

Plenary Speakers

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.

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 behaviors 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.

Programme
FRIDAY, 26 August
Trainee Half Day

	Topic	Overview	Speaker
9:00	Management of hypogonadism	Update on management of Klinefelter's syndrome, Turner's syndrome and gonadal dysgenesis.	Stella Milsom
10:30	<i>Break</i>		
11:00	Neuroendocrine Imaging	An interactive session reviewing interesting cases of neuroendocrine imaging.	Pierre Struwig
12:30	<i>Lunch</i>		
14:00	Professional development	Legal aspects of independent practice as a medical consultant.	Gaeline Phipps

15:00 *End of half day*

Conference Opens

Session 1 Amenorrhoea Chair: TBA			
	Topic	Overview	Speaker
3:30	Diagnosis of hypothalamic amenorrhoea	A guide to the features and diagnostic criteria for hypothalamic amenorrhoea.	Susannah O'Sullivan
4:00	Plenary lecture 1: Recovery of Menstrual Dysfunction induced by Low Energy Availability: Hormonal, Energetic and Clinical Correlates of Menstrual Recovery		Mary Jane de Souza
4:50	Premature Ovarian Insufficiency	Update on diagnosis and management of premature ovarian insufficiency, including use of hormone replacement therapy.	Stella Milsom
5:30	Ovarian Dysgenesis	Registrar presentation	Joanne Dixon

5:45	<i>Drinks and nibbles</i>		
6:30	Kaye Ibbertson lecture and presentation of Ibbertson Clinical Endocrinology Award		
7:30	<i>Informal dinner</i>		

SATURDAY, 27 August

Session 2 Cushings Syndrome Chair: Simon Young			
	Topic	Overview	Speaker
8:45	A case of ACTH-dependent Cushings syndrome	Registrar presentation	Zi Goh
9:00	Diagnosis of Cushing's Syndrome	Update on screening and diagnosis of Cushing's Syndrome	Patrick Manning
9:30	Pituitary surgery for Cushing's syndrome	Update on pituitary surgical outcomes with illustrative cases	TBA
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
10:30	<i>Break</i>		

Session 3 Obesity Chair TBA			
11:00	Plenary lecture 2: Modern Management of Obesity		Gary Wittert
11:50	Assessment of the obese patient	Current research techniques and applicability to clinical practice.	Brian Corley
12:10	Local outcomes from bariatric surgery	Update on local bariatric surgery techniques and outcomes.	Richard Carroll
12:30	<i>Lunch</i>		

14:00	Registrar presentations Chair: Carl Eagleton		
16:00	<i>Break</i>		

Session 4 Complementary Medicine

Chair: Patrick Manning

	Topic	Overview	Speaker
16:30	Complementary medicine and the endocrinologist	The challenges of managing patients who use complementary medicines.	Megan Ogilvie
17:00	Medicolegal aspects of complementary medicine	An overview of our medicolegal obligations when our patients request or use complementary therapies.	Gaeline Phipps
17:30	Development of a NZSE position on complementary medicine	Concluding remarks and discussion about developing an NZSE position statement.	Patrick Manning

17:50

End of day

19:00

Conference dinner

SUNDAY, 28 August

Session 5 Male Hypogonadism Chair: Ian Holdaway			
	Topic	Overview	Speaker
9:00	Plenary lecture 3: Challenges in male testosterone replacement		Gary Wittert
9:50	Local experience of testosterone replacement	Data from Reandron in NZ study.	Tania Yardley
10:10	Differential regulation of skeletal muscle by androgens and estrogens		Ryan Paul
10:30	<i>Break</i>		

Session 6 Osteoporosis Chair: Brandon Orr-Walker			
11:00	Plenary lecture 4: How reversible is bone loss following prolonged energy and estrogen deficiency associated with hypothamic amenorrhea?		Mary Jane de Souza
11:50	Update on management of osteoporosis	Update on use of calcium/vitamin D, bisphosphonates and emerging therapies.	Ian Reid
12:40	<i>Lunch</i>		

14:00

Meeting closes