Dear Friends and Colleagues

Complements of the season. It is my pleasure to bring you the second issue of ASPAE December 2016 newsletter. The last half of the year 2016 has been filled with exciting new stories for our newsletter. ASPAE is continually committed to providing the best Paediatric Endocrinology services throughout Africa.

We have witnessed the numerous accomplishment in the field of Paediatric Endocrinology this season with the successful hosting of the 55th Annual Meeting of ESPE in Paris in September and the 42nd Annual meeting of ISPAD in Valencia in October, where ASPAE was well represented.

Across the continent of Africa, from east to west, and from north to south, it was all media hyped with events as we commemorated the World Diabetes Day in November. Public awareness about this emerging pandemic was increased through the diabetes walk, public health screening and public education through the media.

As we look through the horizon into the first half of the year 2017, the future looks bright as we look forward to providing more services in the field of Paediatric Endocrinology. We look forward to the hosting of ASPAE 2017 which will take place on 15th-17th March, 2017, at the Ibis Style Hotel, Accra, Ghana. The theme for this year’s conference is “Practice of Paediatric Endocrinology in Africa, Successes, Challenges and The Way Forward.

Fellow colleagues, friends and compatriots, let me conclude by wishing you a successful 2017 and God bless you all.

MARYANN UGOCHI IBEKWE
ASPAE EDITOR

The President's Remark

Dear Members,

Happy new year to you all.

It gives me a pleasure to invite you to read our second release of this year’s publication, courtesy to our hardworking editor. We have had an interesting year full of various activities within our home countries mainly focusing on diabetes. We also have had a good representation at the international conferences ISPAD and ESPE thus improving our visibility on the international scene. I wish to thank our colleagues who have ably represented us in these events and those that have taken up specific tasks on various international task teams.

March this year we all converge in Accra, Ghana for yet another key event in our calendar that promises to be very exciting. I urge members to come in plenty as this will also be a time to elect in new leaders. The LOC has prepared a comprehensive scientific program for us with invited eminent speakers who have been very supportive in our PETCA/PETWA programs.

I wish to thank those of you that have been consistent in their support of this newsletter through contribution of articles that touch of research and care of patients. I urge members from east Africa region not to be left behind in this initiative.

Hope to see you all in Accra.

Renson Mukhwana

Content:
- ESPE Summer School 2016
- Presidential Address
- Conferences
- Petca/petcwa News
- Regional News
- GPED

Important Dates:
- 8th Annual meeting of ASPAE–Accra Ghana 15-17 March 2017
- 10th International Meeting of Pediatric Endocrinology: 14-17 September 217

WASHINGTON, DC.
The 30th summer school of the European Society for Paediatric Endocrinology was held at the Chateau la Tour Gouvieux, Paris from September 7th-9th 2016. It gave the participants the opportunity to bond and network. There were three days of case presentations by delegates and lectures by the facilitators. The topics covered by the facilitators included Diabetes, Bone, Thyroid, and Endocrine Disorders of the Adolescents. I had the opportunity to moderate one of the sessions in my capacity as ASPAE representative. It was a great learning experience to moderate the session. There were 25 delegates and 17 facilitators coming from all over the world; Europe, North America, South America, Asia and Africa.

The next summer school will be held at The William F. Bolger Center, in Potomac, Maryland, USA on the 1st September 2017, preceding the 10th International Meeting of Pediatric Endocrinology that will hold on 14th –17th September 2017 in Washington, DC, USA. The summer school will accept 36 Delegates. The spread of delegate will be proportioned to reflect international nature of the conference.

The theme of this year’s conference was Horizons in Paediatric Endocrinology. There were valuable new insights and knowledge updates as presented during the plenary sessions, symposia, novel advances and meet the expert sessions. Highlight of the plenary is the topic on the environmental chemicals, brain development and human intelligence by Barbara Demeneix (Paris). The novel advances in Paediatric endocrinology highlighted the non-invasive prenatal diagnosis and intrauterine imaging strategies for bone diseases by Lyn Chitty and Yasemin Alanay. In this conference a new concept was introduced called the rapid free communications that allows a lot more abstracts to be presented during the free communications.
The ESPE Coordinator for PETCA/PETCWA Programmes Prof Ieuan Hughes called for a get together session at this year ESPE meeting to discuss the future of PETCA/PETCWA. Since 2006 the ESPE Council supported the formation of a teaching programme for paediatricians in Africa, together with a grant from the World Diabetes Foundation. This led to the formation of the two schools PETCA/PETCWA in Nairobi and Lagos respectively. The funding of these schools was the centerpiece of discussion during the meeting.

It was resolved that there are no funding commitment to the PETCA training school beyond 2016. PETCWA school still has a 4 years renewal pending, but it is not certain if renewal will be granted. Therefore financial support will be sought by training institutions. Despite these challenges the training institutions aim to increase in size and scope and with that increase, there will be the membership of ASPAE which will drive the society forward.

It was a great opportunity to meet and network with fellow colleagues as well as enjoying the social aspect of the programme by visiting the tourist attraction places in Paris like the Eiffel Tower.
The 3rd Annual General Meeting and Scientific conference of the SPAEN was held in Abakaliki from 01st-03rd December 2016. The city of Abakaliki, popularly known as the salt of the nation, is located in Eastern part of Nigeria. The theme for this year’s conference was ‘Paediatric Endocrinology In Nigeria: Shifting Gears, and Shaping the Future’. The meeting resolved that it is high time we confront the challenges of change and break through to excellence in practice of Paediatric Endocrinology in Nigeria. The other sub-themes will include ‘How to improve HbA1c in children with diabetes in Nigeria’, ‘Growth issues and the use of Growth Chart’ and ‘Disorder of Sex Differentiation’.

There were approximately 76 participants that attended the conference drawn from all over Nigeria and overseas. The key note speaker was Emeritus Professor Jonathan Chukwuemeka Azubuike. In his key note speech on the theme ‘Paediatric Endocrinology In Nigeria: Shifting Gears, and Shaping the Future’ he referred the delegates to the Chinese proverb that says ‘Be not afraid of going slowly, be afraid of standing still’. With the enormous challenges encountered in the management of the burden of endocrine disorders in Nigeria, he ended up by quoting yet again a Chinese proverb that says ‘If you are walking down the right path and, you are willing to keep walking, eventually, you’ll make progress’. Over 15 abstracts were accepted and all were oral presentations. The presentation on congenital hypothyroidism generated a large discussion. The title of the talk was ‘Underdiagnosed Congenital Hypothyroidism in Nigerian children as seen in a Pediatric Endocrine clinics in Nigeria; A wake up call to establishment of Newborn screening’. The general consensus was that there has to be a start of newborn screening programme in Nigeria in spite of the challenges. This can commence individually in our various centers by negotiating with the hospital management to include it as part of hospital policy. It can be incorporated as part of the schedule in the antenatal clinics while collaborating with the Obstetricians. When we start something and persevere in it, there is hope that the government will eventually see the need to establish newborn screening in Nigeria. The conference was supported financially by the management of Federal Teaching hospital Abakaliki. In addition sponsorship also came from drug companies like Roche Diabetes Care South Africa (Pty) LTD.

APPRECIATION

On behalf of the LOC 2016 SPAEN Conference, I wish to express my heartfelt appreciation to all participants and sponsors to this conference. As you go back to your various destination, may Almighty God richly bless you for coming and grant you journey mercy. 

Assoc, Prof Maryann Ibeke (LOC Chairperson)
The participants at the 3rd Annual Conference of SPAEN

From L-R Maryan Ugochi Ibeke Emeritus Prof JC Azubuike (Key note speaker) Hafsat Idris Tarela Aghanti (President and founder of Osteogenesis imperfecta Nigeria)

L-R Adekoya, Chinyere Nwosu Raymond Odirichi, Kosolu Okiche, Onyinye Anyanwu, Chinwe Ogugua,

L-R Folasade Ajayi, Jerome Elusiyan, Maryann Ugochi Ibeke, Abiola Oduwole, Obum Ezeanosike, Hafsat Idris, Adegoke

Group photograph of participants at the SPAEN Conference, Abakaliki
The PETCWA programme continue to train African Paediatricians in the field of Paediatric Endocrinology and diabetes. By end of 2017 the PETCWA school in Lagos, Nigeria would have trained 34 fellows from 7 West African countries.

Fellows are also prepared for project execution during stay at home institutions. Each fellow has 3 supervisors comprising of an international tutor, and 2 local tutors.

**DIABETES YOUTH CAMP IN PORTHARCOURT, NIGERIA**

The camp was organized by the International Diabetes Federation (IDF) and Youth with Diabetes South Africa in collaboration with the Diabetes Association of Nigeria and Society for Paediatrics and Adolescent Endocrinology of Nigeria. The camp took place in Port Harcourt and was coordinated by Dr Jaja Tamunopriye. The Participants were drawn from children with diabetes from various parts of Nigeria. All expenses including transport, feeding and hotel accommodation were covered by IDF.
LAGOS, NIGERIA

The world diabetes day walk was anchored by the DIAPAED club Lagos. Standing 3rd from left is Abiola Oduwole, the coordinator of PETCWA and the President of SPAEN.

ABAKALIKI, NIGERIA

SCREENING FOR DIABETES IN ABAKALIKI

KANO, NIGERIA
NEWS ON THE ACTIVITIES OF THE DIABETES BOTSWANA

Having been established more than a decade ago, Diabetes Association of Botswana continues to engage in activities which are geared towards the provision of diabetes care and education in Botswana. Towards the latter half of the year 2016, numerous activities were successfully carried out. Among these activities include the Diabetes Fund Raising Golf Tournament, Staff Wellness Days for various institutions, the Diabetes Nandos sponsored Fund Raising Walk, the commemoration of the World Diabetes Day and the hosting of the Diabetes Children’s Christmas Party.

On the 18th August 2016, the Diabetes Association of Botswana successfully hosted the Golf Day at Gaborone Golf Club. The event was attended by more than 24 golfers and it successfully attracted sponsorship from various donors including the Botswana Foundation of the Duke of Edinburgh Trust who donated BWP50000 (US$4678) towards the golf day. The funds raised from that event will go towards the cost of the 2 annual camps for Youth with Diabetes, one in the northern and the other in the southern part of Botswana. Each year, about 100 youth with diabetes from all over Botswana attend these camps where they meet others who have the same condition as them and they are educated on all aspects of their diabetes.

Fig 1; Dr Dipesalema Joel and the Youth Leaders during the Golf Day

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The Commemoration of the World Diabetes Day

On the 05th November 2016, the Diabetes Association of Botswana in collaboration with Curves Gym and Nandos Botswana successfully hosted the annual 4 km Nandos Diabetes Walk. The purpose of the walk was to educate members of the public about diabetes, the importance of exercise, healthy eating and screening for diabetes complications. The other aim of the walk was to raise funds for the Diabetes Association of Botswana. The walk was successfully attended by 200 walkers and culminated with a healthy breakfast at the Blue Tree Golf Club. It was successfully covered in the national radio station, the national TV and the local newspapers.

On the 12th November 2016, the Diabetes Association of Botswana launched the World Diabetes Day commemoration at the River Walk Mall in Gaborone. The place was conveniently selected to make it easy for members of the public to screen for diabetes, obesity, high blood pressure and cholesterol as they go with their routine shopping. The occasion was officially launched by the Assistant Minister of Health, Hon Dikgang Makgalemele and it was covered live in the radio. Speaking at the occasion, Hon Makgalemele told members of the public that diabetes mellitus has become a worldwide pandemic which affected 415 million people worldwide in the year 2015. Botswana has not been spared the scourge of this disease and the Ministry of Health is doing all it can to prevent the increase in the new cases of diabetes by engaging stakeholders like Diabetes Association of Botswana to educate the public about the importance of health living. For those who are already affected, the Ministry of Health provide them with full access to free health care and treatment. For his part, the chairman of the Diabetes Association of Botswana, Dr Dipesalema Joel told members of the public that Diabetes Association of Botswana has successfully launched the interactive website which can be assessed at www.diabetesbotswana.org. This website is quite informative as it has relevant local information about diabetes in Botswana and it can also be used for self-assessment of the risk of developing diabetes.

A total of 226 people were screened on that day and 10 were found to have diabetes. They were counselled and referred for further medical care.

Fig 2; Hon Makgalemele Leading by example

Fig 3; Public Screen during WDD in Gaborone, Botswana

Fig 5; Nandos diabetes walk

Fig 7; The diabetes children’s Christmas party at the Grand Palm Hotel, Gaborone, Botswana.
Global Pediatric Endocrinology and Diabetes (GPED) is a non-profit organization established in 2010 that aims at improving the care of children with endocrine disorders who live in resource-constrained settings through the support of clinical care, the development of training and educational opportunities, the funding of research studies (funding permitting) and advocacy. GPED is endorsed by all major regional societies in Pediatric Endocrinology (including ASPAE) and by ISPAD. It publishes a quarterly newsletter that provides information that is relevant to all Pediatric Endocrinologists interested in Global Health by: highlighting upcoming conferences, showcasing one of the Pediatric Endocrine Societies, discussing relevant scientific papers or giving update on awards and training opportunities.

More information can be found on the GPED website (www.globalpedendo.org). Several activities are of specific interest for our ASPAE colleagues:

- Free access to books or book chapters that are relevant to the practice of pediatric endocrinology and diabetes in resource-constrained settings
- Free access to resources for patients and families in various languages
- Free download of the WHO growth charts
- Expert advice on clinical cases (in English, French and Spanish) through a confidential website

Active participation of ASPAE members to GPED’s activities is welcome

For information regarding GPED membership and the programs being developed by GPED, please email: info@globalpedendo.org

Jean-Pierre Chanoine, MD, FRCPC
Secretary General, Global Pediatric Endocrinology and Diabetes University of British Columbia, Vancouver, Canada
The next ASPAE scientific and general meeting takes place in Accra, Ghana, at the Ibis Style Hotel, Accra, Ghana on 15-17 March, 2017.

The theme is “Practice of Paediatric Endocrinology in Africa: successes, challenges and the way forward”.

The deadline for abstract submission is 31st December, 2016.

SUCCESSFUL APPLICANTS OF THE 2016 ESPE CLINICAL FELLOWSHIP FOR DURATION OF 3 MONTHS

The Clinical Fellowship are opportunities offered by ESPE which aims to promote the development of patient care, clinical management and clinical research in paediatric endocrinology through a training program in a European Clinical centre. (https://www.eurospe.org/awards/index.html)

Two members of ASPAE have the great privilege of being one of the successful applicants to the ESPE clinical fellowship. They are: Dr Jaja Tamunopriye and Dr Adekoya Adesola both from Nigeria.

Dr Jaja Tamunopriye
From University of Port Harcourt Teaching Hospital Nigeria.
She is one of the first set of fellows to be trained in the PETCWA school in Lagos

Dr Adekoya Adesola
is from Olabisi Onabanjo University Teaching Hospital Shagamu, Nigeria. He was among the 3rd set of fellows trained in the PETCWA school Lagos

Acknowledgment: Many thanks to Dipesalema Joel for his significant contribution to the writing of this edition of newsletter. I remain grateful to the support of the president of aspae, Renson Mukhwana and Abiola Oduwole.

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