

# ASEAN Network of Adrenal Hypertension (ANAH)

# NEWSLETTER

## ANAH ONLINE MASTERCLASS

On 23 November 2024, ANAH organised a 3-hour online masterclass with expert speakers sharing on topics centred around Pheochromocytoma and Primary Aldosteronism. Participants learnt about management strategies for these challenging conditions based on real-world case studies and engaging Q & A sessions.

The event saw a great turnout of 200++ participants comprising of clinicians, healthcare professionals and researchers in endocrine community from ASEAN and APAC countries.



**Prof William Young**  
Tyson Family Endocrinology  
Clinical Professor and Professor of Medicine  
Mayo Clinic College of Medicine and  
Science, Rochester, Minnesota, USA

Topic: Endocrine Hypertension: Case-Based Update on Pheochromocytoma and Primary Aldosteronism



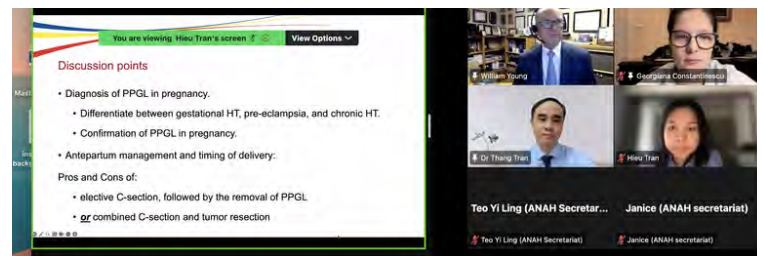
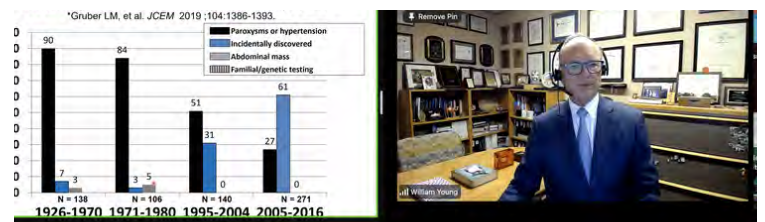
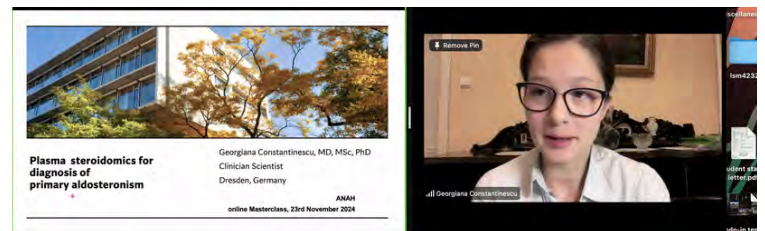
**A/Prof Joanne Ngeow**  
National Cancer Centre Singapore

Topic: Genetics of Pheochromocytoma



**Dr Georgiana Constantinescu**  
Carl Gustav Carus Hospital  
Dresden, Germany

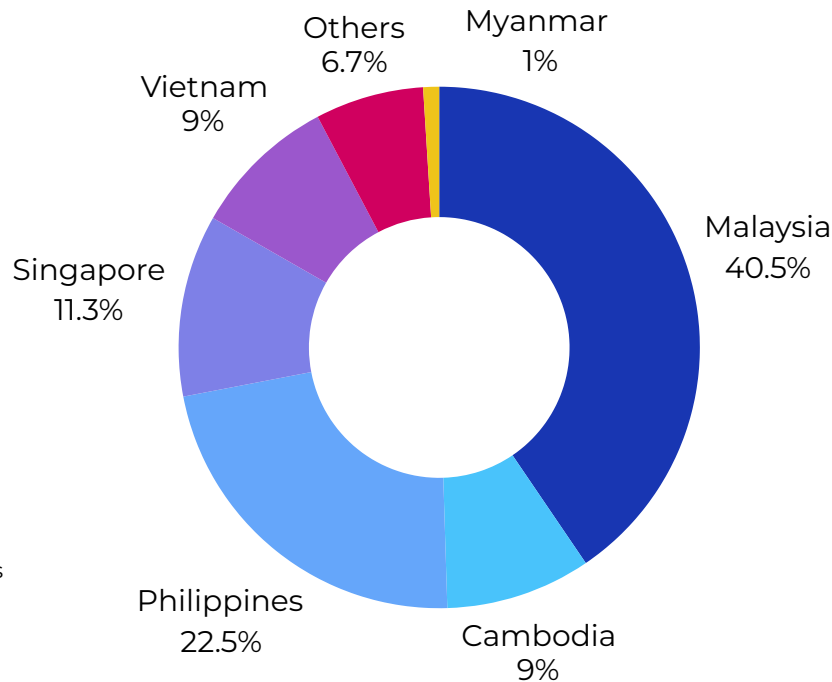
Topic: Plasma Steroidomics for Diagnosis of Primary Aldosteronism



Presentation slides, video recordings and Q & A are available on [ANAH's website](#).

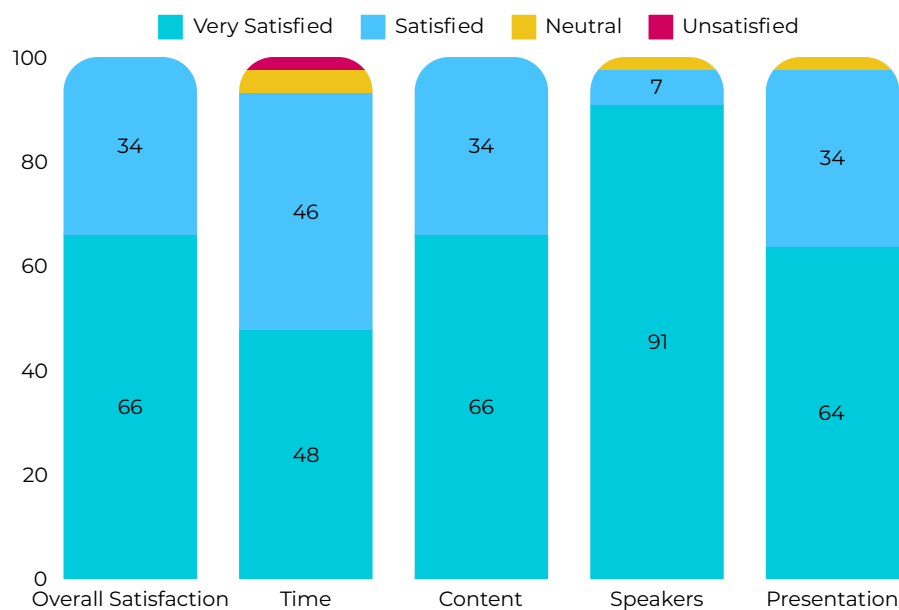
# POST-EVENT SURVEY

## ATTENDEES BY COUNTRY



Others include attendees from HK, UK and Bangladesh

## ATTENDEES FEEDBACKS



Values expressed in percentage (%)

## 5 MOST SUGGESTED TOPICS FOR FUTURE MASTERCLASS

1. Cushing's syndrome
2. Pheochromocytoma / Primary Aldosteronism
3. Adrenal Cushing's syndrome (ACC)
4. Diagnosis & Management of Adrenal Hypertension
5. Perioperative Management of Paragangliomas (PPGL)

# CALL FOR STUDY PARTICIPATION

## (QUESTIONNAIRE STUDY)

### CHALLENGES IN THE DIAGNOSIS AND MANAGEMENT OF ADRENAL INSUFFICIENCY (AI) IN ASEAN COUNTRIES

Principal Investigator: Dr Eng Pei Chia, Consultant Endocrinologist  
National University Health Systems, Singapore

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Diagnosis and management of adrenal insufficiency (AI) has always been a challenge in clinical practice. Despite the availability of international guidelines for management of AI, some countries and some centers may not have the necessary infrastructure or expertise to accurately diagnose and manage the condition.

Your contribution to this questionnaire will help understand the challenges faced by healthcare professionals in the ASEAN region and to enable the endocrine community to work together to determine a feasible solution in future for our population.

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- Study Aim: Assess healthcare needs in ASEAN countries when managing adrenal insufficiency (AI)
- Duration: Approximately 15 minutes
- Inclusion Criteria: Endocrinologist / Medical Doctor who manages AI
- Participation is voluntary. Responses will be kept confidential and reported in an aggregated format.

Interested participants can assess the questionnaire by scanning the QR code or via this [link](#).



NB: This proposal was submitted, reviewed and approved by ANAH EXCO in 2024.

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For questions on this research, you may contact ANAH Secretariat  
[yiling.teo@scri.cris.sg](mailto:yiling.teo@scri.cris.sg).

# JANUARY 2025 STUDY PROPOSAL SUBMISSIONS

We invite ANAH members to explore research ideas and collaborate in projects to improve the awareness and treatment of adrenal hypertension in the ASEAN or APAC region.

## **Key dates:**

Proposal Submission Period: 6 January 2025 - 31 March 2025

Proposal Review: 1 - 22 April 2025

Proposal Approval: May 2025

## **Research Focus Areas:**

We encourage proposals that focus on, but are not limited to, the following areas:

- Adrenal Hypertension: Primary Aldosteronism, Pheochromocytoma, Cushing's syndrome
- Adrenal tumours: Adrenocortical Carcinoma, Adrenal Incidentalomas
- Adrenal Insufficiency

An email on study proposal submission will be sent by ANAH Secretariat before 6 January 2025. Please contact ANAH Secretariat [yiling.teo@scri.cris.sg](mailto:yiling.teo@scri.cris.sg) if you have questions.



# ANAH & AFES JOINT CONGRESS 2025

**ANAH PRE-CONGRESS PROGRAMME  
14 NOVEMBER 2025**

**AFES  
14-16 NOVEMBER 2025**

ARIYANA CONVENTION CENTRE, DA NANG CITY, VIETNAM

The ASEAN Federation of Endocrine Societies (AFES) 2025 together with ANAH, will be holding a full-day pre-congress programme on 14 November 2025.

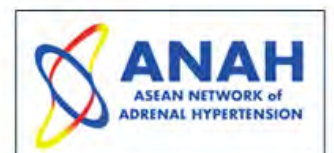
This joint event brings together endocrine specialists from ASEAN and the rest of the world to meet, collaborate and celebrate endocrinology at Ariyana Convention Centre, in Da Nang, Vietnam.

We hope that you will join us to make new connections, reconnect with colleagues and friends, and exchange knowledge on endocrine research and developments.

More details will be shared. Please save the date!



ORGANIZING COMMITTEE OF THE 23 <sup>RD</sup> ASEAN FEDERATION OF ENDOCRINE SOCIETIES CONGRESS AFES 2025					
November 14-16, 2025					
PROGRAM FRAMEWORK					
THE 23 <sup>RD</sup> ASEAN FEDERATION OF ENDOCRINE SOCIETIES CONGRESS, 2025					
23rd AFES 2025					
Date: 14th – 16th November, 2025 (Friday, Saturday, Sunday)					
Venue: Ariyana Convention Center, 107 Vo Nguyen Giap Street, Khue My, Ngu Hanh Son District, Da Nang City, Vietnam					
Topic: Endocrinology, Diabetes, Metabolic Disorders and Digital Technology					
Time	Hall A (1st Floor)	Hall B (1st Floor)	Hall C (1st Floor)	Hall D (2nd Floor)	Lobby (1st Floor)
Friday, November 14, 2025					
14:30 - 15:30	Pre-Conference 1 - TA1	Pre-Conference 2 - TB1	Pre-Conference 3 - TC1	Pre-Conference 4 - TD1	



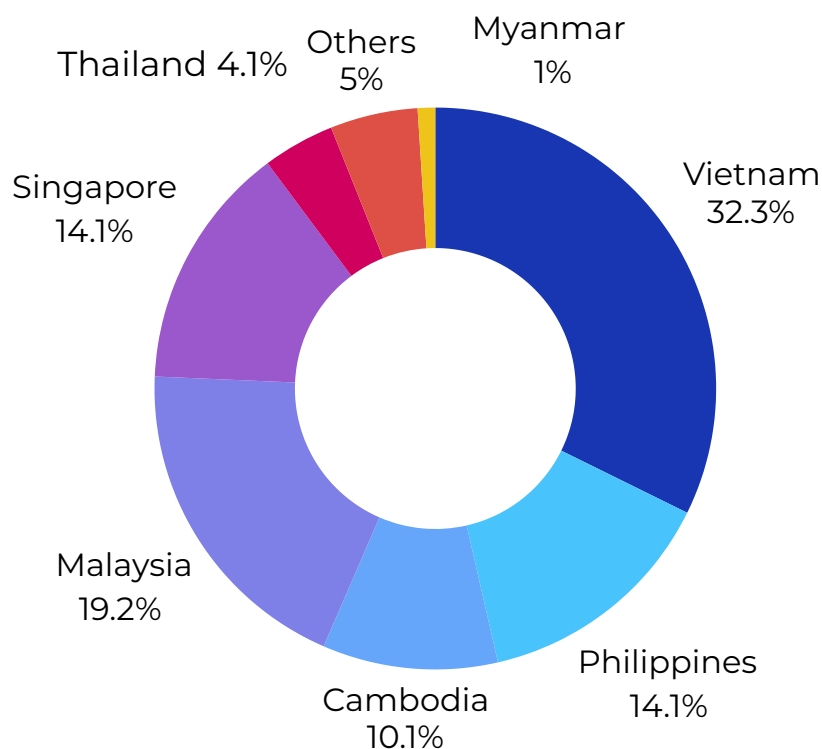
For inquiries on AFES 2025, email [secretariat@afes2025vietnam.com](mailto:secretariat@afes2025vietnam.com)

# ANAH COUNTRY REPRESENTATIVES



# CURRENT MEMBERSHIP BY COUNTRY

118 members





# JOIN THE ANAH COMMUNITY!

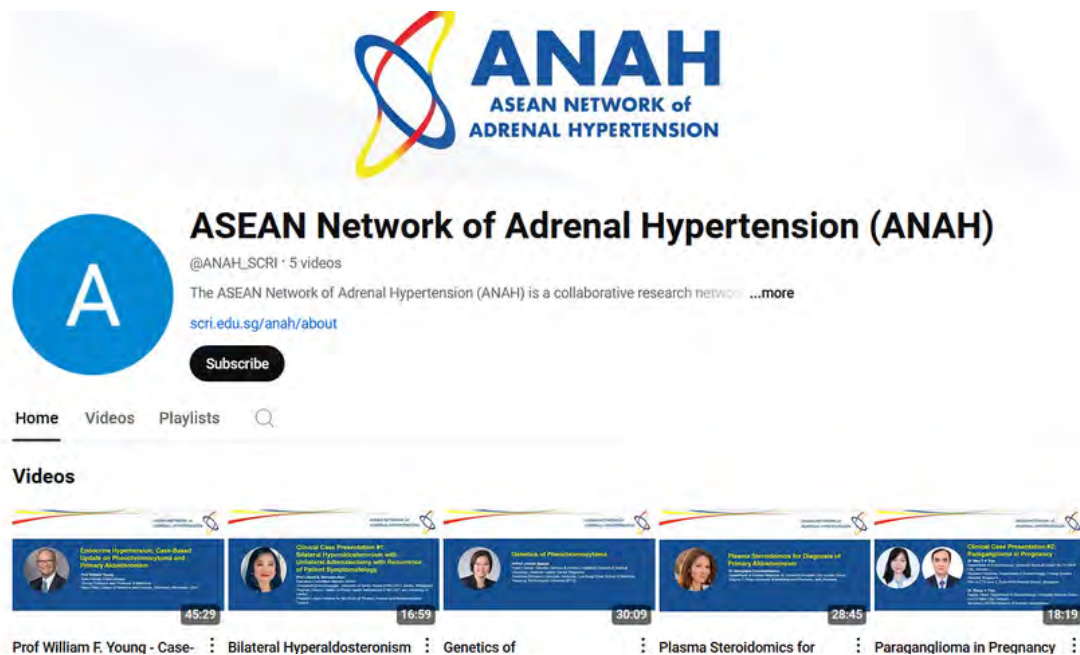
We welcome anyone who is keen to collaborate and share a common goal with us. Ways to join ANAH and keep in touch:

1. Access member registration form via this [link](#)
2. Contact ANAH Secretariat at [yiling.teo@scri.cris.sg](mailto:yiling.teo@scri.cris.sg).
3. Scan QR code



Find out more about ANAH from our [website](#).

Subscribe to ANAH's YouTube channel [@ANAH\\_SCRI](#) 





Merry Christmas  
*and happy holidays*