ENDO 2010

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92nd Annual Meeting & Expo of the Endocrine Society, San Diego CA, USA, 19–22 June 2010

The 92nd Annual Meeting & Expo of the Endocrine Society was held in San Diego, CA, USA, in June 2010 and offered presentations on cutting edge research and advances in clinical care across the full spectrum of endocrine disease. Topics related to diabetes and obesity figured prominently in the plenary sessions, symposia, oral sessions and poster presentations. Particularly popular sessions included debates, where audience participation was invited as leading endocrinologists advocated for different sides of crucial questions relevant to clinical practice and late-breaking abstract presentations. Nearly 7000 research scientists, clinicians and trainees had the opportunity to interact and hear about the latest findings in endocrinology at the beautiful San Diego Convention Center on the San Diego Bay.

Founded in 1916, The Endocrine Society is the world’s oldest, largest and most active organization devoted to research on hormones and the clinical practice of endocrinology.

Nearly 7000 attendees from around the world convened in San Diego, CA, USA, in June 2010 for the 92nd Annual Meeting of the Society. Led by President Robert Vigersky and Steering Committee Chair, Leonard Wartofsky, the meeting included state-of-the-art presentations on all aspects of endocrinology. Coinciding with the 60th anniversary of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the meeting was designed to have a particular emphasis on diabetes mellitus, in celebration of six decades of support for diabetes and endocrine research.

The event opened with the Presidential Plenary session, which focused on diabetes. Griffin Rodgers, the Director of the NIDDK, reviewed the impact of NIH support on endocrine research. He was followed by R Paul Robertson (Pacific Northwest Research Institute and the University of Washington, WA, USA) who discussed β-cell replacement therapy. He concluded that islet cell allotransplantation is very effective when it works, but should still be considered an experimental therapy. Islet cell autotransplantation, on the other hand, is very successful when used in patients undergoing total pancreatectomy for chronic pancreatitis. George Eisenbarth (University of Colorado, CO, USA) ended the session with a presentation on autoimmunity in diabetes. Two other plenary sessions during the meeting also focused on diabetes. On 21 June, Barbara Kahn (Beth Israel Hospital/Harvard Medical School, MA, USA) gave the Gerald D Aurbach Award Lecture on the novel mechanisms by which adipose cells regulate fuel homeostasis and systemic insulin sensitivity. She was followed by Gokhan Hotamisligil (Harvard...
School of Public Health, MA, USA) who discussed inflammation, endoplasmic reticulum stress and metabolic control. On the final day of the meeting, Edwin Gale (University of Bristol, UK) reviewed the data linking diabetes therapies to cancer risk, and Doug Yee (University of Minnesota, MN, USA) presented information about the role of insulin-like growth factors in cancer risk and therapy.

Highlights of the meeting included a debate on the topic of whether pre-diabetes should be treated with drug therapy. Sundar Mudaliar (University of California – San Diego, CA, USA) gave a masterful presentation on why drugs should be used, and Robert Rattner (MedStar Research Institute, MD, USA/Georgetown University, DC, USA) presented a spirited argument for why they should not. Attendees were provided an opportunity to register their opinions by cell phone text messaging, and the audience appeared to be as split as the debaters on this topic.

Investigators from the Action to Control Cardiovascular Risk in Diabetes (ACCORD) Trial presented new data during a clinical symposium on 19 June. Irene Hramiak (St. Joseph’s Health Care Center, Ontario, Canada) presented the recent analysis to examine why subjects randomized to intensive glycemic control had an increased risk of mortality relative to subjects randomized to standard control. She reported that death was not related to how rapidly subjects were intensified and that those subjects in the intensive arm who died appeared to have higher hemoglobin A1c values than those who did not. Marshall Corson (University of Washington) then discussed the impact of intensive blood pressure control on cardiovascular outcomes in the ACCORD study and reported that a strategy aimed to reduce systolic blood pressure to less than 120 mmHg showed no benefit with respect to the composite cardiovascular outcome, relative to a strategy aimed to maintain systolic blood pressure at less than 140 mmHg. Interest in this topic was very high at the meeting. The audience questioned the speakers for more than 30 min after their presentations. A clinical symposium entitled ‘High technology diabetes management in clinical practice’ drew a large crowd on 21 June. Stephen Ponder (Drsicoll Children’s Hospital, Corpus Christi, TX, USA) demonstrated how he has incorporated the use of cell phones into diabetes management. He invited the audience to sign up for the text message service he uses to send health messages and encouragement to the cell phones of his patients. John Piette (University of Michigan, MI, USA) then described how electronic medical records with patient portals have been used to improve diabetes care. Linda Siminerio (University of Pittsburgh, PA, USA) then presented information about how the Internet has been used in diabetes prevention.

The impact of diabetes and diabetes therapies on bone was the topic of a symposium on 22 June. The session was opened with a presentation reviewing the pathophysiology of bone disease in Type 1 diabetes by Laura McCabe (Michigan State University, MI, USA). Elsa Strotmeyer (University of Pittsburgh) then discussed fracture risk in patients with Type 2 diabetes. The session ended with a presentation by Deborah Sellmeyer (Johns Hopkins Bayview Medical Center, MD, USA) about the skeletal effects of diabetes treatment. She focused on the impact of rosiglitazone on bone and presented a mechanistic model for how PPAR-γ agonists might alter bone metabolism.

In addition to topics related to diabetes, ENDO 2010 included programming of interest to scientists and clinicians across the spectrum of endocrine disease. The Clinical Investigator Award Lecture was given by Sundee Khosla (Mayo Clinic, MN, USA). He presented data from his work looking at the role of estrogen in maintaining bone mass in men. Myles Brown (Dana Farber Cancer Institute, Boston, MA, USA) gave the Edwin B Astwood Award Lecture on steroid hormone action. Lynn Loriaux (Oregon Health Sciences University, OR, USA) reviewed the impact of Fuller Albright on the field of endocrinology and clinical investigation during his Clark T Sawin Memorial Lecture. ‘Year-in’ sessions, in which the highlights of the year are presented by prominent endocrinologists, were given on female reproduction (given by Janet Hall, the Massachusetts General Hospital, MA, USA), pituitary (given by Janet Schlechte, University of Iowa, IA, USA), nuclear receptor control of metabolism (given by David Mangelsdorf, the University of Texas, Southwestern, TX, USA), thyroid (given by Jerome Hershman, VA Greater Los Angeles Healthcare System, CA, USA) and circadian rhythms (given by Paolo Sassone-Corsi, University of California, Irvine, CA, USA).

The Annual Meeting of the Endocrine Society is known for its outstanding ‘Meet the Professor’ sessions, and this year the management of diabetes was the topic of ten separate sessions. Using a case-based format, topics included insulin management, screening and treatment of diabetes complications, and the role of continuous glucose monitoring. The Endocrine Society has made the handouts from these sessions available for purchase (see [1]).

Additional diabetes programming at ENDO 2010 included more than 300 posters on research and clinical topics and ten oral sessions where the latest research in diabetes and obesity was presented in 10-min presentations. Reflecting the Endocrine Society’s commitment to research and clinical training, fellows in endocrinology and diabetes were featured prominently at these oral and poster sessions.

New this year was a premeeting workshop on Diabetes Diagnosis and Management that attracted nearly 300 participants. David Nathan (Massachusetts General Hospital) reviewed how hemoglobin A1c and the estimated average glucose can be used in the diagnosis and management of diabetes. Lisa Tannock (University of Kentucky, KY, USA) discussed the management of dyslipidemia in patients with diabetes and Sharon Anderson (Oregon Health and Science University, OR, USA) provided information about optimal blood pressure management in these patients. A second symposium focused on new applications for incretin...
therapy. Robert Cuddihy (International Diabetes Center, MN, USA) reviewed the practical aspects of using incretins, Julio Rosenstock (Dallas Diabetes and Endocrine Center, TX, USA) discussed the relative risks and benefits of newer longer acting GLP-1 receptor agonists, and Robert Ratner presented a novel approach to obesity management that used the combination of pramlintide and leptin. These symposia were then followed by ‘Meet the Professor’ sessions with leading diabetologists from around the world. Much of the content from the Diabetes Diagnosis and Management 2010 workshop is available for free (see [2]), where access to more than 100 h of ENDO symposia and other sessions is also available for purchase.

Financial & competing interests disclosure

Elizabeth R Seaquist is a member of the Endocrine Society and served as Clinical Chair on the Annual Meeting Steering Committee that planned ENDO 2010. The author has no other relevant affiliations or financial involvement with any organization or entity with a financial interest in or financial conflict with the subject matter or materials discussed in the manuscript apart from those disclosed.

No writing assistance was utilized in the production of this manuscript.

Websites

1. The Endocrine Society: Meet-the-Professor and Case Management Forum Handouts 2010
2. The Endocrine Society: Endocrine Society Live Learning Center
   www.softconference.com/endocrine