NEWSLETTER

September, 2007

Setting the standard of clinical diabetes care

HbA1c has been used for decades to evaluate diabetes care in clinical practice. Three standards have been used worldwide; DCCT, Japan (~0.5% below DCCT) and Sweden (~1.0% below DCCT). This has been confusing for doctors trying to evaluate international papers where no clear equivalent to DCCT numbers has been given, and for patients searching the Internet for information. The International Federation of Clinical Chemists (IFCC) has recently managed to analyze the "true" HbA1c by mass spectroscopy and this level is ~1.5-2.0% below the DCCT numbers.

Everyone agrees that the IFCC method should be used to calibrate laboratory machines and that this is a major step forward. However, there has been a considerable debate as to which numbers to use in clinical practice. The organizations IFCC, ADA, EASD and IDF have in 2007 signed a Consensus Statement which says that HbA1c results are to be reported world-wide in DCCT units (%) using a master equation based on the IFCC calibration, IFCC units (mmol/mol) and HbA1c-derived average glucose (ADAG) based on the results of an international study that presented preliminary results at EASD 2007 in Amsterdam. Thus, we will keep the "clinical gold standard" of DCCT HbA1c numbers, which so many studies and clinical guidelines have been using, but they will be based on the more accurate calibration of the IFCC method. Reporting ADAG as well will simplify the understanding of the risk of long-term complications when talking to patients and relatives. This is a very good example of how collaboration and negotiation between laboratory and clinical organizations can find a solution that benefits both the scientific community, clinical care providers and people with diabetes. See last page for the full statement.

This is the final newsletter of my tenure as Coordinator. I would like to thank all those who contributed to COPES for the last two years and encourage them and others to continue their support in this ongoing effort. Special thanks to Jeff Hitchcock from Children with Diabetes for hosting the website and Novo-Nordisk for sponsoring the printed newsletter. I now hand over to the new COPES Coordinator, Dr. Luciano Cavallo from Bari, Italy.

Ragnar Hanas, MD, PhD
Coordinator

Luciano Cavallo, MD
Vice-coordinator
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<th>SOCIETY</th>
<th>PRESIDENT</th>
<th>SECRETARY</th>
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<tr>
<td>APEG</td>
<td>Dr. Maria Craig (c/- APEG Secretariat)</td>
<td>Dr. Andrew Cotterill (c/- APEG Secretariat)</td>
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<td><a href="http://www.racp.edu.au/apeg">www.racp.edu.au/apeg</a></td>
<td>PO Box 180, Morisset NSW 2264, Australia</td>
<td>PO Box 180, Morisset NSW 2264, Australia</td>
</tr>
<tr>
<td></td>
<td>Tel: +61 2 4973 6573, Fax: +61 2 4973 6609, Email: <a href="mailto:apeg@willorganise.com.au">apeg@willorganise.com.au</a></td>
<td>Tel: +61 2 4973 6573, Fax: +61 2 4973 6609, Email: <a href="mailto:apeg@willorganise.com.au">apeg@willorganise.com.au</a></td>
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| APPES   | A/Prof Wayne Cutfield (c/- APPES Secretariat) | Dr. Suttipong Wacharasindhu (c/- APPES Secretariat) |
| www.appes.org | PO Box 180, Morisset NSW 2264, Australia | PO Box 180, Morisset NSW 2264, Australia |
|         | Tel: +61 2 4973 6573, Fax: +61 2 4973 6609, Email: appes@willorganise.com.au | Tel: +61 2 4973 6573, Fax: +61 2 4973 6609, Email: appes@willorganise.com.au |

| BSPED   | Dr. Liz Crowne | Dr. Jeremy Kirk |
| www.bsped.org.uk | Department of Paediatric Endocrinology, Bristol Royal Hospital for Children, Upper Maudlin Street, Bristol BS2 8BJ, UK | Birmingham Children's Hospital, Paediatric Endocrinology Service, Steelhouse Lane, Birmingham, West Midlands, B4 6NH, UK |
|         | Tel: 0044 (0)(117) 3420165, Fax: 0044 (0)(117) 3420186, Email: liz.crowne@ubht.swest.nhs.uk | Tel: +44-121-333-9999, Fax: +44-121-333-8191, Email: jeremy.kirk@bch.nhs.uk |

| CPEG    | Dr. Cheril Clarson (Children's Hospital of Western Ontario) | Dr. Robert Barnes (Montreal Children's Hospital) |
| www.cpeg-gcp.blogspot.com | Dept of Paediatrics, E6-220 – 800 Commissioners Road East, London, ON N6A 5W9, Canada | Endocrinology Service, 2300, rue Tupper, Montreal, Quebec, H3H 1P3, Canada |
|         | Phone: +1-519-685-8138, Fax: +1-519-685-8105, Email: Cheril.Clarson@lhsc.on.ca | Tel: +1-514-412-4400, Email: robert.barnes@muhc.mcgill.ca |

| ESPE    | Raimo Voutilainen, M.D | Francesco Chiarelli, MD, PhD |
| www.eurospe.org | Dept of Paediatrics, Kuopio University Hospital, PO Box 1777, Kuopio, FIN-70211 Finland | Department of Paediatrics, University of Chieti, Via dei Vestini, 5, I-66013 Chieti, Italy |
|         | Tel: +358 17 172 391, Fax: +358 17 172 410, Email: Raimo.Voutilainen@uku.fi | Tel: +39-0871-358015 / 574538, Fax: +39-0871-574831, Email: chiarelli@unich.it |

<p>| ISPAD   | Stu Brink, MD | Thomas Danne, MD |
| <a href="http://www.ispad.org">www.ispad.org</a> | New England Diabetes &amp; Endocrinology Center, 40 Second Avenue Suite #170, Waltham-Boston, MA 02451-1136, United States | Diabetes Centre for Children and Adolescents, Kinderkrankenhaus auf der Bult, Janusz-Korczak-Allee 12, Hannover, 30173 Germany |
|         | Tel: +1-781 890 3610, Fax: +1-781 890 3612, Email: <a href="mailto:stubrink@aol.com">stubrink@aol.com</a> | Tel: +49-511-8115-340, Fax: +49-511-8115-344, Email: <a href="mailto:danne@hka.de">danne@hka.de</a> |</p>
<table>
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<tr>
<th>SOCIETY</th>
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<th>SECRETARY</th>
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</thead>
</table>
| **ISPE** www.ispe.org.il | Prof. Zvi Zadik  
Director Pediatric Endocrine Unit  
Kaplan Medical Center  
Rehovot, Israel, 76100  
Tel: +972-52-2781108  
Fax: +972-3-9568028  
Email: zvizadik@012.net.il | Dr. David Zangen  
Dep. of Pediatrics  
Haddassah Hospital  
Jerusalem, Israel  
Tel: +972-50-7874488  
Fax: +972-2-5844427  
Email: zangend@hadassah.org.il |
| **JSPE** www.conet-cap.jp/jspe/e_index.htm | Dr. Kenji Fujieda  
Department of Pediatrics  
Asahikawa Medical College  
1-1-1 Higashi-2-jo  
Midorigaoka, Asahikawa-shi  
Hokkaido 078-8510, Japan  
Tel: +81-166-68-2480  
Fax: +81-166-68-2489  
Email: ken-fuji@asahikawa-med.ac.jp | Hiroaki Takahashi, MD  
Department of Pediatrics  
Kanazawa Medical University  
1-1 Daigaku, Uchinada-machi  
Kahoku-gun, Ishikawa-ken 920-0293, Japan  
Tel: +81-762-86-2211 (ext. 3221)  
Fax: +81-762-86-8918  
Email: p-taka@asahikawa-med.ac.jp |
| **LWPES** www.lwpes.org | Robert Rosenfield, MD  
Department of Pediatrics  
University of Chicago  
5841 S. Maryland Ave., MC 5053  
Chicago, IL 02114  
Tel: +1-773-702-6432  
Fax: +1-773-702-3044  
Email: robros@peds.bsd.uchicago.edu | Alan D. Rogol, MD, PhD  
Department of Pediatrics  
University of Virginia  
685 Explorers Road  
Charlottesville, VA 22911-8441, USA  
Tel: +1-434-971-6687  
Fax: +1-434-971-1147  
Email: arogol@cstone.net or adr@virginia.edu |
| **SEEP** www.seep.es | Dr. Jesús Argente Oliver  
Fundación Sociedad Española de Endocrinología Pediátrica  
C/ Poeta Miguel Hernández nº 23 - Pral. 03201- Elche (Alicante), Spain  
Tel: +34-966-662-305  
Fax: +34-965-463-916  
Email: argentefen@terra.es | Dra. Lidia Castro Feijóo  
Fundación Sociedad Española de Endocrinología Pediátrica  
C/ Poeta Miguel Hernández nº 23 - Pral. 03201- Elche (Alicante), Spain  
Tel: +34-966-662-305  
Fax: +34-965-463-916  
Email: licafe@usc.es |
| **SLEP** www.slep.com.br | Dr. Juan Jorge Heinrich  
Echeverría 2336  
C1428DRP - Buenos Aires  
Argentina  
Tel: +54-11-4781-8436  
Email: jheinrich@cedie.org.ar or jheinrich@intramed.net | Dr. Alicia Belgorosky  
Hospital de Pediatría Garrahan  
Endocrinology Service  
Combate de los Pozos 1881  
C1245AAM Buenos Aires, Argentina  
Tel: +54 11 4308 0034  
Fax: +54 11 4308 5325  
Email: abelgo@elsitio.net |

*We are always in search of items of interest to the international community for inclusion in this newsletter and on the COPES website (www.COPESInternational.org). Contact the Coordinator or Vice Coordinator with your suggestions.*
Upcoming Events

Dates and locations in **bold** are annual meetings of the affiliated societies.

### 2007

#### OCTOBER 15-18
Broome, Western Australia

**APEG Annual Scientific Meeting 2007**

Email: apegasm@willorganise.com.au


#### OCTOBER 24-27
Vancouver, British Columbia, Canada

**11th Annual CDA/CSEM Professional Conference and Annual Meetings**

Email: john.boggan@diabetes.ca

www.diabetes.ca/section_professionals/profconference.asp

#### NOVEMBER 7-9
Yokohama, Japan

**41st Annual Meeting of JSPE**

Contact: Susumu Yokoya, M.D.

Dept of Pediatrics, Toranomon Hospital

2-2-2 Toranomon, Minato-ku,

Tokyo 105-8470, Japan

Tel: +81-3-3588-1111

Fax: +81-3-3582-7068

Email: yokoya@toranomon.gr.jp

### 2008

**April 3-5**

**CPEG 2008 Scientific Meeting**

[www.cpeg-gcep.blogspot.com/](http://www.cpeg-gcep.blogspot.com/)

E-mail: cpeg.gcep@gmail.com

**April 23-25**

Madrid, Spain

**30th Congress of SEEP**

[www.seep.es/prcong.htm](http://www.seep.es/prcong.htm)

E-mail: congreso@seep.es

**May 2-6**

Honolulu, Hawaii

**LWPES Annual Meeting**, held in conjunction with the PAS Annual Meeting

[www.lwpes.org/meetingsEvents/annualMeeting.cfm](http://www.lwpes.org/meetingsEvents/annualMeeting.cfm)

**June 6-10**

San Francisco, USA

**ADA 68th Scientific Sessions**


**August 12-16**

Durban, South Africa

**34th Annual Meeting of ISPAD**

Contact: Kuben Pillay

West Ville Hospital Westville

7 Spine Road, Suite 561

IDurban 3600 4013

South Africa

Tel: +27 31 2655377

Fax: +27 31 2655378

kubenpillay@worldonline.co.za

www.ispad2008.com

**SEPTEMBER 7-11**

Rome, Italy

**44th EASD Annual Meeting**


**SEPTEMBER 20-23**

Istanbul, Turkey

**47th ESPE Meeting**

Contact: Atilla Buyukgebiz

Prof Dokuz Eylul Faculty of Medicine

Dept of Paediatric Endocrinology and Adolescence

Inciralti, IZMIR, TR-35340, Turkey

Tel: +90 232 278 8411 / 90 232 464 4540

Fax: +90 232 278 8411 / 90 232 464 9240

E-mail: atilla.buyukgebiz@gmail.com

www.congrex.com/espe2008/

**OCTOBER 2-4**

Yonago, Tottori, Japan

**42nd Annual Meeting of JSPE**

Contact: Susumu Kanzaki, MD, PhD

Department of Pediatrics & Perinatology

Tottori University Faculty of Medicine

Tel: +81-859-38-6551

Fax: +81-859-38-6559

E-mail: smkanzak@grape.med.tottori-u.ac.jp
### Upcoming Events

(continued)

*Dates and locations in **bold** are annual meetings of the affiliated societies.*

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<thead>
<tr>
<th>OCTOBER 11-14</th>
<th><strong>XX SLEP meeting</strong></th>
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<tbody>
<tr>
<td>Lima, Peru</td>
<td>Contact: Dr. Miguel Chavez</td>
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<tr>
<td></td>
<td>E-mail: <a href="mailto:mchavez@upch.edu.pe">mchavez@upch.edu.pe</a></td>
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<tr>
<th>OCTOBER 29 - NOVEMBER 1</th>
<th><strong>5th Biennial APPES Scientific Meeting</strong></th>
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<tr>
<td>Seoul, Korea</td>
<td>Email: <a href="mailto:appes@willorganise.com.au">appes@willorganise.com.au</a></td>
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<tr>
<th>NOVEMBER 8-12</th>
<th><strong>13th International Congress of Endocrinology</strong></th>
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<tr>
<td>Rio de Janeiro, Brazil</td>
<td>Contact: Ruth Clapauch</td>
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<td></td>
<td>E-mail: <a href="mailto:rclapauch@uol.com.br">rclapauch@uol.com.br</a></td>
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<tr>
<th>NOVEMBER 17-19</th>
<th><strong>APEG Annual Scientific Meeting</strong></th>
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<td>Canberra, Australia</td>
<td>E-mail: apegasm at willorganise.com.au</td>
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**2009**

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<th>SEPTEMBER 9-12</th>
<th><strong>8th Joint ESPE/LWPES Meeting</strong></th>
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<tr>
<td>New York, USA</td>
<td>Contact: Paul Saenger</td>
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<td></td>
<td>Fax: +856.439.0525</td>
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<tr>
<td></td>
<td>E-mail: <a href="mailto:pshaenger@aol.com">pshaenger@aol.com</a> and <a href="mailto:lwpes-espe2009@ahint.com">lwpes-espe2009@ahint.com</a>.</td>
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<td><a href="http://www.lwpes-espe2009.org">www.lwpes-espe2009.org</a></td>
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<tr>
<th>SEPTEMBER 16-19</th>
<th><strong>34th Annual Meeting of ISPAD</strong></th>
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<tr>
<td>Ljubljana, Slovenia</td>
<td>Contact: Tadej Battelino, MD, PhD</td>
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<tr>
<td></td>
<td>E-mail: <a href="mailto:tadej.battelino@mf.uni-lj.si">tadej.battelino@mf.uni-lj.si</a></td>
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<tr>
<th>SEPTEMBER 26-OCTOBER 1</th>
<th><strong>44th EASD Annual Meeting</strong></th>
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<td>Vienna, Austria</td>
<td><a href="http://www.easd.org/customfiles/easd/45th/45th-welcome.html">www.easd.org/customfiles/easd/45th/45th-welcome.html</a></td>
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<th>OCTOBER 1-3</th>
<th><strong>43rd Annual Meeting of the Japanese Society for Pediatric Endocrinology</strong></th>
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<td>Tochigi, Japan</td>
<td>Contact: Osamu Arisaka, MD</td>
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<td></td>
<td>E-mail: <a href="mailto:arisaka@dokkyomed.ac.jp">arisaka@dokkyomed.ac.jp</a></td>
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**2010**

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<tr>
<th>SEPTEMBER 5-11</th>
<th><strong>35th Annual Meeting of ISPAD</strong></th>
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<tr>
<td>Buenos Aires, Argentina</td>
<td>Contact: Olgar Ramos, MD</td>
</tr>
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<td></td>
<td>E-mail: <a href="mailto:ramoso@interlink.com.ar">ramoso@interlink.com.ar</a></td>
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For more international events, visit [www.endo-society.org/apps/Events](http://www.endo-society.org/apps/Events).
Notes and News

About APEG
(received from Lyndell Wills, APEG secretariat)

The Australasian Paediatric Endocrine Group (APEG) is the professional body in Australia and New Zealand which represents those involved in management and/or research of children with disorders of the endocrine system including diabetes mellitus.

The Australasian Paediatric Endocrine Group was formed in 1982 as an initiative of Dr Norman Wettenhall in Melbourne. It now represents over 120 members in Australia and New Zealand. The APEG Annual Scientific Meeting is held towards the end of the year in a different Australian or New Zealand City. The 2007 event sees APEG Celebrate 25 years as an Association. APEG is also pleased to announce the launch of the new association website at www.apeg.org.au. This site aims to provide a resource for members, families with paediatric endocrine disorders or diabetes and for all doctors, particularly paediatricians involved in managing children with endocrine disorders or diabetes.

Within the website you will find information about APEG, its committee and sub-committees. There are downloadable pdf versions of the 'Hormones & Me' booklet and position statements and management guidelines are also available. In addition, there is information on research opportunities, paediatric endocrine training, conferences and our Annual Scientific Meeting.

APEG also releases a quarterly newsletter which is sent to all members, and is also available for viewing on the website.


1. A1C test results should be standardized worldwide, including the reference system and results reporting.
2. The new IFCC reference system for A1C represents the only valid anchor to implement standardization of the measurement.
3. A1C results are to be reported worldwide in IFCC units (mmol/mol) and derived NGSP units (%), using the IFCC-NGSP master equation.
4. If the ongoing “average plasma glucose study” fulfills its a priori–specified criteria, an A1C-derived average glucose (ADAG) value calculated from the A1C result will also be reported as an interpretation of the A1C results.
5. Glycemic goals appearing in clinical guidelines should be expressed in IFCC units, derived NGSP units, and as ADAG.

The pediatric endocrinology list serve is a lively international forum for discussing a wide range of interesting topics. To subscribe, send an email message to peds-endo-subscribe@yahoogroups.com or go to health.groups.yahoo.com/group/peds-endo for more information.

COPES is a non-profit organization supported by academic and industrial sponsorships from international companies and organizations. The Coordination Office sends newsletters free of charge to all members of the societies through their secretaries and maintains the website, www.COPESInternational.org.

The COPES newsletter publishes information on the meetings of the affiliated societies and other meetings of interest. Reports on activities of the Affiliated Societies and information on meetings, workshops, courses, fellowships, and exchange programs, as well as selected letters and brief summaries or reviews pertaining to newsworthy items are published in the Newsletter and on the website. All contributions are welcome, so please mail or fax your correspondence to the Coordinator or Vice-Coordinator.

The COPES Newsletter welcomes advertisements and sponsorship from international companies and organizations. Please contact the Coordinator for rate details.