



대한소아내분비학회
Korean Society of Pediatric Endocrinology

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Words from the President

Dear members and colleagues,

I am pleased to announce the publication of the 7th issue of the KSPE International Newsletter. Since its establishment in 1995, the Korean Society of Pediatric Endocrinology (KSPE) has made much academic and social progress. Under long-term planning, KSPE continues to provide many programs to improve the capabilities and skills of our members in areas of communication, research, clinical practice, and education. In 2019, KSPE proposed a guideline for the establishment of safe schools for children with diabetes and held a symposium to improve bone health. Our journal, *Annals of Pediatric Endocrinology & Metabolism (APEM)* has been selected for coverage in Clarivate Analytics as an Emerging Sources Citation Index (ESCI) journal. To our great pleasure, the 2022 APPES meeting will be held in Seoul. I hope the meeting will serve as a forum for many researchers to get together and exchange ideas and forge connections. KSPE and the International Committee strive to help you in achieving your goals and I ask for continued support and active participation from our members. Finally, I would like to express my heartfelt gratitude to the International Committee director and staff members who have contributed to publication of the newsletter and to international exchange. Thank you very much. *Choong Ho Shin* (President of KSPE, Seoul National University Children's Hospital)

Editor's Note

Greetings to all members of the Korean Society of Pediatric Endocrinology. After a hot and humid summer, Chuseok, a national holiday, is upcoming. I hope all members had a great first half of the year thus far and I hope you continue to be fruitful in the second half. The first KSPE International Newsletter was published four years ago and this is already the seventh issue. I believe that the caliber of our members has increased during this time and I hope that the KSPE International Newsletter has contributed to this. This issue includes the main points of the ENDO 2019 conference as well as the Spring Symposium of the KSPE. It also introduces APEM, the official journal of our society. It also contains the contents of the 5th Medical English Presentation Workshop that was held in July. Related information has been posted on the KSPE website, so please visit and browse our website. I hope the 'Experiences as a visiting scholar' written by Dr. Hae Sang Lee and 'Schedule of forthcoming international conferences in endocrinology and related fields' offers help to those members planning future opportunities in training and in international conferences. I also hope all the members enjoy reading the 'Let's learn English expression' column that can be of use for those providing care for diabetes mellitus patients. Thank you for the hard work of the international committee members and the KSPE members for the publication of the 7th KSPE International Newsletter. *Jeesuk Yu* (International Cooperation Director, Dankook University Hospital)

Reflections on ENDO 2019



ENDO 2019 was held in New Orleans, LA from March 23 to 26. Since the ENDO Annual Meeting is attended by people from various fields, including internal medicine, surgery, obstetrics, basic sciences as well as pediatrics, it is a highly stimulating conference that provides access to a wide range of perspectives and new content with regards to endocrine diseases and research. In particular, several renowned doctors gave lectures on pituitary gland hormone, adrenal disease and bone metabolism. There were also some very interesting lectures on obesity which combined basic and clinical research. The members of the Korean Society of Pediatric Endocrinology presented 15

abstracts at this conference. To introduce some of the most interesting lectures, Dr. Findling summed up his own experiences and research findings on the diagnosis, treatment and considerations of adrenal insufficiency (namely "Ten Rules of Adrenal Insufficiency"). A nephrologist gave a lecture on the overall perception of kidney stones from the perspective of a nephrologist, which is often opposed to those of an endocrinologist. Personally, one of the most interesting symposia was "Timing is Everything: Calorie Restriction and Fasting for Weight Loss", with basic and clinical researchers presenting their findings on

whether fasting or calorie restriction is really good, and if it is really good, then how it can be done most effectively and healthily. To summarize the presentations, calorie restriction is helpful for longevity and in preventing aging. It is most effective to limit 50 percent of recommended calories for five days a month. This was very interesting to note personally for my health, and professionally as a doctor. When under the pressure and burdens of clinics, lectures and research, ENDO meetings, with their new research and clinical content, prove to be the stimulus I need to get me motivated to work hard. I hope to attend and look forward to attending the next ENDO Meeting. *Ah Rheum Kwon* (Yonsei University Hospital)

Reflections on KSPE's 2019 Spring Symposium

The KSPE's 2019 Spring Symposium was held on May 17 in Busan, Korea. A total of 153 members attended the meeting and had a good time both academically and socially. There were two plenary lectures. Professor Toshimi Michigami of Osaka Women's and Children's Hospital gave a lecture on "Skeletal mineralization: mechanisms and diseases" as the speaker of the academic exchange program. Mechanisms of skeletal mineralization as well as the pathogenesis and treatment of related diseases were discussed. Professor Hyug Moo Kwon of the School of Life Sciences at Ulsan National Institute of Science and Technology, gave the second plenary lecture entitled "TonEBP mediates insulin resistance and inflammation induced by excess calorie intake." The proinflammatory and epigenetic roles of TonEBP (tonicity responsive enhancer binding protein) in macrophages and adipocytes were discussed. Professor Hae Sang Lee shared his experiences as a visiting scholar at Massachusetts General Hospital in Boston and presented on the topic of "New gene discovery in delayed puberty." Various strategies in the discovery of novel genes were discussed, including those in multiplex families. The topic of the symposium was hypogonadism and preservation of gonadal function. Four lectures were given on the topic. Professor Chong Kun Cheon presented first about the "etiology and treatment situation of male hypogonadism in pediatrics." The physiology of testicular maturation, classification of male hypogonadism and treatment options including pulsatile GnRH or combined gonadotropins were discussed. This presentation was followed by the lecture "Issues in fertility preservation for the male adolescent" given by Professor Seung-Hun Song of the department of Urology, Gangnam CHA medical center. Sperm retrieval in Klinefelter syndrome and gonadotropin therapy in patients with hypogonadotropic hypogonadism were discussed as well as sperm cryopreservation in pediatric oncologic patients. The third lecture was "Diagnosis and treatment of hypogonadism in female adolescents" given by Professor Hwa Young Kim. The differential diagnosis and treatment options in female adolescents with hypogonadism were discussed along with the effect of estrogen on bone health and energy homeostasis. The updated guidelines for Turner syndrome were also mentioned in estrogen replacement. The last symposium lecture was given by Professor Bo Hyon Yun of the Department of Obstetrics and Gynecology of Severance Hospital, about "Fertility preservation in pediatric and adolescent patients." Indications and methods of fertility preservation were discussed as well as future perspectives for fertility preservation. The Spring Symposium was a great success with much sharing of knowledge that will be helpful for participants in both research and patient care. *Hwa Young Kim* (Kangwon National University Hospital)

Reflections on the 5th Medical English Presentation Workshop

The fifth Medical English Presentation Workshop was held on July 13 at Seoul St. Mary's Hospital. Twenty-one members of the KSPE attended the workshop. Three invited speakers gave valuable lectures filled with tips that could be used in the writing of English research articles, presentations and in email communications. Yunhee Whang (Compecs) gave several presentations entitled "How to write a journal article in English," "Tips for submitting to SCI journals and writing the cover letter" and "Strategies for giving presentations at international conferences". Participants learned about the writing process, typical procedures for preparing a manuscript, and important points in usage of the English language. Guides to writing cover letters and responding to peer reviewer comments were introduced. Furthermore, tips were given about changing written text into natural and comfortable speech during presentations of research materials. Points about using polite forms and common mistakes were especially useful. Kyoung Ha Park (ONES Edu) gave a presentation regarding "Effective search techniques for previous studies". She introduced advanced search methods with indexed terms and free-text terms and compared MeSH (MEDLINE) vs. Emtree (EMBASE) in systematic literature searches. She also introduced tips for searching in google and other useful websites.



Dylan Williams (Seoul National University) gave a presentation regarding “Writing emails in English.” He introduced effective email communication for publishing in the medical profession including the basic structure of a formal email, the theory of formal communication, the rules of politeness and formality, responding to a reviewer’s comments, and tips for communicating with editors. His pointers on common mistakes to avoid were especially helpful. The slides from the workshop can be found in the message board on the website of the Korean Society of Pediatric Endocrinology. *Eun Byoul Lee* (Catholic Kwandong University International St. Mary’s Hospital)

Introduction to Annals of Pediatric Endocrinology and Metabolism

It is our pleasure to introduce our current issue of the Annals of Pediatric Endocrinology and Metabolism (APEM) and to partake in the sharing of knowledge in the scientific community. APEM (<http://www.e-apem.org>) is a peer-reviewed open access journal published by the Korean Society of Pediatric Endocrinology, which aims to contribute to advancing the fields of pediatric endocrinology and metabolism through the publication of scientific reviews and interchange of research in these fields. APEM is currently indexed by PubMed Central, PubMed, Emerging Sources Citation Index (ESCI), Scopus, EBSCO, EMBASE, DOI/CrossRef, Directory of Open Access Journals (DOAJ), and Google Scholar. APEM provides a forum for the dissemination of original articles, review articles, case reports, and letters to the editor in the field of pediatric endocrinology and metabolism. We want to keep up with your recent research and we welcome any suggestions you might have regarding the contribution and submission of articles (<http://submit.e-apem.org>). We will provide rapid and reliable responses to your submission. Articles that are accepted are published without publication charges. *Ji-Eun Lee, M.D.* Editor-in-Chief of Annals of Pediatric Endocrinology and Metabolism (APEM)

Experiences as a visiting scholar

I worked as a research fellow at Massachusetts General Hospital (MGH) from March 2018 to February 2019. Dr. William Crowley is the Professor of Medicine at Harvard Medical School and the Chief of the Reproductive Endocrine Unit in the Department of Medicine at MGH. I have always been interested in how or when puberty starts and what happens during puberty and had studied about the genetic control of puberty in girls with central precocious puberty. Recently, Dr. Crowley has been working on a project to identify genes that may cause hypogonadism using next-generation sequencing methods in patients with Kallmann syndrome and idiopathic hypogonadotropic hypogonadism. Thus, I contacted Dr. William Crowley with an introduction from Dr. Jin-ho Choi. My research project was to discover the genetic architecture of Isolated GnRH Deficiency (IGD). In this project, I accessed to a cohort of 2,000 DNA samples obtained from probands and families with this disorder. Using this data, I analyzed phenotype-genotype correlations as well as SNP genotyping. Next, I tried to discover novel genes associated with IGD. Specifically, my work involved not only correlating the genotypes and phenotypes from such novel gene discovery efforts to work out our understanding of the specific mechanisms of pubertal onset and progression but also to elucidate the fundamental biology of the pathways that control GnRH neuronal ontogeny. However, the work was not easy and

time-consuming, like finding a needle in a haystack. Although this project involved a lot of trial and error, I was able to proceed with the research with the help of my colleagues. During my one year as a research fellow, I was impressed by the passion and hard work Dr. Crowley and colleagues had for their research, shown during discussions at the weekly lab meeting. My experience in the past year at Boston has proven to be a time for me to reflect on my work thus far and has given me a chance to recharge and plan my future direction. I would like to thank the members of the Korean Society of Pediatric Endocrinology for the support in this endeavor. In addition, I would like to express my deepest gratitude to Professor Jin-soon Hwang for leading me to this position and giving me much support and encouragement. *Hae Sang Lee* (Ajou University Hospital)



Schedule of forthcoming international conferences in endocrinology and related fields

ESPE 2019

Date: September 19-21, 2019

Location: Vienna, Austria

The 53rd Annual Scientific Meeting of JSPE

Date: September 26-28, 2019

Location: Kyoto, Japan

EndoBridge

Date: October 25-28, 2018

Location: Antalya, Turkey

International Congress of Endocrinology

Date: October 4-7, 2020

Location: Buenos Aires, Argentina

ISPAD 2019 - 45th Annual Conference

Date: Oct. 30 - Nov. 2, 2019

Location Boston, USA:

89th Annual Meeting of the American Thyroid Association

Date: October 30 - November 3, 2019

Location: Chicago, IL, United States

International Prader-Willi Syndrome Conference

Date: November 13-17, 2019

Location: Havana, Cuba

20th AFES Congress

Date November 21-23, 2019

Location: Manila, Philippines

2019 APPES Fellow' School

Date: November 17-20, 2019

Location: Manila, the Philippines

IDF Congress 2019

Date: December 2-6, 2019

Location: Busan, Korea

Endo 2020

Date: March 28-31, 2020

Location: San Francisco, CA, United States

2020 Pediatric Endocrine Society (PES) Annual Meeting

Date: May 2-5, 2020

Location: Philadelphia, PA, United States

American Diabetes Association 80th Scientific meeting

Date: June 12-13, 2020

Location: Chicago, IL, United States

ESPE 2020

Date: September 10-12, 2020

Location: Liverpool, UK

Helpful English expressions in the clinic

The following are useful expressions that can be used when writing letters or documentation regarding the use of technology (insulin pumps and or continuous glucose monitoring systems) or supplies (insulin pens or syringes) by type 1 diabetes mellitus patients who are travelling by air.

1. 진단명, 진단 날짜 및 장소: This patient was diagnosed with type 1 diabetes on (date) at (hospital name).
2. 현재 치료 방법 설명: He/She is currently on insulin treatment by (multiple daily injections or insulin pump). He/she is required to maintain treatments on his/her travels.
 - 주사기 또는 펜형태로 인슐린 투약을 하는 경우: He/She will be carrying insulin pens (or disposable syringes with insulin vials) for self-injections.
 - 펌프를 통해 인슐린 투약을 하는 경우: He/She will be wearing an insulin pump for continuous infusion of insulin. An insulin pump should not be removed unnecessarily.
3. 자가 혈당 측정 방법 설명: He/She is also self-monitoring blood glucose levels by use of (a blood glucose meter or a continuous glucose monitoring system).
 - 자가 혈당 측정 기계를 사용하는 경우: He/She will be carrying a blood glucose meter which consists of test strips, a glucose meter device, and a lancet for finger pricks. The device and supplies are to be carried by the patient and available at all times to check blood glucose levels.
 - 연속 혈당 측정 기계를 사용하는 경우: He/She is using a continuous glucose monitoring system, which consists of a sensor and transmitter that is worn by the patient, and a receiver device that displays the blood glucose levels. The sensor and transmitter of the continuous glucose monitoring system should not be removed at any time.
4. 기체가 x-ray 노출로 인하여 오작동 할 수 있으므로 다른 방법으로 보안검색이 필요할 수 있음을 명시: The devices worn by the patient may be incompatible with x-ray screening or whole body scanners. They may require other methods of screening.



