



NZSE Conference 2016

Nelson, New Zealand



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The **2016 NZSE Conference** represents a gathering of the New Zealand endocrine community, and this year is located in Nelson, an area famous for its scenery and natural produce. The conference aims to review management of a cross-section of endocrine disorders, particularly those in challenging or rapidly evolving areas, as well as sessions on current professional issues. We are pleased to welcome a number of excellent local and international speakers to the meeting, including those who are internationally recognised experts in their field. The program has been divided into specific sessions, with an aim to encourage discussion, explore new ideas and create healthy debate.

We are grateful for the support provided by our gold sponsor, **Sanofi**, our silver sponsors, **Novartis** and **Lilly**, and our bronze sponsors.

PROGRAMME

FRIDAY, 26 August

Trainee Half Day – Waimea Room

Chair: *Susannah O'Sullivan*

Sponsored by *Novartis*.

Time	Topic	Overview	Speaker
9:00	Clinical aspects of Turner and Klinefelter syndrome	Update on management of Klinefelter syndrome and Turner syndrome.	Stella Milsom, Endocrinologist/ Joey Yeoh, Endocrinology Trainee
10:30	BREAK – WAIMEA FOYER		
11:00	Neuroendocrine Imaging	An interactive session reviewing interesting cases of neuroendocrine imaging.	Pierre Struwig, Radiologist
12:30	LUNCH – WAIMEA FOYER		
14:00	Professional development	Legal aspects of independent practice as a medical consultant.	Gaeline Phipps, Barrister
15:00	END OF HALF DAY		

Nurses Session – Heaphy Room

Sponsored by *Novartis*.

Time	Topic	Speaker
12:45	Update on Sandostatin LAR	Hannaki Smalberger
13:00	Adrenal Pathophysiology and Adrenal Dysfunction/Crisis	Richard Carroll, Endocrinologist
13:45	Adrenal Insufficiency – review of recent research	Alana Gould, Endocrine Nurse
14:15	Management of severe thyrotoxicosis	Ryan Paul, Endocrinologist
15:00	END OF NURSES SESSION	

Conference Opens

Session 1 Amenorrhoea – Waimea Room

Chair: *Michelle Downie*

Time	Topic	Overview	Speaker
15:20	OPENING REMARKS		Ryan Paul
15:30	Diagnosis of hypothalamic amenorrhoea	A guide to the features and diagnostic criteria for hypothalamic amenorrhoea.	Susannah O'Sullivan, Endocrinologist
16:00	PLENARY LECTURE 1: Recovery of Menstrual Dysfunction induced by Low Energy Availability: Hormonal, Energetic and Clinical Correlates of Menstrual Recovery		Mary Jane de Souza, Professor of Kinesiology and Physiology
16:50	Premature Ovarian Insufficiency	Update on diagnosis and management of premature ovarian insufficiency.	Stella Milsom, Endocrinologist
17:30	Ovarian Dysgenesis	Registrar presentation	Joanne Dixon, Endocrinology Trainee
17:45	DRINKS AND NIBBLES – WAIMEA FOYER		
18:30	KAYE IBBERTSON LECTURE AND PRESENTATION OF IBBERTSON CLINICAL ENDOCRINOLOGY AWARD CHAIR: STELLA MILLSOM, WAIMEA ROOM		
19:30	INFORMAL DINNER AND QUIZ – OCEANO RESTAURANT, LEVEL 2, RUTHERFORD HOTEL		

SATURDAY, 27 August

Session 2 Cushings Syndrome – Waimea Room

Chair: Simon Young

Time	Topic	Overview	Speaker
8:45	A case of ACTH-dependent Cushings syndrome	Registrar presentation	Zi Goh, Endocrine Trainee
9:00	Diagnosis of Cushing's Syndrome	Update on screening and diagnosis of Cushing's Syndrome	Patrick Manning, Endocrinologist
9:30	Pituitary surgery for Cushing's syndrome	Update on pituitary surgical outcomes with illustrative cases	Simon Robinson, Neurosurgeon
10:00	Management of Cushing's Disease	Update on the management and long-term outcomes of Cushing's Disease, with reference to local data.	Ian Holdaway, Endocrinologist
10:30	BREAK – WAIMEA FOYER		

Session 3 Obesity – Waimea Room

Chair: John Wilson

Time	Topic	Overview	Speaker
11:00	PLENARY LECTURE 2: Modern Management of Obesity		Gary Wittert, Endocrinologist
11:50	Assessment of the obese patient	Current research techniques and applicability to clinical practice.	Brian Corley, Endocrine Trainee
12:10	Local outcomes from bariatric surgery	Update on local bariatric surgery techniques and outcomes.	Richard Carroll, Endocrinologist
12:30	LUNCH – WAIMEA FOYER		

Registrar presentations – Waimea Room

Chair: Carl Eagleton

Time	Topic	Speaker
14:00	"Let's googl' it!" What is the quality of online information on polycyclic ovary syndrome?	Wei Ling Chiu
14:15	Occam's razor or hickam's dictum	Joey Yeoh
14:30	A novel case of pituitary dysfunction	Shalini Kunasegaran
14:45	Management of glucagonoma	Robert Handley
15:00	Acquisition of bone mass in children and adolescents with cystic fibrosis	Sonakshi Sharma
15:15	A case of hypopituitarism and pancytopenia	Rita Upreti
15:30	A simple case of Graves disease?	Shekhar Sehgal
16:00	BREAK – WAIMEA FOYER	

Session 4 Complementary Medicine – Waimea Room

Chair: Patrick Manning

Time	Topic	Overview	Speaker
16:30	Complementary medicine and the endocrinologist	The challenges of managing patients who use bioidentical hormones.	Megan Ogilvie, Endocrinologist
17:00	Medicolegal aspects of complementary medicine	An overview of our medicolegal obligations when our patients request or use complementary therapies.	Gaeline Phipps, Barrister
17:30	Development of a NZSE position on complementary medicine	Concluding remarks and discussion about developing an NZSE position statement.	Patrick Manning, Endocrinologist
17:50	END OF DAY		
18:35	CONFERENCE DINNER ATTENDEES MEET IN RUTHERFORD HOTEL LOBBY		
18:45	BUSES DEPART FROM RUTHERFORD HOTEL LOBBY		
19:00	CONFERENCE DINNER – THE BOATSHED, 350 WAKEFIELD QUAY		
22:30	BUSES RETURN TO RUTHERFORD HOTEL		

SUNDAY, 28 August

Session 5 Male Hypogonadism – Waimea Room

Chair: Ian Holdaway

Time	Topic	Overview	Speaker
9:00	PLENARY LECTURE 3: Challenges in male testosterone replacement		Gary Wittert, Endocrinologist
9:50	Local experience of testosterone replacement	Data from Reandron in NZ study.	Tania Yardley, Endocrine Nurse
10:10	Sexual dimorphism of skeletal muscle	How androgens and estrogens differentially regulate the growth of skeletal muscle	Ryan Paul, Endocrinologist
10:30	BREAK – WAIMEA FOYER		

Session 6 Osteoporosis – Waimea Room

Chair: Brandon Orr-Walker

Time	Topic	Overview	Speaker
11:00	PLENARY LECTURE 4: How reversible is bone loss following prolonged energy and estrogen deficiency associated with hypothamic amenorrhea?		Mary Jane de Souza, Professor of Kinesiology and Physiology
11:50	Update on management of osteoporosis	Update on use of calcium/vitamin D, bisphosphonates and emerging therapies.	Ian Reid, Endocrinologist
12:40	CLOSING REMARKS		Ryan Paul
12:45	LUNCH –WAIMEA FOYER		

14:00

MEETING CLOSES

Plenary Speakers



Professor Mary Jane De Souza, Ph.D., FACSM

Mary Jane De Souza is a Professor in Kinesiology and Physiology at Penn State University in the USA. Dr. De Souza's research has focused on the physiological basis of how exercise modulates reproductive function and bone health through alterations in energy balance. Dr De Souza has published over 100 peer reviewed papers, book chapters, monographs and letters to the editor. Dr. De Souza's specific research "niche" has been defined by a series of studies performed demonstrating significant associations of menstrual disturbances, metabolic adaptation, and bone health. To date, Dr. De Souza has a very large database that allows for detailed examinations of relationships among daily ovarian hormones, menstrual cyclicity, indices of bone health and energy balance, and psychometric inventories describing eating attitudes and behaviours for interested researchers. This work has also provided the basis for an ongoing randomized clinical trial in its 8th year of funding from the US DOD, aimed at reversing menstrual disturbances and related bone loss by using nutritional interventions. The latter study is clearly the "next step" clinically, and is the first randomized controlled trial of its kind. Dr. De Souza is a Past President of the Female Athlete Triad Coalition: An International Consortium dedicated to the study of the Female Athlete Triad.

Professor Gary Wittert



Gary Wittert obtained his medical degree from the University of the Witwatersrand in Johannesburg South Africa. He trained as an endocrinologist in Christchurch, New Zealand and subsequently received postdoctoral training at Harvard Medical School and Oregon Health Sciences University. He joined the University of Adelaide in 1994, received a Personal Chair in 2004 and is currently Head of the Discipline of Medicine, and Senior Consultant Endocrinologist Royal Adelaide Hospital. He is Director of the Freemasons Foundation Centre for Men's Health Research, and a founding member of the Centre of Research Excellence in Nutritional Physiology. He Heads the Centre for Nutrition and Gastrointestinal Diseases within the Nutrition Theme at the South Australian Institute for Health and Medical Research. In October 2015 he was elected to Fellowship of the Australian Academy of Health and Medical Sciences. His research, focused on obesity, involves basic, clinical and population health approaches. He initiated and oversees the Florey Adelaide Male Ageing Study (FAMAS), the Male, Adelaide, Inflammation, Lifestyle and Stress (MAILES) Study, and leads a large multi-center diabetes prevention trial in men (T4DM). His basic research is currently focused on peripheral mechanisms of appetite regulation and intermediary metabolism. Among other appointments, Professor Wittert is currently Independent Chair of the Weight Management Council of Australia, and founding Editor in Chief of Obesity Research and Clinical Practice. He has authored over 300 peer reviewed journal articles and book chapters, and is currently funded by the NH&MRC and ARC.

Conference Managers



Dinamics will coordinate all elements of the meetings. They are managing registrations, accommodation and social events. The team have extensive knowledge and experience which means they can answer any questions you have regarding your stay in Nelson. If you have any queries regarding the meeting or Nelson, please do not hesitate to contact the team at Dinamics – they are there to assist you with any queries you may have.

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Conference Organising Committee

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