

AEPCOS NEWSLETTER

ANDROGEN EXCESS & PCOS SOCIETY

MONTHLY NEWSLETTER: A NEW INITIATIVE OF AEPCOS SOCIETY

Starting this month, AEPCOS will publish a newsletter to report news of the Society. In addition, important updates regarding PCOS and other androgen excess disorders will be included. Enrico Carmina, Executive Director of the Society, chairs the Editorial Board. Other members of the Editorial Board include AEPCOS experts from different areas (Basic Sciences, Gynecology, Endocrinology, Pediatrics). The Editorial Board will decide on the content of future issues of this newsletter. The newsletter does not replace our literature review. Nevertheless, important new papers or relevant upcoming meetings will be highlighted.

We begin our inaugural newsletter with an interview with Prof. Richard Legro, President of AEPCOS Society, regarding the recent NIH meeting on PCOS held in December 2012. Dr. Legro is Professor of Obstetrics, Gynecology and Public Health Sciences at the Penn State University College of Medicine, Hershey, PA, 17033 USA.

This first issue of the AEPCOS newsletter also includes a list of upcoming AEPCOS meetings and some information about 11th Annual Meeting of AEPCOS Society that will be held in Newport, RI, USA, October 17-18, 2013. For more information about these meetings, you may contact: info@ae-society.org

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Editorial Board

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FORTHCOMING AEPCOS MEETINGS

- Update Meeting on PCOS, Caracas, Venezuela, April 12, 2013
- Update on Androgen Excess Disorders, Prague, Czech Republic, June 7, 2013
- Update on PCOS, Natal, Brazil, August 20-21, 2013
- 11th Annual Meeting of Androgen Excess & PCOS Society, Newport, Rhode Island, USA, October 17-18, 2013

ANNUAL MEETING OF AEPCCOS

Newport, Rhode Island, USA,



11th Annual Meeting of AEPCCOS Society will be held at the HYATT REGENCY RESORT HOTEL, 1 Goat Island, Newport, Rhode Island 02840, USA, October 17-18, 2013. The meeting will start October 17 at 4 PM to permit to people attending IFFS/ASRM meeting in Boston (that meeting is scheduled to finish October 17, at 1 PM) to can participate to AEPCCOS meeting sessions. Newport is located 72 miles from Boston Convention Center (about 1 hour and 20 minutes by MA-24S). Transportation from Boston Convention Center to Newport Hyatt Regency Resort will be provided (bus leaving at 1:30 PM) but has to be reserved at least 15 days before.

The summer resort of America's wealthiest families from 17 to 19 centuries, Newport preserves a collection of splendid ornate residences (The Mansions: The Breakers, Marble House, Rosecliff, The Elms, Chateau-sur-Mer, Belcourt Castle, Hammersmith, Kingscote, Beachwood) and an extraordinarily large group of colonial structures but it is mostly known for being the sailing capital of the world. Newport may be easily reached by car, by flight (25 miles from International T.F. Green/airport— PVD) or by train (18 miles from West Kingston railway station –along New York-Boston railway). For additional

information on transportation, contact: info@ae-society.org



The venue of 11th AEPCCOS Annual meeting, Hyatt Regency Resort Hotel, is situated on Goat Island. Surrounded by Narragansett Bay, the hotel offers the seclusion of a private island, just minutes to downtown Newport. The resort provides water shuttle (and van shuttle) to/from downtown Newport.

The Breakers, summer residence of Cornelius Vanderbilt (19th century)

ANNUAL MEETING PRELIMINARY PROGRAM

DAILY SCHEDULE

THURSDAY, OCTOBER 17

AFTERNOON

4:00—4:15 pm **WELCOME**

4:15—5:15 pm **AEPPOS GUIDELINES FOR HIRSUTISM**

Diagnosis of hirsutism: what is there new?

Hector Escobar-Morreale—Madrid, Spain

Treatment of hirsutism: what is there new?

Paolo Moghetti - Verona, Italy

5:15—6:30 pm **AEPPOS-AACE JOINT SESSION:
TREATMENT OF HAIR LOSS**

Medical treatment of male hair loss

To be determined

Medical treatment of female androgenic hair loss

Walter Futterweit —New York, USA

Topical treatment of hair loss

Philip Kingsley – London, United Kingdom

7:00-9:00 pm **WELCOME RECEPTION**

FRIDAY, OCTOBER 18

MORNING

8:00—9:20 am **OBESITY and PCOS**

Mouse model: Maternal obesity results in obese offspring

Rebecca Simons—Philadelphia, USA

Animal models of obesity and PCOS

David Abbott—Madison, USA

Nutritional influences and metabolic outcome in offspring

Mari Elizabeth Patti—Boston, USA

9:20—9:50 am **PRESIDENTIAL LECTURE**

Richard Legro—Hershey, USA

10:20—11:40 am **LONG TERM CO-MORBIDITIES IN
PCOS**

Chronic inflammation and CVD diseases

Nehal Mehta—Bethesda, USA

Subclinical atherosclerosis and PCOS

Alice Chang—Rochester, USA

Influence of aging on CVD risk in PCOS

Roger Lobo—New York, USA

THURSDAY, OCTOBER 18,
AFTERNOON

11:40 am—1:00 pm **ORAL COMMUNICATIONS: BASIC**

1:00—2:30 pm LUNCH

2:30—4:00 pm **CONTROVERSIES IN TREATMENT
OF INFERTILITY IN PCOS**

Clomiphene versus low dose FSH as first line treatment

Roy Homburg—Tel Aviv, Israel

Do women with PCOS have an extended ovarian window?

Anuja Dokras—Philadelphia, USA

Ovarian function after gastric bypass surgery

Samantha Butts—Philadelphia, USA

4:30—5:30 pm **ORAL COMMUNICATIONS: CLINICAL**

5:30—6:00 pm **CLINICAL RESEARCH IN PCOS:
REPORTS FROM REGIONAL AEPCOS RESEARCH GROUP**

Latin America AEPCOS Research group

Wellington Aguirre—Quito, Ecuador

Indian AEPCOS research group

Ashraf Ganie—New Delhi, India

6:00—6:10 pm **PRESENTATION OF NEW AEPCOS
PRESIDENT**

6:10—6:45 **BUSINESS MEETING**

Enrico Carmina—Palermo, Italy

ABSTRACT SUBMISSION

You are invited to submit abstracts of your original research to be considered for presentation at the 11th Annual Meeting of the Androgen Excess & Polycystic Ovary Syndrome Society (AE-PCOS Society).

To be considered for presentation your abstract must be submitted no later than **August 2nd**, 2013, 11:00 pm (2300 hrs.) PST.

The Baumgartner-Azziz AE-PCOS fund will award 2 Travel Awards (\$750 each) to the best abstracts presented by young (<35 years) investigators.

All abstracts will be reviewed by a blinded scientific committee nominated by AE-PCOS Annual Meeting Committee.

To get an abstract form, contact :
info@ae-society.org

REGISTRATION FORM

11TH AEPCOS ANNUAL MEETING

REGISTRATION ONLY

_____AEPCCOS members \$260 _____Non AEPCCOS members \$360

NEWPORT HYATT REGENCY RESORT

\$219 for night ___October 16 ___October 17 ___October 18

Payment amount: \$_____ Credit card payment: ___VISA ___MasterCard ___AMEX

Credit card number_____ Expiration date:_____/_____

Cardholder
name_____

Online payment_____ To safely pay online, connect to: www.ae-society.org

Check payment_____ Make checks payable to Androgen Excess Society

Email, mail or fax the registration form to: Androgen Excess & PCOS Society, via delle Croci 47, 1st floor, suite 10, 90139 Palermo, Italy. Fax: +39-091328997, Email: info@ae-society.org

Only written cancellation by fax or e-mail will be accepted. For cancellations until September 1, 2013, a 50% fee will be applied. No refund will be given after that date. Registration includes welcome reception, lunch (Oct 17) 2 coffee breaks. Hotel prices include \$20 Resort Fee (parking, in room high-speed internet, water shuttle or van shuttle to/from Downtown Newport, resort activities, access to fitness center, 2 bottled waters for night) but do not include 13% combined city and state occupancy taxes.

The certificate will be issued to the name of the accredited participant.

To get registration form in word, please contact: info@ae-society.org

ANDROGEN EXCESS & PCOS SOCIETY

12520 Magnolia Boulevard,
North Hollywood,
CA 91607, USA

Email :
info@ae-society.org

www.ae-society.org



Richard S. Legro, M.D.

NIH PCOS MEETING

Past December, an important meeting on PCOS has been organized by NIH in Washington. Many members of AEPSCOS Society participated to the meeting. We report here the answers of Dr. Legro, President of AEPSCOS Society, to the questions of the Editor.

1. Doctor Legro what was the aim of the recent NIH meeting on PCOS?

This was sponsored by the NIH Office of Disease Prevention. It was an evidence based methodology workshop with experts in the field of PCOS presenting to an independent panel of physicians/researchers outside the field of PCOS, but cognizant of the issues and evidence based practice. The stated goals of this 2012 NIH Evidence-based Methodology Workshop were to clarify:

1. Benefits and drawbacks of using the *Rotterdam Criteria*
2. The condition's causes, predictors, and long-term consequences
3. Optimal prevention and treatment strategies

2. What new information was presented at the meeting?

There were few new findings presented at the meeting, but that was not the goal. The goal was to summarize the current state of knowledge, highlight deficits, and make suggestions for clinical care and research priorities in the future.

3. What were the conclusions of NIH meeting?

The conclusions were written up by the evidence based panel without the input of the participants in the meeting. Go to <http://prevention.nih.gov/workshops/2012/pcos/resources.aspx> to download the draft summary report

I will summarize the conclusion by the three main points listed above:

- Benefits and drawbacks of using the *Rotterdam Criteria*

The main conclusion was to maintain the Rotterdam Criteria to diagnose PCOS, with the qualifier to clearly report which features were used to make the diagnosis. The panel did recommend improving and validating the technology of serum assays to document androgen excess, ultrasound/imaging to diagnose polycystic ovaries, and a better method, other than self-report to diagnose oligo-ovulation. The panel also recommends using a more representative name for the syndrome other than Polycystic Ovary Syndrome.

- The condition's causes, predictors, and long-term consequences

They concluded that PCOS was associated with metabolic issues, but that the association and prognosis was murky. They recommended further study, as a public health priority, of the link between PCOS and cardiovascular disease, sleep apnea, anxiety/depression, and quality of life. Further they recommended investing in long term epidemiologic studies to investigate these disorders, as well as further studies of genetic causes.

- Optimal prevention and treatment strategies

This was probably the thinnest area of their conclusions; they did highlight the need for further studies of treatment of infertility, obesity, and hirsutism in women with PCOS. My interpretation is that they need further data from items 1 and 2, before prioritizing the recommendations for item 3. They did cite the Australian development of guidelines for PCOS which involved all stakeholders (physicians and other caregivers, patients, public health experts, health care administrators).

4. Finally, I would like to have your opinion on a general question. In past few years, many meetings of different societies have been focused on preparing guidelines for PCOS. Are these guidelines really needed? Is there still space for new guidelines?

This is a loaded question as I have headed groups that have prepared guidelines for both the American College of Obstetricians and Gynecologists and the Endocrine Society, so obviously I buy into the exercise of preparing these. I think the main point of these are to highlight the limitations of our current diagnostic, prevention, and treatment recommendations, not to write in stone what are obviously limited and in many specific instance likely flawed recommendations (BTW, if I knew which ones were flawed I wouldn't include them!). However I would like to see greater collaboration among societies to endorse one another's guidelines, b/c no one has the time to sort through the myriad differences between guidelines and which tend to be divisive.