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AUSTRALIAN & NEW ZEALAND
ENDOCRINE SURGEONS

NEWSLETTER

Autumn
2020

ANZES welcomes suggestions on how your society can best serve you.

Message from the President

We are living in strange times. With the current pandemic, our lives have changed immensely since we were together at AsAES a few short weeks ago.

Referrals and elective surgery have decreased and many of us have more time on our hands. You might use this time productively – writing, reflecting, exercising, reading, cooking, or taking up a new hobby. Or you might need to just chill. It's OK. Be kind to yourself. Connect with friends and family when you can. Consider adopting a rescue animal!

We are incredibly lucky. Australia and New Zealand are doing so well compared to the rest of the world. The sacrifices

we are being asked to make are nothing compared with generations who came before us. We are not being asked to go off to war. We as a country are in a position to



get through this. Just stay at home when possible and maintain hand hygiene. We got this! At the same time, spare a thought for workers in arts and entertainment, tourism and travel, fitness, and hospitality. They are really suffering. So maybe order

takeaway tonight and think of how we can support our neighbours.

Your ANZES is here to support you. We have published a position statement defining urgent endocrine surgery. We have reduced our annual subscription by half. We are with you and remain so. Please, friends and colleagues, look after yourselves and each other. Things are bound to improve in the coming months. Maybe sooner than we think.

319

Number of delegates at the AsAES from 17 countries

114

Number of financial members of ANZES

190+

Abstracts submitted to the AsAES

Position Statement

Endocrine Surgery During COVID-19 Pandemic



The ANZES executive released an updated position statement to define urgent endocrine surgical cases while non-urgent elective surgery has been halted as a federal government directive. These guidelines represent expert opinion. These guidelines rely on individual judgement of surgeons and hospital executives, depending on changes in COVID-19 case incidence and availability of local resources and capacity. The full statement and other COVID-19 guidelines for surgery can be downloaded from the [RACS](#) and [GSA](#) websites.

Category 1

Thyroid

- Thyroid cancer or highly suspected cancer
- Severe Graves' disease refractory to medical management, or with adverse reaction to antithyroid medications
- Goitre with significant and symptomatic airway compromise

Parathyroid

- Hyperparathyroidism with severe hypercalcaemia >2.9 or severe symptoms
- Hyperparathyroidism in pregnancy

Adrenal

- Adrenocortical cancer or highly suspected adrenocortical cancer

- Pheochromocytoma or paraganglioma that is unable to be controlled with medical management
- Cushing's syndrome with significant symptoms that is unable to be controlled with medical management

Urgent Category 2

Thyroid

- Goitre with significant obstructive symptoms
- Indeterminate cytology and/or ultrasound features suggesting malignancy

Parathyroid

- Hyperparathyroidism with severe osteoporosis or fragility fractures

Adrenal

- Functional adrenal mass causing medical comorbidity
- Adrenal mass with suspicion of malignancy

Standard Category 2:

- Most other endocrine surgical procedures and indications, including:
- Patients with low risk microcarcinoma who have chosen surgery over active surveillance
- Mildly symptomatic goitre
- Well-controlled Graves' disease
- Asymptomatic or mildly symptomatic primary hyperparathyroidism

Memberships

Thank you to all our members for paying their membership fees during our membership drive. Thank you to Shannon Bootsman for the big effort in ensuring our ongoing financial position. Please note that your membership fee has been discounted by 50% for financial year 2020 – 2021.

We would like to welcome our newest members.

New Members

Marra Aghajani (NSW)
Paul Chen (NSW)
Zackariah Clement (QLD)
Kim Isaacs (NSW)
David Leong (WA)
Caroline Nylen (NSW)

Nigel Rajaretnam (NZ)
Doug Shaw (NSW)
Yi Sia (VIC)
Kathleen Soyland (NSW)
Simon Tsao (VIC)
Charles Yong (VIC)

RACS ASC Update

Unfortunately, due to the COVID-19 pandemic, RACS ASC 2020 had to be cancelled. However, the college council has made the decision to hold the 2021 ASC in Melbourne instead of Perth, with the 2022 ASC planned for Brisbane.

The 2021 Endocrine Surgery Section will be convened by James Lee and Laura Chin-Lenn. Both Prof Marcin Barczynski from Poland and Prof Stan Sidhu from Sydney have been re-invited as Section Visitors, and they have both graciously accepted. It is our hope that other international speakers that have committed to participate in our section in the 2020 ASC will again be able to join us next year. We will update you as the planning progresses. The world we live in will not be the same when we emerge from this pandemic. ANZES and the ASC will need your support more than ever, in order to recover from the disruptions and financial losses caused by COVID-19. We hope you

can all lend your support to ensure that the 2021 ASC is a successful one.

In recognition of the hard work of the abstract presenters, their supervisors and research teams, we present in this newsletter (page 5) the titles and presenting authors of the accepted abstracts. Congratulations to everyone involved. Despite the loss of opportunity to present at the ASC, we encourage you to continue working on your projects and submit them for publication. Of course, we also encourage you to resubmit your abstracts for the ASC next year. We also thank the abstract review committee for their work in selecting the abstracts.



10-14 MAY

Save the Date!

RACS
Annual Scientific Conference

Celebrating the
Art of Surgery

Melbourne Convention and
Exhibition Centre

2020 AsAES Congress, Melbourne Controversies in Endocrine Surgery

HIGHLIGHTS

With Endocrine Society Australia & ANZES Postgraduate Course

The 17th Biennial Congress of the Asian Association of Endocrine Surgeons was held in Melbourne in March this year. The theme of this congress was "Controversies in Endocrine Surgery". It was the first time in 20 years this congress has been held in Australia. It was the first time this surgical congress has dedicated a full day of the program for combined sessions with the Endocrine Society of Australia (ESA).

In addition, the 8th biennial ANZES Postgraduate Course and an ultrasonography workshop were incorporated into this two-and-a-half-day program. These fruitful collaborations resulted in a wonderfully rich and diverse program, covering the breadth and depth of endocrine surgery; and as a result, attracting a wide range of delegates and

speakers from medical students and trainees, through to many world-leaders in this field, hailing from all parts of the globe.

Professors Julie-Ann Sosa and Sanziana Roman from UCSF were the RACS-Sponsored visitors. Amongst other talks, they delivered insightful keynote lectures on 'Surgery for Thyroid Cancer' and 'Diversity & Inclusion in Surgery' respectively. Chairman of AsAES, Professor Akira Miyauchi showcased impressive voice outcomes in his keynote lecture 'Preservation and Reconstruction of the RLN'.

Professor Janice Pasioka took us on a trip back to the future in her keynote lecture 'MIP or BNE: Where is the Pendulum Now?' As someone who

has trained many ANZ endocrine surgeons, Janice took the opportunity to catch up with many of her former fellows. Another noteworthy keynote lecture was by Dr Brooke Nickel. As an expert in patient reported outcomes research, Brooke eloquently spoke on the topic of her doctorate on the patients' quality of life after thyroid cancer diagnosis and treatment.

One of the most popular lectures had to be the keynote by Prof Quan-Yang Duh, on his expert tips and tricks for challenging operative scenarios.

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Fujimoto Prize

The abstract judging panels were led by Dr Christine O'Neill and Dr Navin Niles. The top-rated abstracts were featured in the Fujimoto Prize session. Dr Vishvak Chanthar (pictured) from Lucknow, India was the winner of the Fujimoto Prize for his presentation titled 'Prospective cohort study of objective cardiac changes in pheochromocytoma and paraganglioma and their reversal following curative surgery'. Dr Chanthar presented cardiac clinical and echocardiogram results of these patients showing the extent and rate of improvement of cardiac function. The runners up were Dr Papachristos and Dr Cherry (Australia) for their presentation on a multi-site study for the perioperative management of phaeochromocytoma, and Dr Tsai (Taiwan) for his presentation on formation of calcifications in thyroid nodules following fine needle aspiration biopsy.



By Anthony Glover

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Interesting cases, panel discussions, interdisciplinary sessions all contributed to ensure lively audience engagement throughout the conference. Despite the late withdrawal of 71 registrants and speakers from several countries affected by travel bans, there were well over 300 delegates present. We pay our respect to those affected by COVID-19. Thankfully, there was never a shortage of volunteers stepping in at the 11th hour to take up speaking or moderating duties. The meeting owed its success to all the delegates, speakers, abstract

presenters, organising committee members, and not the least, the industry partners. The meeting was impeccably timed before Australia closed our borders, and there was no outbreak from the meeting. We were fortunate to be able to enjoy the superb facilities at The Crown Promenade, and be so well-fed by the world-class catering. Many of the attendees were able to take advantage of the conference specials offered at several industry booths.

As it always is, the value of these meetings

extends far beyond the conference rooms. While research findings, guidelines and surgical techniques change over the course of one's career, the friendships, mentorships and kindred spirits forged and maintained at events such as this, last a lifetime.

There were plenty of opportunities to meet new colleagues or catch up with old friends. A pre-conference faculty dinner by the Yarra kicked off the social calendar; followed by the welcome reception where the attendees had the opportunity to mingle with some of the who's who of endocrine surgery, and perhaps pick their brains.

The highlight of the social events would have to be the gala dinner at the top of the Arts Centre, with dazzling, sweeping views of Melbourne CBD, not that anyone had time to look. Dinner guests were thoroughly entertained by the gorgeous Soprano Antoinette Halloran. Amongst other numbers, she performed her own creation called 'My Goitre'. It humorously chronicled her journey with Graves' Disease. One need not go any further than the ANZES Facebook page to find detailed documentations of the rest of the evening, consisting of karaoke performances by many merry endocrine surgeons.

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Scientific & Research

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Eight keynote lectures, 15 scientific sessions, 190 abstracts and 6 free-papers sessions later, everyone felt scientifically nourished by the end of the conference. The collective sigh of relief from me as the scientific convener and the rest of the organising committee was heard echoing through the now-vacant hall. As a wind down and thank you to the overseas visitors who have all paid their own way to this corner of the world, AsAES President Julie Miller hosted a garden party at her home, complete with backyard cricket.

The next AsAES Congress will be in Tokyo in 2022. It is definitely one to keep on your conference calendar.

By James Lee

The last few months have seen a number of challenges to research due to restrictions on both clinical and research activities but at ANZES we have been striving to adapt to the new reality.

Since the last newsletter I have been exploring opportunities for research projects that would be feasible and achievable across our network. One of the benefits of the AsAES meeting was the opportunity to meet Dr Brooke Nickel (pictured) whose research I have been following for the last few years. Brooke is a public health researcher with the University of Sydney with an interest in quality of life and treatment choices for patients



with thyroid cancer.

Brooke has previously worked with clinicians on understanding of active surveillance for micropapillary thyroid cancer which was published in Thyroid and with patients in a number of studies which have been published in JAMA and BMJ journals.

Other potential projects in development include clinical studies of loss of signaling during neuromonitoring and trainee lead projects – please let me know if you have any projects that would benefit from our network.

By Anthony Glover

ANZES Research Projects: Call for Clinician Engagement

Please contact

Anthony.Glover@sydney.edu.au or

+61 400 153 942 if you are interested in participating in either of these projects.

01 ‘Low risk thyroid cancer patients views and experiences on delayed surgery during the COVID-19 pandemic’ is a qualitative study and is currently recruiting patients with low-risk thyroid cancer who have had treatments delayed due to theatre restrictions.

02 ‘Treatment choices for low risk thyroid cancer’ is a project in development and we aim to conduct a randomised trial of the value of using patient decision aids. To be launched later this year.

Training & Education

As the ANZES Training and Education Officer, Justin leads the formidable task of working with RACS to develop the ANZES Post-graduate Fellowship Education & Training (PFET) Program. The ANZES PFET Program has written support from both GSA and NZAGS. While much ongoing work is being done on curriculum development, the process of being ratified by RACS PFET committee has been disrupted due to the pandemic. Without the approval from the PFET committee, the accreditation of potential training sites and formalisation of the training program application process cannot proceed. Notwithstanding this uncertainty, ANZES is still aiming for an inaugural intake in 2022 and will soon be seeking expressions

of interest from endocrine surgery units throughout Australia and New Zealand to become training sites. We will keep you closely updated regarding the progress.

ANZES Medtronic Travel Grant

2020 Medtronic ANZES Travel Grant winners – Dr Carolina Nylen and PhD student Marra Aghajani both used their awards to present their research on loss of signal during thyroid surgery and on immune changes in thyroid cancer at the AsAES Congress.



ANZTCR Australian & New Zealand Thyroid Cancer Registry

The ANZTCR continues to grow. It now houses information on well over 500 patients participating in the registry. The second annual report will be published soon. The ANZTCR team should be congratulated for this impressive achievement. The primary role of the ANZTCR is to benchmark endocrine surgical outcomes. All ANZTCR members are encouraged to participate. More information on www.ANZTCR.org.au

2020 ASC Accepted Abstracts

Oral Presentations

'An update on the trends in radioactive iodine usage post differentiated thyroid cancer surgery in accordance with the ATA guidelines'

Presenting author: **Y Sia**

'Regulation of PD-L1 via the PI3K/Akt/mTOR Pathway in Thyroid Cancer'

Presenting author: **M Aghajani**

'Perioperative Management of Pheochromocytoma – Experience from Australia and New Zealand'

Presenting author: **A Papachristos**

'The Euthyroid State: An Unnecessary and Often Difficult-To-Achieve Goal at the Time of Surgery'

Presenting author: **J Fazendin**

'Increased rate of hemithyroidectomy in patients with low-risk papillary thyroid cancer post 2015 American Thyroid Association Guidelines'

Presenting author: **M Adhami**

'Incidence of Takotsubo Cardiomyopathy in patients with Pheochromocytoma'

Presenting author: **M Thwin**

'Level III sampling during central neck dissection might be an additional tool to assess patient's risk for lateral neck recurrence in papillary thyroid cancer'

Presenting author: **R Mechera**

'Medullary Thyroid Cancer: A 20 Year Perspective'

Presenting author: **K Jassal**

'Incidence of Cancer in Thyroglossal Duct Cyst'

Presenting author: **J Wong**

'Thyroid Cancer Patients Report Significant Quality of Life Impacts on their Family and Feel Under Supported'

Presenting author: **N Blefari**

'Central lymph node dissection in differentiated thyroid cancer as guide for radioactive iodine ablation'

Presenting author: **C Nylen**

'Prediction of vocal cord paresis and recovery after loss of signal during thyroid surgery'

Presenting author: **C Nylen**

'Quantitative Proteomic Analysis Reveals Protein Targets of the Long Non-coding RNA Psoriasis Susceptibility-Associated RNA Induced by Stress (PRINS) in Adrenocortical Carcinoma'

Presenting author: **M Chehade**

Quickshot Presentations

'Biological Lessons Learned from Redo-Redo-Parathyroidectomy: Third Time's the Charm'

Presenting author: **J Fazendin**

'Focused Parathyroidectomy without Intraoperative PTH Measurement in Primary Hyperparathyroidism: Still a Valid Approach?'

Presenting author: **R Mechera**

'Referrals for subsequent thyroid cancer surgery: Experience of a tertiary endocrine surgery referral centre'

Presenting author: **R Mechera**

'Peer Coaching for Endocrine Surgery'

Presenting author: **B Julien**

'Management Challenges of Giant Parathyroid Adenomas: A Case Control Study'

Presenting author: **S Prabhakaran**

'Parathyroid gland reimplantation reduces permanent hypoparathyroidism following thyroidectomy and recovery of parathyroid function is usually rapid'

Presenting author: **R Krawitz**

'Clinical Staging Variability and Surgery in Papillary Thyroid Cancers with Tumour Size 1-4cm: A Clinical Audit'

Presenting author: **B Wood**

'Review of surgical management of renal hyperparathyroidism'

Presenting author: **J Xiao**

'A series of 22 cases of Thyroid surgeries by Transoral Endoscopic Thyroidectomy - Vestibular Approach (TOETVA) in Rural India'

Presenting author: **N Lohokare**

'The change from invasive to oral calcium supplementation in renal patients with hungry bone syndrome following parathyroidectomy – a before and after study'

Presenting author: **J Dimmer**

New www.endocrinesurgeons.org.au

The new ANZES website is near completion. The two most popular website functions "Find an endocrine surgeon" and "Risk Calculator for Central LN Metastasis" will remain the focus of the landing page.

Please send profile updates to the ANZES Secretariat *extraordinaire* Shannon Bootsman shannon@nebsc.com.au

This Newsletter is brought to you by your friendly

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Do you have an interesting story to tell or an idea for a future issue of the newsletter? Email James.Lee@monash.edu