Stay Informed:

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PES Annual Meeting
April 24-27, 2020
Fort Worth, TX

Meeting Info

Greetings!

Thanks to those of you submitted last minute suggestions for topics or speakers for the PES 2020 Meeting to the Program Committee! The schedule is being finalized and dates for early bird and regular registration will be announced shortly. As you will see below, the abstract submission site opens soon!

Fun Facts about Fort Worth:
- Established in 1849, it was originally known as “Cowtown” because of the millions of cattle that were herded along the Chisholm Trail. It is also known as “the place where the West begins”. It is also known as “Funky Town!

Terrific progress is being made on our plans to revamp the PES website with crucial input from many of our committees and SIGS. Perhaps most thrilling of all is that we expect the PES APP to be unveiled in time for the 2020 Meeting! This will provide an interactive platform that will enable the nimble exchange of information, tips and tools for busy clinicians and all those engaged in Pediatric Endocrinology!

Fellowship interview season has started, and the PES Board of Directors would like to remind all Division Chiefs and Fellowship Program Directors that it is of utmost importance that our subspecialty honors the NRMP Match Program which we agreed to participate in starting in 2012. The NRMP Match provides fellowship applicants with the ability to consider a wide range of options for their training and ultimately choose the program that best matches and prepares them for their career goals. The entire matching process is sabotaged by programs offering positions “outside the Match”. In the interests of our future colleagues, to be fair to all participating programs, and to preserve our specialty’s ability to continue with the match, we strongly urge all fellowship programs to abide by our collective decision to utilize the NRMP Match to accept fellows into their training program. Thank you!

September always feels like a time of change…. of endings and beginnings. For my husband and me, it marked a new season of cross-country for the 9 years (from 8th grade through college) that our identical twin girls ran varsity XC. Nothing quite compares to the emotional intensity of a XC meet! So, while I don’t miss the performance anxiety, obsession with “carb loading”, “PR’s” etc., autumn will always make me a bit nostalgic about those days. Whatever memories this time of year conjures for you, I’m wishing all of you a beautiful start to fall!

Welcome to our New Members!

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<thead>
<tr>
<th>Member</th>
<th>Organization</th>
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<tbody>
<tr>
<td>Gopalakrishnamoorthy,</td>
<td>NY Presbyterian-Columbia University Med Ctr</td>
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<tr>
<td>Mahalakshmi</td>
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<tr>
<td>Cielonko, Luke</td>
<td>Phoenix Children’s Hospital</td>
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<tr>
<td>Logel, Santhi</td>
<td>University of Wisconsin-Madison</td>
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<tr>
<td>Mencher, Shana</td>
<td>Yale New Haven Hospital</td>
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<tr>
<td>O’Neill, Alison</td>
<td>Children’s Hospital of Philadelphia</td>
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<td>Hanke, Stephanie</td>
<td>Children’s Hospital of Philadelphia</td>
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<td>Clennon, Hope-Elizabeth</td>
<td>Maimonides Children’s Hospital</td>
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<td>Yousif, Maha</td>
<td>UT Southwestern Medical Center</td>
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<tr>
<td>Apsan, Jennifer</td>
<td>NYP Cornell</td>
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<td>Cobb-Walch, Abby</td>
<td>University of California San Francisco</td>
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SAVE THE DATE!

Call for Abstracts opens Mid October! for the 2020 Annual meeting, Fort Worth, TX April 24-27, 2020

Click here for meeting webpage and bookmark for frequent visits! We will update with details as they become available.

ATTENTION ALL MIDWEST PES MEMBERS!
REGISTER NOW!
The Midwest Pediatric Endocrine Society (MWPES), founded in 1988 and representing Pediatric Endocrinologists from 11 states (Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin), invites you join them at Washington University in St. Louis, Missouri for the Society’s 2019 Meeting. The MWPES Meeting will take place November 8-9 2019 in scenic St. Louis, with an exciting line-up of national thought leaders who will speak on diabetes and endocrine topics. Registration for this CME course is managed by the Washington University CME office, for either one day (MWPES meeting is Saturday, November 9) or two days (November 8 and 9). Trainees and Nurses welcome. CME and CEU will be provided.

MWPES physician members can receive a discounted rate on the one-day Saturday Physician Rate. Enter Discount Code MWPES2019 and select the Saturday Physician Rate and your cost at checkout will be $150.

In addition, the MWPES is hosting a dinner on Friday, November 8 at Wildflower Restaurant in St. Louis’ Central West End. Please note this is separate from the CME event and no credit will be provided. Meeting registrants will receive a separate invitation to the Friday evening dinner from MWPES.
Click here to register or for more information:

PES position about chaperoning in response to listserve discussion
There have been recent discussions on the peds endo list-serve regarding the need for and qualifications of chaperones during genital examination of patients. As some may recall, this issue came up last year and led then-PES President Phil Zeitler to clarify the PES Policy in a letter published in the New York Times. As a reminder to the membership, we provide an excerpt of that letter outlining the official PES policy regarding such exams below. Please do not hesitate to reach out to Erica or Maureen with any questions or concerns.

While brief genital examination remains an integral and critical part of assessment of growth and puberty in children and adolescents for which there is no alternative, our members are trained to practice examination techniques that respect the privacy and dignity of our patients, are quick and limited to obtaining only the necessary information, and are always chaperoned by either a parent or trained medical staff, depending on the patient’s preference.

MAP Spotlight; Exciting New from LabCorp:
Introducing MODY testing, now available through LabCorp and Endocrine Sciences

MODY affects more than 300,000 people in the United States, yet studies suggest that up to 95% of cases may be misdiagnosed as Type 1 or Type 2 diabetes.¹ The four most common forms of MODY are caused by mutations in HNF1A (MODY3), GCK (MODY2), HNF4A (MODY1), and HNF1B (MODY5).¹²³

Accurate diagnosis enables appropriate treatment.¹² In addition to optimizing treatment, correctly diagnosing MODY can assist in diagnosing other affected family members and predicting the prognosis of the disease.² A specific MODY diagnosis can also explain symptoms other than hyperglycemia and allow for increased surveillance of associated complications.²

Recent guidelines by the American Diabetes Association indicate that MODY testing should be considered in patients diagnosed with diabetes in youth or early adulthood, who do not display typical diabetes characteristics². MODY should also be considered in patients who have a strong family history of diabetes not, characteristic of Type 1 or Type 2 diabetes, in successive generations.²
Test Information

<table>
<thead>
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<th>Test No.</th>
<th>Specimen Requirements</th>
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</thead>
<tbody>
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<td>MODY Genetic Panel</td>
<td>504603</td>
<td>5 mL whole blood in lavender EDTA tube</td>
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</tbody>
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Prior authorization initiated when required and permitted.

Please contact your local sales representative for additional ordering information or contact LabCorp’s Endocrine Hotline at **877-436-3056**. Technical consultation is available through endocrine experts.

References


Medical Education Series! Coming Soon: Pediatric GHD

We are delighted to announce that a pediatric Growth Hormone Deficiency (GHD) medical education series will be coming to our website later this year!

This initiative will comprise three webcasts, each developed with expert input from Dr Adda Grimberg (Children’s Hospital of Philadelphia, PA, USA), Dr Laurie Cohen (Boston Children’s Hospital, MA, USA) and Dr Steven Chernausek (University of Oklahoma Health Sciences Center, OK, USA). Each webcast will be accompanied by related learning materials including facts and figures infographics and quizzes, each focusing on different aspects of GHD. All materials will be accessible on our PES website as part of the new ‘GHD knowledge center’ and will be freely available for all members of PES and the wider community for ‘on-demand’ learning.

We want to hear from you!

 Ahead of the GHD webcasts, we invite you to submit any questions you may have for the faculty, relating to the following topics:

- Diagnosis of GHD in pediatric patients
- Traumatic brain injury or cancer-induced GHD
- Comorbidities and management of patients with GHD

Please submit your questions to pediatric.endo@mudskipper.biz by October 10, 2019, and we will aim to address your questions during the webcasts.

National Childhood Obesity Awareness Month

September is National Childhood Obesity Awareness Month. Almost one in five children (19%) in the United States has obesity, and many will suffer from associated comorbidities related to excess adiposity. The most effective interventions to prevent and treat childhood obesity remain elusive; however, pediatric providers from different specialties are forging unique partnerships with community and industry leaders, healthcare organizations, schools, and academic institutions to fight this epidemic head-on. Here, we highlight just some of the innovative programs/initiatives around the country aimed at decreasing the reach of child obesity and improving the health of our children:

- In addition to other obesity initiatives, the AAP has developed a Healthy Growth App for caregivers that provides customizable information on healthy eating/active living for young children and their families. [https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Childhood-Obesity-Awareness-Month.aspx](https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Childhood-Obesity-Awareness-Month.aspx)
The Kohl’s Start Childhood off Right (SCOR) Program is a collaboration between Connecticut Children’s Medical Center and community partners in Hartford, CT focused on children from birth through age 2 utilizing family counselling on healthy nutrition/activity, community outreach to support families regarding healthy growth, and promotion of community wellness events. [https://scorct.org](https://scorct.org)

Development of a Childhood Obesogenic Environment Index by researchers at the University of South Carolina that detail differences in obesogenic environment based on rurality of counties and geographic region. [https://beachlab.sc.edu/current-research/rural-obesity-project/](https://beachlab.sc.edu/current-research/rural-obesity-project/)

LEAD (Listen, Empower, Advocate, and Drive change) for Rare Obesity provides resources for patients and families, including a risk assessment for possible rare genetic disorders of obesity and links to genetic testing opportunities. [https://www.leadforrareobesity.com/](https://www.leadforrareobesity.com/)

On behalf of PES, we are pleased to be able to provide pediatric obesity education to members through our **PES Obesity SIG MOC/CME Activity** developed by Obesity SIG members. This educational activity covers a variety of important topics in the management of pediatric obesity with additional pediatric obesity resources for PES membership planned in the year ahead. By addressing obesity and its complications during childhood and providing treatment and education for patients and their families, we ultimately serve as advocates for the future health of our children.

Sincerely,

Marisa Censani and Christine Trapp
Obesity SIG Co-Chairs

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 Part 2/CME Activity that contains approximately 60 multiple-choice items and detailed answer explanations. 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.

This educational activity is free of charge to PES members through 12/31/2019. Click [here](#) to register.

**NO-COST * GENETIC TESTING FOR RARE GENETIC DISORDERS OF OBESITY NOW AVAILABLE IN US**

The multigene panel includes genes potentially associated with several rare genetic disorders of obesity. More information about the program and patient eligibility, visit [UncommonObesity.com](http://UncommonObesity.com).

*Covers cost of test only—excludes office visit, sample collection, and any other related costs to patient.

**History Tidbit**

What’s in an eponym? Graves disease by any other name would be just as hyperthyroid.

Karl Adolph von Basedow, while practicing in Merseburg, Germany, thought he was the first to report patients with what later came to be known as the Merseburger triad of goiter, tachycardia and exophthalmos in 1840. One improved with iodine treatment (Wochenschrift für die gesammte Heilkunde, 1840, 13:197). The eminent Irish surgeon, Robert James Graves, F.R.C.S. (27 March 1796 – 20 March 1853), has often been credited as the first to describe the triad in 1835 (London Medical and Surgical Journal, 1835, 7:516); fun fact: Graves is also credited with the development of the seconds hand on watches, a concept Graves had come up with for personal use but didn't patent. However, the Welsh physician, Caleb Hillier Parry, reported the triad in a posthumous publication in 1825 (Collections from the unpublished medical writings of C. H. Parry, 1825, 111) In addition to Basedow, Graves and Parry disease, Flajani, Begbie, and Marsh disease have also been used to describe the triad.

Submitted by: Alan M. Rice, MD

**PES Leadership Advantage Program**

Save the Date: The next PES Leadership Advantage session will be held Thursday April 23, 2020, the day before the PES meeting starts. For more details, click [here](#). New participants welcome!
Attention Program Directors: Important notice:

- Please note that the "EMPOWER for health Act of 2019 (HR 2781)" bill will be voted on soon for on Capitol Hill: it has bipartisan support and was placed on the House of Representatives calendar for an upcoming vote as of Sept 24, 2019.
- This bill would reauthorize the Title VII health professions education and training programs from Fiscal Year 2020 through Fiscal Year
- The Section EC. 775 "INVESTMENT IN TOMORROW’S PEDIATRIC HEALTH CARE WORKFORCE" of this bill would reauthorize the Pediatric Subspecialty Loan Repayment Program (an unfunded mandate under the ACA that expired).
- Passage of this legislation would be an important benefit for our Pediatric residents to be able to afford sub-specialty training in Endocrinology!

The AAP is finalizing plans for a concerted Pediatric Subspecialty Day of Action that is tentatively planned for October 10, 2019. Watch for a formal email to follow with resources and dates for advocacy to share with your department colleagues, staff and families as this legislation advances in the very near future. Please be aware that all trainees will have the section for endocrine fee waived effective Sept 26, 2019 as we all advocate for this legislation as well as the anticipated late 2019 drug affordability legislation to reduce insulin prices. https://www.govtrack.us/congress/bills/116/hr2781

Clinical Scholar and Research Fellowship Awards -opening SOON!
Applications for the 2020 Research Fellowship Awards and Clinical Scholar Awards are opening soon!
NOTE: The timeline for RFA/CSA submission has shifted this year. The application process will begin and end a month earlier, but applicants will have the same amount of time to apply as past years.

Deadline: December 2, 2019, 12:00 PM (Eastern)

Education Webinar Series:
Dr. David Maas – T1DM Management – where are we and where are we going?
October 21, 2019
4:00 PM EDT

The PES Education Committee has initiated a series of webinar topics covering important hot topics/controversies to be presented by stalwarts in the field. We will be recording the webinars to post on the PES website to benefit PES members and the PES mission of providing continuing educational programs. Past webinars and the upcoming webinar schedule can be viewed here.

Please register here: https://attendee.gotowebinar.com/register/5498058817671291649
After registering, you will receive a confirmation email containing information about joining the webinar.

Fellow Spotlight; Bhuvana Sunil

I am currently a 3rd-year endocrinology fellow at the University of Alabama at Birmingham. I completed medical schooling in Bangalore Medical College and Research Institute, Bangalore, India and pediatrics residency in Harlem Hospital Center, New York, an affiliate hospital of Columbia University. I have a strong clinical and research interest in obesity, Type 2 diabetes, and metabolic syndrome. My main research focus during fellowship has been to identify dietary strategies to decrease insulin resistance and its consequences in children with obesity. My other projects include studying the return of first phase insulin response in early type 2 diabetes by using hyperglycemic clamps, a study on abnormal endogenous insulin secretion in children with insulin-treated Type 2 diabetes, and a study to identify racial disparities in lipoprotein profile indices and early markers of vascular endothelial dysfunction in adolescents with varying spectrum of insulin resistance. Endocrinology has always felt like a perfect field for me. I love that it is ever evolving, driven by pathways and processes amenable to logical thinking. It is great that we get to consider a holistic view of the body’s physiological function rather than focus on a single organ system. I also enjoy the impact we have on the lives of children during their critical phases of growth and development, and the
continuity of care afforded by this field. As I have progressed through training, I feel honored to have learned from Dr. Ilene Fennoy during residency. Her immense knowledge, meticulousness, love for science and passion for teaching were awe-inspiring. During fellowship, I have been very fortunate to work with Dr. Ambika Ashraf, Dr. Kenneth McCormick and the wonderful endocrinology team at UAB. I am particularly grateful for the mentorship of Drs. Ambika Ashraf and Barbara Gower. Dr. Ashraf is one the most motivated, kind and intelligent endocrinologists I know. She is a gifted teacher, and being her mentee makes me feel inspired to be a better version of myself every day in both clinical care and research. I hope to follow the paths taken by these wonderful mentors to carve a fulfilling career in academic endocrinology.

Sincerely,

Erica Eugster, MD
PES President

Michael Levine, MD
PES Board Member