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FROM THE ASPAE PRESIDENT

Dear Friends and Colleagues

It gives me a great pleasure to address you in my new capacity as the current President of the African Society for Paediatric and Adolescent Endocrinology (ASPAE). As the new President of ASPAE, I would like to thank my predecessors namely Dr Lucy Mungai, Prof Abiola Oduwole and Dr Renson Mukhwana for laying this foundation for us and they have obviously left big shoes to fill. While on the other hand, I would like to kindly introduce you to my executive committee members, namely Prof Maryann Ibekwe, the Vice President, Dr Paul Laigong, the Treasurer, Dr Joyce Mbogo, the Secretary, Dr Edna Majaliwa, the Editor and Dr Renson Mukhwana, ex officio member. We have come a long way and our newsletter dates back to the year of our Lord 2011 when a group of ASPAE members who were attending the second Annual General Meeting (AGM) conceived the idea of producing a newsletter. As one of the newly qualified Paediatric Endocrinologist at that time, I was honoured to be tasked with that mammoth responsibility to spearhead the production of the newsletter. Through the mentoring and support of our dedicated members, finally the ASPAE newsletter was conceived and since that time, there has never been time to look back as new editions of the newsletters kept coming time and again. I would like to specifically recognize the massive contribution of the previous Editors, namely Professor Maryann Ibekwe and Dr Hafsat Idris, for keeping the timely publication of this newsletter and kept the torch burning. Now the torch has been handed to the new committee of the ASPAE to lead the society for the next 2 years. In the words of our former President, Professor Abiola Oduwole, and I quote, “ASPAE is small but mighty and it is larger than individuals”. I cannot agree more, we are a continental initiative, we are an institution who belong to the International Consortium of Paediatric Endocrinology societies across the 5 continents of the world. The last 6 months have been exciting times for ASPAE. With the launch of the first ever ASPAE summer school and the successful hosting of the well-attended 9th Annual Conference of ASPAE and the special training in the Inborn Errors of Metabolism, ASPAE is truly dedicated to professional well-being of its members and the advancement of the specialty of Paediatric Endocrinology in Africa. Our alumni needs to be constantly supported through continuing professional development so that they are not professionally isolated and they are up to date with the current development in paediatric endocrinology. As a member of the High Impact Case Report Journal, our members are encouraged to publish at heavily discounted prices. We are looking forward to more positive development in the next 6 months, among them, the 57th Annual Meeting of the European Society for Pediatric Endocrinology (ESPE) in Athens, Greece from 27-29th September 2018, the 44th Annual Conference of International Society for Pediatric and Adolescent Diabetes (ISPAD) in Hyderabad, India from 11-14th October 2018 and the 18th International Congress of Endocrinology in Cape Town, South Africa from 01-04th December 2018.

We looking forward to serving you.

Yours at service.

Dipesalema Joel MBBChBAO, B Med Sc (NUI), MRCPI
President of the African Society for Paediatric and Adolescent Endocrinology
MESSAGE FROM THE EDITOR

Dear Friends and Colleagues

I would like to take this opportunity to thank everybody who have contributed positive to well-being of the African Society for Paediatric and Adolescent Endocrinology (ASPAE) and the development of this newsletter. As the ASPAE executive committee, we are delighted to see that the pediatric endocrinology services are growing in Africa, and more fellows are being trained to expand the services further. The executive committee is thrilled that the presentation of the newsletter will match the quality of the content produced by our members.

Our current issue showcase the events of the year from January 2018 until 30th June 2018 and that include the ASPAE summer school, ASPAE conference and the training in the inborn errors of metabolism. We have also included articles on endocrine development in different regions of Africa. The newsletter will continue to grow and publish more to keeping up with our growing ASPAE society. We aim to promote research and creative thinking as a way to advance the specialty of Paediatric Endocrinology. I believe that research should be given priority as we expand our services across Africa. So we better prepare ourselves to drive the future of society to a knowledge based one.

We hope that this newsletter will be helpful for all readers including members and non-members of the ASPAE. I am optimistic that pediatric endocrinology in Africa has a bright future and we must all take responsibility to strengthen our society.

May God bless you all.

Dr Edna Majaliwa MD MMED
Editor of the ASPAE Newsletter
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The 9th Annual ASPAE Conference
By Dr Dipesalema Joel

The 9th Scientific Conference of the African Society for Paediatric and Adolescent Endocrinology was held at the Panafirc Hotel, in Nairobi, Kenya from the 14th-16th March 2018. The theme for this year was “Enhancing care of children and adolescents with diabetes mellitus and endocrine disorders in Africa”. The conference was attended by 213 delegates from 15 countries across the globe, namely Kenya, Nigeria, Ghana, Tanzania, Uganda, Botswana, Zambia, South Africa, Sudan, United States of America, Canada, United Kingdoms, Italy, Czech Republic and Sweden. The conference was officially opened by the Cabinet Secretary in the Ministry of Health, Sicily Kariuki. In her official opening remarks, Sicily Kariuki made a pledge that her government will continue to support the management of the non-communicable diseases, more especially diabetes mellitus, which is on the rise globally. She further stated that her Ministry is working closely with the stakeholders like the African Society for Paediatric and Adolescent Endocrinology(ASPAE) to develop a policy document on non-communicable diseases and access to medicines. The children are very vulnerable group yet they are the future of the continent.

In her welcome remarks, the Chairperson of the Local Organizing Committee who is also the founding President of ASPAE, Dr Lucy Mungai, explained to the delegates the scope of work of Paediatric Endocrinologist working
in the continent and the impact they have had in the lives of the young children afflicted by endocrine diseases. The biggest challenges that Paediatric Endocrinology as a specialty faces in sub-Saharan Africa is lack of access to medicines due to the high cost of the health care. The majority of the families are unable to afford the cost of care. Dr Mungai, pleaded with the political leaders across the continent to fund the access to medicines by the vulnerable groups, more especially the children.

For his part, the invited key note speaker, Professor Francois de Villiers, who is professor emeritus of Paediatric Endocrinology from South Africa and the former Vice President of ASPAE, took the delegates through his journey in Paediatric Endocrinology. He informed the delegates that Paediatric Endocrinology in Africa has come a long way. During his time of training there was no curriculum or a structured training. He said that his specialization in Paediatric Endocrinology was self-taught through experience working with Paediatric Endocrinology patients. As a results of that, he was treated with skepticism by those who questioned his training and credentials as to whether he had received sufficient training to function as a Paediatric Endocrinologist. He had difficult convincing the Health Profession Council of South Africa to recognize him as a Paediatric Endocrinologist because of the route he took to acquire the expertise. After sometimes, Prof Francois de Villiers earned the respect of his colleagues and patients as a competent and knowledgeable Paediatric Endocrinologist and he was eventually registered as a Paediatric Endocrinologist by the Health Professions Council of South Africa. He commended ASPAE and Paediatric Endocrinology Training Centres for Africa (PETCA) for producing the Paediatric Endocrinologists for the continent. Through his experience as a PECTCA tutor, Prof Francois de Villier said the PETCA programme is of high standard and predominantly clinical. He said his native country, South Africa, also offers specialized training in Paediatric Endocrinology, which is also of high quality and standard but it is predominantly laboratory based.
The representative of the European Society for Pediatric Endocrinology (ESPE), Prof Ieuan Hughes, the representative of the International Society for Pediatric and Adolescent Diabetes (ISPAD), Prof Ragnar Hanas and the representative of the Global Pediatric Endocrinology (GPED), Prof Jean Pierre Chanoine were given the opportunity to address the conference delegates. They pledged their continued support for the ASPAE and the advancement of Paediatric Endocrinology as a specialty in Africa and across the globe.

The scientific programme covered most aspects of the commonly encountered paediatric endocrine disorders, namely diabetes mellitus, disorder of sex differentiation, growth disorders, thyroid disorders and bone disorders. Experience on the management of paediatric endocrine disorders were shared by experts with experience from resource limited and resource rich setting through meet the expert sessions, symposia and plenary sessions. The conference ended on a high note with delegates posing for a group picture.

The first ASPAE Summer School took place on March 11th -13th, 2018, just prior to the 9th annual meeting of the ASPAE in Nairobi, Kenya. The Summer School was supported by the European Society for Paediatric Endocrinology (ESPE) and the International Society for Pediatric and Adolescent Diabetes (ISPAD). It was an intensive two-day program consisting of clinical case presentations by PETCA graduates and plenary lectures by both local and international speakers. The clinical case presentations addressed current challenges in diagnosing and treating patients with Diabetes and Endocrine conditions in Africa. The plenary lectures included up to date information on diabetes and endocrine conditions. The school was attended by 28 very active participants from all over Africa.

We would like to thank ESPE and ISPAD for continuous support and look forward to second Summer School session, Lagos Nigeria.

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The FYMCA Medical Ltd had a great initiative in collaboration with the African Society for Pediatric and Adolescent Endocrinology (ASPAE) to train paediatric endocrinologists and general paediatricians on Inborn Error of Metabolism (IEM) in the period 1st – 3rd of June 2018 in Gaborone-Botswana. The event was held in the conference centre of the relaxing Travelodge Hotel for 3 days. The objective of the Inborn errors of Metabolism Training event was to provide a forum for healthcare professionals involved in rare diseases, to discuss strategies and share experiences related to diagnosis and treatment of these multiple diseases.
Thirty seven delegates from 14 African countries joined the event, namely Botswana, Cameroon, Ethiopia, eSwatini, Ghana, Kenya, Lesotho, Mauritius, Mozambique, Nigeria, South Africa, Sudan, Tanzania and Zambia. Participants were of different specialties including general paediatricians, paediatric endocrinologists, genetists and pathologists.

Many topics and clinical approaches were covered during the course in a very fruitful and interactive way but emphasis was put more on Lysosomal Storage Disease such as Gaucher, Fabry and Mucopolysaccharidosis (MPS) highlighting the different modes of presentations, best investigations modalities and response to enzymatic replacement therapies. The course was case-based to help understand the uncommon diseases in a better way. Delegates have also presented some of their cases from different countries in the continent showing the difficulties they faced to diagnose and to manage such cases.

We have concluded from the training course that Inborn Error of Metabolism (IEM) are probably misdiagnosed in the African countries because they share common clinical presentation as many other commoner diseases, e.g., sepsis and gastroenteritis. From the presentations of the delegates we could tell that it is just the tip of an iceberg of a bigger hidden number. The IEM training course has come up with the following recommendations: Trained physicians should continue training, make registry, modify protocols and create support group to increase awareness and knowledge about IEM.

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AFRICA ENDOCRINE SERVICES-GHANA

Pediatric Endocrine service in Ghana.

By Dr. Emmanuel Ameyaw, FWACP, FGCP, FESPE, DPDM

Awareness in endocrine practice among health workers in Ghana is increasing as a result of yearly education run by Ghana Society of Paediatric Endocrinology and Diabetes (GSPED). The number of patients keeps on increasing. We had no patients at inception of the clinic in 2012 but now we have six hundred and eight patients. Out of this, one hundred and sixty of them have diabetes. GSPED was formed to champion the course of children and adolescents with endocrine disorders in Ghana. On 27th April, 2018 a one day update course in endocrinology was organized in Kumasi for the health workers in Ghana. Another continuous professional development (CPD) on ethical and legal issues in medical practice in Ghana was organized on the 6th July, 2018. A third one which is a workshop on Diabetes in Ghana will be organized on the 9th and 10th August, 2018. Participants usually come from across Ghana.

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So far, educational activities have been concentrated in Kumasi and only a few health practitioners are able to attend. Meanwhile, the number of cases of diabetes among children in the Northern Regions of Ghana remains poor. We are considering organizing diabetes workshop in Tamale, the capital of Northern Region of Ghana, in 2019. This will need special planning and organization because we need more funds to move to other regions to organize CPDs. This exercise will improve diagnosis and management of diabetes among children and adolescents in the Northern Ghana as we are seeing in the middle belt of Ghana.
THE NEW ASPAE EXECUTIVE

THE ASPAE PRESIDENT

Dr Dipesalema Joel MBChBAO, B Med Sc(NUI), MRCPI

Dr Dipesalema Joel is a graduate of the National University of Ireland where he graduated with a degree of Bachelor of Medicine(MB), Bachelor of Surgery(BCh), Bachelor of Arts in Obstetrics(BAO) and Bachelor of Medical Sciences from the University College Cork in 2002. Dr Dipesalema Joel is a Member of the Royal College of Physicians of Ireland(MRCPI). He completed the sub-speciality training in Paediatric Endocrinology at the Paediatric Endocrinology Training Centre for Africa(PETCA) in Nairobi, Kenya in 2011. He is the current Academic Head(Chair) of Department of Paediatrics and Adolescent Health at the University of Botswana and the current President of the African Society for Paediatrics and Adolescent Endocrinology(ASPAE). He is also the current President of Botswana Paediatric Association and the Chairman of the Diabetes Association of Botswana. He has authored over 60 publications in peer reviewed journals, conference proceedings and book chapters. He serves as manuscripts reviewer for a number of journals and the Institutional Review Board (IRB) for the University of Botswana.

THE VICE PRESIDENT ASPAE

Dr MaryAnn Ugochi Ibekwe MBBS, FWACP

Associate professor of Paediatrics . Ebonyi state University Abakaliki . Consultant and clinical lead Paediatric Endocrinology of the Dept of Paediatrics Federal teaching Hospital Abakaliki. Fellowship in Paediatric Endocrinology by European Society for Paediatric Endocrinology (ESPE) Clinical fellowship in Paediatric Endocrinology with the Birmingham Children’s Hospital NHS Trust UK. Ashok Nathwani fellow by the Royal College of Paediatrics and child Health UK. Steering committee member for the 2017 Global Fellows Program in Pediatric Endocrinology Washington DC USA. Founding president of DIAPAED club. that advocates for childhood diabetes .Newsletter editor to ASPAE Over 33 peer reviewed scientific publication and 30 conference presentations given both at local and at international level.
**THE ASPAE SECRETARY**

Dr Joyce Mbogo MD FAAP Endocrinology(PETCA-K)

Dr. Joyce is a Kenya and America Board certified paediatrician. She holds a sub-specialty in paediatric endocrinology and a passion for adolescent health. Joyce is driven to guarantee that children and adolescents develop to their full potential. She is a lecturer at the Paediatric Endocrinology Training Centre for Africa (PETCA) hosted at Gertrude’s Children Hospital, the Secretary General for the Africa Society of Paediatric and Adolescent Endocrinology (ASPAE) and Secretary at the Paediatric Endocrinology Society of Kenya (PESK). Joyce serves as an adolescent health champion at Kenya Paediatric Association. She has contributed to thought leadership by presenting at various national and international conferences and has served as a technical advisor for the Ministry of Health in Kenya. She is the holder of the Allan Darsh international fellowship. Joyce coordinates the Diabetes in School training program targeting nurses and teachers to better manage diabetic school going children and adolescents. Her other interests include abnormal growth, pubertal disorders and disorders of sex differentiation.

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**THE ASPAE TREASURER**

Dr Paul Laigong, MBCHB, MMED, FESPE (PAED ENDO)

Graduated MBCHB in 1996 (UoN), MMED (UoN) Paediatrics and child health in 2006. Endocrinology PETCA 2009. He is a lecturer in the department of pediatrics and child health, university of Nairobi Chair Pediatric endocrine society of Kenya. Worked at private and public hospitals in Kenya. Clinical fellowship at The Tecnion, Haifa, Israel in 2009. Currently is also and Honorary consultant, paediatrics and paediatric endocrinologist, KenyattaNational Hospital
Dr. Edna Siima Majaliwa, MBCHB, MMED, PAED ENDO

Dr Edna is a paediatric endocrinologist, graduated from Paediatric Endocrinology Training Centre for Africa in Nairobi, Kenya. Currently she is working at Muhimbili National Hospital, the main Referral Hospital in Tanzania, as a Paediatric Endocrinologist and Head of Neonatal Unit in the Hospital. She started a paediatric Diabetes clinic in the Hospital in 2005, together with other people in the team. She is involved in different projects in Diabetes in children sponsored by IDF, WDF, other organizations and pharmaceutical companies in Tanzania, under the supervision of Tanzania Diabetes Association. Has different peer reviewed scientific publication and conference presentations given both at local and at international level. She is also a manuscripts reviewer for a number of journals as well as a member of the Institutional Review Board (IRB) for Muhimbili National Hospital.

She has a special interest in improving care in Diabetes in children from the limited resources in the African continent. In research perspective, she is interested in Genetics of Diabetes in children from African origin living in Africa.

THE EX OFFICIO MEMBER

Dr Mukhwana obtained a masters degree in Paediatrics and child health from Nairobi University in 1997. He proceeded to work with the government briefly before joining Aga khan hospital, Nairobi in 1999. He joined Gertrude’s children’s hospital in 2003 as resident Paediatrician, promoted to head of outpatient department 2004 and later chief Paediatrician from 2005 and thereafter served as head of clinical services, a position he held till taking study leave to pursue his passion in Paediatric endocrinology. He obtained a diploma in health service management from Galilee College, Israel in 2006. He completed his fellowship in paediatric endocrinology under PETCA program in 2011. Since obtaining his fellowship certification he has continued to work at Gertrude’s hospital where there is an established specialist clinic that attends to all endocrine cases. He is also involved in in-patient care of children with endocrine problems. He has also participated in training of health workers nationally under the ministry of health to help set up children diabetes clinic where a majority are now accessing free insulin and other supportive care.

Dr Mukhwana is of the Kenyan faculty on the PETCA (Paediatric Endocrinology Training centre for Africa) program. Dr Mukhwana is the outgoing President of ASPAE which brings together all paediatric endocrinologists in sub-Saharan Africa to promote establishment of endocrine services in member countries and also promote collaboration of other endocrine societies globally in promoting education, advocacy and research in endocrine diseases.
CONGRATULATORY NOTE

Dr. Dipesalema Joel

Our dear President, Dr Dipesalema Joel, has recently been promoted to the position of the Academic Head (Chair) of the Department of Paediatrics and Adolescent Health at the University of Botswana in Gaborone, Botswana. Dr Dipesalema Joel has contributed enormously to the building of Paediatrics and Paediatric Endocrinology not only in Botswana but across Africa and the world. He has served as the founding Editor of the African Society for Paediatric and Adolescent Endocrinology (ASPAE) Newsletter and the immediate past General Secretary of ASPAE. He is incumbent President of ASPAE, having been voted into office in the last general elections in March 2018 in Nairobi, Kenya. Given his perseverance, determination and excellent leadership skills, Dr Dipesalema Joel is determined to lead ASPAE and keep it visible in the world stage irrespective of the odds and obstacles encountered. As members of ASPAE, we would like to heartily congratulate Dr Dipesalema Joel in his new appointment. Congratulations Dr Dipesalema Joel and may God bless you.

THE NEW EXECUTIVE COMMITTEE

The new Executive committee from Left to right: Dr Dipesalema Joel (Botswana)-Incoming President, Dr Paul Laigong (Kenya)-Treasurer, Dr. Edna S Majaliwa (Tanzania)-Editor, Dr. Joyce Mbogo (Kenya)- Secretary and Dr Renson Mukwana (Kenya)-Outgoing president
NEWS IN PICTORIAL

Past and Present -ASPAE leadership

Member of ASPAE, Dr Emmanuel Ameyaw from Ghana at the AGM

Delegates following the proceedings

Prof Ragnar Hanas presenting during the conference
ASPAE CONFERENCE OPENING CEREMONY

From Left to Right: Chief Guest of Honour, the Cabinet Secretary for the Kenyan Ministry of Health, Sicily Kariuki and the Chairperson of the Organizing committee, Dr Lucy Mungai

Tutors at the ASPAE dinner: From Left to Right Prof E Lorenzo from Italy and Prof Jean-Pierre Chanoine from Canada