Hello pediatric endocrinology fellows and program directors! We are especially excited to welcome all the new fellows to the wonderful world of pediatric endocrinology. The Pediatric Endocrine Society (PES) Fellows’ Newsletter is distributed twice yearly with a goal of providing fellows and program directors with a succinct resource for educational and professional opportunities.

How to Join PES
All Pediatric Endocrine fellows are eligible to join PES – a link to the membership application is here.

Benefits of membership include journal access to Hormone Research in Pediatrics, the monthly PES Presidential newsletter, access to the PES Jobs Board, eligibility to apply for awards and scholarships, access to the member directory, opportunities for involvement in PES committees, and much more.

PES members also have reduced rates for the national Pediatric Endocrine Society meeting, taking place this year in Fort Worth, TX on April 24-27, 2020. More information can be found on the PES Website or here.

Tips for a Successful Fellowship!
Fellowship is a unique time in your medical training, a time during which you’ll develop a clinical expertise, pursue scholarly projects and research studies, and grow into the role of a consultant. We surveyed pediatric endocrinologists about tips for a successful fellowship and have shared some suggestions below:

- Don’t be afraid to ask questions, especially when working with someone who has an interest/expertise in a particular area
- Read about your patients. It is the best way to learn!
- Subscribe to table of contents for relevant journals (JCEM, Pediatric Diabetes, Diabetes Care, NEJM etc.) in order to stay up to date on recent studies
Choose your mentor wisely based on:
1. Field of interest (you need to do something you like!)
2. Personality/Character matching (you need to ensure you can communicate efficiently)
3. Publications and career of previous mentees (you need to find a good job after fellowship)

- Pursue an academic project in an area you truly enjoy. If you're passionate about your work, you will enjoy the process and have a higher chance of success!
- Get involved with other Pediatric Endocrinologists at the national level: join PES committees, engage with special interest groups, and attend meetings.

Recent Articles and Guidelines
Each Fellows' Newsletter includes links to recent publications relevant for pediatric endocrinologists, and we are focusing on the adrenal gland with this issue. These publications can be accessed by clicking the links below or can be found, along with many other publications, on the PES Website.

- **CAH due to Steroid 21-Hydroxylase Deficiency Guidelines** published in JCEM in 2018
- **Emergency Management of Adrenal Insufficiency** from the PES Drugs and Therapeutics Committee

Fellows and Early Career Member Spotlight
Program Directors: The monthly PES Presidential Newsletter features the outstanding and interesting career paths and work of our pediatric endocrine fellows and recent graduates. Please consider allowing us to feature your most inspiring trainees or those who have recent embarked on their careers. To nominate fellows, please email us at Lisa Swartz Topor at lisa_swartz_topor@brown.edu, Amy Levenson at amy.levenson@unc.edu or Parissa Salemi at psalemi@northwell.edu.

Grant Opportunities
PES funds up to five Rising Star Awards every six months to support fellows' research efforts. The maximum amount of funding available for each grant is $2,000 for one year. This is a wonderful opportunity available to all fellows on an institutional T32 grant with an MD/DO or equivalent degree who have at least 6 months of fellowship training remaining at the start of the award. *Candidates on F/K grants or those who have received previous research fellowship or Rising Star awards from PES are not eligible. For more information, click here.
Mentoring Initiative for Pediatric Endocrinology Fellows

The Research Affairs Committee (RAC) of the Pediatric Endocrine Society has initiated a mentoring initiative for pediatric endocrine trainees to help further their research/academic/clinical careers. For details about the initiative, email the RAC at RAC@pedsendo.org.

Join the Peds Endo Listserv!

The Peds Endo listserv is a community-based resource with access to many pediatric endocrinologists around the world. The listserv is a great resource to get advice on patient cases, learn from reading about other clinical conundrums, and connect with leading experts in the field! To join, send an email to: peds-endo-subscribe@yahoogroups.com

*Consider creating a listserv folder in your email to avoid flooding of your general email account

Follow PES on Social Media

Stay up to date with PES on social media! Follow PES to receive updates on research and publications, important deadlines, and more. Click on these links to Facebook and Twitter.

We are always looking to improve this Newsletter and welcome feedback. Please email us at Lisa Swartz Topor lisa_swartz_topor@brown.edu or Amy Levenson at amy.levenson@unc.edu with suggestions. Our next issue will be distributed in Spring 2020.