



ENDOCRINE SOCIETY OF INDIA

NEWSLETTER

1st
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April, 2021

NEWS LETTER TEAM

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Dr. Ganapathi Bantwal
President

Dr. Rakesh Sahay
President Elect

Dr. Sanjay Kalra
Immediate Past President

PRESIDENT'S MESSAGE

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Dr. Ganapathi Bantwal
President

“ It gives me immense pleasure and satisfaction to note that the editorial team has come up this quarterly newsletter which highlights the scientific activities and developments. The COVID pandemic has disrupted the entire world including the many activities of the ESI. However, we have managed to make the most of the situation with many educational initiatives involving global and regional endocrine societies. The newsletter showcases the activities and achievements of the ESI and its individual members. I wish the editorial team all the best in this initiative and hope the endeavors continue in the future with camaraderie and sparkle. ”

WELCOME NOTE

Dear friends, A big hello from all of us!

As you would be well aware, our tribe seems to be growing rapidly from a handful of endocrinologists to a four-figure number now. ESI entrusted us the responsibility of keeping you abreast with what's happening across our great nation and all across the globe with this quarterly newsletter. The objective given to us was a simple one to include all the academic and non-academic activities pertaining to ESI and its members in the newsletter. We bring you a mix of great learning, crisp updates and friendly banter, in the right proportions. We hope to address important points pertaining to our fraternity in clinical practice and also highlight practical insights and share work experiences from our colleagues. We would also be sharing information on the latest academic opportunities for research, clinical fellowships, observer ship and collaborations. We request all members of the ESI to send relevant material which they wish to share with all the local and global endocrine fraternity through the newsletter. We also request you to provide the feedback about the contents and the layout of this issue enabling us to improve further. With much love and prayers for a safer 2021,

- by EDITORIAL TEAM

ESI EVENTS - ESI BIRTHDAY CELEBRATION



COVID-19 pandemic brought about unforeseeable changes in the way we live and work, and ESI has been among the front runners in adapting itself with positive change. ESI under the presidency of Dr Sanjay Kalra and Dr Ganapathi Bantwal has made significant strides in promoting endocrinology awareness among the population in general and ensuring high quality endocrinology education is made available to doctors across the country and even abroad through the digital medium.

The first major event of the ESI was the virtual Endocrine Week held over 6 days from 16-21st November 2020. The scientific program had a stellar faculty list representing the best of India and the world. The program saw active participation of general physicians, internists, gynaecologists, paediatricians and endocrinologists from across

India and globe and was a huge success. The positive response and popular demand led ESI to organize endocrine awareness week from 10-17th January 2021. The event started with the birthday celebrations of ESI on 10th Jan and culminated with the celebration of the South Asian Federation of Endocrinology Societies (SAFES) birthday on 17th Jan 2021. SAFES day was attended by the president of the European and American Endocrinology societies and celebrated the global unity brotherhood among endocrinologists, in sync with the Indian psychology of "vasudhaika kutumbam"

The world obesity day was celebrated as the obesity week from 1st to 7th March 2021, where the latest advances in managing different aspects of obesity and diabetes was discussed by eminent faculty from different specialities. Facebook live events

addressing the common queries and myths associated with different endocrinopathies was also organised by ESI. For the first time ever, the foundation day of ESI was celebrated as "ESI birthday" with a marathon cake cutting session by endocrinologists from different cities and states of India, which was live telecast on digital platform starting from the eastern most part of India Manipur and ending with Gujarat. The ESI has been at the forefront in the virtual endocrine education programs which was widely appreciated by all the global partners. We wish to continue this bonding further in the years to come and strive hard to make the ESI a global champion in the field of endocrinology.

- Dr. DEEP DUTTA



THEMATIC WEBINARS

4 modules of 3 months each
– weekly webinar with quiz

- Critical care
- Gender specific endocrinology
- Interdisciplinary endocrinology
- Systemic endocrinology

The choice of our webinar themes, including Transgender Endocrinology and Gender sensitive Endocrinology, as well as monthly international webinars, such as Endocrine Nursing, demonstrate an inclusive approach to the definition of the endocrine community, as well as the society that we serve.



Obesity Day - March 7th

The world obesity day was celebrated as the obesity week from 1st to 7th March 2021, where the latest advances in managing different aspects of obesity and diabetes was discussed by eminent faculty from different specialities. Digital symposiums from the 4 different parts of India, viz the north, the south, the east and the west zones were organized on different weekends of the months of January and February in 2021.

DIGITAL EVENTS CONDUCTED

- Endocrine week (November 16 to 22, 2020)
- ESI Satellite Symposium North India (Jan 2 & 3, 2021)
- Endocrine awareness week (January 10th to 17th, 2021)
- ESI Satellite Symposium East India (Tropical endocrinology) (Feb 6 and 7, 2021)
- ESI Satellite Symposium South India (Women endocrinology) (Feb 21, 2021)
- ESI Satellite Symposium West India (Endocrine connections) (Feb 27-28, 2021)
- ESI Eating disorders day (March 1, 2021)
- ESI Obesity week (March 5 to 7, 2021)

(ESI) events in the last quarter of 2020 and early 2021

COVID-19 pandemic brought about unforeseeable changes in the way we live and work, and ESI has been among the front runners in adapting itself with positive change. ESI under the presidency of Dr Sanjay Kalra and Dr Ganapathi Bantwal has made significant strides in promoting endocrinology awareness among the population in general and ensuring high quality endocrinology education is made available to doctors across the country and even abroad through the digital medium.



-Dr. Ameya Joshi

3rd Annual Conference Karnataka Endocrine Society



The 3rd annual conference of Karnataka Endocrine Society “Hormone Rhythm” was held on 6th and 7th March 2021. It was a special event, as the physical conference was happening after an year. Scientific agenda included symposia on thyroid, bone, diabetes, gynaecological endocrinology, meet the professor session and a plenary session on “Hypophysitis” by Dr.Sriram Gubbi from NIH, Bethesda. Dr.Jubbin Jacob, Dr.Gagan Priya (Punjab), Dr.Sriram Mahadevan, Dr.Karthik Balachandran (Chennai), Dr.KVS Hari Kumar (Hyderabad) and Dr.Suresh Damodaran (Coimbatore) had participated as guest faculty and delivered very informative lectures.

The conference was attended by more than 200 delegates; the scientific contents and the arrangements were appreciated by everyone. Strict COVID preventive measures were followed throughout the conference. This was the first physical endocrine conference in the last one year and will open the doors for many to follow.



RAJASTHAN ENDOCRINE AFFILIATE DIALOGUES - READ



READ is a highly popular virtual program done by the Rajasthan State affiliate chapter of the Endocrine Society of India. The program was conducted by Dr Sanjay Saran (Organising Secretary) under the able guidance of READ President Dr. Prakash Keshwani. The meetings had excellent participation from the endocrinologists, physicians, gynecologists and doctors from many other allied specialities.





2020 was an unprecedented year in many ways..a year filled with trials and tribulations, with unlearning and new learnings and a year in which women endocrinologists bedazzled individually and collectively. The amalgamations took place locally, nationally and across borders because nothing can hold back these dynamic women when they decide it is their turn to shine and shine they did..be it book clubs, running the marathon, painting, dancing, writing prose and poetry or simply holding on to each other in these tough times of balancing work and family..they sailed through it all..this page is dedicated to all my seniors and teachers who paved the way and taught us the sky is the limit, to my colleagues whose desire to learn and teach is indomitable, to my juniors who are sprightly and determined..together we can conquer it all. [Wishing you a great year ahead and a fantastic read!](#) – DR. SHEHLA SHAIKH

Walk the Talk - DR. NALINI KOPALLE

It was a regular Wednesday afternoon and I was on my way back from work. I met with a major car crash that would have cost me my life. Unexpectedly the accident left me with just broken bones, dislodged teeth and multiple injuries. Though surgeries fixed my injuries, my mind remained unsettled. I realized that I took my life for granted. It was time for change. I made changes to my routine to focus on my health. I was eating on time and started to exercise. I was introduced to short distance running through a program in my community. Initially, running even 100 meters was exhausting, but I graduated to 5000 mtrs and then 10000 mtrs. With constant motivation from my father and support from my husband, I pursued my running and did regular 10km runs. All was well.

But calamity struck again. I lost my father to a chronic illness. I had to bottle up the grief for the sake of my mother. It was tough to rise up. I avoided friends. I spoke to none. I quit my hobbies, even running.

One fine day, a close friend requested me to accompany her for a 100 day running challenge. I couldn't say 'No' to her honest request and I reluctantly agreed. This was the start of my 2nd innings in running. As I ran, the grief ebbed away, slowly. I ran for peace & solitude. I was enjoying the long distance running. Till date, I ran twelve half marathons(21km), one full marathon(42km) and one ultramarathon (50km). There were childhood memories embedded in each run. The more I ran, the better I felt. There were challenges with every run, every day. But the difficulties made my resolve stronger. Being an endocrinologist at a reputed hospital for women, I understood how many women were oblivious

to a healthy and active lifestyle. All around me, I saw many women succumbing to these challenges, giving up on the most important priority - their health. I counseled my patients. I preached and also practiced. I vowed to myself that I wouldn't stop-come what may! I shall walk the talk!



Brave Girl, Adjust Your Crown

-Dr. GAGAN PRIYA



When life wears you down
When sorrow makes you drown
Just breathe, and believe in you
Brave girl, adjust your crown

When worries wear you out,
Your anxiety beats about
Hold on to the light of your soul
Strong girl, believe you are whole

When violent and raging is the storm
You are struggling to stay warm
Remember you are your own shelter
Brave one, you know how to conform

When vulnerability is all you feel
When the moment is surreal
Listen to the sound of your inner self
For you are your anchor and your keel

When demanding is the time
When life is one hard climb
Believe in your own tenacity
O valiant one, your nature is sublime

The carousel keeps spinning around
You have to climb the hill up and down
You've got this all the way, my love
Brave girl, adjust your crown





WOMEN IN ENDO



1. Sunetra Mondal

ESI -AV Gandhi award for excellence in Endocrinology for the year 2020.

IPGMER, Kolkata

2. Dr. Lakshmi Nagendra

First place in oral presentation at ISBMR 2020

3. Dr. Sarah Alam

* First Prize in Oral Presentation in ESI Week 2020

* First Prize in Oral Presentation in TRENDO 2020

* Poster accepted in ENDO 2021

* Original article in Clinical Endocrinology January 2021

4. Dr. Hiya Boro

* Dr. MMS Ahuja Award for best DM Resident in Endocrinology at AIIMS, New Delhi

* ESI- AV Gandhi award for best thesis in Bone and Mineral Metabolism

* First Prize in Poster Presentation in ESI Endocrine Week 2020

* 14 publications in past year

5. Dr. Manjeetkaur Sehemby

* Endocrine society of India A V Gandhi award for best thesis in Pituitary Adrenal and Gonads

* Original article in JCEM

6. Dr. Aishwarya Krishnamurthy - 10 Publications

7. Dr. Walia R - 10 Publications

8. Dr. Kripa Elizabeth Cherian - 24 publications

9. Dr. Tejal Lathia and Dr. Chitra

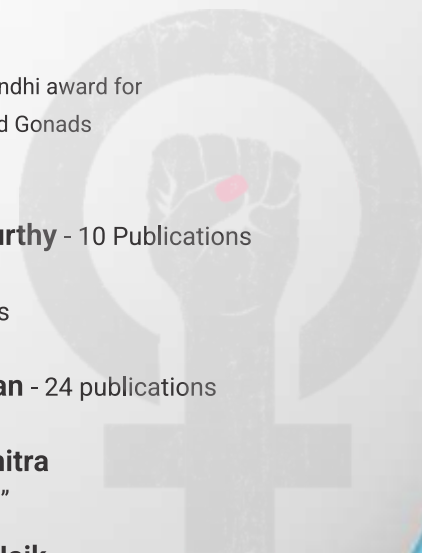
- Release of "Language Matters"

10. Dr. Vaishali Naik

- Poster in AACE, 2020, 9 Poster in Endo 2021

11. Dr. Shehla Shaikh,

Coauthor in IDF DAR guidelines 2021





WEBINAR IN ENDO

Author - Dr Atul Kalhan UK

The spring of year 2020 heralded the globe into an unprecedented medical crisis, the effects of which are being felt in every sphere of life as we reflect upon the surreal events which have transpired over the last 12-months. As quarantine, self-isolation, lockdown have acquired a familiar and imposing presence in our collective vocabularies, the ever so creative human instincts for survival have helped unravel solutions for novel challenges thrown in by this highly infectious mRNA virus. Continuing medical education has embraced and adapted to online teaching with word webinar becoming synonymous with a novel mode of communication which has already challenged and may end up changing forever, our conventional lecture/conference based teaching styles.

The increasing surge of metabolic disorders has led to an increased responsibility on the shoulders of an Endocrinologist. Teaching the peers and improving awareness in public perhaps has a far more impact in influencing healthcare outcomes as compared to time spent in one to one individualised care. Ease of access of online medical literature has facilitated sharing of scientific information although critical evaluation of available evidence requires an unbiased and balanced scientific approach. With this backdrop, a solid webinar session can be used as a platform by the specialists to navigate around clinical practice related challenges apart from sharing tips for best practice.

It is of utmost importance for such clinical scenarios to be realistic and mindful of resources which vary across regions. The discussion

should be centred around the cluster of clinical features, diagnostic modalities and management aspects which are based on best clinical practice with judicious use of resources.



The super-specialist working in a region are opinion leaders and influencer for healthcare being provided regionally and across the nation. Practicing evidence based medicine which can be shared across with peers and juniors apart from robust use of locally adapted guidelines remains cornerstone of improving medical care. To sum up, a webinar should be:

- Evidence based and scientifically solid, providing audience with balanced views
- Interactive and matched to the needs of the learner group
- Clinical scenario based rather than being too didactic
- Emphasis on loco-regional disease spectrum and mindful of available resources
- Discussion of diagnostic and management dilemmas using an unbiased approach
- Avoid expert or specialist opinion which can be laced with inherent cognitive biases
- Reinforcement of on key take home messages which would improve patient care



Author - Prof. Margaret E Wierman,
Chair of the International Society of Endocrinology

How does our daily routine look like today

compared to a year ago? In addition to our commitment to in person hospital and clinic duties, we are meeting in virtual rooms, with the click of a mouse or through quick messages, emails and chats, using variety of platforms and apps – we are juggling daily duties and appointments with the need to communicate remotely with our colleagues and this imposes huge challenges to all of us. Still, it is more important than ever to transform these challenges into opportunities and quickly adapt and change so we continue thriving in our profession and our goal to promote endocrine science education and improve patient care. We are focusing to preserve knowledge sharing, networking and collaboration, not only as specialists but as individuals as well.

A pioneer in this world of novel approaches and formats of meetings and new educational opportunities is your Endocrine Society of India. In the past year, as Chair and representative of the International Society of Endocrinology, I was able to participate in several events where I witnessed the spirit of innovation and remodelling previous approaches of how meetings and activities are held. Led by the needs of endocrinologists but also complying with their very busy schedules, ESI found a way to continue conveying

knowledge and connecting with its members even with the lack of live events. In the past year, ISE has endorsed some of the ESI's virtual events such as the ISE CME Webinar Series in October and the Endocrine Week in November, 2020.

ISE supported international renowned speakers to enrich and enhance the events' programmes. As an "United Nations of Endocrinology" ISE has always been focused on disseminating knowledge internationally through our Global Education Hub.

SE and ESI continue collaboration in many different fields beyond education. Partnerships and advocacy are a main priority of ISE and we received great support by the Past President of ESI, Dr. Sanjay Karla who helped us expand our membership network in the Middle East and Africa.



Adrenal failure was universally fatal until the discovery of glucocorticoids. Replacement with generous doses definitely saved lives, but we are now seeing the complications of excess replacement. Many countries use oral hydrocortisone, but because of its short half-life, it needs to be given twice or thrice daily. Normal endogenous cortisol secretion has a circadian rhythm, with peak levels in the morning. Late doses of hydrocortisone are not physiological. Prednisolone gives a more physiological profile when used once daily (1), but excessive dosing is common, and it is clear that the standard dose of 5mg used in many countries is

excessive.

We are currently investigating different doses of prednisolone (using an LCMS assay for prednisolone) for patients with pituitary and adrenal failure, and it is clear that the optimum dose of prednisolone for patients with pituitary failure is between 2mg and 4mg once daily, taken first thing in the morning. For adrenal failure, we use the same dose of prednisolone with fludrocortisone 50 to 100 micrograms.

In countries where the lowest tablet dose is 5mg, we are trialling



this dose in comparison to half a tablet (2.5mg) or three quarters of a tablet (3.75mg). In our own practice, 3.7mg is our average dose (2). Our hypothesis is that patients on 3.75mg once daily of prednisolone will have less tendency to put on weight, and have all the advantages that go with this, including a lower insulin, lower glucose, and lower blood pressure, and reduce osteoporosis. In addition, they may have less immuno suppression, and thus suffer less from infections. We have already started a randomised controlled trial of hydrocortisone (thrice daily) with prednisolone (once daily), and early data is promising (2).

Do you want to take part in an International Study, and join an International Publication?

Do you have patients who are stable on prednisolone 5mg once daily for adrenal insufficiency?

Can your centre find someone who can spend some time running this study?. It requires dedication from someone who is actually seeing these patients, but can spend a bit of extra time with the patient to explain the advantage of reducing the dose to 3.75mg daily, and breaking a tablet into three quarters.

We are looking for centres around the world to take part in this research. If you have patients who are on replacement, either hydrocortisone or prednisolone, you can take part. All you need to do is record some data from patients who are on replacement therapy, such as weight, hip and weight circumference. Additional information such as HbA1c and lipids can also be recorded. The patient should then be switched to prednisolone 3.75mg (three quarters of a tablet) for four months or more, and then the measurements should be repeated.

If you have enough patients, you can publish this yourself. In addition, we are looking to combine the data from several centres, so if you register your study with us, you can use standard protocols that are on this website. Some centres are running this as an audit of patients as long as the data is collected over time, and others are getting ethics forms. If you need to see copies of ethics templates, these can be supplied once you are registered. All you need to do is register five patients in the next 6 months, so if you think you can enrol a patient per month, please click the link below.

<http://www.imperialendo.com/prednisolone-research>

<https://youtu.be/70iFZ6V6zic> is a short you tube video about it with more details on:

<https://youtu.be/37xSaUASWsY>

1. Williams EL, Choudhury S, Tan T, Meeran K. Prednisolone Replacement Therapy Mimics the Circadian Rhythm More Closely Than Other Glucocorticoids. The Journal of Applied Laboratory Medicine 2016;1(2):152-161.

2. Smith DJF, Prabhudev H, Choudhury S, Meeran K. Prednisolone has the same cardiovascular risk profile as hydrocortisone in glucocorticoid replacement. Endocr Connect 2017 Nov;6(8):766-772.

THAT CAN BE LEARNT FOR AFRO - ASIAN COLLABORATION IN ENDOCRINOLOGY

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Author - Dr Andrew E Uloko

INTRODUCTION

The practice of Endocrinology has witnessed steady progress across the world with tremendous inroads into modern day medicine. In no other specialty of medicine does the close knit between basic sciences and clinical sciences come to bear as in Endocrinology. In most of Africa and Asia, Endocrinology appears to be relatively young but has experienced a rapid growth over the past few decades. Much of this progress has derived from collaborations between Afro - Asian Endocrinologist. In this brief article, the key lessons learned from this collaboration will be discussed. Areas of strengths and weaknesses will be highlighted with a view to improving the care of patients with Endocrine disorders as well as research, training and teaching of Endocrine residents / fellows.



What started as friendship among African and Asian Endocrinologists has today birthed one of the world's rapidly thriving collaborations in Endocrine practice. Under the convivial atmosphere of this friendship, we have seen the peer support from both sides. The result is seen in a wide array of research publications and academic work. I have been privileged to be part of some of this academic enterprise some of which I'd like to mention here. The Sadikot International Textbook of Diabetes showcased some of the finest Endocrinologists across the world with majority coming from this Afro - Asian collaboration. As a chapter contributor to this great textbook, I have yet to see another standard text on Diabetes with this high level of intellectual work. The SGLT-2 Inhibitors - A Clinical Manual, was another tangible example of the benefit of this collaboration. The manual reckons to be one of the earliest publications in Africa and Asia that x - rayed the place of a new blood glucose lowering agent in persons of Africa and Asian backgrounds. Several landmark journal articles, monographs have been successfully published from this great collaboration.

More research work needed - The efforts at winning research grants addressing burning endocrine problems among Africa and Asians will go a long way. It should be taken as a challenge that in the next few years we're hosting collaborative research grants that will address our peculiar endocrine problems.

The future - There are lots of positive lessons learnt from the Afro - Asian collaboration in the field of Endocrinology. The future looks very bright in advancing our common opportunities in advancing endocrine knowledge, practice, research and training if all parties display the appropriate commitment.

SAFES

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Author - Dr Noel Somasundaram.



The South Asian Federation of Endocrine Societies (SAFES), which brings together the Endocrine Societies of Sri Lanka, India, Pakistan, Bangladesh,

Nepal, and Afghanistan, was established to improve the health of people across the South Asian region. It provides a platform for endocrinologists to collaborate and exchange expertise and ideas to improve endocrine health, advance research, train medical graduates in endocrine disorders, and ensure continued professional growth of endocrine professionals in the South Asian region and beyond. Furthermore, it promotes endocrinology research and collaboration with organizations in order to achieve the purpose of delivering high-quality public health care by improving regional health policies.

SAFES was established on the 17th of January 2013 under the presidency of Dr. Sarita Bajaj, with the first biennial summit taking place in Hyderabad, India on the 17th and 18th of August 2013. 440 faculty and delegates from Bangladesh, India, Nepal, Pakistan, and Sri Lanka attended the 1st SAFES Summit, the First South Asian Collaboration in Endocrinology. "South Asian Women with Diabetes: Psychosocial Problems and Management" was the topic of a position statement. Since 2013, biennial meetings have been held in Hyderabad, Dhaka, Lahore, and Sri Lanka, and upcoming meetings are scheduled for 2021 in Kathmandu and 2023 in India.

The Diabetes and Endocrine Society of Nepal hosted three SAFES meetings in 2014. Two CMEs were held in Kathmandu and Pokhara, and one attended a Diabetes Mela to commemorate World Diabetes Day.

The Indian initiative was the accreditation of iLEAD (Incretin Learning & Excellence Academy Diabetes) and CCGDM (Concretin Learning & Excellence Academy Diabetes) (Certificate course in Gestational Diabetes). In November 2014, the annual conference of Uttar Pradesh Diabetes Association was held in Allahabad. A meeting upholding a full circle was held in Colombo for the drafting of "SAFE and smart use

of SUs" SAFES has partnered with the Endocrine Society of India (ESI) on a variety of activities, including ESICON, DECON 2020, MOOD 2020, and SAFES recognition for the CCEBDM course, which is a twelve-module executive on-the-job training program in Evidence-based Diabetes Management that began in 2010. The program's aim is to strengthen participants' understanding, abilities, and core competency of primary care physicians in the management of diabetes. More than 10,000 professionals have been certified in the SAFES accredited courses in India alone. With the rapid expansion of our committee, SAFES remains steadfast, with a humble and rewarding experience of having mothered SAFES and striving to improve health-care and endocrinology education

Osteoporosis Care Across Boundaries - Focus on South Asia

Author- Dr Manju Chandran, MD, FACP, FACE, FAMS, CCD



Senior Consultant and Director, Osteoporosis and Bone Metabolism Unit,
Department of Endocrinology
Singapore General Hospital
Chairperson, Asia Pacific Consortium on Osteoporosis (APCO)
Member of the Board and of the Council of Scientific Advisors, International Osteoporosis Foundation (IOF)
Vice Chair, Regional Advisory Council (Asia Pacific) of the International Osteoporosis Foundation (IOF) and
Regional Advisory Panel of the International Society of Clinical Densitometry (ISCD)

The oft-quoted timeline of the year 2050 by which half of the world's osteoporotic fractures is predicted to occur in Asia is less than a short six quinquennia away from us. However, osteoporosis remains under-diagnosed and under-treated world-wide.

Nowhere is this truer than in South Asia, a region of immense physical expanse and topographical heterogeneity, shaped by its history and geography, as a major cross-roads of the world. Within this region, exist populations with diverse racial, socio-economic, and cultural norms.

Inadequate planning and implementation of health policies in concert with problems in availability, accessibility, affordability, and sustainability of health care resources make managing osteoporosis in the countries that constitute South Asia challenging. The significant ethnic and cultural diversity of populations even within countries, with resultant differences in lifestyle and risk factors also pose a barrier to optimal osteoporosis healthcare delivery. Otherwise a powerful engine of social and economic growth, the rapid urbanization that is occurring in almost all the countries in the region brings uneven development, and hampers efforts to bring access to healthcare to the poor and disadvantaged. Quality epidemiological data on fragility fractures, information on burden of the disease, mortality rates post hip fractures, and information on societal costs and quality of life remain scarce across the region. Population-specific normative data for bone density are lacking and vitamin D deficiency is common. Secondary fracture prevention is neglected in many countries in this region with majority of fracture patients never offered screening for future fracture risk and/or treatment for osteoporosis.

Though this paints a picture of doom and gloom, it is not too late to change things around. South Asian countries are slowly attempting to forge a common regional identity to seek mutually acceptable, collaborative, and effective solutions to key regional health challenges. Slow but sure strategies to translate political thinking into concrete actions and that will improve people's lives are being developed. Encouraging collaboration across the region and beyond is not at odds with supporting the development of individual national health systems. Collaborating with organizations such as the International Osteoporosis Foundation (IOF) (www.osteoporosis.foundation) and the newly formed Asia Pacific Consortium on Osteoporosis (APCO) (apcobonehealth.org) is key. APCO, a vibrant organization comprised of osteoporosis experts from multiple countries across the Asia Pacific was launched in May 2019 with the vision of reducing the burden of osteoporosis and its complication of fragility fractures in the Asia Pacific region (1). These experts hail from across the clinical spectrum of specialties that manage osteoporosis, and include leading authorities in the field from India, Sri Lanka, and Pakistan. They represent the voices of both public and private health-care systems in the region. The guiding principle of APCO rests on the motive to foster harmonization of osteoporosis care across the region and, it is hoped that the pan Asian Framework of Clinical Standards of Care that APCO has developed (2) can be adapted to meet national requirements and serve as a benchmark for nations within the South Asian region to revise existing guidelines or to develop new ones. With this as a fitting start, the path forward to improve osteoporosis care in South Asia can change from just a pipe dream to reality.

1. Chandran M et al. IQ driving QI: the Asia Pacific Consortium on Osteoporosis (APCO): an innovative and collaborative initiative to improve osteoporosis care in the Asia Pacific. *Osteoporosis International*. 2020;31(11):2077-81.

2. Chandran M et al. Development of the Asia Pacific Consortium on Osteoporosis (APCO) Framework: clinical standards of care for the screening, diagnosis, and management of osteoporosis in the Asia-Pacific region. *Osteoporos Int*. 2021; DOI: <https://doi.org/10.1007/s00198-020-05742-0>

Awards

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INTERNATIONAL:

Dr. Ambrish Mithal -

International Excellence in Endocrinology Award-2021
by Endocrine Society

Prof. Nikhil Tandon

SAFES Prof. A.C. Amini Oration (Nov. 2020) &
Prof MMS Ahuja Oration of ESI

Prof. Sanjay Kalra

SAFES Prof Sutani Memorial Oration (Feb 2021)

NATIONAL:

Dr. Jaideep Khare

Diabetes Awareness initiative award 2020 at Diabetes India , Bengaluru

Dr. Ashu Rastogi

RSSDI Award for "Innovation for diabetes care in Challenging situation-2020"

Dr. Anil Bhansali - Shankar Narayan Oration 2020

Dr. Anil Bhansali - Prof. BB Tripathi oration 2020 to

Dr. KVS Harikumar - ICMR Dr JS Bajaj oration

Prof. Pinaki Dutta - Subhash Mukherjee oration

Prof CV Harinarayan - Dr PN Shah Oration

TEXT BOOK CONTRIBUTORS

Prof. Sanjay Kumar Bhadada

has been listed as an author in the prestigious Williams Textbook of Endocrinology: 14th Edition, 2020.

Dr. Awadhesh Kumar Singh

is the Editor (Adaptation): Williams Text Book of Endocrinology. South Asian 14th Edition, 2020.

Dr Sanjay Kalra & Prof Rakesh Sahay - Section Editors of Tropical Endocrinology of the ENDOTEXT



SOME UPCOMING INTERNATIONAL CONFERENCES 14

DIP 2021 – THE 11th INTERNATIONAL SYMPOSIUM ON DIABETES, HYPERTENSION, METABOLIC SUNDROME AND PREGNANCY,

Thessaloniki, Greece

Date of event: 21 – 24 April 2021

Website: dip.comtecmec.com

PRECISION DIABETES MEDICINE 2021

Date : 08 April 2021 - 10 April 2021 Location: Online

Organiser:

American Diabetes Association (ADA) and
European Association for the Study of Diabetes (EASD)

Contact email: pdm2021.info@gmail.com

100th ANNIVERSARY OF TORONTO'S DISCOVERY OF INSULIN: A SCIENTIFIC CELEBRATION

Date of event: 15 April 2021 - 17 April 2021

Location: Online

Organiser: University of Toronto

Contact email: insulin100@eventsmgt.com

DIABETES UK PROFESSIONAL CONFERENCE 2021

Date of event: 19 April 2021 - 30 April 2021

Location: Online

Organiser: Diabetes UK

Contact email: conferences@diabetes.org.uk

DIABETES CONGRESS 2021

Date of event: 12 – 15 May 2021

Virtual congress

Website: diabeteskongress.de

Plenareno Diabetes, Obesity and Cholesterol Metabolism Conference 2020, Belgrade, Serbia

Date of event: 24 – 25 May 2021

Website: metabolicdiseases.plenareno.com

18th MALVERN DIABETIC FOOT CONFERENCE

Malvern Theatres, Worcestershire, UK

Date of event: 12 May 2021 - 14 May 2021

Organiser: At the Limits Limited

Contact email: thechairmen@malverndiabeticfoot.org

AACE 30th ANNUAL SCIENTIFIC & CLINICAL CONGRESS

Date of event : May 26-29, 2021 Through VIRTUAL

Organiser: American Association of Clinical Endocrinologists

Website: <https://www.aace.com>

23RD EUROPEAN CONGRESS OF ENDOCRINOLOGY (E-ECE 2021)

Website: www.ece-hormones.org

Date of event: 21 June 2021 - 24 June 2021 Location: Online

38TH INTERNATIONAL SYMPOSIUM ON DIABETES & NUTRITION - DNSG2020

Date of event: 22 – 26 May 2021 Through Virtual

Organiser: Diabetes and Nutrition Study Group (DNSG)

of the European Association for the study of Diabetes (EASD)

Contact email: dmsg2021@bcocongresos.com

81ST SCIENTIFIC SESSIONS OF THE AMERICAN DIABETES ASSOCIATION

Date of event: 25 June 2021 - 29 June 2021 Location: Online

Organiser: American Diabetes Association (ADA)

3RD ASIA PACIFIC DIABETES AND ENDOCRINOLOGY CONGRESS,

Tokyo, Japan

Date of Event August 16-17, 2021 Location: online

Contact Email: connect@scientificmeets.com

5th Annual Congress on Diabetes, Obesity and Its Complications Vienna, Australia

Date of Event : september 02-03, 2021

Location: online

Contact Email Diabetes@globalconferences.net

23RD WORLD CONGRESS ON DIABETES & ENDOCRINE DISORDERS

Toronto, Canada

Date of Event : AUGUST 26-27, 2021 .

Contact Email worlddiabetes@globalconferencemeet.com

5th Annual Heart in Diabetes, New York City, Us

Date of Event : 10 – 12 September 2021

Website: www.heartindiabetes.com

SOME UPCOMING INTERNATIONAL CONFERENCES

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57TH ANNUAL MEETING OF THE EUROPEAN ASSOCIATION FOR THE STUDY OF DIABETES (EASD 2021)

Date of event :27 September – 1 October 2021
Website: www.easd.org

47TH ANNUAL CONFERENCE OF THE INTERNATIONAL SOCIETY FOR PEDIATRIC AND ADOLESCENT DIABETES (ISPAD 2021).

Lisbon, Portugal
Date of event :13 – 16 October 2021
Website: www.2021.ispad.org

AUSTRALASIAN PAEDIATRIC ENDOCRINE GROUP ANNUAL SCIENTIFIC MEETING (APEG 2021).

Mornington Peninsula, Victoria, Australia
Date of event: 21 – 24 November 2021
Website: www.apeg.org.au/2021asm

19TH ANNUAL WORLD CONGRESS I NSULIN RESISTANCE DIABETES & CARDIOVASCULAR DISEASE (WCIRD 2021)

Date : 2 – 4 December 2021
Hybrid/Los Angeles, USA
Website: www.wcir.org

2ND EURO DIABETES & ENDOCRINOLOGY CONGRESS

6 – 7 December 2021
Rome, Italy
Website: www.diabetic.plenareno.com

UPCOMING NATIONAL CONFERENCES

■ GLOBAL DIABETES & ENDOCRINOLOGY SUMMIT

- New Delhi
Date of event :21 Mar 2021
Email : gds@arjyopaonline.com

■ IDEACON 2021-The 10th Annual Scientific Conference of the Integrated Diabetes and Endocrine Academy , Kolkata.

Date of event :04 July 2021
Email : officeideakolkata@gmail.com

HIGHLIGHTS OF NEXT ISSUE

- Go Karthiking – How to find a mentor
- Role of Women Endocrinologists – Dr. Tejal
- Tips & Tricks of PPT – Dr Om
- Entrepreneurship for Doctors - Dr Sakthi



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