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MESSAGE FROM THE EDITOR

Dear Friends and Colleagues

I appreciate everyone of you for all your hardwork, for all the cases discussed and the collaborations made. I pass my gratitudes to all of you who submitted articles and shared their experiences with us through this newsletter. Paediatric endocrinology is growing throughout Africa because of your commitment, vision and hardwork. It has been months since the last issue of our newsletter and in the interim, we have witnessed the successes and professional growth of seen our colleagues. We heartily congratulate them for the work well done.

In our July to December 2019 issue, we highlights the various activities taking place in different parts of Africa and globally. This newsletter has the dates for the upcoming ASPAE conference which we will take place in Gaborone, Botswana in March 2020.

The last three months of the year 2019 had both happiness and sadness for us as members of the ASPAE. While on one hand, we celebrated the inaugural lectures of two of our colleagues who were recently appointed professors at their respective universities, it is also with a heavy heart that lost two members of our society; Dr Yahaya Alkali and Prof Jerome BE Elusive. We have also lost one supporter for the work that is done by our community MS Sarah Kagoya who was a diabetes nurse.

It is my sincere hope that our society will make initiative to honour our fallen members by setting up an award/foundation/scholarship to immortalize them.

Let us finish 2019 with enthusiasm to start 2020 energetically focused and ready for more advocacy on Paediatric endocrinology. I wish you all a Merry Christmas and Happy new year.

Dr Edna Majaliwa MD MMED, FESPE
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MESSAGE FROM THE PRESIDENT
Dear Friends and Colleagues

It is my pleasure to address you on this issue of our newsletter. The last half of 2019 has been filled with a number of activities in the field of Paediatric Endocrinology across Africa. From the east to the west, the north to the south, African Paediatric Endocrinologists have been working day and night to improve the welfare of children with Endocrine disorders. From the training of Young Leaders in Diabetes Advocacy camp in Ethiopia, to the graduation of the Paediatric Endocrinologists from the Paediatric Endocrinology Training Centre for Africa (PETCA) in Kenya, Paediatric Endocrinology in our continent is growing. Several countries in our continent commemorated world diabetes day, diabetes walk and have hosted diabetes youth camps. Many of our colleagues have grown professionally in the field of Paediatric Endocrinology and they hold influential positions in their home institutions. All these factors will enhance the care, treatment and support of children with endocrine disorders, which will eventually improve their quality of life.

While we have witnessed all these successes, it is with a heavy heart that we lost 2 of our leading Paediatric Endocrinologists, Dr Yaya Saidu Alkali and Professor Jerome Boluwaji Elutayo Elesiyan, may their soul rest in eternal peace.

While we mourn and celebrate the life of our fallen colleagues, we are looking at the year 2020 with hopes for the brighter future ahead. The African Society for Paediatric and Adolescent Endocrinology (ASPAE) will host the 3rd African Summer school of Paediatric Endocrinology in Gaborone, Botswana from the 09th – 10th March 2020. Shortly after summer school, ASPAE will host its 11th annual scientific conference in the same place, from the 11th- 13th March 2020.

May I conclude these remarks by wishing you a productive year ahead. May God bless ASPAE, may God bless you all my good friends.

Kind regards

Dipaselema Joel
ASPAE President
The 58th Annual Meeting of the European Society for Pediatric Endocrinology (ESPE) was held in Vienna, Austria from the 19th – 21st September 2019 under the theme variety and variations in Pediatric Endocrinology. The conference was attended by over 3000 delegates from all over the globe, including the members of the African Society for Paediatric and Adolescent Endocrinology (ASPAE). The meeting provided clinicians and scientists with updates in the field of paediatric endocrinology and offered new insights into less familiar areas of the discipline.

It was an indeed a great honour and privilege for the European Society for Pediatric Endocrinology to bestow upon Prof Abiola Oduwole the ESPE International Outstanding Clinician Award. This award recognizes an outstanding contribution and lifetime commitment to the practice of clinical paediatric endocrinology in a country outside Europe and Mediterranean basin. It is awarded by the Andrea Prader committee on the basis of nominations received from the ESPE members.

Professor Abiola Oduwole is a Professor of Pediatric Endocrinology at the University of Lagos, Nigeria. Her research interests have focussed on Inborn Errors of Metabolism, Diabetes, Sickle Cell Disease, Growth of SGA, LGA and preterm infants. She has established the first Pediatric Endocrinology Unit in Nigeria at both College of Medicine, University of Lagos and at Lagos University Teaching Hospital in 1995. She has established the Society for Paediatrics and Adolescent Endocrinology in Nigeria (SPAEN). She is the current President of SPAEN and the former president of ASPAE from 2012-2014. She has established the Pediatric Endocrinology Training Centre for West Africa (PETCWA) in Lagos, Nigeria, which trained 39 fellows in 7 west African countries. She commenced and maintained the National Pediatrics Diabetes Registry in 2013.
GRADUATION OF PAEDIATRIC ENDOCRINOLOGISTS FROM THE PETCA SCHOOL IN NAIROBI, KENYA

By Olivia Achieng

The Paediatric Endocrinology Programme this year graduated a group of four fellows. This is the 12th group graduating from this programme since 2007. The fellows were: Dr. Amos Msekandiana- Malawi, Dr. Fransisco Ketha Rubuz-Angola, Dr. Honesta Kipasika John- Tanzania, Dr. Ghassan Faisal Fadlalbari-Sudan. The fellows were at the program for 18 months with 6 months in Nairobi, 9 months at home institution to do their research projects and 3 months for consolidation, exams and graduation. They Graduated on the 25th/9/2019.

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The International Diabetes Federation – Africa Region, in collaboration with the African Society for Paediatric and Adolescent Endocrinology (ASPAE) and the Ethiopian Diabetes Association (ETA) hosted the Young Leaders in Diabetes Advocacy Camp in Addis Ababa, Ethiopia from the 28th September 2019 to the 02nd October 2019. The aim of the camp was to train young people with diabetes mellitus under the age of 24 years from the English speaking countries of Africa in diabetes leadership and advocacy. The same training took place in Guinea in April 2019 for the Francophone countries. The focus of the training was on education and empowerment, diabetes education at the country level, advocacy at the country and global level.

The camp was attended by 52 participants from the 16 English speaking countries namely; Botswana, Ethiopia, Gambia, Ghana, Kenya, Lesotho, Malawi, Nigeria, Rwanda, South Africa, Sudan, Swaziland, Tanzania, Uganda, Zambia and Zimbabwe. The faculty was composed of Paediatric Endocrinologists from Ethiopia, Botswana and Guinea. There were public health specialists from the NCD Alliance of Ghana and the Rwanda Diabetes Association. The camp was funded by the Novonordisk and the International Diabetes Federation.

By Dipesalema Joel.
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The 45th Annual Meeting of International Society for Pediatric and Adolescent Diabetes (ISPAD) By Elizabeth Oyenusi

The annual conference of the International Society for Paediatric and Adolescent Diabetes (ISPAD) for 2019 took place at Sheraton Hotel in Boston, United States of America from the 30th October to 2nd November. Highlights of the conference included: Increasing rates of Type 1 and treatment options, continuous glucose monitoring systems with MDIs or pump therapy and beyond HbA1c “time in range” (TIR)-a real life prospective picture. Pathophysiology of beta cells destruction in T1DM were also discussed and exploiting the science of stem cell transplantation in making islet cells for management of T1DM and the need to protect these stem cell islets from blocking antibodies. Studies on novel therapies as adjunct to insulin therapy in T1DM and T2DM such as Sodium Glucose Linked Transporter inhibitors (SGLT1) were presented. The conclusion from available studies was that extreme caution needs to be exercised in the use of SGLT1 in paediatric patients with DM. Other topics highlighted in the conference include childhood obesity and T2DM. Emphasis is being shifted from BMI to healthy lifestyle. In spite of the advancing technologies in diabetes care in developed countries, attention was still paid to diabetes care in resource-constrained settings like most countries in Africa. Presentations were made by NGOs involved in the support of insulin therapy and BG monitoring supplies such as Life for a Child (LFAC). These presentations also highlighted the need for more trained paediatric endocrinologists/diabetologists who can provide expertise in the care of children with diabetes. Routine blood glucose testing in all ill children was also emphasized to reduce misdiagnosis/late diagnosis and efforts should be made to provide insulin to all children with diabetes. A JDRF research awardee from Rwanda showcased how he developed an electronic Type 1 diabetes registry for the entire country which could be adapted to other countries in Africa. A session also featured Dr Chizo Agwu facilitating a talk to encourage ISPAD members to volunteer in Africa through involvement as PETCA (Nairobi) and PTCWA (Lagos) tutors or other programs as the need arises.

By Elizabeth Oyenusi

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CONGRATULATORY NOTES

CONGRATULATION TO YOU PROF ABIOLA O.O ODUWELE ON YOUR INAUGURAL LECTURE "HYPO AND HYPER ENIGMA OF LIFE"

The Inaugural Lecture from Abiola O.O Oduwele took place at the University of Lagos, Lagos, Nigeria on the 6th November 2019. Prof Abiola Oduwole was promoted to the rank of Professor of Paediatrics and Child Health at the University of Lagos in 2016, Lagos, Nigeria. She has contributed immensely to the growth and expansion of Paediatrics and Paediatric Endocrinology in Nigeria and globally. She graduated with Bachelor of Medicine and Bachelor of Surgery (MBChB) from the University of Lagos, Nigeria.

She is a Fellow of West African College of Physicians and the second President of African Society for Paediatric and Adolescent Endocrinology (ASPAE). She did her Paediatric Endocrinology studies in Canada. She is the current President of the Society for Paediatric and Adolescent Endocrinology of Nigeria (SPAEN). She delivered the lecture entitled “HYPO, HYPER THE ENIGMA OF LIFE”. Prof Abiola Oduwole talked about the general endocrine system and diabetes mellitus.

She emphasized the changing lifestyle since the incidence of obesity started going up in children. The government should pay attention to these children, they are not many but the burden they put on their families and the government is huge. She called for the recognition of endocrine and metabolic diseases in the national NCD spectrum and to introduce newborn screening programmes and growth monitoring. She also called for the provision of sickbay in schools, essential medicines for endocrine and metabolic diseases and the provision of free insulin for children with diabetes.

Congratulations on your appointment, Abiola O O Oduwole as a Professor of Paediatrics and Child Health at the University of Lagos. May God bless you.
The Inaugural Lecture from the late Prof Jerome Elusiyan took place in the 345th inaugural lecture gathering of the Obafemi Awolowo University and Teaching Hospital Centre, (AUTHC), Ile Ife, Nigeria on 1st of October 2019. After being promoted to professor of Paediatrics and child Health in September 2018 at Obafemi Awolowo University, Ile-Ife, Nigeria. He has contributed enormously to the development of Paediatrics and Paediatric endocrinology in Nigeria, Africa and globally. He graduated with a degree of Bachelor of Medicine and Bachelor of Surgery (MBChB) in Obafemi Awolowo University, Ile Ife, Nigeria.

He was a Fellow of West African College of Physicians. He did his endocrinology fellowship in Paediatric Endocrinology Training Centre for Africa (PETCA) in Nairobi, Kenya which and he completed in 2009.

He was a Chairman of Medical Advisory committee of Obafemi Awolowo University Teaching Hospital and many other positions. He delivered the lecture entitled “BETWEEN TOO LITTLE AND TOO MUCH: UNRAVELING THE MYSTERY AND MISERY OF ENDOCRINE DISORDERS IN CHILDREN”.

The late Prof Jerome Elusiyan talked about the endocrine and insisted that problems often arise when these hormones are not produced at all or when they are produced in excessive quantities, or when they are produced too soon or too late. He noted different types of hormonal imbalance from Diabetes Mellitus, hypoglycemia, hypothyroidism and hyperthyroidism, growth and puberty and disorders of sexual development but to mention a few.

He also talked about the challenges of the costs of medications and investigations for the endocrine disorders. Most of the time the parents and patients are unable to meet the costs. He advocated for early screening of endocrine diseases in children. He also urged the government to make health care accessible and affordable to all. He appealed to the government to make treatment of children with chronic diseases free and if not entirely free at least subsidized.

“Rest in Eternal Peace professor Jerome”.
TRIBUTES TO OUR LOVED ONES

DR. YAHYA SAIDU ALKALI
Chief Medical Director and Lead Paediatric Endocrinologist

Dr Yaya Saidu Alkali who was a Chief Medical Director and Lead Paediatric Endocrinologist at the Federal Teaching Hospital of Gombe passed away on the 05th November 2019. He graduated from the 4th group of PETCA Fellows in Nairobi, Kenya in 2012.

He was buried in Gombe, Nigeria on the 06th November 2019.

As ASPAE members we send our condolences and prayers to his family during these difficult times.

May his soul rest in eternal peace

PROF. JEROME ELUSIYAN

Prof Jerome Elusiyana died on the 13TH December 2019. My tribute for Jerome aka JBE as I fondly call him. Thou our part crossed when you did your housemanship, but the quest for professional excellence in Paediatric Endocrinology made us bond deeply as we lived in the same flat for months in Nairobi Kenya.

Jerome was the paparazzi of the 1st set of PETCA, a role model in all ramifications, an encourager, You were forthright.

Your death thou a painful loss, but I am sure it is a gain for heaven, you lived the scriptures that said "the king’s business required haste no wonder you moved through life fast and with dexterity, achieving milestones despite all the odds.

You left us for a better place called eternity, thou our hearts are heavy we find solace knowing you died the death of the righteous and at the resurrection morning you will rise gloriously.

Good night Jerome Boluwaju Elutayo Omo Elusiyana, I will surely miss you dearly.