

- OPKO Health and Pfizer recently [announced](#) that their once weekly formulation, Somatrogon, met the primary endpoint of non-inferiority compared to daily hGH in a
global Phase 3 trial in pre-pubertal children with GHD treated for 12 months. Adverse events were similar between groups.

- Ascendis Pharma A/S announced in March 2019 that their once weekly formulation, TransCon hGH, achieved greater growth velocity by 0.86cm/yr (95% CI 0.22, 1.50) compared to daily hGH and had a similar safety profile. These data were presented at ENDO 2019.
- Novo Nordisk presented data at ESPE 2019 demonstrating that their once weekly product, somapacitan, had similar efficacy to daily hGH in a Phase 2 study of prepubertal children with GHD.

Members who want to learn more are directed to a recent review of the topic (Miller et al., JCEM, Nov 2019), as well as the 2016 Perspective on the Development of Long-acting Growth Hormone Preparations from the Growth Hormone/IGF-I Research Society (in the European Journal of Endocrinology).

Takara Stanley, MD

**Spring retreat applications will be available soon!**

Be on the lookout for the 2020 PES Member dues renewal and act fast so you are eligible to apply for the 2020 Spring Retreat in Fort Worth, TX April 27-29 following the annual meeting!

**Call for Nominations- PedsENDO Discovery 2020**

The inaugural PedsENDO Discovery Program was launched in 2019 as part of a multi-pronged approach to addressing the workforce shortage in pediatric endocrinology and was a tremendous success. The PES Education Committee is now soliciting nominations for the 2020 PedsENDO Discovery Program. This year we will provide funding for six medical students to attend the 2020 PES Annual Meeting. Please consider nominating a medical student who has expressed an interest in Pediatric Endocrinology!

**Program Overview:**

- Students will receive complimentary meeting registration and support for transportation and lodging at the PES 2020 Annual meeting
- Students will be introduced during the meeting to board members and committee chairs.
- Students are expected to participate fully in the conference and attend PES sessions
- After the meeting, each student will be asked to provide feedback in the form of a brief survey and a short paragraph describing their experience.

**Criteria for Nomination:**

- The program is open to medical students in all years.

Nominations are open Now! Deadline December 31, 2019

Nominations should consist of a letter of recommendation and a brief personal statement from the nominee (to include current address, phone number, email address, and why he/she wishes to learn more about Pediatric Endocrinology).

Please send nominations and supporting materials by e-mail to the PES National Office (info@pedsendo.org) with subject titled: PedsENDO Discovery 2020 Nomination.
Applications for the 2020 Research Fellowship Awards and Clinical Scholar Awards are now open!

**Deadline: December 3, 2019, 5:00pm**

Please click on the links below to access the detailed instructions, requirements, and the applications.

Research Fellowship Awards
Clinical Scholar Awards

**History Tidbit**

**Adrenalin—the real first hormone**

Before Bayliss and Starling described secretin (J Physiol 1902; 28:325), Oliver and Schaefer (J Physiol 1895; 18:230) published that adrenal extracts contained a substance that increased heart rate and blood pressure in dogs. The substance, termed addrena (1854-1922), was isolated and crystallized by Jokichi Takamine (1854-1922), who had previously isolated a potent starch-degrading enzyme, Taka-Diastase (Am J Pharmacy 1901; 73:523), which had revolutionized the whisky industry and earned him enough money to start several pharmaceutical companies. Adrenalin quickly became popular in medicine because it raised blood pressure by constricting arterioles, raised heart rate, and was an excellent hemostatic agent. Takamine later served as an unofficial ambassador from Japan to the US, and was instrumental in the planting of the cherry trees that bloom each spring in Washington, DC.

*Alan D. Rogol, MD, Ph.D*

**Fellows’ Spotlight**

Jessica Schmitt, MD

I am currently a 3rd year fellow in the Pediatric Endocrine Department at the University of Alabama at Birmingham/Children’s of Alabama and spend the majority of my time now on research. My current projects are looking at frequency of MRI abnormalities in isolated growth hormone deficiency, changes in DKA admission rate based on basal insulin used, and a QI project to increase patient portal enrollment. I was inspired to specialize in pediatric endocrinology because endocrine is AWESOME! We are one of the few specialties that doesn’t have a single organ or organ system as its center but rather our system impacts the entire body. In most other subspecialties we use a medication (or 2 or 3) to treat a symptom or a complication of organ dysfunction, in endocrine, we can (usually) give you back what you should be making. I reached Pediatric Endocrine by a very circuitous route. I started medical school with plans to specialize in geriatrics and palliative care. After doing my adult internal medicine rotation, I realized:

1. I loved the patients, but I found heart failure and COPD uninteresting and
2. The best way to optimize quality of life at end of life was to prevent chronic disease and its complications early in life.

Next thing I knew, I was in pediatric residency where QI and cost utility were frequently discussed. This training fostered my interest in efficiency, efficacy, and equity.

I have had many mentors who inspired me along the way. In medical school, Dr. McCormick told me "anything that adults get, kids get earlier, harder, faster" - guiding me towards a career in pediatrics. Residency at Cincinnati was "trial by fire" and many of my mentors were co-residents, teaching me resiliency, endurance, and compassion. During fellowship, I moved after my first year, and through moving have been fortunate to have mentors from both MGH/C and UAB. This experience has taught me that Pediatric Endocrine truly is a small world and faculty at both institutions were more focused on what was best for me, my family, and my training than what was easiest for them. While leaving new mentors at MGH was difficult, coming back to UAB meant rejoining mentors from medical school and finding new ones in the faculty that have been added over the past 5 years.

From a clinical standpoint, I particularly enjoy managing patients with disorders of adrenal steroidogenesis and differences of sexual differentiation. For research, I am interested in finding ways to reduce DKA readmission in teens with type 1 diabetes and evaluate cost-utility of current standards of care. From an education standpoint, I am particularly interested in team-based-learning methods and how these can be incorporated into pre-clinical and clinical teaching. Outside of work, I enjoy knitting (...well, as faculty at MGH and UAB can attest this happens at work during meetings too...), reading (audiobooks while walking to work count), and connecting with family.

**CMS Releases Final 2020 Physician Fee Schedule - 16% Increase for Endocrinology**

*November 1, 2019*

Finally, good news for endocrinologists from the government! The Physician Fee Schedule for CY 2021 includes an overall 16 percent increase in valuations for E/M codes for Endocrinology – the most for any specialty. Here’s thanks to the many endocrine societies and endocrinologists who sent comments to CMS in September 2019 in support of the higher valuations – well done! Unfortunately, CMS did NOT place fine needle aspiration (FNA) biopsy codes on the “potentially mis-valued” list, closing the door to a process to increase these codes, which were substantially reduced this year.

The final CY 2020 Physician Fee Schedule includes the following positive changes for E/M services starting January 1, 2021. The final rule:

- Retain 5 levels of coding for established patients and reduce new patients to 4 levels
- Add a new CPT code for extended office visit time
- Require history and physical exams to be performed as medically appropriate and not require them for code level selection
- Allow physicians to select their E/M level based on medical decision making or time
- Implement a Medicare-specific add on code for office visits to describe the complexity associated with visits

In addition, the Final Rule makes several changes of particular benefit to endocrinologists:

- The Final Rule adopts the AMA Relative Value Scale Update Committee (RUC) recommended values for the newly redefined E/M visit codes for CY 2021. This change increased the work RVU values for endocrinology significantly, and CMS has calculated that the average endocrinologist’s reimbursement will increase by approximately 11% due to this change.
- The rule establishes a new “add-on code” (referred to as GPC1X in the Final Rule) designed to be used for non-procedural practices such as endocrinology, internal
medicine and family medicine for complex patients beginning in CY 2021; CMS has previously stated that they expect endocrinologists to use this add-on code for about 90% of their visits. Use of this code accounts for a 5% overall positive increase in E/M allowed charges for endocrinologists beginning in CY 2021.

- CMS created new codes for “Principal Care Management” services that would be rendered by specialists to patients with only a single serious and high-risk chronic condition. This would provide reimbursement for the management of patients with diabetes by endocrinologists who require expended telephone contacts to help manage their diabetes. This service is akin to Chronic Care Management services by primary care physicians to patients with multiple chronic conditions over a calendar month.

Table 120 of the final rule outlines the potential combined impact on these finalized payment policies on various specialties, with Endocrinology topping the list at 16%!

We recommend that you familiarize yourself, as well as your practice administrators, with these new rules to take full advantage of the revised valuations. Work smarter!

ICPE 2025 Announcement!

We are delighted to announce that Yokohama, Japan, will host the 2025 12th International Meeting of Pediatric Endocrinology (IMPE) – many congratulations to our sister society, the Japanese Society for Pediatric Endocrinology (JSPE). The vote was very close, with a great deal of interest in a bid by the Arab Society for Pediatric Endocrinology and Diabetes for Abu Dhabi as the host city, but in the end, Yokohama was selected as the venue.

Further details about IMPE 2025 will follow in due course. And don’t forget the 11th International Meeting of Pediatric Endocrinology, which will be 25 - 28 September 2021 in Buenos Aires, Argentina. More information about IMPE2021 can be found HERE.

Sincerely,

Erica Eugster, MD
PES President

Michael Levine, MD
PES Board Member

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