

Highlights

**HIGHLIGHTS FROM THE 19th EUROPEAN CONGRESS
OF ENDOCRINOLOGY (ECE) 2017, Lisbon, 20th-23rd May**

The 19th ECE Congress has recently been held in Lisbon, the magnificent capital of Portugal. Endocrinologists could not imagine better place for congress venue. According to myth, the Greek hero Odysseus founded Lisbon on his journey home from Troy. The city is most famous for its history of maritime successes in particular for the voyages of Vasco da Gama who first navigated a sea route to India.

ECE in Lisbon hosted more than 3,600 endocrinologists from all over the world. An interesting fact is that Serbian ESE members are very numerous and take a second place after Portugal members adjusted for the number of country population. Responsible for this popularity of ESE in Serbia is certainly our great Endocrinologist Professor Vera Popovic-Brkic, a former President of Executive ESE Committee, and its actual Vice President.

European Journal of Endocrinology Prize Lecture was awarded to Miguel Lopez (Spain) for amazing investigation presented in an extraordinary way about “Hypothalamic AMPK: a golden target against obesity?” John Wass (UK) presented “The fantastical world of hormones”.

„The secret life of FGF21”, plenary lecture by David Mangelsdorf (USA) represents a paradigm of successful presentation where the scientific research meets the practice. Recently discovered FGF21 secreted by the liver is presented from physiologically relevant properties to practical directions for potential clinical use. Established as sensor for starvation, FGF21 also protects pancreas from protein overload and prevents pancreatitis by stimulating pancreatic secretion. Given intramuscularly in diabetics FGF21 decreases glycaemia and promotes insulin sensitivity, thus leading to weight loss. Among other numerous metabolic activities, it influences blood pressure rise and stimulates sympathetic system. Caloric restriction in mice leads to increased expression of FGF21 both in the liver and in the growth plate. It would be of practical importance to determine and explore the role of FGF21 in growth retardation of SGA neonates and in children with ISS (Idiopathic Short Stature).



The rising star of Erasmus University Tim Korevaar presented his scientific work of great practical impact: “Effects of maternal thyroid function on infant neurodevelopment”. Neurogenesis period is of full capacity from the 5th week of embryonic life to 18-20th week of fetal development, when the full function of fetal thyroid function is achieved. He demonstrated that the low level of maternal ft4 leads inevitably to suboptimal IQ of the offspring, and it affects brain morphology. Low maternal ft4 is accused also of childhood autism, ADHD and schizophrenia in later life. Nevertheless, the attempt to improve IQ in offspring by increasing the substitution dose to 150 µg/daily in mild maternal hypothyroidism, failed.

Symposium on clinical updates in hypoparathyroidism was devoted to congenital and acquired forms of hypoparathyroidism, and offered new therapeutic approaches. Recombinant Parathyroid Hormone (rDNA), produced in E.coli using recombinant DNA technology is identical to the 84 amino acid sequence of endogenous human parathyroid hormone. It is indicated as adjunctive treatment of adult patients with chronic hypoparathyroidism who cannot be adequately controlled with standard therapy alone. It is a self-administered, once-daily subcutaneous injection using a pen device.

Besides prestigious prize and plenary lectures an exciting range of “Meet the Expert” sessions covered state of the art in endocrine practice. Participants enjoyed a highly interactive program providing the very best of endocrinology. We must be prepared for the next ECE in Barcelona, expecting at least the similar experience.

Editor-in-Chief
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